

EXPERIENCE DIFFERENT VIEWS.
DISCOVER COMMON GROUND.

July,, 2022

3rd^d Quarter

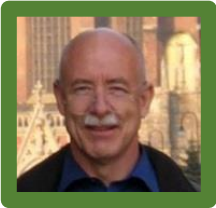


friendship force

K A N S A S

July, 2022

www.friendshipforceofkansas.org www.friendshipforce.org



PRESIDENTS' PONDERINGS AND PLANS



Following a cool and very wet spring, we have settled into a hot summer. To take our minds off the heat, there have been numerous headlines that are disturbing and frightening, things like mass shootings, climate change, war in Ukraine, abandoned dying immigrants, inflation, constitutional challenges, political stalemates, etc. All of these conundrums are both global and domestic. They can feel overwhelming and isolating and we in the US are not alone in facing these existential challenges. What can bring us calm and clarity is to remain focused on what we can do personally. Sometimes we can do something like get involved with local politics. And sometimes we can be something like be a supportive friend to those we care about. Interestingly, one of the most important ways for us to deal with existential threats is to do what we can do to support the mission of Friendship Force. Relationships become even more important when we feel inundated with discouraging news. Our wonderful organization has the simple yet profound mission to promote friendships, domestically and internationally. And it's these friendships we build and nourish that can provide us with peace and calm in the face of mounting problems. Our task is to remind ourselves to keep focused on our friendships, on being supportive, communicating with one another, and encouraging each other in order to help lessen the load of relentless bad news. Luckily, there is overwhelming evidence from research that it is the quality of our relationships that will have the greatest impact on our quality of life and longevity.

As co-presidents, we are grateful for the friendships we have with the members of FFK. And the more involved we are with this organization, the more meaningful our relationships have become. So, we encourage everyone to get involved if you aren't, to stay connected with friends, to strengthen your friendships with the members, and to create new friendships with people you meet during incoming and outgoing journeys.

Calendar of Events

July, 2022

23rd 10 a.m. Quarterly Meeting at GDL

August, 2022

24-30 Domestic Outbound to NE Ohio. Steve Dunn is the coordinator.

September, 2022

1st 10 a.m. Board Mtg. at ICI Building

7-15 Inbound from Hiroshima, Japan. Steve Smith, coordinator

October, 2022

10-23rd. Outbound to Egypt. Curtis Zerr is the coordinator.

22nd. 10 a.m. Quarterly Meeting at GDL

- Harvard Health

"Good, close relationships appear to buffer us from the problems of getting old," says *Dr. Robert Waldinger*, a psychiatrist with Harvard-affiliated Massachusetts General Hospital. Dr. Waldinger is the current director of the Harvard Study of Adult Development, an ongoing analysis that's followed more than 700 men since they were teenagers in 1938. More than 60 of the original participants, now in their 90s, are still taking part.

Social connections . . . not only give us pleasure, they also influence our long-term health in ways every bit as powerful as adequate sleep, a good diet, and not smoking. Dozens of studies have shown that people who have satisfying relationships with family, friends, and their community are happier, have fewer health problems, and live longer.

Conversely, a relative lack of social ties is associated with depression and later-life cognitive decline, as well as with increased mortality. One study, which examined data from more than 309,000 people, found that lack of strong relationships increased the risk of premature death from all causes by 50% — an effect on mortality risk roughly comparable to smoking up to 15 cigarettes a day, and greater than obesity and physical inactivity.

- "Those who are nurtured best, survive best." *Louis Cozolino, The Neuroscience of Human Relationships: Attachment And the Developing Social Brain*

- The quality of life is more important than life itself. [Alexis Carrel](#)

- Vital to quality of life is the ability to work together, learn from each other, and help each other grow. [Stephen Covey](#)

- The more emotional investment we put into the people around us, the more quality of life and longevity surrounds us. [Lee Johnson](#)

We look forward to our three outgoing journeys in 2022:

1. Steve Dunn and Sherri Lichtenberger are coordinating the Domestic Outbound to NE Ohio, August 24-30; (thank you to Curtis Zerr who filled in the gaps for Steve while he was gone)
2. Curtis Zerr and Angela Pirner are coordinating the International Outbound Journey to Egypt, October 10-23.

Completed incoming journey

1. Ronda Holmes coordinated the Domestic Inbound Journey from San Antonio, Texas, May 2-6.

Officers

Co-Presidents:

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316-706-6252
czerr@ici.insurance
*Steven Dunn
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dunwan@aol.com

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Steve Smith
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Treasurer:

Sherri Lichtenberger
316-729-7028
sherrilich46@gmail.com

Board Members

Social:

Marie Riggs

Publicity:

Diane Schuetz

Program:

Steve Dunn ACTING

Membership Chair:

Kathy Smith

Activities

Susan Harrington

Merchandise:

Ronda Holmes

Courtesy:

Helene Longhofer

Website Coordinator:

Alice Kreissler

Newsletter/Directory

Editor:

Lottie Miller

Bylaws

Jo Ann Pottorff

Colombia, South

America Outbound

HC Curtis Zerr

Western Montana

(Missoula) Outbound

HC-Steve Smith

Inbound Hiroshima,

Japan Spring 2022

HC- Steve Smith

Assistant-Kathy

Lindquist

Domestic Outbound to

NE Ohio

HC-Steve smith

Egypt Outbound Fall

2022

HC-Curtis Zerr



MEET TWO OF OUR NEW MEMBERS

BONNIE TURVEY

Bonnie Turvey grew up in Emporia with her parents and grandmother. She came to Wichita to attend college

She describes her career as a zigzag path. Bonnie's been a Manufacturing Program Planner at Boeing, worked in the consumer loan department of a bank, stopped working to be a full time wife and mother until the younger one started school then worked as a medical receptionist, in a financial aid department of a tech school and with GED testing.

Bonnie's husband, Jon, died in 2016. She has two grown children, Michelle and Darrell, both of whom are married. She has one grandson and two granddaughters. Retirement sees Bonnie staying busy with gardening, quilting, babysitting grandkids, group exercise, bible study, Red Hat, attending grandchildren' activities, a breakfast club with friends, women's circle at church, movies, theater, etc.

Opportunities to meet new friends and interesting people from around the world and to have an understanding on a deeper level than that of a tourist of the people of other countries is what Bonnie hopes to gain from FFK. She's ready to contribute hospitality in the form of meals or activities for travelers. She would love to travel with FFK starting in 2023.

3111 N Lakeridge Ct
Wichita, KS 67205
(c) 316-708-5717
bonnieturvey@icloud.com.

MARY JANE WAIT



Mary Jane Wait started life in Belpre, KS with her father, Henry Howe, a blacksmith, her mom, Iola, and 4 siblings. When she was 4, they moved to Hutchinson where her dad formed Western Supply Company.

A 1962 graduate of Hutchinson High, Mary Jane went on to Hutch JuCo then Grace Hospital School of Nursing. After marriage and while raising two children, she graduated BSN and MSN magna cum laude from WSU. Her nursing career includes time at Wesley Medical Center, Ellinwood District Hospital, CMKS in Great Bend, and Susan B Anthony Hospital in Eldorado where she spent 30 years. Her skills range from operating room and surgical and recovery to ER and ICU. As her three children neared college age, she transferred to the VA in Wichita. In 1991 she joined the Army Nurse Corps

during Desert Storm where she attained the grade of major. She retired in 2015 and bought a house in Woodlawn Village in Wichita in 2002 where she continues to live.

In retirement, Mary Jane has renewed her interest in the creative arts of writing, drawing, and painting; she is involved in the Christian community and its principles and, also, in veterans' service organizations and gardening.

Mary Jane has travelled with work and military assignments and now would like to explore travel and people and cultural opportunities. Her life experiences will certainly benefit others as their experiences will affect her life.

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Wichita, KS 67206
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maryjwait44@gmail.com
BD 8/26

Speaker for July Quarterly meeting

1. Sandra Tholen, a member of our club and veteran, recently had the opportunity to participate in the Honor Flight Program. This program is a national network of independent Hubs working together to honor our nation's veterans with an all-expenses paid trip to the memorials in Washington D.C. Participation in an Honor Flight trip gives veterans the chance to share this trip with other veterans, to remember friends and comrades lost, and to share their stories and experiences. Curtis Zerr and his father were able to make this trip a few years ago. There may be others in our group who have participated or who have family or friends who have had this once-in-a-lifetime experience.
2. Lottie Miller, another member of our club, will share a video she produced of the incoming journey of the San Antonio, Texas club. The video will feature highlights of their visit and the activities and friendships developed during the visit.
3. Edward Perez, Regional Director of Friendship Force International, will visit our club to share his role and responsibilities, to meet our members, and to answer questions we have about FFK, FFI, and Edward's duties.

COURTESY REPORT

A card was sent to Susan Harrington following shoulder surgery.

A sympathy card was sent to Joan Fox following the passing of her 103 year old mother.

A sympathy card was sent to Ronda Holmes following the passing of her brother.

A Thank You note was sent to Marty Miller for the wonderful Botanica tour and the gift of tulip bulbs for the San Antonio incoming group in May.

A sympathy card was sent to the family of Nan Duncan following her passing in May. The card was returned. We need a valid address for another card to be sent to the family.

Helene Longhofer

Courtesy Chair



LUNCH FOR THE JULY 23RD MEETING

Names beginning with A-G bring sandwiches (4-6) wrapped or bagged with contents label, letters H-P bring salads, letters Q-Z bring desserts.

Marie Riggs, Social



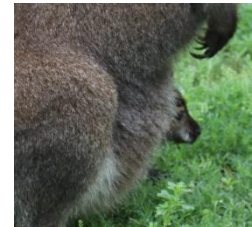
FFK CHRISTMAS PARTY

Please put on your calendar, Thursday, December 8, 2022 for our Christmas Party. Plans are to have it be at the Cowtown Entrance building. More information later.

JUNE 8, 2022 ELLINWOOD TRIP



On Thursday, June 9th, 24 members and guests traveled to Ellinwood, KS. Six cars, traveling from different areas of Wichita, met up for the 10:30 tour. Two of Ellinwood's local residents presented a wonderful history of the town, it's buildings and the underground tunnels, which we then visited. The underground area housed the original stores established by the German immigrants. This was followed by a delicious lunch of chicken pot pie with all the fixings homemade for us and served at the Historic Wolf Hotel. The afternoon took us to the Rolling Hills Zoo near Salina. Here we gathered at the Museum, part of the group viewing it and the remaining group seeing the sights of the zoo. The Museum hosts a huge collection of African animals beautifully displayed. We had some rain, but it did not stop us from seeing and enjoying many of the live animals throughout the zoo terrain. All the pictures from the trip can be seen at this link. <https://www.flickr.com/photos/192786375@N04/albums/72177720299678602>
Diane Schuetz



OHIO DOMESTIC JOURNEY

On August 24, ten members from Friendship Force of Kansas will travel to Northeastern Ohio (Cleveland) for a six-day domestic exchange. We are all excited to get out and visit another U.S. club after not being able to travel together for the last two years. Although we don't have an itinerary from the Ohio club yet, we expect to see the Rock 'n Roll Hall of Fame and the NFL Hall of Fame, along with whatever museums, gardens, and attractions they have planned. So far, everyone is planning to drive, so we won't be involved in all those canceled flights we're hearing about.

TREASURER'S NOTE

From the treasurer: We are encouraging all current members, who have not done so, to register with Friendship Force International. At this time, several members have not completed this step. Go into my.friendshipforce.org and register your membership and email address so that you can get current information from FFI and be able to pay deposits and buy travel insurance. **You need to be registered especially if you are planning to travel with Friendship Force this year.** If you need help with this step, contact me, and I will either do it for you, or help you.

Your treasurer,
Sherri Lichtenberger (sherrilich46@gmail.com)



FRIENDSHIP FORCE OF KANSAS LIFE MEMBERSHIP

We are honored to have been voted by the board to receive Life Time Membership status with this wonderful organization.

Over the years since joining in 1995, at the invitation of George and Mary Short, we have enjoyed so many interesting experiences, met scads of fascinating people and encountered untold cultural awakenings while eating mystery food and enjoying most of it.

Our outgoing journeys included Chiapas, Mexico; England & Scotland, South Korea, Peru, Australia, 3 provinces of Canada, and Costa Rica plus several domestic journeys. As hosts, we welcomed Friendship Force people from 10+ countries and also hosted for 4 Open World programs.

Rita served as FFK president from Oct, '99 to Jan, '03 and Dean served as treasurer from '09 to '15. In addition to that, we led 2 outgoing and 2 incoming journeys.

Many great memories are stored up from all of this. Friendship Force is a great organization and we are blessed to have been and continue to be two of the fortunate members.

With sincere appreciation,
Rita & Dean Pressnall



The Nominating Committee would like to nominate the following for two-year terms starting 1/1/2023. Nominations may also be made from the floor (with nominees' permission). Elections are at Annual Meeting Saturday October 22, 2022.

All the nominees, except VP, are current office holder eligible for a 2nd two-year term (but none after that).

Nominees are:

President: Curtis Zerr
Vice President: Kathy Smith
Secretary: Alice Kreissler
Treasurer: Sherri Lichtenberger

Steve Smith, Nominating Committee Chairman

FRIENDSHIP FORCE OF KANSAS, INC.

MEMBERSHIP FORM

(Revised November, 2020)

FF International – www.friendshipforce.orgFF of Kansas – www.friendshipforceofkansas.org

Name _____ New ___ Renew ___ Date: _____

Address _____

City _____ State _____ Zip code _____

Home Phone Number _____

Cell Phone Number(s) – Whose? _____ # _____

Whose? _____ # _____

Birthdate-Whose? _____ Mo ___ Day ___ Whose? _____ Mo ___ Day ___

Occupation(s) Current or Prior _____

Email Address(es) Whose? _____ email _____

Whose? _____ email _____

Please deliver the newsletter: by email _____ by regular mail _____

Recommended by _____

I/We will be interested in: Traveling _____ Hosting _____

Serving on a committee: Social _____ Activity _____ Publicity _____ Membership _____

Annual dues are \$30 per person.**Make checks payable to: Friendship Force of Kansas and mail to:****Sherri Lichtenberger, 12106 W Texas, Wichita, KS 67235**

We look forward to meeting you!

