



Sister City Association of Bloomington-Normal

Vladimir
Canterbury

Communicator

Fall 2018

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Presidents Letter by Dave Thomas

What exciting times! Your Vladimir Canterbury Sister City Association (VCSCA) has been extremely busy building relationships, exchanging ideas and fostering international goodwill. I would invite you to become involved in many of the activities we have planned. I've listed below some of the key events occurring over the next few months.

October 18th - Russia Night - the annual gathering where students from ISU's School of Kinesiology and Recreation do a presentation on their May 2018 academic exchange to Russia. Come hear how the lives of these students have been forever impacted through their visit to St Petersburg, Vladimir, and Moscow. This will be held at ISU, is free of charge, and all are welcome to attend. Contact Karen Dennis for more information (kkdenni@ilstu.edu). 6:00 pm in McCormick Hall, ISU, room 260. Parking in South University St visitor parking.

October 25th - William White Peace Forum - In honor of founding member William White, this annual event includes having a renowned guest speaker deliver a presentation on Russia. This year, the guest speaker is Professor Mark D. Steinberg of the University of Illinois. The title of the presentation is *The Russian Revolution: Utopian Leap*. The presentation begins at 7 pm in the Old Main Room of the Bone Student Center on the campus of ISU. We are co-hosting the event with the Department of History at ISU. Free

November 1st - The VCSCA Annual Meeting - Our annual meeting of the general membership of the VCSCA. During this meeting we will elect new board members, highlight our 30th anniversary events (see below) and listen to a presentation from the Medical Delegation on Oncology from Bloomington/Normal who just returned from a medical exchange with Vladimir in September (see the article in this newsletter). Light refreshments will be served. Contact me for more information (dqthoma@ilstu.edu). 6:30 pm. Location to be announced.

November 9-17th - We are hosting a delegation of young professionals from Vladimir as part of the Open World program sponsored by the US Congress. The focus of this year's exchange is *Accountable Governance: Local Government*. More information will be circulated as the program is finalized. Elaine Cousins, Orly Edge, Desiree Quizon-Colquitt and Margaret Ann Hayden are planning this visit.

January through December of 2019 - The 30th anniversary of the founding of the VCSCA. We will have many events throughout the year to recognize the incredible achievement of developing our Sister Cities relationship with Canterbury and Vladimir and our ongoing efforts to strengthen and sustain this relationship into the future! We are kicking off the year with a cultural event (see next item), are planning a *Founders* gathering with representatives from Vladimir and Canterbury in the spring and have applied for another Open World exchange focusing on best practices in education for April.

February 3-10 - We will be hosting internationally known vocal performing artist Alla Larinskaya, originally from Vladimir, and now with the Moscow Philharmonic. Alla will be performing at our VCSCA fundraising event (most likely scheduled for February 7th) in Bloomington. We are planning an elegant evening of dining and jazz/pop music with a jazz quartet and Alla as the featured performer. We ask that you support us in this event and help us to raise funds to allow us to continue international exchanges and cooperation. For information about this event contact (dqthoma@ilstu.edu).

It is also my great pleasure to announce that the VCSCA has been selected to receive assistance from the **Multi-Cultural Leadership Program**, which provides community professionals to help us achieve programmatic goals. Our main goal this year is raising funds so we can continue to build upon our international relationships. We hope all of you will do your best to make us a financially viable organization moving forward! Please read the column on the MCLP in this newsletter to learn more.

VCSCA Delegates Visit Russia

Five Vladimir Canterbury Sister City Association delegates (Judie Bey, Elaine Cousins, Steve Green, Margaret Ann Hayden, and Marilyn Myers) visited Russia to attend the Vladimir City Day celebration at the request of Vladimir's city administration. We had a fantastic visit thanks to the gracious hospitality of our Vladimir hosts.

We arrived in St. Petersburg Russia by train after spending 2 days in Helsinki sightseeing and getting over our jet lag. Then, after 3 days in St. Petersburg, we took the high-speed train to Vladimir where we were met by Tanya and Marina Semenova, members of the Vladimir Sister City Association.

We settled into our centrally located hotel and prepared for our early morning pickup by Vladimir Musatov of the Vladimir Sister City Association and Stanislav Sveshnikov of the Vladimir City Administration to begin the Vladimir City Day festivities.

Vladimir City Day is actually the birthday celebration for the City of Vladimir – and what a marvelous birthday party the city hosts. It is a n all-day affair that began for us with an early morning reception at city hall. Here we could meet and mingle with city officials and other invited guests from cities around Russia and Vladimir's sister city in France. Following the reception, we assembled in a room at city hall and all the visiting delegations gave speeches. Elaine and Judie spoke on behalf of our delegation. We also presented the city with a collage of images from Bloomington, Vladimir, and Canterbury that was printed on canvas and a letter from Mayor Renner on the occasion of Vladimir's City Day. A copy of Mayor Renner's letter is on our VCSCA website.



Elaine Cousins presenting the Mayor our present pictured below.

The celebration continued outdoors with the dedication of a new fountain near the "Golden Gate" and many dancing, singing, and acrobatic groups. One of the highlights among many of the performances was the Russian Navy Chorus and their medley of patriotic and popular songs. The weather was beautiful and the celebration lasted until late evening with food vendors, activities for children, and general merriment concluding with fire works. It seemed as if every citizen of Vladimir and surrounding areas were enjoying the festivities. After noticing that Judie Bey was no longer walking with the group, imagine our surprise when we looked back for Judie and found her chatting with former Open World participant Masha Beshpalova who was part of the group of Special Education visitors to Bloomington/Normal. We also participated as special guests in the opening of



Vladimir's new ice skating rink.. Along with speeches by representatives from the Vladimir regional government, the children of the region put on a wonderful ice show with figure skaters and young hockey players.. Not to be forgotten was the elaborate buffet dinner we enjoyed as guests of the city and another opportunity to mingle informally with city administrators, and other visiting delegates.

We spent our second day in Vladimir on a day trip to Moscow accompanied by Marina and Tanya Semenova. They were wonderful guides and we toured the major tourist sights including Red Square, the Kremlin, Gum Department Store, and a boat trip on the Moscow River. Thank you Marina and Tanya for suggesting the ice cream at Gum – a favorite outing for their family when they were children.

On our third day, Marina Semenova was our guide in the historic Golden Ring city of Suzdal where we visited the 12th century Kremlin, the beautiful collection of wooden churches and peasant houses from the 18th and 19th centuries in the Museum of Wooden Architecture and Peasant Life and the Monastery of St Euthymius. The evening concluded with a wonderful dinner with our sister city friends in the home of former Sister City Association president Anya and Slava Marozov as our hosts at a picnic at their dacha.

On our fourth and final full day in Vladimir, we toured the historic old part of the city, the beautiful newly built "Patriarchal garden culture park," the historic Demetrius and Assumption cathedrals, and the American Home which has moved to its new, larger quarters. At the American Home we also visited with old friends including Irina Lapshina, former exchange student Helen Isaeva, Masha, and her son, and many more. It was great to see the American Home directors Alexei and Galina, and the new group of teachers from a wide variety of American universities.



Our hosts Anya & Slava Marozov and the beautiful table & food

We also visited the Gingerbread Museum run by the mother of our exchange student from 2017-2018 Olya Zhemkins. We learned about the making of gingerbread, saw examples of painted gingerbread and had a good time painting our own piece of gingerbread. We then tried on royal vestments for a fun photo op. We were sad to say goodbye..



Marilyn Myers our queen.

Nomination Committee Report

Returning board members - three year term 2018 - 2021

Elaine Cousins Desiree Quizon-Colquitt
Orlyn Edge Dave Thomas
Joe Grabill

New board members – three year term 2018 - 2021

Hannah Johnson
Wendy Woith

Officers

President - Dave Thomas
Vice President - Desiree Quizon-Colquitt
Secretary - Carol Kerestes
Treasurer- Judie Bey



Our final farewell dinner hosted by the Oncology Dispensary

Report of Medical Partnership Committee's Oncology Exchange

A delegation of six health care practitioners representing the Bloomington-Normal Medical Partnership Committee traveled to Vladimir in September to build on ideas from a previous exchange of oncology experts from Vladimir to Bloomington-Normal in 2016. The travelers included Patrick Gomez, MD, his daughter, Christina, a 3rd year medical student, his wife Neva Belkham Gomez, DDM, Amy Funk, PhD, RN, Megan Rappleyea, MS, RN, OCN, and Wendy Woith, PhD, RN, FAAN.

Four members of the delegation were invited to present at a regional medical oncology conference. Dr. Gomez and Christina presented information about Illinois Cancer Care and the variety of services they provide. Dr. Funk spoke about palliative care, a practice that has not yet been implemented in Vladimir. Ms. Rappleyea described her role as a lung cancer nurse navigator and the importance of multi-disciplinary team care planning conferences.

The conference was well attended by physicians and nurses who specialize in oncology care. The group toured the Oncology Dispensary and listened to presentations about the services provided, the number of patients treated, and advances in practice and outcomes. In addition to their time at the oncology dispensary, they toured the tuberculosis dispensary to learn about TB control in Russia, the regional cardiovascular services center, and a polyclinic that treats both acute and chronic illness.

The Russian hosts provided excursions to the ancient cities of Murom and Suzdal, where the group learned about the history of the Vladimir region and many of the outstanding cathedrals in those cities, as well as the Assumption and St. Demetrius cathedrals in Vladimir. Cultural events they attended included listening to the Vladimir Symphony Orchestra and a master class on making kalach, a traditional Russian.

KNR University Exchanges ISU to VSU – May 2018

Ten students, Dr. Dave Thomas and Dr. Karen Dennis from the School of Kinesiology and Recreation, and Karen Fleming from the VCSCA Board traveled to Russia in May for a seventeen-day short-term study abroad experience. The group flew into St. Petersburg and spent a weekend exploring the sites of this former Russian capital city; including St. Isaac's Cathedral, the Hermitage an excursion to Pushkin to see Catherine's Palace and another excursion to Peterhoff Palace, located on the southern shore of the Gulf of Finland. A 12-hour overnight train ride from St. Petersburg to Vladimir was an exciting experience in itself.

Upon arriving in Vladimir, we were met by our hosts from Vladimir State University's Institute of Physical Culture and Sports. The next ten days were spent visiting classes, laboratories, sports facilities, hospitals, rehabilitation clinics, and schools, in addition to touring Olympic training facilities (Greco-Roman wrestling, gymnastics) and meeting many Olympic competitors and coaches that train in these facilities. We were provided special individualized Masterclass training in cycling and martial arts at fitness facilities. We participated in the "Last Bell" ceremony, which is like our commencement ceremony, at the Institute of Physical Culture and Sports

The students had several round-table discussions with students at Vladimir State, discussing everything from "Family and Healthy Lifestyle," to "Myths and Stereotypes of Russians and Americans." We also met Medical Partnership colleagues Dr Grigory Volchenkov and Dr Helen Vladimirova, and toured the Regional TB Dispensary, the Regional Blood Transfusion Station, the Regional Center of Physical Therapy and Sports Medicine, and the Regional Oncology Dispensary.

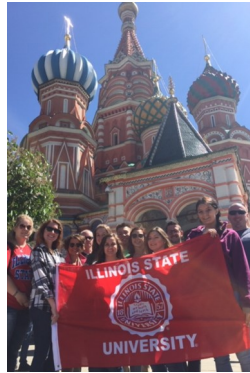
We had great opportunities for cultural immersion as we visited several historical sites, many that are UNESCO World Heritage Sites. Our Vladimir State University hosts welcomed us most warmly and provided for us a rich and broad range of cultural experiences, including excursions to nearby villages and towns in the "Golden Ring" of Russia, tours of cathedrals and museums, and a traditional

Russian banya. We all enjoyed the wonderful Russian cuisine.

We were also able to meet with the Vladimir Sister Cities Board and learn about the history of our Vladimir-Canterbury Sister Cities Association.

Following the wonderful experience in Vladimir, we traveled to Moscow for two and a half days before flying home. We walked on Red Square, toured the Kremlin, and just walked the city of Moscow! We had incredible learning and sharing of knowledge and experiences, and are looking forward to our next exchange.

KNR group in front of St Basil's Cathedral
Moscow



If you do not want your newsletter sent electronically, please let us know.

MEMBERSHIP FORM

Is Your Membership Up to Date? If you have not sent in your 2018 membership, please use the form below.

MEMBERSHIP LEVELS:

___	CHAUCER LEVEL / STUDENT	\$15- 39
___	TOLSTOY LEVEL / FRIEND	\$40 - 99
___	SHAKESPEARE LEVEL / PATRON	\$100 - 199
___	CHEKOV LEVEL / BENEFACTOR	\$200 - 499
___	BOLSHOI LEVEL / CORPORATE	\$500 - 999
___	GOLDEN RING / LIFE MEMBER	\$1000

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

EMAIL ADDRESS _____

Return completed form with check payable to:

Vladimir/Canterbury Association
P. O. Box 6048
Bloomington, IL 61702