



friendship force
WISCONSIN - MADISON



www.ffwis.org

August 2020

A NOTE FROM THE PRESIDENT

It has been nearly 5 months since the lockdown began in March thrusting all social organizations into a new environment. The board is planning for 2021 assuming that there is a possibility that by late 2021 we can resume something resembling normal activities. Until then, we are focusing on building our friendships at home and encouraging you to reach out to your global friends who are feeling the same sense of isolation that we are feeling. I have found that my Friendship Force friends in other countries are working from home or staying safe at home as well and are delighted to have a connection. It makes all of us feel cared for and loved. So whether you write, call or use video messaging, it is important to send caring messages and extend a hand of friendship during these difficult times.

At a local level, our only options for activities are either outdoor events where we can maintain a social distance or virtual events. Please consider joining in! We want to see you and we miss you! We also encourage you to reach out to your friends here as well whether it be a call, a socially distanced visit or a note saying that you are thinking of them.

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." – Scott Adams

In Friendship, with warmest wishes to all,

Sandi Wysock
President
sandrawysock@msn.com



CALENDAR OF EVENTS

Monthly Board Meeting

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

Other Activities

August 2: Adopt-a-Highway. See "Activities"

August 6: Cocktails on the 6th. See "Activities"

August 10: ZOOM Member Meeting for By-Laws. See "Board Activities"

August 12: Deadline for By-Law Voting*****. See Board Activities*

August 17: Book Club. See "Activities"

August 19: Bike Ride See "Activities"

August 27: Second Harvest Food Bank. See "Activities"

August 28: Let's Walk, Let's Hike. See "Activities"

October 21: Adopt-a-Highway. Details in September

The beauty of Madison is available to all of us anytime.



Another miracle from Mother Nature after a heavy rain

EDITOR'S NOTE

If any of you have had virtual adventures such as virtual theater (play readings) or virtual dancing (via meetup) or dinner parties or cocktail parties (via ZOOM, via meetup etc.), virtual travels (via FFI – See “Journeys”), virtual pet adoptions (yes they happen) – **PLEASE TELL US WHAT YOU DID.**

Let us live long and prosper!

In Friendship,

Agnes Rona
Newsletter Editor

And keep smiling.



JOURNEYS

STEPHANIE IN GHANA

Our intrepid Journey Manager Stephanie Sorensen took advantage of FFI's virtual journeys and went to Ghana! Here is her report:

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I recently participated in a Friendship Force virtual visit to Ghana along with about 50 other FF members from around the world. One of the local Ghana club leaders presented a slide show as well as a welcoming description of his country and the opportunities available to Ambassadors who would visit.



Ghana is a stable democratic country in the western part of Africa which has had successful elections and transitions of power since 1992. One of the most notable things about Ghana is the discovery of oil off the coast, in addition to their historical gold reserves. The country has used its wealth to provide free education to everyone through high school. Ghana has one of the highest literacy rates in Africa.

We also were introduced to the Akosombo Dam, the major dam in the country which supplies much electricity and has created the largest artificial lake in the world - Lake Volta and is a point of pride for Ghanaians. We enjoyed very colorful photos and brief videos of the costumed dancing at local tribal ceremonies. Sometimes Ambassadors are lucky enough to witness these ceremonies in person..

The majority of the population are Christian, but Muslims are also a large religious group. More Christians are in the southern areas while more Muslims are in the north. English is the official language.



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JOURNEYS

STEPHANIE IN GHANA

Among notable Ghanaians, Kofi Annan was a Ghanaian diplomat and United Nations Secretary-General 1997–2006.

The Ghana Lake Volta FF Club is welcoming visitors. The FFI Virtual Experiences portal for many countries and experiences is:

: <https://blog.friendshipforce.org/virtual-experiences>.

Stephanie Sorensen
Journey Manager
ssorensen268@gmail.com

FFI VIRTUAL JOURNEYS ON FFI BLOG LINK

All members can take virtual journeys like Stephanie's by looking at this link:

<https://blog.friendshipforce.org/virtual-experiences/>

This link is NOT on the regular FFI International website. It is a wonderful way to travel and meet people during COVID. Once you connect on this link you should definitely slowly scroll all the way down to the end. It is full of many unique and interesting opportunities to learn about other countries, foods, and on-line activities. At the bottom are also links for tutorials for using WhatsApp and ZOOM.

ACTIVITIES

ADOPT-A-HIGHWAY



Please join us Sunday August 2nd at 7am to enjoy the outdoors while safely social distancing. We will enjoy each other's camaraderie while picking up garbage along a 1 mile section of highway 12 in Middleton. We will meet at the Middleton park and ride lot off the Parmenter exit 249.

Please bring your own mask. Gloves and other supplies will be provided. If you can help, please contact Stephanie Vanden Bush at 920-676-1441 or sljacobs2@gmail.com. Hope to see you there!

ACTIVITIES

NO PICNIC - BUT WE HAD ZOOM COCKTAILS ON JULY 7TH

Thanks to weather issues, we did not enjoy our picnic in the park, but we re-grouped with Cocktails on July 7th via ZOOM, with 14 of us in attendance. Some of us showed off our journey-related headgear, with great stories to match. We are gathering more stories and photos to share in our September issue.

And speaking of Cocktails on the 6th we are having.....

COCKTAILS ON AUGUST 6TH

Kathy Speck Kemeny will host virtual Cocktails on the 6th at 5 pm August 6. Bring a cocktail / mocktail and energy to share. Please RSVP to Kathy @ kspeckemeny@gmail.com by August 5 so she can send you your ZOOM invitation.

BOOK CLUB



The next meeting is August 17 at 2:00 pm, on Zoom or outdoors. We will read and discuss So You Want to Talk About Race by Ijeoma Oluo. It is very well reviewed as an honest and non-confrontational opportunity for white people and people of color to understand and talk to each other about the deep and complex issues of racism in America.

In October we will read and discuss The Night Watchman by Louise Erdrich. The book is based on the extraordinary life of Erdrich's grandfather, who worked as a night watchman and who carried the fight against Native Chippewa dispossession from rural North Dakota all the way to Washington D.C.

Please Email Reta Harring at retaharring@charter.net if you plan to attend the August 17 meeting.

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ACTIVITIES

BIKE RIDE

Ride on!



On 10 am Wednesday, August 19th (rain date Tuesday, August 25th), those interested will meet at the Badger State Trail in Liberty Park in Belleville. We'll ride the Badger State Trail, connect to the Sugar River Trail, and stop by New Glarus for lunch at one of the many great restaurants that can accommodate us outdoors and then return to Belleville. The roundtrip ride will be approximately 18 miles with a lunch break in the middle. Helmets required. Face masks suggested. Please let Jan Hornback know by Sunday, August 16th, if you plan to ride. Jan Hornback jhornback@wisc.edu / 608-216-4454

SECOND HARVEST FOOD BANK

We are again able to volunteer at Second Harvest!

Second Harvest volunteers meet at the Food Bank the last Thursday of each month from 12:30 to 3:30. Upcoming date is Thursday August 27.

FFL Heroes: For the past several months, Gail Holmes and her granddaughter Emily volunteered as individuals.

Gail reports that packing for food pantries and meal sites was changed to preparing food bags and care boxes for individuals and households. They were taken from our room and immediately added to food boxes being prepared via conveyor belt assembly in another room. All work spaces were at safe distances of over six feet. It was heartening to work with see so many female and male high school and college students volunteering each time.

There is unlimited space for volunteers. New members are encouraged to participate, not only to help serve some of the most basic needs of our community but also to meet and get to know other members of our club. Please confirm your participation date(s) with Lois Schulz, FFWM Second Harvest Food Bank Leader, at loisschulz1942@gmail.com

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ACTIVITIES

LET'S WALK, LET'S HIKE

Our next outing is Friday August 28. This time we will visit Elver Park, located at 1250 McKenna Blvd, Madison, WI 53719. Meeting time is 6:00 p.m. (Sunset will be at 8:22 p.m.). Maps and directions are at: <https://www.cityofmadison.com/parks/find-a-park/park.cfm?id=1172>

In order to prevent spreading COVID-19 infections, please keep a distance of 6 feet from others, and wear a face-mask. None of these safety measures takes the fun away: we can still have wonderful conversations! Here is the link to City of Madison General Precautions and Recommendations when spending time outdoors: <https://www.cityofmadison.com/parks/coronavirus>

If you are interested in joining us, please RSVP to magdi.sebestyen@gmail.com, or call Magdi at (608) 213-5768 so that she can send you parking and meeting point information, and the map of the park or contact you in case of cancellation or rescheduling due to inclement weather, or for any other unforeseen reason.

On June 27, our group of hikers explored some trails of Dane County Parks' North Mendota Prairie Unit and the Holy Wisdom Monastery in Waunakee. We found a set of benches that were perfectly "distanced" for preventing the spread of COVID-19. We could sit down for a while to rest, relax, and chat.



Our hike leader, Magdi Sebestyen took this photo on June 27

BOARD NEWS/ACTIVITIES

VOTING ON REVISIONS TO BY-LAWS



Our By-Laws Committee has worked very hard to review and propose changes to the By-Laws. The Board now submits them to **YOU** – our members

BOARD NEWS/ACTIVITIES

VOTING ON REVISIONS TO BY-LAWS

your comments and questions and asks you to vote on the proposed revisions.

Many thanks to Stephanie and every member of the Committee for all their hard work and commitment.

You should have received copies of the By-Laws and proposed revisions from Stephanie Sorensen, Ad-Hoc Committee Chair. Here are her comments to explain the proposed changes and the reason for the changes.

PLEASE TAKE THE TIME TO CONSIDER THE BY-LAW CHANGES AND TO VOTE – THIS IS THE TIME TO VOTE!

All of you should have received an email some time ago regarding the need to approve updates to our club bylaws. We simply are not able to have in-person meetings in a room together and it doesn't look like we will any time soon. These are the three main issues that are addressed in the changes (along with some small editing changes).

1. Reorganizing Board members by removing the Historian as a voting Board member and adding a Program Committee Chair as a voting Board member
2. Recognizing in writing the need to be able to meet and make decisions using a variety of electronic tools
3. Reorganizing some items and putting them in more appropriate areas.

Please review the proposed changes which have a link in the email of July 10 sent to the membership. They are also on the website under the members only section.

We have a Zoom meeting scheduled on August 10 at 4:30 (our cocktail hour) to discuss and answer any questions you have. A separate Zoom meeting invitation was also sent on July 10 with a link to the meeting. We look forward to seeing you. Bring your questions or comments.

The deadline for voting is August 12. We must have a minimum of a quorum of the membership to vote on this very important issue. The ballot sent to you in the last newsletter can be mailed no later than August 12. The easier way to vote is simply to send an email to ssorensen268@gmail.com saying "yes" or "no".

I thank you very kindly!

Stephanie Sorensen
Bylaw Committee Chair

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BOARD NEWS/ACTIVITIES

ZOOM INSTRUCTIONS TO JOIN MEETING

We have provided instructions in previous Newsletters for how to use ZOOM but because of the importance of the member vote on the By-Laws, Peter Kaufman has kindly downloaded the instruction pages for ZOOM and we are attaching them at the very end of this Newsletter for you to review.

The attached instructions are for I Pads only, but if you have questions please contact Peter at: pkaufman@gmail.com or call Peter at 608-848-3737. Please leave him a message with your name, phone number and a good time to call you back.

MIDWEST FFI LEADERS MEETING UPDATE

On July 23, Kathy Speck Kemeny participated in the Midwest Leaders meeting led by Dale Moore, Regional Representative. Dale reported that FFI has now received over \$450,000 in donations from clubs around the world! This will allow FFI to continue operations on a solid footing for some time to come. Every Midwest club contributed. Thanks to all for your generosity!

Journey planning continues, although clubs are encouraged to avoid planning journeys during first quarter of 2021, and possibly second quarter (to be determined). In the meantime, there are wonderful virtual experiences that members can participate in online via the Friendship Force International website. See the article in this issue about virtual global journeys, learning experiences and member connections.! Some of the events are recorded, so if you aren't able to participate in the actual event, you can still share in the experience! Reminding you that the direct link to the virtual experiences page is:

<https://blog.friendshipforce.org/virtual-experiences/>

Kathy Speck Kemeny

LOSSES IN OUR FFI FAMILY

DOROTHY OMDAHL on July 10, 2020



A life-long resident of Madison, Dorothy worked for University Hospital and the State of Wisconsin Department of Veterans Affairs as a Financial Specialist. She took great pleasure in her extended family and especially in her three sons, and was an enthusiastic community volunteer, reader and loved needleworking.

Dorothy very much enjoyed traveling. She had traveled extensively throughout the United States. Additionally, she had traveled to over 30 countries, primarily with the Friendship Force.

BOARD CONTACT INFORMATION

Standing Committee Chairs

Membership: Helen Ann Rugowski 608-841-1087
haharrin@hotmail.com

Journey Manager: Stephanie Sorensen 608-819-1846
stevils@charter.net

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

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 Harring (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)

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

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

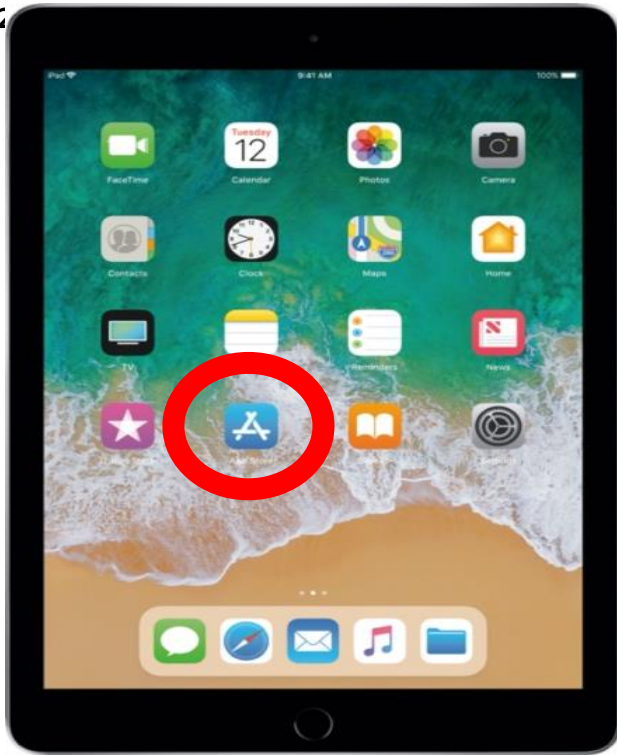
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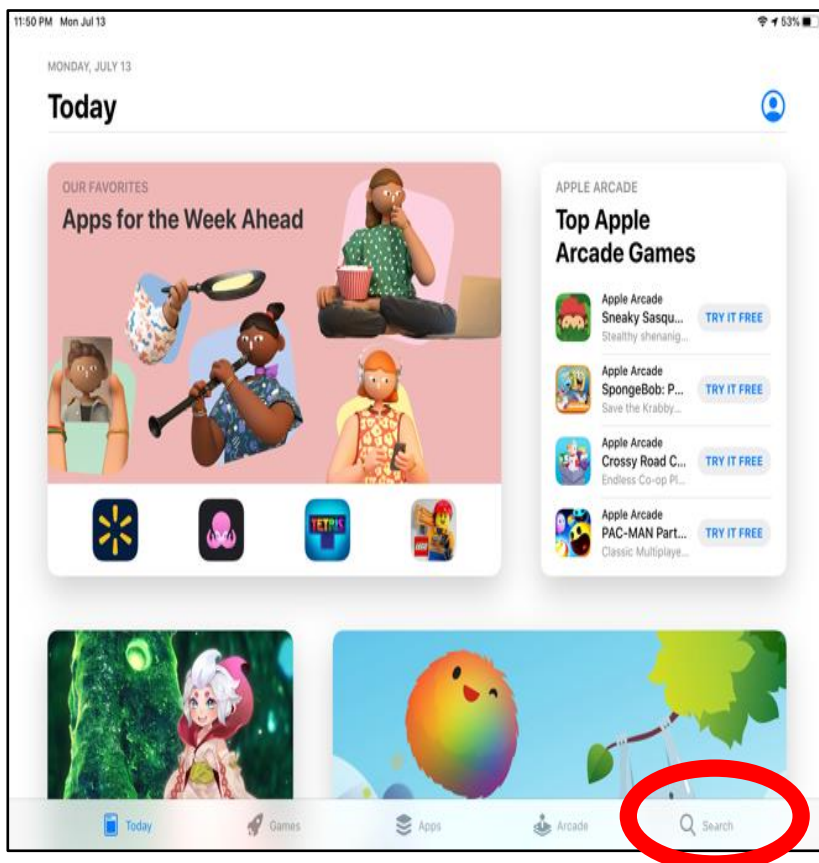
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Treasurer:	Mary Juckem	608-661-2810
Newsletter:	Agnes Rona	781-910-1094

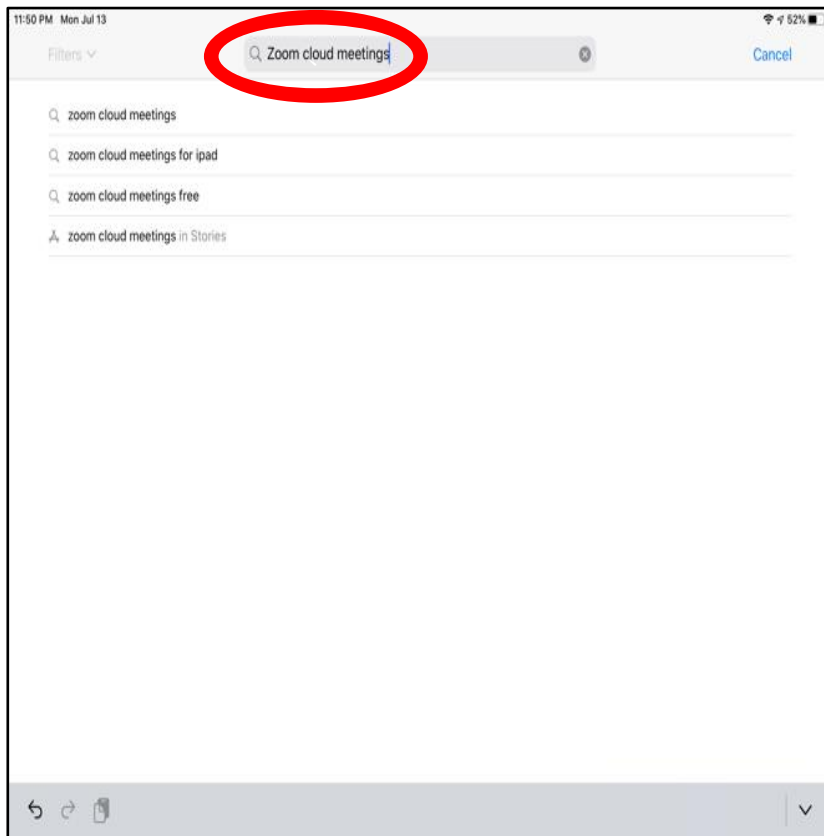
Zoom Installation Instructions for iPads

1. Go to the App Store

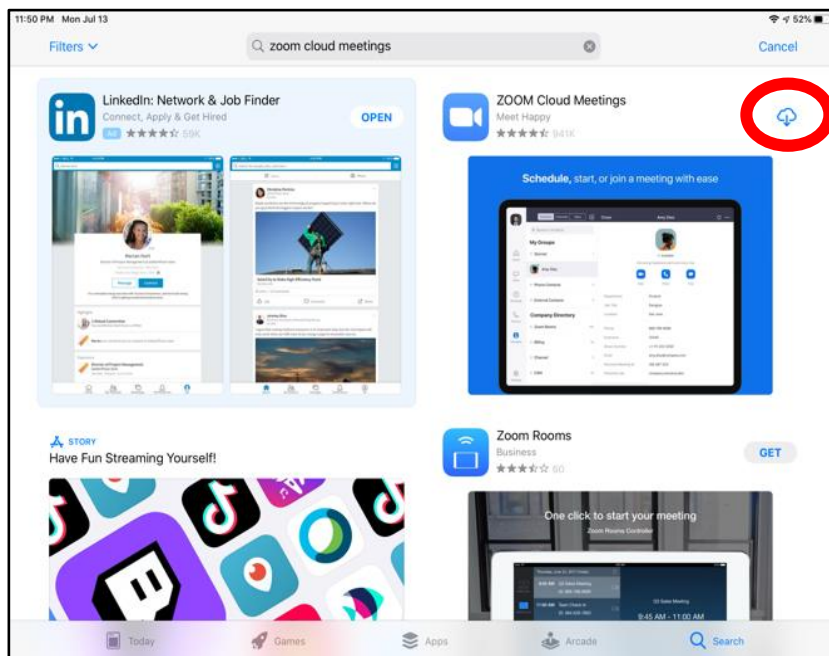


3. When the App Store opens, search for and download “Zoom Cloud Meetings”

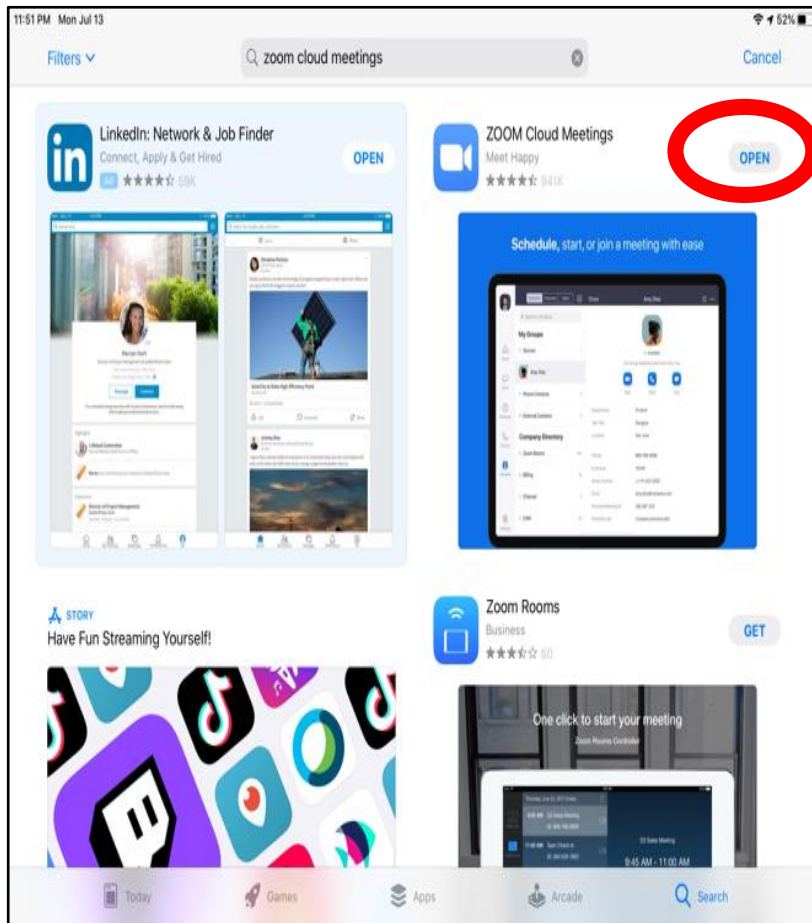




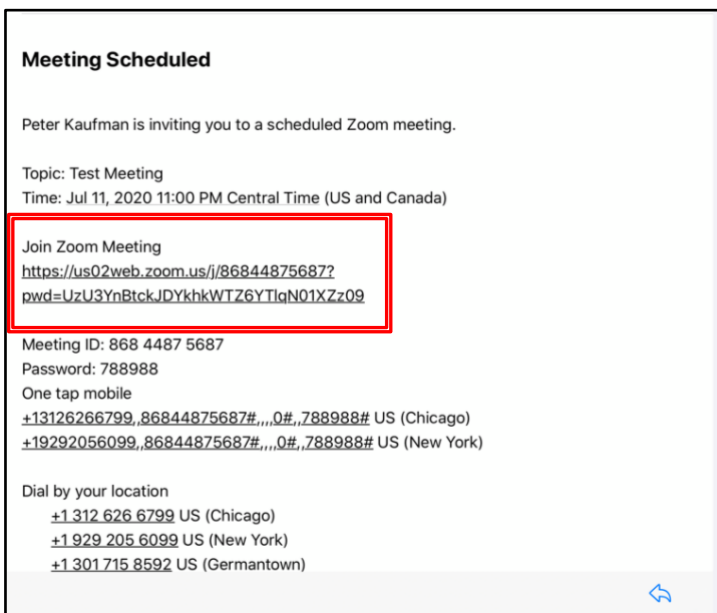
3 Click on the download icon...



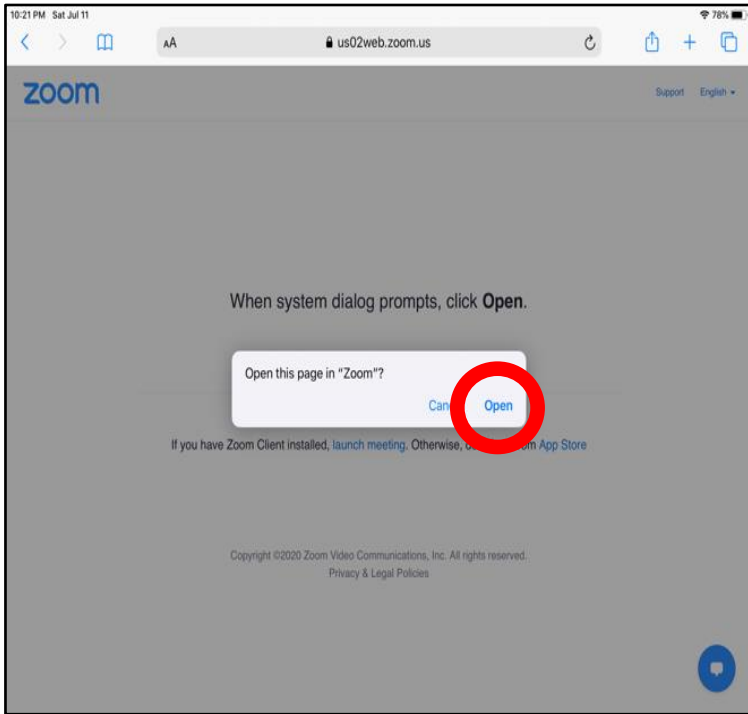
4. Click OPEN, then close the window



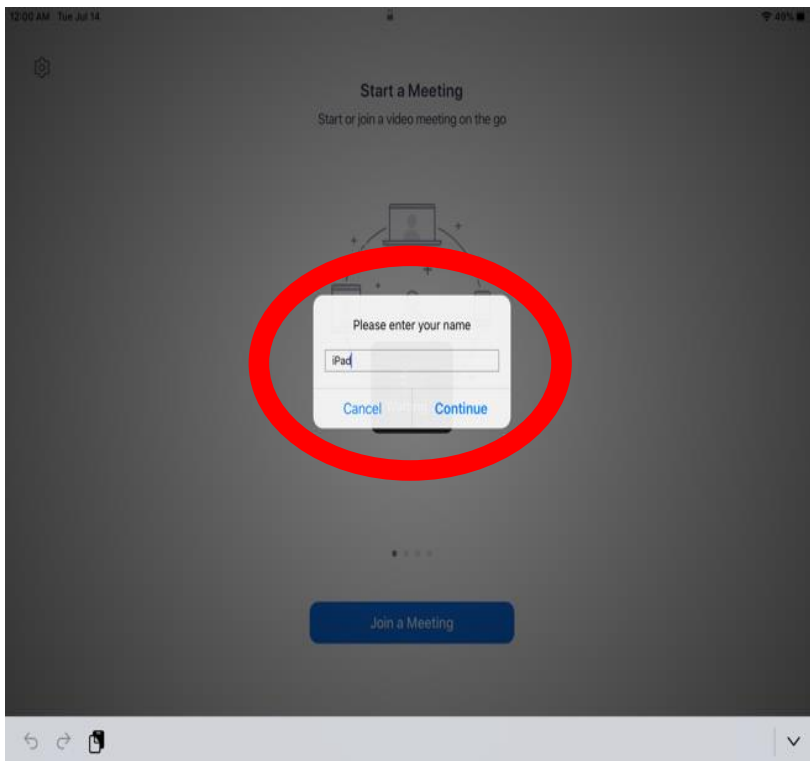
5. In your email, open your FFI email invitation to “JOIN ZOOM MEETING” and click on the link to join the meeting



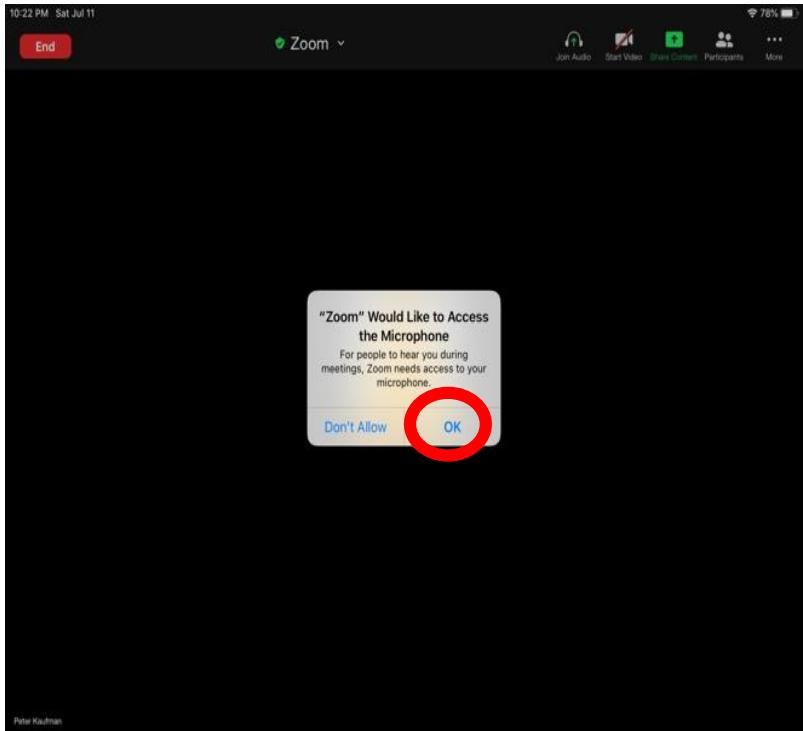
6. If prompted, click “Open”



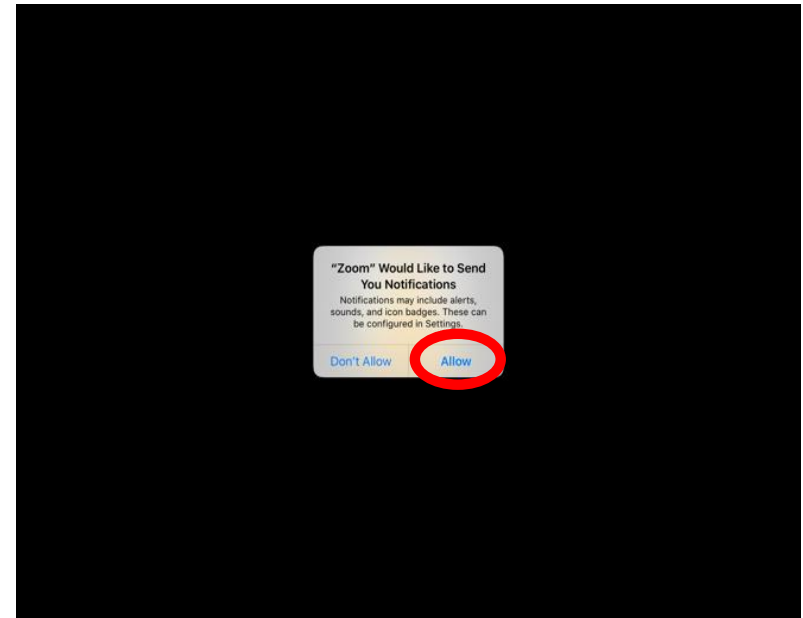
7. Enter your name identifying you to others



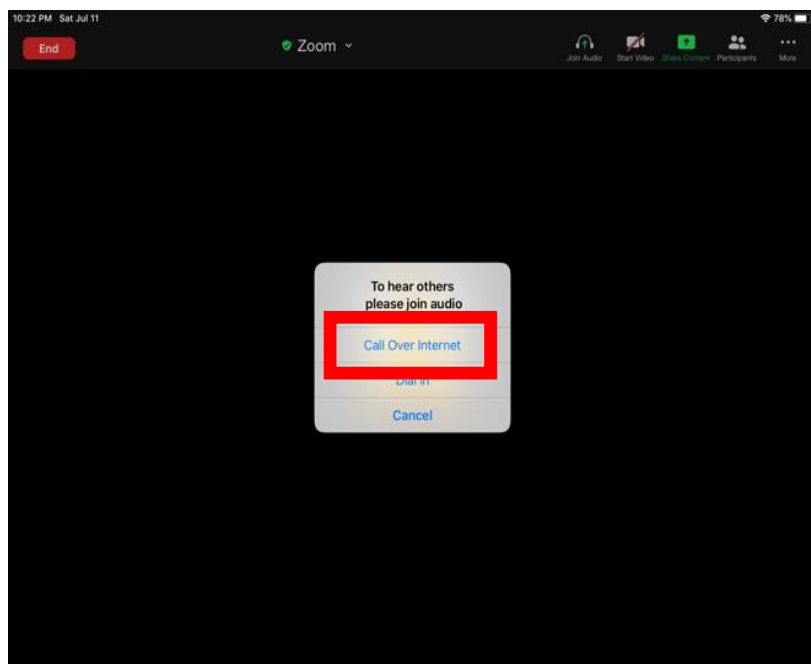
8. Allow Access to Microphone



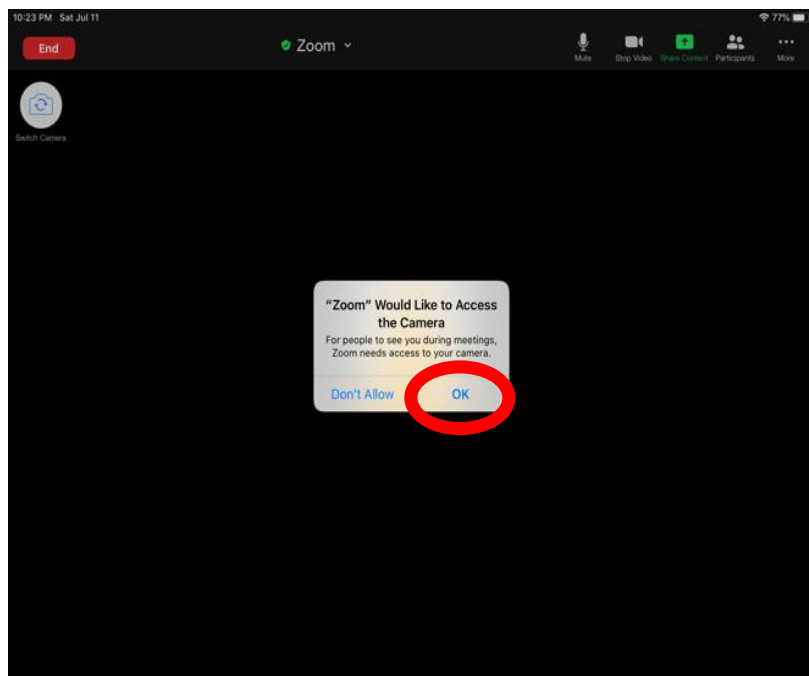
9. Allow Notifications



10. Select “*Call Over Internet*”



11. If asked, click “OK” for Access to Camera



If not asked, touch the screen and select “*Activate Video*” to turn your camera on.

To turn on/off the camera and mute/activate the microphone, simply touch the screen and click the associated icon