



friendship force
WISCONSIN - MADISON



ffwis.org

AUGUST 2021

A NOTE FROM THE PRESIDENT

With financial support provided by clubs around the world, a slimmer Friendship Force International has continued its push toward becoming a more vibrant, sustainable organization that reaches a broader range and number of people who resonate with its mission: *to promote world peace and understanding by creating an environment where individual friendships can be established across barriers that separate people.* We will see many changes taking place in the coming months and years as FFI establishes a membership model that allows more direct contact with FFI and also among members worldwide.

One component of this model is the FFI member account, allowing secure access to the FFI “members only” website and other resources, including participation in virtual programs, journeys and other activities, such as the Pen Pal program. The transition to the new “members only” website is anticipated in early Fall. A public website will continue to introduce prospective members to the FFI mission and related activities.

Not only has FFI taken a hard look at strategies to sustain and grow the organization and more effectively fulfill its mission, it also has begun to develop a program to support clubs to do the same via the Be the Bridge initiative. The program will consist of six modules, the first of which is now complete and available for club use. Our club’s board has decided to participate in this voluntary initiative to augment our regular strategic planning activities. We are looking for member participation in our strategic planning as we seek to become an even more vibrant, forward-thinking organization. If you are open to change, enthusiastic about moving our club forward with new, creative ideas, and have an interest in assisting the board with this initiative, please contact me to learn how you can get involved!

As we continue to grow and change our club leadership, I am delighted to announce the addition of Donna Ulteig as Member at Large on the Friendship Force of Wisconsin-Madison board. You can learn more about Donna in this issue of the newsletter. Please join me in extending Donna your congratulations and thanks.

CALENDAR OF EVENTS

Monthly Board Meeting:

The FFI Madison Board meets VIRTUALLY on the second Wednesday of the month @ 12:30 pm

August 4: Last Concert on the Square. “Programs”

August 6: Lunch at Liberty Station. “Activities”

August 19: Bike Ride. “Activities”

August 26: Live Virtual Journey to Brazil. “Programs”

August 26: Second Harvest Food Bank. “Activities”

Sept. 13-20: Tour de Wisconsin. “Journeys”

Sept. 14 : Club Welcome Dinner for Cyclists. “Activities”.

Sept 19: Club Farewell Dinner for Cyclists. “Activities”

Please check our Wisconsin – Madison website (ffwis.org) for any additions, updates, or corrections to event schedules during the month, and keep an eye out for email updates as well. We don’t want you to miss anything!

Now that we seem to live on ZOOM, we remind you that ZOOM support is available from FFI and from our club.

View the FFI Zoom training video at

<https://vimeo.com/436845540>.

Or Contact Peter Kaufman pkaufman@gmail.com

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JOURNEYS

GET READY FOR THE TOUR DE WISCONSIN

September 13 – 20 we are hosting bicyclists from all over the US to enjoy our local bike trails.



We need more hosts. We have 10 enthusiastic bicyclists coming to Madison on September 13. They are all vaccinated. You do not need to be a bicyclist to host.

Several of our visitors will drive and bring their bikes. Some will fly to Madison and need to rent a bike. For them, we need hosts who can transport a bike to the start of the day's ride and pick the cyclist up at the end. If you are a cyclist and can carry more than one bike, please volunteer to host. We need riders from our club to go with the group even if you cannot host. **There is an FF rider sign-up form attached to this Newsletter.**

This is a relatively easy hosting situation since our guests will mostly be out biking and you do not have to be a bicyclist or go with them to activities every day.

We also need small dinner hosts as it will be difficult for hosts who are biking to do that as well as cook. We need people to be "on call" to pick up a rider if they fall or their bike breaks and they cannot finish the ride that day. We hope this doesn't happen, but we like to be prepared.

We will host a Welcome Dinner at Holy Wisdom Monastery on September 14th and a Farewell Picnic on September 19th at the Huegel-Jamestown Park Shelter - so keep those evenings open to meet the cyclists. **There is an FF sign-up form attached to this Newsletter for this event.**

Please contact Stephanie Sorensen as soon as possible to let her know what you are willing to do to help and make this Journey a success during this week in September (13th to 20th). Thanks so much!

Stephanie Sorensen, Journey Manager
ssorensen@gmail.com // 608 819-6646

JOURNEYS

As we continue to tell our members, FFI is working on US based journey organizing requests and we continue to stay in contact with FFI and other US clubs and monitor developments. The Delta Virus is not helping matters!

Travel Safety Issues

With respect to COVID safety, we will always follow CDC and local guidelines in place at the time of travel. We also will require every Host and Ambassador from our club to be vaccinated and will ask anyone visiting us to also be vaccinated. For now our Board decided that we are accepting visitors from the U.S. only, but will update members as any changes may occur.

We have many members who can offer advice and guidance on how to manage this effort. Stephanie Sorensen has an excellent manual for your reference. Contact her at (608) 819-6646 or ssorensen268@gmail.com

ACTIVITIES

2021 ANNUAL SUMMER PICNIC

Thirty-seven members and friends of members attended our annual picnic on July 28. It was a very hot and humid day so our very hard-working Activities Chair Gail Holmes should feel good about the turn-out. The food was very good (your editor was there) and the program consisted of reports by members who have been working hard all year to create and offer members a wide range of activities. Kudos to all!

BOOK CLUB



Reminding members that the Book Club will not be meeting this summer so our next meeting will be Monday, Oct. 25th at 7:00 pm on Zoom where we will discuss "Transcendent Kingdom" by Yaa Gyasi.

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ACTIVITIES

BIKING

Fitchburg Frolic - Thursday, August 19th (Rain date - Friday, August 20th):

We'll meet at McKee Park near the shelter and bathrooms(!) at **10:30** for a frolicking ride on the Capital City Trail and through Fitchburg. Along the way, we'll stop for sustenance at the Hop Haus Brewing Company in Fitchburg.

The Fitchburg trails wind through numerous prairies. Hopefully, we'll catch them in bloom. After lunch we'll complete the circular route and return to McKee Park around 2:00. The ride is only 13 - 15 miles long but is hillier than past rides we have done. (We won't leave anyone behind and it is fine to walk the hills.) It's amazing how many paths there are in Fitchburg.

Riders will need a helmet, water, a Trail Pass for the Capital City Trail, \$ for lunch, and a mask, if desired. Please let Jan Hornback know by August 17th, if you are interested in joining the ride.

Jan Hornback @ 608-216-4454 // jhornback@wisc.edu

McFarland/Garver Feed Mill Loop - Thursday, July 22nd (rain date Friday, July 23rd)

LET'S WALK LET'S HIKE

Our walks and hikes will return in the Fall.

SECOND HARVEST FOODBANK



Our service project at the **Second Harvest Foodbank** will be on **Thursday, August 26, from 12:30 to 3:30 p.m. at 2802 Dairy Drive.** Let leader Lois Schulz (loisschulz1942@gmail.com) know of your interest by August 25.

ACTIVITIES

SECOND HARVEST FOODBANK

The Summer Food Service Program provides free, nutritious meals and snacks to help children get the nutrition they need to learn, play, and grow throughout the summer months when they are out of school.



Food for Thought's in-school pantries provide healthy food choices to students *and their families*. Pantry visitors shop in a familiar, secure school setting, without limits to the number of visits and often with access to an interpreter. By seeking feedback from staff and customers, each of the in-school pantries strives to meet the needs of that particular school in terms of operation and design. Pantry customers tell Second Harvest they receive healthier food and face less overall hunger.



We invite you to help us continue making a real difference in our community by providing invaluable assistance to food insecure families!

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ACTIVITIES

LUNCH ON THE 6TH

We will meet for lunch on Friday, August 6, at 11:30 at Liberty Station American Tavern and Smokehouse, 2161 Rimrock Road, Madison, WI. Join your friends Friendship Force under the roof of the outdoor patio.

A recent menu contains a dozen shareables (\$9 to \$15), a half dozen soups & salads (\$4 to \$17), four meals from the smokehouse (\$14 to a multi-meat platter for \$43), nine sandwiches and wraps (\$13 to \$16), seven "signature mains" (\$16 to \$26), and long lists of beers, wines and cocktails.

Please make your reservation by Monday, August 2, with hosts Doug & Kathy Johnson, 608-238-1785 or djohnson44@ameritech.net.

PROGRAMS

PROGRAMS COMMITTEE LOOKING FOR MEMBERS

In November 2020, we introduced the Programs Committee, a new branch in our club's leadership. Our goal was to offer a variety of cultural programs that would complement the social gatherings and community service events organized by the Activities Committee. In its experimental phase, the Committee was led only by two members, Magdi Sebestyen and Mike Lambert. The new programs have been well-received and well-attended by members.

In order to continue to provide the variety and quality of programs we want to offer we invite at least one more member to join us. Bring your fresh ideas about programming opportunities, bring your enthusiasm and talent! Our membership will thank you!

If you are interested in joining us, please contact both Magdi Sebestyen, and Mike Lambert: magdi.sebestyen@gmail.com and lambertmicraelj@gmail.com

LET'S VISIT BRAZIL - GLOBAL FF JOURNEY MEMORIES

This virtual live presentation will take a virtual journey to three regions of Brazil: Manaus and the Amazon Rainforest (in the State of Amazonas), Fortaleza (in the State of Ceará), and São Luís (in the State of Maranhão).

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PROGRAMS

LET'S VISIT BRAZIL - GLOBAL FF JOURNEY MEMORIES

Adventures in the rainforest were arranged by a commercial tour company, while visits to Fortaleza and Sao Luis were hosted by the local FF Clubs. It was a great experience, with cherished memories!

The program is approximately 1 hour 30 minutes, on **Thursday, August 26, 4:30 p.m. CDT / 5:30 p.m. EDT**

In order to receive the Zoom link, please RSVP by August 25 to magdi.sebestyen@gmail.com

CONCERTS ON THE SQUARE

It has been a great summer season for The Wisconsin Chamber Orchestra in its Concerts Off the Square in Breese Stevens field. On July 8 members gathered on a "blanket pod" to enjoy a wonderful in-person concert on a beautiful evening.



The last concert of the season is August 4
- "Tchaikovsky Rocks." Here is the program:

TCHAIKOVSKY *Piano Concerto No. 1 in B Flat minor*
COLERIDGE-TAYLOR *Danse Negre*
TCHAIKOVSKY *Capriccio Italien*

Ticket prices vary between \$10 (individual seats), and \$50 for a "blanket pod" for 6 people. Tickets go fast. Gates open at 5:30 p.m. and the concerts begin at 7:00 p.m.

If you can't get a ticket in time, each concert will be live streamed for free.

Additional information is at the following link:
<https://wcoconcerts.org/concerts-tickets/concerts-on-the-square>

AND...OTHER NEWS

INTERNATIONAL INSTITUTE OF WISCONSIN

FFWIS-Madison has partnered with the International Institute of Wisconsin for several years to provide a home hosted dinner experience for delegates from around the world. With travel restrictions the home hosting has become virtual. The objective is the same: to introduce delegates to American citizens and provide them with an opportunity to visit with everyday US citizens.

Sandi and George Wysock hosted four international delegates via Zoom July 26th to discuss disaster preparedness and emergency management. Their guests were all professionals in Emergency Management:

George Saad of Lebanon, Kanat Karybaiuulu of Kyrgyz Republic, Masaya Ikeda, Japan and Sonia Miller from Bahamas. Our one-hour discussion covered the current situation in Beirut following the ammonium nitrate explosion that displaced some 300,000 people in 2020, our traditions, our families and of course information about our home countries. We presented a brief power point providing information about Wisconsin and Madison.

FFWIS-Madison receives emails from the Institute seeking host volunteers two or three times a year. If you are interested in participating in a future program, please contact Sandi and George Wysock @ sandrawysock@msn.com. It is fun, educational, and rewarding.

BOARD UPDATES

NEW MEMBER AT LARGE

The Board welcomes new Member at Large Donna Ulteig.



For over 50 years I have worked as a clinical social worker, primarily in mental health. My position for the last

BOARD UPDATES

NEW MEMBER AT LARGE

30+ years has been as a psychotherapist at a private practice group in Madison called Psychiatric Services, S.C. I am also Managing Partner of that group.

I am planted in a 1933 Sears and Roebuck English Cottage home, where I maintain a garden, which includes everything from perennials to raspberries, herbs and roses. I am active in a book group, gourmet club, fitness club, church groups, TEMPO Madison, and serve on the Foundation Board for Oakwood.

Experiencing new places and new people has been a driving force in my life. I have lived in Indiana, Chicago, New York City (grad school) and Madison. In college at Valparaiso University, I was a part of the march from Selma to Montgomery with Dr. Martin Luther King Jr. In early marriage, my husband (now deceased) and I camped across the US and Canada, visiting national parks from Mt. Rainer to Cape Breton IS. For 20 years we coped with Wisconsin cold by snorkeling in the Cayman Islands. I have enjoyed trips to over 30 countries, in Europe, Africa, Australia and Asia.

I have a special relationship with Ukraine, where I trained mental health professionals under the auspices of Friends of Chernobyl Centers US. I am also committed to the National Alliance on Mental Illness and several professional associations.

KNOW YOUR MEMBERS

KEN AND VICKI WARREN: FAMILY FOCUSED



When Ken and Vicki travel, their trips often involve family. They visited southern France with their daughter and son-in-law and enjoyed the area around Nice.

After visiting France, Ken and Vicki headed to Norway to connect with Vicki's ancestors. Her grandmother was born in Finnses, and her grandfather grew up near the Russian border.

KNOW YOUR MEMBERS

KEN AND VICKI WARREN: FAMILY FOCUSED

Although they were unable to connect with relatives in Norway, they had a wonderful time driving the spine of Norway and participating in adventure tours. Their Norway travels took them from Oslo to Bergen and then north to the island of Senja. Senja is Norway's second largest island, located far above the Arctic Circle.

Ken and Vicki were greeted by awe-inspiring views of sea, mountains, beaches, fishing villages, and inland areas. Memorable tours included a ride on the Flam Railway with an overnight stop in Alesund and a rafting tour of the small fjords that included a stop in Underdahl.

This summer they are taking two of their granddaughters on a road trip to the eastern United States. They hope to teach the girls about US history and show them the highlights of Boston and Salem, Massachusetts. From there, they will drive to the White Mountains of New Hampshire.

For Vicki and Ken, even local travel is usually focused on family. The couple lives in the Portage/Wisconsin Dells area and drives several times a week to Middleton and Madison, where a son and daughter live. In addition, their church is in Madison, and they volunteer serving lunch to young children at the Lussier Center.

Ken's travels began when he served in the US Navy. His work as radarman took him to Vietnam, the North Atlantic, and the Mediterranean Sea. Now he travels with Vicki by car, often hauling a tear-drop camper. Recently, they discovered the benefits of Airbnb's and the joys of Amtrack.

Favorite trips included visits to Quebec City, Nova Scotia, California, and British Columbia. Although a month-long trip to the Umbria region of Italy was cancelled, they hope to visit there soon. Other travel plans include a return trip to Norway to visit relatives and to participate in the Tromse First Light Festival that is held every January. In addition, they would like to see Alaska and the desert parks in New Mexico and Arizona. They plan to include their family in these travel adventures.

Vicki and Ken were introduced to Friendship Force-Wisconsin by their friend, Dorothy Baldwin. Although they just joined the club, they are looking forward to meeting members at the summer picnic and assisting with the FF-W Global Bicycle Journey in September.

LOSSES IN THE FF FAMILY

JIM WEILAND



Long-time member Mary Lindquist's younger brother Jim passed away peacefully in June with his wife Rita by his side. He was at Agrace Hospice facility for a short time. His last day was spent with lifelong friends who stopped in to share stories and remind him how much he meant to them.

Friends and family met for a celebration of Jim's life on July 24 at the Great Dane at Hilldale to raise a glass, have a bite, and celebrate Jim's life.

Jim participated on our very first exchange to Zurich Switzerland in 1978 with his brother Joe and parents Iris & George Weiland. This was the first of 4 simultaneous exchanges where FFWM boarded up 250 people into an airplane and went to a destination. When we disembarked, 250 people boarded the plane and came to Madison. What a way to experience other cultures at a young age by participating in a home stay. In 1990 Jim & his wife Rita became members and participated in many Journey's. Jim participated in the Journey to China while, they both participated in many other Journey's such as Cuba, New Zealand, Australia and led the trip to Libertad Peru in 2005. The obituary can be viewed at: <https://www.cressfuneralservice.com/obituary/James-Weiland>

Our condolences go out to the family. He was a great travel companion.

BOARD CONTACT INFORMATION

Standing Committee Chairs

Membership: Lise R. Skofronick 608-274-7732

liserskofronick@gmail.com

Journey Manager: Stephanie Sorensen 608-819-6646

ssorensen268@gmail.com

Activities: Gail Holmes 608-249-1846 glholmes@wisc.edu

Outreach: Dorothy Baldwin 608-742-6493 janddbaldwin@gmail.com

Communications: Sandi Wysock 608-833-5326 sandrawysock@msn.com

Program :

Mike Lambert (608)-577-1057

lambertmichaelj@gmail.com

Magdi Sebestyen (608)-213-5768

magdi.sebestyen@gmail.com

COMMITTEE MEMBERS & ACTIVITY LEADERS

Activities Committee Members:

Gail Holmes (chair) (glholmes@wisc.edu),

Audrey Liimatainen (AMCL822@yahoo.com),

Lois Schulz (loisschulz1942@gmail.com)

Leaders for specific activities are:

Adopt-A-Highway–Stephanie Vanden Bush (sljacobs2@gmail.com)

Bike Rides – Jan Hornback (jhornback@wisc.edu)

Book Club – Reta Haring (retaharring@charter.net) and Marian Ehrenberg (marianeh2014@gmail.com)

International Institutes–Helen Ann Rugowski (haharrin@hotmail.com)

Let's Eat Out (LEO)–Bobbie Vrooman (bobbiesque@gmail.com)

Dining on the 6th – Gail Holmes (glholmes@wisc.edu)

Let's Hike/Let's Walk–Magdi Sebestyen (magdi.sebestyen@gmail.com)

Winter Snow-Shoeing/Cross-Country Skiing--Tamas Gaal (tgaal@wisc.edu)

Second Harvest Food Bank–Lois Schulz (loisschulz1942@gmail.com)

Travel/Day trips–Donna Hussin (djhussin@yahoo.com)

WISCONSIN FRIENDSHIP
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608-238-1785

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608-286-8895

Treasurer: Mary Juckem
608-661-2810

Newsletter: Agnes Rona
781-910-1094

Meet The Bicyclists in September



Ten eager, enthusiastic, and energetic bicyclists are coming to Madison September 13. This is your only chance to participate in a Journey of any sort in 2021. Please come to both of our Club Events - or at least one - to meet them. They are from all over the US and are preparing for our trails.

We host a Welcome Dinner at the Holy Wisdom Monastery on **Tuesday, September 14 at 5:30 PM**. We will be serving either a mixed grill or an Asian Stir Fry for those who prefer no meat.

Our Farewell Picnic will be on **Sunday, September 19 at the Huegel-Jamestown Park shelter**. Riders will arrive directly from their ride about **4:30 PM**, so you will have time to mix with them and find out how they liked biking in Wisconsin. You will have a choice of meat or vegetarian lasagna.

Meals will include side dishes, dessert and beverages. You may bring your own drinks/alcohol to the Farewell Picnic at the park only.

Please come - it will be great to see everyone! All the bicyclists and hosts have been vaccinated.

Indicate the number from your household of each choice below. Cost per person for each meal is \$20.00. Return the form with your payment to:

Stephanie Sorensen, 1624 C North Golf Glen, Madison, WI 53704

Name: _____

Tue., Sept. 14 Welcome Dinner at Holy Wisdom Monastery:

_____ Mixed Grill _____ Asian Stir Fry - Total: _____

Sun., Sept. 19 Farewell Picnic at Huegel-Jamestown Park Shelter:

_____ Meat Lasagna _____ Vegetarian Lasagna - Total: _____

Cost is \$20 for each person for each meal.

Include a check made out to: Friendship Force WI-Madison, Inc.

RIDING SCHEDULE SIGN-UP

RIDER'S NAME: _____

PLEASE CHECK THE DAYS YOU WANT TO RIDE & SEND THE FORM TO:

LARRY NEUMAN, 2935 FOREST DOWN, FITCHBURG, WI 53711 or email: wlneuman@yahoo.com

Further information about starting times (often 9:00 AM), starting points, etc. will be sent later

DAY	Bike Trail	Distance	Lunch Stop	Surface	Check to Ride
Mon. 9/13	None	0	Arrive at Host Home		
Tue. 9/14	Madison City Loop Trail 9:00 AM 3:30 PM	22 mi	Garver Feed Mill	paved	
Wed. 9/15	Glacial River Trail 9:00 AM 2:30 / 5:00 PM	15/26 mi	Jones Dairy Co.	paved	
Thur. 9/16	Sugar River Trail 9:00 AM 5:00 PM	30.5/46 mi	Picnic or Country Garden Restaurants	crushed gravel and packed dirt	
Fri. 9/17	Glacial Drumlin Trail 9:00 AM 3:15 PM	20.5/33.5 /44.5 mi	Park View Cafe in Lake Mills	crushed gravel & packed dirt	
Sat. 9/18	Morning: visit State Capital and Farmer's Market. Afternoon: Optional Bike Ride Three Lakes Tour 1:30 PM	24.7 mi	Spend time with host/do optional activities in Madison	paved	
Sun. 9/19	Military Ridge & Epic Campus 9:00 AM 3:30/4:00 PM	26/31.8 mi	Grumpy Troll Tavern	some crushed gravel	