

Friendship International

MAY 12, 2023



夏天的愿望清单

夏天马上就要来了！随着白日渐长、气温渐暖，夏天是体验新事物和创造难忘回忆的绝佳时候。考虑列上一个夏天的“愿望清单”来帮助您更加合理地安排时间。

首先，让您的家人集思广益，列出每个人都觉得有趣的事情。无论是进行一次公路旅行，尝试新的餐厅或食谱，还是在后院露营，将脑海中的所有想法都写下来。不要退缩！

接下来，根据什么对您最重要来对清单进行优先排序。您想专注于户外活动还是文化体验？有没有一些有时间限制的活动是您不想错过的？有的想法实施起来可能会很昂贵，因此请务必让您的清单多加一些简单的、易于实现的，免费的或是便宜的一些活动。

最后，根据您的日程安排，把那些必须提前预订的事情及早订好，将其余的清单放在一个容易看见的地方，例如您的冰箱上，以便您随时都可以想着那些要做的事情，并且在做完之后将其划掉。总之，要灵活！即兴的乐趣与计划的活动一样令人难忘。

国际妇女友谊会在夏天将会休息。我们会想念大家，期待着在秋季能再次见到您，并听听您夏季做了哪些有趣的事情！对于那些要回国或是已经回到你们自己国家的朋友，请记得保持联系哦！



活动预告

- | | |
|-------|---|
| 5月12日 | 课程展示 -- 本学期最后一次课 |
| 5月14日 | 母亲节 |
| 5月19日 | 年终野餐，没有课 |
| 8月 | 八月份我们将开放秋季的注册，并计划在九月份重新开始活动。具体日期将在今年夏天公布。 |

采草莓

现在正是草莓成熟的季节！在菜市场上您会看到草莓在打折出售，您也可以自己到当地的一些农场花点钱自己去摘草莓。无论是对大人还是孩子这都是一项即有趣又健康的户外活动，而且，这也是支持本地农场的一个大好机会。在活动结束时，您还可以带回家一篮子美味的夏日红浆果！点击下面的链接了解更多有关本地自采的地方。然后使用这些草莓来制作下面的食谱！

有时您可能需要提前电话咨询一些信息。

Wilder Pastures - 地址是 548 Robb Rd., Harrodsburg, KY, 这个地址在网上很难找到

Eckert's Orchard - Versailles

Evans Orchard - Georgetown



年终野餐

5月19日 星期五

请加入我们于5月19日星期五举行的本学年最后一次友谊会的活动！请带一份食物分享，并携带一把户外椅子（如果您有的话）。您也可以带上朋友！活动计划在 Ashland Avenue 浸信会教堂的凉亭下面进行，但如果天气不好，我们会改在室内进行。当天不会有课程。将提供儿童看护服务。我们很期待在那里见到您！

母亲节，5月14日星期日

以下是一些向您生命中的特别母亲致敬的想法：

- 通过 FaceTime 或 Skype 与您的母亲通话
- 为您认为是出色母亲的朋友送一束鲜花
- 给一位在您在美国生活期间担任“母亲角色”的年长女性写一封便条
- 请您自己的孩子享用野餐或电影之夜 - 是他们让您成为了母亲！



老少皆宜的手工：
画出来的石头冰激凌（可以使用任何石头）



烹饪课提供的特色食谱：
草莓天使蛋糕慕斯

为庆祝 国际妇女友谊会成立50周年，
请于5月12日星期五
加入我们的小型庆祝活动。那天在我们的课前节目中仍然会有课程展示，并按常规课程时间上课。

50 Years of Friendship International



请欣赏下面这篇刊登在Lexington Herald-Leader日报上的关于国际妇女友谊会的文章。我们不知道它发表的具体日期，但认为应该是在20世纪70年代。如果你放大看，你应该能够看清楚。

'I Learned What It Was Like To Be Lonesome'

Darlene May Talks About 'Friendship'

By BETTYE LEE MASTIN
Herald-Leader Home Page Editor

"Moving to Texas was the best thing that ever happened to me. I saw what it was like to be lonesome."

Darlene May, wife of IBM vice president Fred May, is talking of four years that changed her life. In Austin, she became active in Friendship, a program for international wives and their children, and is director now of a similar program that last year enrolled 390 people.

Fred May is the vice president in charge of development for International Business Machines Corp. He grew up in Prestonsburg and was graduated from the University of Kentucky, later earning a master's degree from the University of Tennessee. He joined IBM in 1961.

Darlene is from Ashland and attended the University. When IBM transferred the family to Austin, she says, "I loved Texas, but I found out what it was like to be away

from home. We joined a Baptist church, and I became involved in Friendship, a mission action program of Baptist women. It pairs women active in Baptist churches with international women."

When the family moved back to Lexington, Fred and Darlene joined Immanuel Baptist Church, and a week or so later, Darlene enlisted the church in Friendship.

Twelve Baptist churches and their pastors sponsor the program, which meets each

Thursday at Immanuel, Tates Creek Pike.

At a 9 a.m. coffee hour and assembly, international women share with the group their talents. Following that are free classes. Participants this fall may choose between nine different courses taught from 9:45 to 10:30 and from 11 subjects taught from 10:30 to 11:30.

Among the courses taught the first hour are various levels of English, Living in Lex-



The May Home

ington, Homemaking and Cultural Exchange.

Classes the second hour vary from trimmings to crocheting to cooking to crafts.

While women of all ages attend classes, international children five years and under are enrolled in a kindergarten type program.

Each international is brought to Immanuel by her friend, a Blue Grass woman who may, perhaps, live in her neighborhood, have similarly aged children or a husband in the same line of work.

The outing sometimes may be the only one of the week for an international woman who has no car and is alone while her husband is at work or in school.

"That makes it hard," Darlene says, "when an international says, 'Why can't we meet all day?' 'Or two days a week?'"

"Many tell us they look forward to Thursday all week. I know that I do."

"The first question so many of the internationals ask is, 'What is the tuition?' We tell them the program is to show we love them, we care."

Local women entertain the internationals with an autumn harvest festival at which "good old-fashioned country cooking is served," Darlene says. "We cook the kinds of things the internationals can't buy in restaurants. Then in the spring, they entertain us with foods from their countries."

The local women who become an international's "friend for the year" often supplies help other than transportation.

"One of my friends asked about baking a cake," Darlene says. "I told her I just opened a box. She could do that, she told me, but she needed to know what it meant 'to fold in.'"

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