

EXPERIENCE DIFFERENT VIEWS. DISCOVER COMMON GROUND



friendship force  
MINNESOTA-TWIN CITIES



ACTIVITIES

**FLOWERS AND FRIENDS LUNCHEON**



**Patrick's Café at Bachmans**

**Tuesday, March 12<sup>th</sup> 11:00**

6010 Lyndale Avenue South, Minneapolis  
612-861-9277

**QUESTIONS:** Contact Barb Emer at  
[bemer@usfamily.net](mailto:bemer@usfamily.net); 651-731-9696

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**2019 SEMI-ANNUAL MEETING AND PICNIC**

**Saturday, July 13<sup>th</sup> Noon-3:00**

St. Louis Park  
Further information will be in a future newsletter.

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**OPEN WORLD DELEGATION  
FROM UKRAINE**

September 6-14, 2019

**WALKER ART CENTER EXHIBIT TOUR**



***Private tour of current exhibit(s) with Walker  
Art Docent Jack Bardon (FFMNTC Member)***

**Thursday, April 4 at 7:00 to 8:30 PM**

**MEET IN THE BAZINET LOBBY**  
(near the Vineland Place entrance)

**QUESTIONS:** [FFMinnesotaVP@yahoo.com](mailto:FFMinnesotaVP@yahoo.com)

**[www.WalkerArt.org](http://www.WalkerArt.org)**

**Gallery admission is free from 5 to 9 PM  
every Thursday night**

**LOCATION: 1750 Hennepin Avenue,  
Minneapolis** (where Lyndale and Hennepin  
Avenues merge). There also is an entrance at  
725 Vineland Place.

**PARKING: \$5.00 at underground garage on  
Vineland Place.**

## WORDS FROM OUR PRESIDENT

### Challenges:

We have always faced challenges as Friendship Force members. Remember those wonderful ambassadors you hosted while you struggled to understand what they wanted to tell you? Or the long air flights ending in a confusing airport in an unfamiliar country? Or your struggles to figure out the plumbing in a home far away? It's all part of the excitement and adventure.

Now, we have new challenges in fulfilling the basic mission of FFI. Our last out-going journey was a year ago with no opportunities for 2019. Our in-coming Germany journey for this year was cancelled as was our Russian in-coming for 2018. The national and international factors are beyond our control. Ironically, it makes the need for international friendships greater than ever. Hopefully, we will have more options for 2020.

The Open World program, sponsored by the US Congress, is our most reliable international program. Cancellations are not a problem. Hosting OW Delegates is different than an FFI Journey. It is challenging, but highly rewarding for those involved. We plan a full week of trainings, for which we are reimbursed. The training schedule, however; leaves less time for social interactions and contacts with club members.

It may be time to be more innovative in fulfilling the mission of Friendship Force. We can begin right here in Minnesota. Some of the millions of refugees who have fled their homes due to violence and poverty have found new homes in Minnesota. We can reach out to these new communities in a spirit of friendship. We can continue to learn and share across whatever barriers we may find.

**Jane Bardon**

## BOARD DIRECTORS

### OFFICERS

**President:** Jane Bardon  
[janesbardon@gmail.com](mailto:janesbardon@gmail.com)  
651-484-7989

**Secretary:** Louise Anderson

**Treasurer:** Rose Emerick

### DIRECTORS

**Cindy Cauble**

**Barb Emer – Newsletter Editor**

**Buck MacDonald**

**Rita Mays – Past President**

### **Non-Board Volunteers**

**Historian**

Jan Lanyk

**Sunshine**

Val Hessburg

To email a Board Director, go to [friendshipforcetwincities.org](http://friendshipforcetwincities.org). Click on “Board Contacts” on the red menu bar, then click on the person you want to contact.

**NEWSLETTER DEADLINE April 15, 2019**



**Welcome new member Cyn Bloom.  
We look forward to meeting you!**

## THANK YOU!

Last fall, Friendship Force International asked clubs to donate to the World Conference Scholarship Fund. The Fund is set up to cover expenses for members around the world that otherwise would not be able to attend the conference. Thanks to Jane and Jack Bardon, John Christensen, Mary and Bill Cunningham, Barb Emer, Rosie Foreman, Buck MacDonald, Rita Mays, Jane Norman, Evelyn and Chuck Pallas, Ken Scherber, Tom and Janet Scott, we raised \$650. With our additional club match, we raised enough to support one person to attend and strengthen their Friendship Force leadership.

Submitted by **Rita Mays**

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### CALL FOR VOLUNTEERS TO PLAN OUR 2020 REGIONAL SUPER CONFERENCE!

Our club will host 29 Friendship Force clubs from the Great Lakes, Midwest and South/Southwest Regions in September 2020. There are plenty of ways for you to get involved! Although it seems like a longways off, we already need people on the Core Planning Team to select the location, date, program and budget, in cooperation with Regional Field Representatives and FFI. We expect a 2-day conference with about 100+ attendees. Most will stay in a hotel near the conference center, so home stays are not needed. However, our club will plan for Pre-or Post Mini-Journey(s), possibly with a themed activity that will show off our state and attract lots of people to sign up. For the conference itself, we will want to think about the Program, Activities, Hospitality, Registration, Meals and Beverages. Do any of these tease your creativity?

Contact Rita Mays to get involved, be creative and have fun! [ritamnffi@yahoo.com](mailto:ritamnffi@yahoo.com)

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### TRAVEL TO UKRAINE AND GEORGIA WITH IOWA CLUB (Limited Openings)

**October 15 – 29, 2019**

**CONTACT:** Friendship Force of Central Iowa Co-Journey Coordinators

Diane Oppedal: [dianeopp@gmail.com](mailto:dianeopp@gmail.com) or Ann Hein: [annbhein@yahoo.com](mailto:annbhein@yahoo.com)

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### **NOTICE**

We regret to announce that the Incoming Journey from Halle-Saale, Germany has been cancelled due to insufficient participation of their club members. Thanks to Cindy Cauble, Host Coordinator, for her time spent on this.

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## ART AND TRAIN JOURNEY – SWITZERLAND, OCTOBER 19-26, 2018

By Patricia Robinette



Although I had attended a regional meeting in Davenport, Iowa and the International Conference in Marrakesh, Morocco, Switzerland last fall was my first official Friendship Force Journey. I could write pages and pages but will sum up the experience in two words: Unique and Extraordinary.

Unique because the Art and Train Journey was the first of its kind; a cooperative venture between a developing club in Zurich assisting an existing club in Solothurn. Their efforts were seamless. I might even say, being Switzerland, the visit was handled like 'clock work.'

Our group of 12 from four different English-speaking countries were met in Zurich by matchless planners Regina Born and Magi Hess. We then boarded an early afternoon train to Solothurn where we were greeted by our hosts for the next 4 nights.

Each day we met at the train station and were off to Aarau, Bern, Lucerne, Lausanne and then taken to a museum and an art show prescreened by Regina and Magi. Each afternoon we

were free to visit a second art museum, take a guided tour of the city we were in, or spend the time exploring on our own.

From Lausanne we traveled on to Zurich, again being met by our hosts. The next day our final train ride took us to Davos, famed host to the World Economic Forum held each January. It is also home to the Kirchner Museum.

From our welcome dinner in Solothurn to our goodbye tea in Zurich, this journey was extraordinary from beginning to end. Gracious hosting, impeccable planning, kindness at every turn. Even the weather, exceptionally warm and sunny according to our Swiss hosts, added luster to our travels through the beauty that is Switzerland. I enjoyed every single minute and YES, Swiss trains do run on time!

### **Good news from FFI**

From Allison Lindsey, Director of Program Operations, FFI: I am happy to share with you your club's outbound Journey Assignment for 2020:

Month	Journey Assignment
November	Minnesota-Twin Cities, USA to Central Israel, Israel and Cankaya, Turkey

## MAKING THE BEST OF A LAYOVER

Have you ever wondered how you could make that layover pass more quickly? According to Christine Blau, writing for National Geographic published on October 4, 2018, there are ways to make your layover more pleasant and enrich your trip at the same time just by knowing the special features in airports.

### **Atlanta, Hartsfield-Jackson Atlanta International Airport**

The airport became the location for the city's largest art exhibition. Look for Terminal E. One example is the 450 foot mural at Concourse A and B.

### **Beijing Capital International Airport**

Look for T3E where you will find a miniature imperial garden of the Summer Palace with pavilions and bridges. Enjoy the live music, dance or magic tricks.

### **Chicago O-Hare International Airport**

In the Terminal 3 Rotunda, you will find a naturally lit yoga studio with bamboo floors and TV video to help you through an exercise routine. Nearby you can experience the world's first aeroponic garden in an airport that supplies fresh produce like purple basil, Habanero peppers and bib lettuce to restaurants in the terminal.

### **Hong Kong International Airport**

In Terminal 2 you can actually play 9 holes of golf situated around an island lake. Also, in Terminal 2 you can watch an IMAX movie with special 4-D effects. If time allows, try going on a scavenger hunt for the optical illusions in artworks hiding around Terminal 1. There is also an Aviation Discovery Center where visitors can learn about the life of a commercial pilot in a cockpit and flight simulator.

### **London Heathrow Airport**

In Terminal 5 there is a gallery for the Expo of Fine Art. Sofitel London Heathrow Hotel sponsors some of the sculptures on display. Sofitel also offers a high tea with scones and clotted cream.

### **Los Angeles International Airport**

Children will enjoy the play area in the Great Hall while adults order local favorites for a picnic lunch at Ink Sack.

### **Paris, France Aeroport de Paris-Charles de Gaulle**

For an unusual experience, go to Terminal 2 for the Instant Paris transit area. It offers a multilingual reading salon, coffee and comfortable chairs. Don't miss a virtual 3-D walk through Paris in real time.

### **Tokyo Haneda International Airport**

In Terminal 1, third floor, Sushi Kyotatsu offers low key, old Tokyo style food. There are many other choices in the airport to sample local cuisine.

Submitted by **Cindy Cauble**