



IFYE NEWS

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2019 IFYE Program and Forward

Alan Lambert, National Program Director

As the fall season is now upon us and the end of the calendar year is not far off, the 2019 IFYE program is coming to a close with the national debriefing occurring in early December. The 2019 IFYEs will be returning to Washington, D.C. to share their experiences with IFYE staff and alumni volunteers, help evaluate their individual country program and enhance the information in the specific country handbooks. Additionally, reverse culture shock and re-entry into their former social circles will be a key component of the debriefing process. IFYE alumni will help each returning IFYE develop dynamic presentations in order to complete their required 25 IFYE presentations over the next 12 months.

[2020 IFYE Applications](#) are now being accepted - and the presentations by the newly-returned IFYEs can increase the number of potential IFYEs dramatically. In the past couple of weeks, I have received inquiries from several individuals who were exposed to IFYE a year or more ago by presentations of returning IFYEs. Much like production agriculture, harvest does not come immediately after planting!

Iowa State Global Resource Systems - Cumulative efforts over the past three years working with Iowa State University

faculty have led to IFYE being recognized as a viable alternative for the international requirement for students graduating with a Global Resource Systems major. IFYE alumnus and Iowa State University Professor Emeritus William Edwards joined me for speaking engagements to several student classes and organizations to share the IFYE opportunity recently. When the day was completed, we had spoken to more than 150 students. From that, we have received verbal commitments from six students so far.

Purdue University - Efforts from February 2019's visit to Purdue University's Associate Dean and Director of Academic Programs led to IFYE's attendance at the Purdue College of Agriculture Career Fair. IFYE Executive Director Ken Gordon and Indiana IFYE to Poland (1978) Roger Shearer spoke to dozens of students. As a result, we received 30+ résumés of which over a dozen are extremely interested in the 2020 program.

Nationwide promotion - Similar promotional efforts and activities are ongoing with nationwide university student organizations such as: Ag Future of America (AFA), Minorities in Agriculture, Natural Resources and Related Sciences (MANRRS), Sigma Alpha, Alpha Gamma Rho, and FarmHouse.

Consistent, ongoing communication with the Illinois Corn Growers Association by IFYE Board Member and Program

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Back (L to R): 2019 IFYEs Elizabeth Otte (Missouri), Nick Birsa (Illinois), Emily Witmer (Pennsylvania);
Front (L to R): Mikhala Martin (Ohio), Amaris Daniels (Florida), and Vi Nguyen (Nebraska)



Victoria Warren
Association Board
President

My friends!

As you learned last month, we took an exciting step forward when IFYE USA and the United States Department of Agriculture (USDA) signed a memorandum of understanding (MOU) on September 6, 2019. Why is this exciting, you ask? These excerpts from the news release show it better than any new words that I might write:

USDA Deputy Secretary Censky said, “As a young person, I took part in the IFYE international exchange program. Today, I am honored to represent USDA as we embark on this collaboration

to connect IFYE with USDA’s toolbox that includes the Cooperative Extension System and internship opportunities, as well as highlight the global goodwill these exchanges foster.”

“We are very pleased to receive this acknowledgement from USDA. Our organization is focused on bringing rural cultures together around the globe to foster international understanding, peace, and to prepare our future leaders to work globally,” said IFYE President Victoria Fehrmann Warren. “The MOU recognizes the role IFYE plays in preparing young adults to work in advancing international agricultural relations and the positive impact IFYE has delivered to rural America through program participants and alumni.”

In the Spring/Summer 2019 IFYE NEWS, we talked about outreach and the need to increase our numbers of outbounds and host families. The IFYE Board had an “aha” moment about the Cooperative Extension System at our meeting in August as we were preparing for the national conference in Kentucky and discussing the MOU. Cooperative Extension has multiple components – agriculture, food, nutrition and health, natural resources and environment, families, youth, and communities, and more. Aha, we should be connecting with all of them! That will surely help us strengthen our program.

This wasn’t the only “aha” moment at the Board’s August meeting, however. Another was the realization that our list of members is incomplete. A new member to the Board, Sheri Swackhamer and a generous donor, Patti Jo Price, helped us to realize that we are missing many IFYE Ambassadors. (Both were IFYE Ambassadors.) These IFYEs participated

in state-specific or national-led IFYE experiences and are part of us! So, we are making a concerted effort to find and get them added to our membership. If you are one, count one or more among your friends or family, or know of others, please send their contact information to Ginny Warner (vwarner@sbcglobal.net). We can, then, keep them up to date on all that is happening in IFYE and give them the chance to get involved.

We also began a conversation of “legacy” at the conference in Kentucky. Often, legacy is thought of related only to the end of life. However, legacy is so much more than that. Susan V. Bosak, social researcher and co-founder of The Legacy Project says that “legacy is about life and living. It’s about learning from the past, living in the present, and building for the future.” She also says that legacy is “an interconnection across time, with a need for those who have come before us and a responsibility to those who come after us.” At the conference, we had a chance to hear from Kate Garrity, 2018 IFYE to India. Kate has lived her whole life in the legacy of IFYE shared with her by her grandmother, Shirley Garrity, 1956 IFYE to England and Wales. We could all share examples of how our connections over the years have moved the IFYE legacy. Our actions and connections today are moving the legacy forward. And I hope that my future actions will contribute to building the IFYE legacy! I am sure you hope the same. Think about what you might do to continue the legacy of IFYE for current and future generations and share it with me or Ken or any member of the Board of Directors.

An example of legacy was shared with me by Alan Lambert after he returned from the European IFYE Conference this year. At the bottom of the “Song of Peace” (“The IFYE Song”) shared with the conference attendees was this note:

When the 1949 U.S. delegates were on ship heading for Europe, someone had brought the words of the song. They sang it during vesper services each evening. Ed Aiton, who was the force behind the establishment of IFYE, and who accompanied that group, was delighted. He indicated that they had tried to find the words when the first group left in 1948. As the ship sailed, the “Song of Peace” became the theme song of IFYE.

I will end this message by saying that I was the lucky one who was privileged to sign the MOU with USDA. But I was standing on the shoulders of all those who went before! Everything we do in IFYE is built on the legacy of the pioneers of 70, 60, 50, 40, 30, 20, 10 years ago as well as those of today. We never go alone in IFYE; we have our sisters, brothers, mothers, fathers, aunts, uncles, cousins, and friends – here and around the world. Let’s keep the IFYE legacy growing and improving!

IN MEMORIAM

The passing of the following individuals has come to our attention since IFYE NEWS (Spring/Summer 2019).

Shirley (Weger) Lindahl (Washington to UK 1948)
07/27/2019 (LM)

Robert O Butler (Iowa to Panama 1957) 07/27/2017
(LM)

Ruth (Akehurst) Kavanagh (Maryland to Denmark 1948)
11/20/2004 (LM)

Carolyn (Zumbro) Daniels (Pennsylvania to France
1970) 07/20/2018

Iver O Aal (Minnesota to Costa Rica 1957) Date unknown
Harvey A Syltie (Minnesota to Korea 1975) 07/24/2019
(LM)

David L Patterson (Oregon to Finland 1952) 12/11/2017
LM = Life Member

Since the last IFYE NEWS, much has happened as we work to move the Association in a direction of sustainability. Committees have been working to raise awareness and increasing participation in our program. Our biggest news was announced at the National Conference in Kentucky. Many of you may have read about our Memorandum of Understanding (MOU) with the United States Department of Agriculture. That milestone event



Ken Gordon
Executive Director

happened with a formal signing ceremony in Washington, D.C. After 27 years, we are once again recognized by USDA.

The MOU connects IFYE to USDA resources to aid in awareness and funding. For example, I was invited by USDA to participate in the grant funding process by being a reviewer and panelist. I was able to review, critique, and discuss applications. From that process, I was able to experience what most likely will get funding and what it takes to make the grade for funding. This knowledge should help us in garnering not only USDA grants, but also allow IFYE to be in a better position to obtain grants from other government agencies. We will also use this experience to guide our funding proposal efforts with foundations and corporations. A goal I am working on is for us to utilize this grant experience to pull together an application for funding through NIFA where we will be asking for \$100,000 per year for the next five years. As I mentioned in our last IFYE Update, I am putting a team together to work on the components needed for a successful grant application. Please contact me (kgordon@ifyeusa.org) if you would like to be part of that team.

Having the recognition from USDA not only raises

awareness, but also supports the credibility of the IFYE Association. I have spoken with many corporate leaders and recently employed Extension Educators, and, sadly, they have never heard of IFYE. There are some states and people within Extension that have continued supporting IFYE, and it is with their help that IFYE has endured.

A lot has changed since IFYE was aligned with Extension and USDA. With the MOU, we have an opportunity to work on rebuilding the relationship in areas where our program has waned. While the MOU does not realign us with 4-H, it does open the door with Extension Educators locally. Raising awareness on the local level is vital to IFYE's growth. [The signed MOU](#) is posted on the IFYE website if you or anyone would like to read the document.

Promotional Materials - Additional materials are being created to help all members reach out to their local Extension office and begin the rebuilding process. We need the local Extension Educators to become aware of IFYE and the opportunity it presents. They can help the up-and-coming young leaders they recognize in their community by advocating for an international experience of a lifetime through IFYE. Once Extension Educators are aware of IFYE and realize the opportunity for young adults in their area, we will then be on the growth cycle we all hope to achieve.

Annual Giving Campaign - We all have our sights focused on growing IFYE and the successful continuation of our program. Members of our Board of Directors voted to begin an annual financial campaign for all to help support IFYE. You should have received a letter regarding the IFYE Annual Campaign. This presents an opportunity for giving a tax-deductible contribution to help support our organization. There is no minimum or maximum amount you can give, but it does open the door for those who have not had an opportunity to send in support. If you missed, or didn't receive a letter, please visit the IFYE website (ifyeusa.org) and click on [Ways to Give tab](#) and then "Annual Giving Campaign" for more information.

In the IFYE Spirit,
Ken

(Continued from page 1)

Development Committee Chair Carolyn Hansen has developed into a substantial financial contribution to the IFYE Association. IFYE can be a key component in their overall plan to develop future leaders in their organization.

The recent signing of the USDA / IFYE MOU - will be a tremendous benefit to IFYE. (See additional information in IFYE Executive Director Ken Gordon's column above and on our [website](#).) Programmatically, this recognition gives IFYE immense credibility among organizations here in the U.S. and abroad. Should there be a new situation where an IFYE needs assistance, the ability to have a U.S. government agency supporting IFYE is immeasurable.

Meeting with 13 Country Coordinators - Prior to and following the European IFYE Conference, I was able to personally meet with country coordinators in 13 countries. This has helped solidify the IFYE relationships with each

country, and also is enabling IFYE to begin programs in additional countries – Slovenia in 2020 and Latvia in 2021. As the number of U.S. outbound IFYEs increases in the coming years, the need for additional countries will also increase. Most countries have a limited number of slots for U.S. IFYEs as they also have IFYEs from other countries. Additionally, with increasing interest in the six-month program and visa regulations, six-month IFYEs need two host countries, most likely in two different parts of the world.

A two-month IFYE Exchange - The IFYE Board of Directors has previously approved an IFYE program of not less than two months on a case-by-case basis. With the ability to conduct a program which falls between spring and fall university semesters, this option can dramatically increase the number of outbound IFYEs. Several of the host countries have applauded this enhancement as it works into their program schedules, as well.

Luxembourg - My Second Home

Emily Witmer

(Pennsylvania to Luxembourg 2019)

Thank you to all of you who read my blog posts and followed along on my IFYE trip. Your prayers and support meant so much to me while I was in Luxembourg.

This trip was my first time out of the USA and my first time on a plane. It turns out that I love to fly and to travel. I also learned so much about how people in a different part of the world farm and hope to bring that knowledge to my farm one day. I made so many new friends and families that Luxembourg is my second home now. I hope to go back very soon.

Since coming home in September, I

- have been slowly adjusting back to “normal life”. However, I am still waking up between 2 am and 5 am for no reason and ready for bed around 6 pm to 7 pm!
- was very happy to eat a good juicy hamburger and other good Pennsylvania / Lancaster [County] food.
- have also been trying to catch up with all my animals. I couldn't believe how much they changed in three months!
- went to Washington D.C. on September 6th for a very special meeting. The IFYE Association of the USA, Inc. and the USDA signed a Memorandum of Understanding (MOU) which means that IFYE now has creditability through the USDA.
- was on RFDTV. [Link here if you would like to see the presentation.](https://www.rfdtv.com/story/41021529/connecting-with-rural-families-around-the-world#.XXaWdShKjIU) <https://www.rfdtv.com/story/41021529/connecting-with-rural-families-around-the-world#.XXaWdShKjIU>

But, now about Luxembourg --

My blog information and this article will give you an idea of some of the experiences I had, families I lived with, and other friends I made while living in Luxembourg this summer through the IFYE program.

The Didderrich Family - My first hosts

My first family consisted of Guy (dad, pronounced "gee" as in "geese"), Lydie (mom), Jeff (son), and Sophie (daughter). They have a 120-cow dairy farm with a 24-cow parallel parlor that's two years old. They also have 15 “pasture ornaments”, also known as sheep, have several Fendt tractors, and feed the cows with a mixer wagon. Two giant fluffy dogs are also part of this family; Rex is 16 and Funny is 2.

My first day with this family was off to a busy start:

- eating “guest cake” (The family always serves cake and coffee when a guest comes to the house.),
- being shown around the farm,
- milking cows, and
- participating in a party with the hay-chopping crew because I came on one of the busiest days, chopping.

On my second day, I watched two veterinarians perform stomach surgery on a cow. Then, I went into Mersch with my host mom to the recycling center and grocery shopping.

I continued to help on the farm during my stay by

- cooking lunch on the day that my host mom received a

25-year award from her work.

- helping in the kitchen making quiche and delicious strawberry ice cream. I also taught my host mom how to make chocolate mayonnaise cake with peanut butter icing. (Everyone thought it was going to be gross, but they all really liked it!).
- watering the calves in the early afternoons and washing their milk buckets.
- helping the vet take blood samples from heifers that were going to the fair the following weekend.
- checking on the bred heifers out on pasture, not on the farm.
- helping to milk cows and washing show cows for the fair.
- running the chopper!
- being interviewed by a local radio station about the IFYE program and farming.



My host mom (Lydie) making chocolate mayonnaise cake

For National Day (June 23), my host sister and her boyfriend took me to Luxembourg City and we saw the next-in-line Grand Duke! After visiting the “old City” and the “new City”, we took the train back to Mersch to party until midnight with fireworks ending the celebration.



Being interviewed

The Didderrichs have many birthdays in June. I met many extended family members during these celebrations! On Guy's sister-in-law's birthday, I met his brothers, their wives, and children. The next day was my host sister's 21st birthday and we celebrated again.

Before leaving this family, I visited a huge equipment barn that has 8 combines, 3 forage harvesters, 14 Fendt tractors, 2 Claas tractors, and a handful of manure “spreaders” that inject the manure into the ground instead of spraying it on top of the field.

The Müller Host Family

The Müller family consists of my host dad Ludwig (cigarette printing company owner), my host mom Peggy (nurse), and my two host brothers, Max (14) and Leo (12). I was a little nervous about coming to this family as they didn't have a farm and both parents had jobs away from home. I wasn't sure what I was going to be doing with my time. Even though I wasn't on a farm for this homestay, I still had a lot of fun and it was interesting to see how people live who are not farmers in this country.

While with the Müller family, I went on many hikes and sightseeing trips.

Additionally, I

- went grocery shopping in Germany with my host mom because items are cheaper there than in Luxembourg. We even purchased baking soda to make chocolate chip cookies which the whole family enjoyed!
- attended a garden party at a mansion in a neighboring town. After this beautiful party, I walked back to the town in which I was staying. (The towns are close enough that you can walk from one to another with trails that let you be in the country instead of walking on the roads.)
- visited the World War II museum in Diekirch where models and pictures of how the soldiers lived were displayed. Other memorials visited included the Luxembourg American Memorial and Cemetery and the German Military Cemetery.
- played German Monopoly, Brändi-dog (<http://gametable.me/games/313/brandi-dog>), and Ligretto (<https://boardgamegeek.com/boardgame/943/ligretto>). My favorite game was Ligretto; my host mom bought me my own set of cards as a parting gift.
- learned to use a sewing machine with my host grandma, Alice, who helped me make some little crafts to bring home. She makes and sells so many different crafts.
- visited the one dairy farm in the area. They milk 120 cows and have two Lely milking robots. It was nice to see cows again after having no animal interaction in weeks!



Ludwig, Max, Peggy, Leo Müller

My Third Host Family

It was nice being back on the farm again. The Fourmann family consists of Jean-Paul (dad), Marie-Anne (mom), and three brothers: Philip (24), Sven (23), and David (19). Philip is studying in Germany, Sven is taking over the farm, and David has been studying in the Netherlands since September. The family milks 30 cows and are currently building a new barn for more cows. They have a great dog named Taco, honeybees, chickens, and a few geese. While with the Fourmanns, I

- toured a goat dairy – There are only three such dairies in Luxembourg; so, I was very happy when Jean-Paul pulled this trip together where we visited a 1000-head goat dairy!!! The animals are milked on a 48-stall carousel and it takes one person three hours to milk them all.
- made bread - Since there are a lot of men in the family, Marie-Anne makes bread every two days



and only buys it on the weekends.

- baked cookies and *Petit Beurre* – I baked chocolate chip cookies and a cake called *Petit Beurre*. Everybody liked the cookies and I brought home the *Petit Beurre* recipe, as well as a few others.
- worked with honey bees and honey - I'd never dealt with honeybees before. Learning about them was an exciting experience. About two to three times a year, the family gathers the honey depending on the weather and temperature. Since the honey season was almost over, we gathered the last of the honey.

To remove the honey from the combs, we used a metal-pronged scraper to open the honeycomb. Then, we put the racks into a machine that spun the comb around to remove the honey without destroying the honeycomb. After the honey was extracted by centrifugal force, we gave the honeycomb back to the bees to fill again. Since it was the last gathering of the season, the bees won't fill the combs until spring. Also, you need to give the bees sugar water as food when the season is over.



Removing honey from combs

After the honey is collected, it is put into big metal containers. We stirred the honey twice a day to keep the sugars together. It takes a few weeks until the honey is ready to put into jars.

My family uses the honeycomb wax or “glue” for two different purposes.

- (1) They might send it to a factory that reuses it to make new honeycomb outlines to put into the frames. The outlines usually last about two to three years.
- (2) My host family also makes honey spirits. The honeycomb “glue”, a few peppermint plants, and apple spirit are put into a tub in a cool, dark place for a few months and is stirred once a day until the spirits are ready to drink.

Fun Facts about Honey and Beeswax

- (1) Honeybees secrete beeswax from eight glands with openings on their lower abdomen.
- (2) Honeybees must consume honey in order to produce beeswax.
- (3) Honeybees must gather nectar from two million flowers to make one pound of honey.
- (4) A bee flies about 90,000 miles (three times around the globe) to make one pound of honey.
- (5) The average bee will make only 1/12th teaspoon of honey in its lifetime.

Weekends - There is usually some sort of party or gathering every weekend. One weekend was a Beach Days party where people came and played beach volleyball and had a good time. The second weekend was in my host family's town. There were 5 km, 10 km, and 19 km runs around the town to the neighboring town and a 4-hour team trail. The youth club of the town took care of the food and drink and

I helped with the activities. It was cool to see how the youth are part of the community and how much fun they have.

My Fourth and Last Family (The Feyder's)

My last family lives in the southern part of Luxembourg where many of the country's industries are located. This family consists of Guy (father), Jaqueline (mother), Audrey (25), Nora (23), Céline (16) and a dog. They milk about 70 Holsteins and raise about 100 Limousin cattle. (NOTE: Nora was also a 2015 IFYE to Alaska and Virginia.)

My last week in Luxembourg with this family was a lot of fun between participating in farming activities and attending the *Schueberfouer* (the annual Luxembourg City Funfair).



- Picking Mirabelles – The family also has a few Mirabelle trees from which Celine and I picked fruit. Mirabelle plums are a small, sweet fruit most commonly grown in the Lorraine region of France. These high-sugar plums are known for their use in jams, jellies, baked products, and fruit brandy. <https://www.gardeningknowhow.com/edible/fruits/plum/planting-mirabelle-plum-trees.htm>

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- Celine and I raked hay; then, I rode with Guy to pick up the hay and take it to the hay drying barn. It smelled so good when they turned on the dryer. They put the loose hay in the boxes and blow warm air up through the hay to dry it.
- I drove more equipment at this family's farm to give hay to the Limousin cattle with their little tractor and [tedding hay](#) with their big John Deere tractor. In addition, I also helped move some Holstein and Limousin heifers to their new pasture.
- I went with the southern Young Farmers' group to the *Schueberfouer* in Luxembourg City. It was fun to hang out with people my age. We also went on a picnic to the Moselle River which separates Luxembourg from Germany and the area is known for its vineyards. Then, we went to a memorial that signifies all the countries in the European Union.



Me with Luxembourg flag

Thanks again

I hope you had fun reading about my trip, either through my blog or here in the IFYE NEWS. Maybe you can go visit Luxembourg yourselves someday! In the meantime, a requirement of the IFYE program is sharing my experience through presentations. So, if you, or somebody you know, is part of an organization or club and would like to hear more about my trip, below is my contact information.

Email: emwitmer13@gmail.com
Call or text - 717-945-9919
What's App: +1 (717) 945-9919

Job searching is also in progress since I'll be needing some funds for my next trip which is to Kenya in December. My church, Threshold, is sending a group to Kenya to help with irrigating farmland and to be with kids in an orphanage during Christmas. I'm going to help the farmers since that's what I like to do. Oh, and to see some giraffes!

Emily Witmer

emwitmer13.wixsite.com/luxembourgbound - PS - I think I will change my website name to "World Bound" instead of "Luxembourg Bound" and post about my trips all over the world; so, stay tuned!

Jobs fill your pocket.

Adventure fills your soul.¹

Elizabeth Otte

(Missouri to Germany and Argentina 2019)

Germany (mid-June to mid-September)

Over the three months of mid-June to mid-September, I traveled many kilometers, rode multiple trains, met a numerous amount of new people who have now become friends, and have made countless memories!

As I sat in the airport in September getting ready to depart this country, I still could not believe my 3 months in Germany had come to an end. It was a little bit of a whirlwind, but a good one at that. Getting to experience Germany and how the people live, while still doing some tourist things, has been incredible. I am very blessed to have had this opportunity.

My first host family has 740 acres of wheat, canola, barley, corn, and sugar beets. They also do some custom hay and straw for horse people. Because not much was happening in the fields at the time, I helped with the horses and mowed grass.



I was able to re-visit my first host family during my free time between countries. So glad I got to visit again

My second family started harvesting while I was there, so I helped drive some of the tractors and grain cart and helped with the harvest. I also helped on the dairy a couple days. They have 130 dairy cows, and 2,000 acres of wheat, canola, corn, sugar beets, legumes. They also have a biogas plant for renewable energy.



My second host family's dairy barn

My third host family raises 4,500 finishing hogs, and grow wheat, barley, and corn on 400 acres. All the crops are produced to feed the hogs. They also produce renewable energy through photovoltaic systems and have five wind turbines. They have four children; so, I helped with them most of the time. However, I did work with the hogs a few days and in the field.



Auf Wiedersehen - I'll see you later!

But first - free time - Before leaving for Argentina, I was privileged to have my family visit me and tour a bit with me. One of the interesting farms we visited was a [floating farm in Rotterdam, Netherlands!](#)



My third host family and me eating ice cream and spaghetti



L to R: (My family) Tommy, Tom, Carrie, and me - Thank you for visiting me during my exchange and on my free time!

My fourth family sells potatoes directly from their farm. They have 200 acres of sugar beets, wheat, canola, and potatoes. I helped in the field cultivating, as well as harvesting and bagging the potatoes.



Taking out bad potatoes

I was also able to make a last-minute stop to see a past IFYE and their farm. Thanks for showing me around and for the great hospitality, Karl-Frieder Kottsieper!

It's on to Argentina for my next three months on the IFYE program.

Argentina (mid-September to mid-December)

I am now in Argentina until mid-December. During the first few days in this country, I toured around the capitol city of Buenos Aires.

Then, I took a bus and headed south to Patagonia – where I helped on a research institute called The National Agricultural Technology Institute, commonly known as INTA. (This is a federal extension agency and works toward creating an ecologically clean environment within agriculture, forest and agro-industrial activities.)

Now, at the time of writing this article, I am working with cattle in central Argentina.

¹The title to Elizabeth's article is a quote from Jaime Lyn Beatty, an American actress and singer, best known for appearing in "A Very Potter Musical".

Words Can't Totally Describe

Mikhala Martin

(Ohio to Norway 2019)

Words can't begin to describe my 2019 IFYE experience in Norway! As a matter of fact, since returning to the United States, I find it hard to say just one thing about my trip. Most of the time, I end up talking people's ears off whenever anyone asks, "How was it?" and "What did you like the most about it?". I have so much to say but only about 15 minutes to tell them of my three months in Norway, a beautiful Scandinavian country that is very different from the U.S.

I had never flown before; flying for the first time and arriving in a different country were shell-shocking experiences for me. However, these were quickly overcome when I arrived in Norway.

I was completely enraptured by the gorgeous scenery in this country. Everywhere, the mountains and greenery were breathtaking. As a result, I did a lot of hiking. In fact, during my stay, I participated in five hikes with one being with my host brother's school. (I also had the opportunity to present at his school.)

In addition, my stay wouldn't have been as memorable if it wasn't for my amazing host families. I experienced something a tourist wouldn't have ... spending time and living with families! This really immersed me into the culture and my families' everyday lives. I truly felt like a Norwegian at times. This may be funny to say, but it's true. I will never forget my experience in Norway and have kept updated with all of my host families to this day. *(Hopefully, this will continue for years to come!)*

Below, I have shared some of my experiences on the IFYE program to give you an idea of my time in Norway. These are not arranged in any special order of experiences.

Bornholm, Denmark - is a Danish island in the Baltic Sea south of Sweden and 105 miles south of Copenhagen.



With Stijn Poland, Isak Berntzen Solberg, Mikhala Martin and Tare Reklev Øverbø in Østermarie, Bornholm, Denmark.

Finland, and Norway), as well as Canada, USA, and Taiwan. There were three IFYEs - one each from Switzerland and Taiwan, as well as me. It was such a blast and I made so many new friends!

While on the island of Bornholm, I also visited the ruins of [Hammershus Slot](#) (the largest castle ruins in northern Europe), learned how to harvest (or mine) rocks, and saw birds of prey up close.



Bornholm's Granit - a large granite quarry. While visiting Bornholm Granit, I got to drill holes in this huge rock that, later, I hammered into pieces ... if you're wondering, I did get to keep a piece of the rock.

My Birthday - So happy that I got to spend my 22nd birthday not only in a different country for the first time but with such an amazing host family that really make me feel like I'm a part of the family!



Thank you for the flowers Liv Signe Kvamme! And thank you, Lina Marie Bjørkedal & Ragnhild Synnøve Bjørkedal, for the many laughs we had at the cabin. I feel special getting to write in the family book.



Fishing - This picture says a lot! What you don't see was the struggle pulling the boat out, untangling the fish net, and trying to stay dry - lol (my leg is wet because I'm clumsy) but that was one of the best fishing experiences I've ever had.

Helicopter - Not only did I have a plane ride for the first time on my way to Norway, but I was also able to have a helicopter ride over the Hellesylt Fjord.

Visiting a vet - One of the most memorable experiences was to visit with a local veterinarian - a career I hope to have when finished with school. I just want to say thank you to Leif Langodden and Grete Karin Inderberg for setting up not one day, but two, with the local veterinary in Alvdal.

IFYE and I are in the local newspaper - Mikhala Martin (22) fra Ohio føler seg hjemme på Langodden gard etter snart tre ukers utveksling. (Mikhala Martin (22) from Ohio feels at home on Langodden gard after almost three weeks of exchange).



Hiking - Despite the rain and fog, I went hiking on Blåvola with the 4-H group of Alvdal. We pushed through and had fun.

Working with my host dad - Spent the day tilling the field with my host father.

Hunting - Deer hunting in Norway! My host father and sister took me up in the mountains and we scoped for deer.

Returning home and school - It feels weird being away when classes are starting. I guess that's okay because I emailed professors ahead of time but still feel a little nervous and anxious.

Wow! It's really been three months and now it's coming to an end. I haven't yet grasped that I'm coming back to the U.S. My mind is all kind of jumbled. However, I'm beyond thrilled that I got to experience this amazing journey with so many people. Thank you to all my host families for the laughs and life-learning lessons. I really enjoyed getting to know you-all.

Sharing now that I am back in the USA - Even though my trip to Norway has ended, I still have many things I want to share with everyone. That is why I'm asking if any organizations, schools, or individuals would like for me to give a presentation of my trip to Norway as an International Exchange Student! Please contact me though email or Instagram, if interested. Thank you.

Instagram: [mikhala_martin](#)
Email: mikhalamartin1@gmail.com

As I think back over my summer in Norway, I am

- Continuing my studies at The Ohio State University (OSU) majoring in Animal Science Bioscience
- Graduating with my colleagues in the spring of 2020
- Working at Camp Bow Wow – a doggie daycare in Columbus, Ohio
- Looking forward to hearing from some of you who wish to hear more about my IFYE experiences this summer in Norway
- Looking forward to continuing my communication with my host families and other friends made through this IFYE experience



Nick Birsa - planting rice in Thailand (his second host country)

The Best Part about being IFYE Hosts (Shared by Kathy Dye - Nebraska - from Facebook)

(October 12, 2019)

The best part about being IFYE hosts is blending work and play. Sharing the basic pieces of everyday life of farm and family and adding highlights of local sights and experiences.



Dani's "Quilt of Valor" made for a veteran - just needs binding

While we may be hosts, our neighbors and community also share their time and interest in these young people as well. A beautiful autumn bike ride to Scottsbluff National Monument and Chimney Rock with friends, first snow of the

season, more sewing, driver for alfalfa bale stackers as they raced the storm, cooking and baking and a beautiful visit with friends in the Bayard area for a bird's eye view of the valley round out our last week with Dani.

Dani is off to the next chapter of her Nebraska adventure, traveling across the state to spend the next 4 weeks in David City. While goodbyes tug at our hearts, we are excited for the new adventures ahead for our German girl!



Daniela Siehl - Germany

Our family has been blessed to host 5 different precious young people so far through the IFYE program. Each finds a place in our family and in our hearts as we share our home and lives. While we have some traditional things we do together as we work and play together, it is fun to learn their interests and dreams as well.

Blessings, Daniela!



Amaris Daniels with host family in Taiwan, her first host country

2019 National IFYE Conference

The IFYE Story: Then, Now, Forever
Lexington, Kentucky
August 7-11, 2019

Thank you to Cathy Kunkel-Mains and the KY committee, as well as all other helpers who helped make this conference a success!



Caron and Kris Beard enjoying a dance



Carolyn (Smith) Ivy (North Carolina to Norway) and Ted Hutchcroft (Iowa to UK) both 1949



AlAnn Feldman entertaining on the Kentucky dulcimer



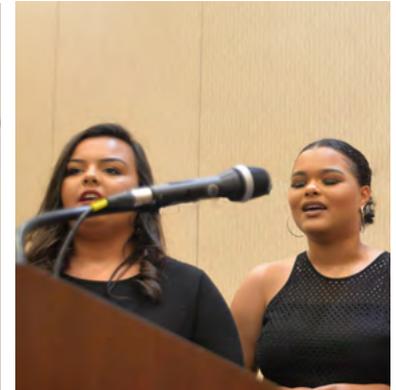
Elizabeth Granados (Costa Rica) with ORB during the "Horsey" Tour



Hillhouse Band - Saturday night dinner entertainment



Kate Garrity - 2018 IFYE Michigan to India



Kentucky 4-H Performing Arts Choir Singers



1969 Reunion - A total of 21 of the original 99 IFYEs from 1969 participated in the 50th reunion prior to conference and/or attended conference. Ted Hutchcroft (far right) worked for the 4-H Foundation in Costa Rica and coordinated the IFYE program for those attending language training in the country, including some of this 1969 group.



IFYE Association of the USA, Inc.
Peace Through Understanding

Please check the appropriate box(es) for the support you wish to provide to the IFYE Association. Return the form and completed action(s) that you have selected to: **Don DeWerff, 29 Arrowhead Drive, Lyons, KS 67554**

PLEASE COMPLETE:

NAME _____ EMAIL _____

ADDRESS _____ CITY _____ STATE ___ ZIP _____

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I wish to support IFYE in 2019 with the following: \$5,000 \$2,500

\$1,000 \$750 \$500 \$250 Other Amount \$ _____

I wish to support IFYE with an annual Membership fee. \$30 for 2019 annual membership

- If you are a **life member**, you will always be a life member and do not need to pay the \$30 annual Membership.
- **ALL life and annual members** have access to the Member area on the website.
- You can be a member with your \$30 annual membership only, but all contributions (by non-life members) above \$30 membership will count as a general donation.

I wish to become a **Life member** _____ \$1000 paid in one sum _____ \$200 paid over each of the next five years

Enclosed is \$20 for the postal mailing of two IFYE NEWS and eight issues of the IFYE UPDATE published during 2019.

PAYMENT METHOD

I have enclosed my check # _____ in the amount of \$ _____ payable to "IFYE Association of the USA".

I would like to pay the above amount on a payment schedule. Please contact me. Phone # _____

Please charge my credit card: MC_ _____ Visa ___ Discover _____ Amex _____ AMOUNT \$ _____

CARD NUMBER: _____ EXP. DATE: ___/___ Security Code: _____

SIGNATURE _____

I will pay online at <http://ifyeusa.org>

Please send me (by email) access information to the IFYE website "Paid Membership area".

My email address is: _____

I am unable to financially support IFYE at this time. Please discreetly remove me from the *contact for donation* list.

THANK YOU FOR YOUR SUPPORT of IFYE _____ 01/19

The IFYE Association of the USA, Inc. shall make its services, facilities, and programs available to all persons regardless of race, color, creed, gender, gender variance, age, disability, marital status, sexual orientation, or national origin, and the Association shall not in any way discriminate against any person on the basis of race, color, creed, gender, gender variance, age, disability, marital status, sexual orientation, or national origin.

<http://ifyeusa.org>

2020 National Conference

Branson, Missouri

September 10-13, 2020

Delbert Frericks and Faye Worley,
Conference Co-Chairs

IFYE Association of the USA, Inc.
PO Box 216
Williamsburg, MA 01096

POSTAGE

ADDRESS SERVICE REQUESTED

Branson Missouri's Radisson Hotel will be the site of the 2020 National IFYE Conference Sept. 10-13. The Missouri alumni chose to shorten the conference by a day hoping this will encourage those who are still employed to join the event.

Early birds can make hotel reservations by calling 417-335-5767. Cost per room for double occupancy will be \$123.25, tax included. This rate will be honored for three days prior to and three days following conference dates. Anyone who is in need of a handicapped-accessible/wheelchair-accessible room is encouraged to reserve your room early as the number of such rooms is limited.

The committee is also working to secure group-rate tickets (\$50.35/adult) for the Sight and Sound production of NOAH. This would be an optional pre-conference event on Wed. Sept. 9 at either 3:30 or 7:30 p.m. More information on this will be included in future communications.

Moving? New 911 Address?
Send mailing label corrections to IFYE NEWS (return address above) OR
vwarner@sbcglobal.net



Visit: <http://ifyeusa.org>



2019 IFYE Representatives - Inbound and Outbound - Washington, DC - June 2019 Orientation

Back (L to R): Simon Allemann, Switzerland; Alain Zuber, Switzerland; Nick Birsa, USA; Kelly Wakeham, England; Daniela Siehl, Germany; Amaris Daniels, USA; Yujeong Koh, S. Korea; Yu-Ju (Ju Ju) Chan, Taiwan; Zhao-Fang (Fang) Liu, Taiwan; Elizabeth Otte, USA

Front (L to R): Vi Nguyen, USA; Mikhala Martin, USA; Sayamon (Bow) Nertsuwan, Thailand; Boonsita (Fang) Samer, Thailand; Emily Witmer, USA

Not pictured: Yu Lun (Allen) Chen, Taiwan and Helena Oing, Germany