



Fall 2019



Sister City Association of Bloomington-Normal

Vladimir
Canterbury

Communicator

Newsletter Editor Margaret Ann Hayden
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President's Message by Dave Thomas

Thirty years down, thirty years (at least) to go! Your Vladimir Canterbury Sister City Association (VCSCA) celebrated its thirtieth anniversary in 2019 with an extremely busy and productive year. Great effort has been put into building relationships, exchanging ideas and fostering international goodwill. This newsletter contains summaries of the important events of the VCSCA that occurred in 2019. I would also like to invite you to become involved in many of the activities we have planned for the remainder of 2019 and for 2020. I've listed below some of the key events occurring over the next few months. I am also pleased to announce that we have another Russian High School student (Anna Filimonova) spending the year with us and attending Normal Community West High School. Come out and meet her during Russia night or our annual meeting.

October 16th - Russia Night - the annual presentation of students from ISU who travelled to Vladimir in May occurs on Wednesday, October 16th. Join ISU President Larry Dietz and come hear how the lives of these students have been forever impacted through their visit to St. Petersburg, Vladimir, and Moscow. This year, there will be presentations from students from the School of KNR and the Mennonite College of Nursing. Additionally, three guests from the Vladimir Medical College of Nursing will be on hand to give a presentation about how they value the exchanges. 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 (free) in South University St. visitor parking.

November 7th - The VCSCA Annual Meeting - Our annual meeting of the general membership of the VCSCA. During this meeting we will elect new board members, listen to a presentation from member Carol Benson who recently travelled to Russia, meet High School Exchange student Anna Filimonova, and conduct VCSCA business. Light refreshments will be served. Contact me for more information (dqthoma@ilstu.edu). 6:30 pm. Moses Montefiore Temple, Bloomington.

April 1-10, 2020 - William White Peace Forum - In honor of founding member William White, this annual event includes having a distinguished guest speaker deliver a presentation on Russia. This year, the guest speaker is world-renowned physician Dr. Grigorii Volchenkov of the Vladimir Regional TB Control Center. The exact date, presentation topic, and location will be announced as the date draws closer.

June 5-11, 2020 – Museum Exchange – Museum professionals from Vladimir will visit Bloomington/Normal as part of a museum exchange headed up by VCSCA Board member Hannah Johnson. This exchange will be coordinated with the Sarasota, FL Sister Cities Association where the delegates will travel after visiting here. Information about the exchange will be forthcoming.

September 23, 2020 – Open World Exchange on Music and Theater – An Open World grant application has been submitted for an exchange on music and theater. We should know by Thanksgiving if it is approved. Further information about the exchange will be forthcoming.

Kinesiology & Recreation ISU

Five students and Dr. Karen Dennis from the School of Kinesiology and Recreation 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 and an excursion to Pushkin to see Catherine's Palace. A 12-hour overnight train ride from St. Petersburg to Vladimir was an exciting experience in itself.



KNR Students with Karen Dennis in front of St Basil's Cathedral.

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, powerlifting) and meeting many Olympic competitors and coaches that train in these facilities. We were provided special individualized Masterclass trainings in Tabata and martial arts at fitness facilities and a Masterclass in Japanese volleyball at the university. 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. Alexey Volchenkov, 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 were able to team up with students from Mennonite College of Nursing that were visiting Vladimir Medical College for some of these hospital/clinic tours, which was absolutely wonderful.

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 visit the American Home where we met with the Vladimir Sister Cities Board and learned 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 toured the city of Moscow! We had incredible learning and sharing of knowledge and experiences; and are looking forward to our next exchange.



KNR students at Oncology Center



KNR students at Vladimir State University



KNR students in Suzal

Welcome Anna!

The VCSCA is pleased to welcome Anna Filimonova to Bloomington-Normal. She is staying with Andre', Desiree, and Asia Quizon-Colquitt. Anna is a senior attending Normal Community West High School. Her favorite subjects are German and Molecular and Structural Biology. Anna is a member of the cross country team, Key Club, and German club. Since her arrival, she has experienced the thrilling and dizzy rides at the Illinois State Fair. She has eaten her fair share of spaghetti at her cross country team dinners and has enjoyed the enthusiasm of her teammates and host family cheering her on as she crosses the race finish line. Anna has already experienced the student traditions of homecoming week by watching her first American football game and attending the dance with a dozen new friends. Anna is off to a great start. We wish her all the best!



Andre', Anna, Asia, and Desiree at the welcome reception



Anna with cross country teammate and friend, Hannah



Anna's welcome picnic

30th Anniversary Celebration

From April 1 to April 9, we celebrated our association's 30th anniversary along with sister city friends Marina Semenova and Vladimir Musatov from Vladimir and Linda Quinn and Rodney and Denny Wood from Canterbury.

A high point of the week festivities included a fund raiser at Nightshop in downtown Bloomington where we dined on Russian and English dishes and enjoyed toasts from our Canterbury and Vladimir guests.

Throughout the week we had a rigorous schedule of sightseeing including a walking tour of downtown Bloomington led by Greg Koos, a visit to the McLean Museum of History and a viewing of the association archives stored there, a trip to the Lincoln sites in Springfield, a whirlwind tour of downtown Chicago, stops at the Funk Prairie Home, the Caterpillar museum in Peoria, and the VCSCA gardens in McGraw Park and at the Constitution Trail. We shared some lovely meals together and our founders had a chance to reminisce together and then share their memories with the rest of us at a panel presentation. The group also attended a concert by of the Illinois Symphony Orchestra.

We concluded the week with a planning session to discuss joint projects we might undertake in the future. One joint project is being planned presently to bring museum professionals from the Vladimir area to Bloomington-Normal, Chicago, St. Louis, and Sarasota, Florida to learn about best practices in museum exhibit planning, education, and special program development. Sarasota, Florida is also a sister city of Vladimir and we were pleased to host a representative from Sarasota during our celebration week. Canterbury, while not participating in the museum exchange with Vladimir will be connecting via Skype with the McLean County Museum of History.

We are excited about the next 30 years and look forward to more joint programs involving both Canterbury and Vladimir.

Museum Exchange for May 2020

When the VCSCA celebrated its thirtieth anniversary in April of this year, the association anticipated the homecoming of old friends and the outpouring of support from long-time members. What the VCSCA could not predict was the friend it would find in a fellow sister city of its beloved Vladimir, Russia—Sarasota, Florida. That burgeoning friendship is largely thanks to Miriam Kramer, City Director for Vladimir, Russia for the Sister Cities Association of Sarasota, Inc. Though Kramer kindly visited Bloomington-Normal in the spring to share in the celebration of the VCSCA's anniversary, she clearly had the future (rather than the past) in mind.

This forward thinking and enthusiasm on the part of Kramer, paired with the professional expertise and interest of newly recruited VCSCA board members, plus long-standing relationships with friends and colleagues affiliated with the Vladimir-Suzdal Museum Reserve, ultimately set the stage for a long-awaited museum exchange. Thus, the VCSCA is thrilled to announce that Bloomington-Normal and sunny Sarasota will each play host to three museum professionals from Vladimir in June 2020. The participants include: Svetlana Melnikova, Director General of the Vladimir-Suzdal Museum Reserve (pictured on the right); Olga Sorokina, head of the museum reserve's educational center; and Denis Dudenkov, chief specialist of the reserve's nature museum. Good friends and partners of the VCSCA, Marina and Tatyana Semenova, will also be joining the group as the trip facilitator and translator, respectively.



The Vladimir-Suzdal Museum Reserve was established in 1958, though the history of museums in Vladimir dates back roughly 100 years earlier. Today, the museum reserve encompasses dozens of exhibitions throughout Vladimir, Suzdal, and adjacent areas; an artifact collection of more than 400,000 objects; and more than 60 architectural monuments—seven of which grace the UNESCO World Heritage List. More information about the museum reserve and the work its staff is doing in youth and community education, architectural preservation, and more can be found at www.vladmuseum.ru/ru/ Follow @vladmuseum on Instagram for a daily dose of post-worthy pics.

While stateside, members of the museum exchange will engage in professional development and discourse with local professionals from the McLean County Museum of History, the David Davis Mansion, the Children's Discovery Museum, University Galleries at Illinois State University, and more. Delegated will also explore sites in Chicago and St. Louis before making their way (along with select

VCSCA board members and local museum professionals) to Sarasota, where they will visit various departments of the Ringling museum complex, including the Circus Museum, the Ca' d'Zan, the Asolo Repertory Theatre, and the new Center for Asian Art. The total ten-day visit will end with time for reflection and action planning poolside (aka Florida-style).

The timing of the trip also intentionally aligns with Bloomington's premiere *Cogs and Corsets: A Central Illinois Steampunk Happening* festival (June 5-7, 2020). Delegates will be treated to the VIP treatment on the First Friday evening of the festival with the opportunity to observe a truly collaborative effort that exemplifies the power of community, cultural, and municipal partnerships.

We look forward to June 2020 and are in the midst of eager planning. Keep an eye out for updates on social media as we continue to grow our agenda and museum network. We should also note that though representatives from Canterbury, England will be unable to participate in the exchange next summer, staff of the Beaney House of Art & Knowledge in Canterbury and the McLean County Museum of History are exploring options for a virtual exchange and resource sharing.

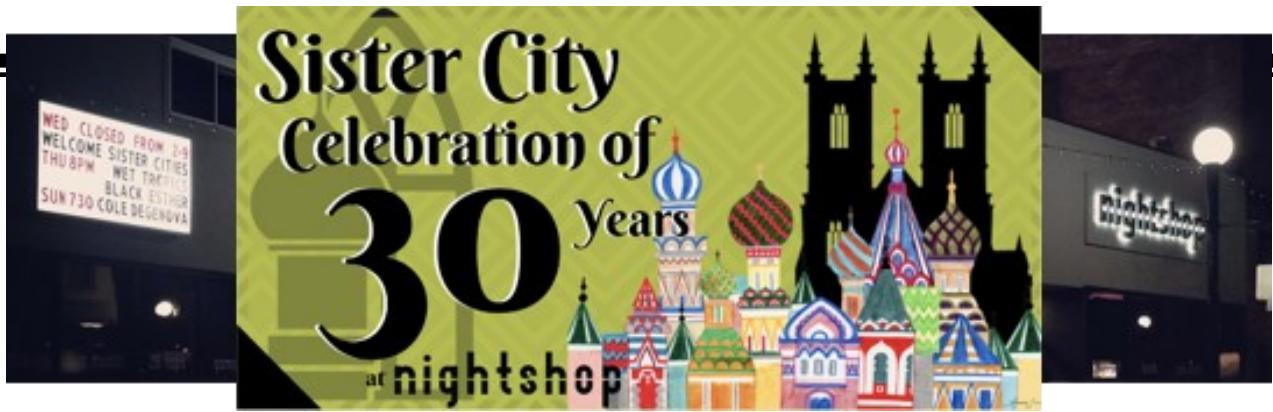


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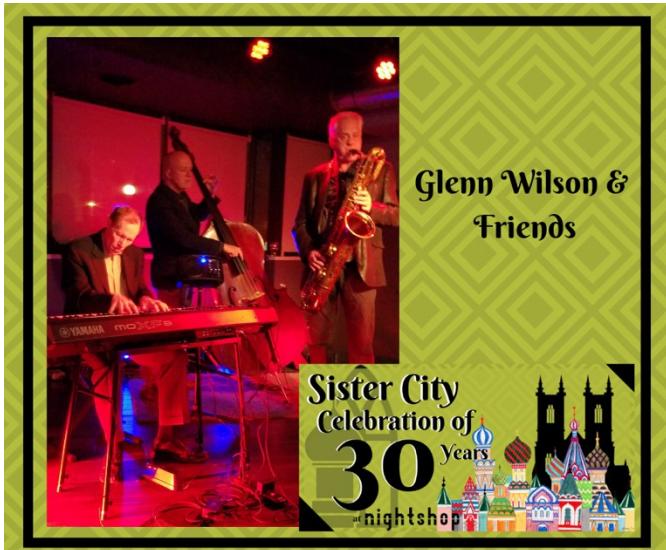
Members of the VCSCA who have received awards:

Jana Edge McLean County History Makers Award for her work with the medical mission to Vladimir

Karen Dennis Fulbright Award. Karen will be teaching in Vladimir next spring semester.



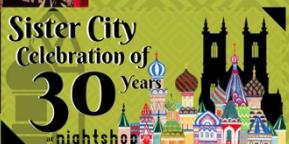
On Wednesday, April 3rd, we held a 30th Anniversary fundraising event at nightshop in Bloomington. The event was planned by Beth, Court and Nyoka of the Multi-Cultural Leadership Program, the Sister City Fundraising Committee (Tara, Desiree, Elaine, and Dave) and finally Hannah who was primarily responsible for pulling the evening off. The event was sponsored by nightshop, the Multi-Cultural Leadership Program, Alpha Gold Vodka, PrairiErth Farms, Lewis, Yockey and Brown Inc. and the VCSCA. Town of Normal Mayor Chris Koos and Councilwoman Chamberly Cummings were in attendance. The Vladimir Sister City Association was represented by Marina Semenova and representing the Canterbury Sister City Association was Linda Quinn. Also in attendance were founders Vladimir Musatov from Vladimir, Russia and Rodney and Denny Wood from Canterbury, England.



Glenn Wilson & Friends



Board President
Dave Thomas w/
MCLP members
Court Hruska,
Beth Bradford,
and
Nayoka Griffis



Tara (Board Member) &
Jon Kaczorowski



Board Member Steve Friedberg,
VCSCA Founder Wanda Hoover
and guests



Open World Exchange

In April 2019, we hosted an Open World Exchange focusing on Best Practices in Education. Five delegates and a facilitator were included in the visiting delegation. The group consisted of: **Tatiana Vladimirovna Krasilshchikova**, Associate professor of the World History Department, Vladimir State University; **Vladimir Igorevich Gorbatov**, Associate professor of the Russian and Foreign Philology Department, Vladimir State University; **Ilya Vladimirovich Zhirnov**, Teacher, Vladimir Basic Medical College; **Ekaterina Nikolaevna Ionova**, Senior teacher of the Department of the Second Foreign Language and the Methodology of Foreign Language Teaching, Vladimir State University; **Oksana Aleksandrovna Seliverstova**, Associate professor of the Department of Foreign Languages for Professional Communication, Vladimir State University; **Facilitator – Alla Putiy**, Moscow; **Interpreter – Svetlana Mefford**, Chicago. The group started their visit in Washington DC with tours of the city, visits to the Library of Congress, and a meeting with Chris Homan - Senior Advisor to Senator Dick Durbin for Foreign Policy and National Security. The group visited Chicago and Springfield before spending a week visiting Bloomington/Normal. While in B/N, they had various meetings at ISU, visited IWU, met with local governmental officials, and interacted with members of the VCSCA.



The delegation and board members kicking back at the Normal Fire Department. From the left, first row: Tatiana Krasilshchikova, Karen Dennis, Ekaterina Ionova, Vladimir Gorbatov, Margaret Ann Hayden. From the left, back row, Oksana Seliverstova, Dave Thomas, Ilya Zhirnov, Alla Putiy facilitator, Tom Hayden



The delegation visited the hall of flags in ISU's Bone Student Center. From the left: Vladimir Gorbatov, Tatiana Krasilshchikova, Alla Putiy, Svetlana Mefford (Interpreter), Ekaterina Ionova, Oksana Seliverstova, Ilya Zhirnov

Visit by Rector Anzor Saralidze of Vladimir State University

From April 6-11, 2019, Rector (President) Anzor Saralidze of Vladimir State University (VSU), and his wife Olga, visited Chicago, Bloomington/Normal, and Springfield. Karen Dennis and Dave Thomas arranged the visit. Jenny Afonina and Kate Rybakova served as student interpreters. While in Bloomington/Normal, Rector Saralidze toured Illinois State University and met with students, faculty, and administrators. ISU and VSU have academic exchange agreements that include the School of Kinesiology and Recreation, Department of Special Education, and the Department of Agriculture. Rector Saralidze met with representatives of ISU's College of Applied Science and Technology, the School of Kinesiology & Recreation, the Department of Special Education, the Department of Agriculture, the Office of International Studies and Programs, the Graduate School, the associate vice-president for undergraduate studies, Dr. Jan Murphy – Vice President for Academic Affairs and Provost; Dan Stephens – Vice President for Finance & Planning; and Dr. Lester Johnson – Vice President for Student Affairs and Pat Vickerman – Vice-President of University Advancement. Rector Saralidze also had a breakfast meeting with ISU President Larry Dietz. Additionally, the Rector was introduced and acknowledged at a meeting of the ISU Academic Senate. The Rector also met with Town of Normal Mayor Chris Koos, Town Councilman Kevin McCarthy, and Bloomington Mayor Tari Renner. Rector Saralidze toured ISU Athletics facilities, Gamma Phi Circus, and ISU spring football practice. A highlight of his visit included the reading of a proclamation of the floor of the State House by Illinois Rep. Dan Brady acknowledging the importance of the strong relationship between ISU and VSU, and a meeting with state Senators Jason Barrickman and Bill Brady.



Nominations Committee report October 2019

Committee members: Margaret Ann Hayden

Returning board members - three year term 2019 - 2022

Judie Bey
Karen Dennis
Stephen Friedberg
Margaret Ann Hayden
Olya Cochran

New board members – three year term 2019 - 2022

Zach Petrea, Professor of English and Study Abroad Coordinator, Heartland Community College

Officers

President - Dave Thomas
Vice President - Desiree Quizon-Colquitt
Secretary - Carol Kerestes
Treasurer – Bob Kerestes

From left: Dr. Brent Paterson, Assistant to President Dietz; Olga Saralidze, wife of the Rector; Rector of VSU Anzor Saralidze; Kate Rybakova, ISU student interpreter; Dr. Jan Murphy, Vice-President for Academic Affairs and Provost; Jenny Afonina, ISU student interpreter; Dr. Karen Dennis, KNR Instructional Assistant Professor and leader of the academic exchange; Dr. Lester Johnson, Vice-President for Student Affairs; Pat Vickerman, Vice-President of University Advancement, and Dan Stephens, Vice-President for Finance and Planning listen as Rector Saralidze gives a presentation about VSU.

Mennonite College of Nursing Vladimir Medical College (VMC) Exchange Program

Sadly in 2018, the MCN-VMC student exchange program had a gap year. Neither MCN nor VMC had student nurses to participate in the exchange. Needless to say, we were thrilled to have the opportunity re-ignited this year, 2019! MCN sent four student nurses along with a long-time, transcultural dedicated faculty, Lynn Kennell, to lead the group to Vladimir. The four students traveling with Instructor Kennell were: Lindsey Flood, Kari Lalumandier, Madelyn Sidman, and Danielle Trotter.

Post-travel feedback from this group was glowing. The students stated that the Russian people were friendly, welcoming and amazing in so many ways. They loved that the MCN group and the ISU Kinesiology group were able to share some experiences together. The students loved spending time with the Russian students and enjoyed playing some competitive sports together. It was a great way for the groups to begin quickly interacting with each other. They were so very grateful for the MCN Foundation Scholarship funds that help offset the expenses of travel. Sharing a favorite experience from the exchange was impossible, the group said they loved everything that the program provided to them.

I'll share this quote from Instructor Lynn Kennell:
If I could emphasize anything of my experience in Vladimir in May, it would be that there was such a strong sense of 'kinship' with Bloomington-Normal because of the Sister Cities' program. When we visited the TB hospital, the perinatal center, the regional cardiovascular hospital, and certainly, Vladimir Medical College, people we met had mementos and fond memories of encounters with members of the Sister Cities group. Some had come to the U.S. and some had received visitors. Because we were in Vladimir at the same time as Karen Dennis, PhD, and her Kinesiology students from Illinois State University, we had opportunities to collaborate with the faculty and students of Vladimir State University. This was a bonus for our MCN students as they had more interactions with Russian students and teachers, and great cultural learning in Suzdal. Everyone was so warm, welcoming, and eager to sustain our bonds of friendship and good will into the future.

The MCN-ISU students and I learned so much through this experience about the vast history of Russia, and more specifically, Vladimir, and the efforts of this country to meet the needs of all people through education, holistic healthcare, and even physical education like the gymnastics program that is a premier entity in Russia in 2019. Encounters with students from VMC allowed our students to establish friendships that will allow them to serve as ambassadors to the kindness of the Russian people. Our students will be better nurses and caregivers because they have learned the importance of communication in a setting where the alphabet is foreign to you as well as the language people speak. Finding ways to

empathize and communicate in future patient encounters when English is a second language to patients and families was another incredible 'take-away'.

This was indeed a WONDERFUL trip and I do hope that Sister Cities program will continue to sustain the opportunities for continued exchanges.

MCN is very excited to welcome our longstanding translator, Nina Bedova this October 2019 with another VMC nursing faculty and a VMC nursing student. The guests will be arriving on October 15th and will depart for Russia on October 29th. MCN is so grateful for the history and connection that the Vladimir Canterbury Sister Cities Association cultivated and nourished with the beautiful city of Vladimir. This is an exchange relationship that continues to educate and grow our nursing students.

MCN and KNR students in observation at the Regional Oncology Dispensary and Hospital in Vladimir



Pictured below MCN:
Madelyn Sidman, Lindsey Flood,
Danielle Trotter, Kari Lalumandier
Patriarchal Gardens in Vladimir

Lynn Kennell, MCN; Karen Dennis,
KNR; Nina Bedova, VMC



Please place Russia Night on your calendar.
We are so proud of our endeavers and want to
share them with you!!!!



The collage features several images: a large background image of the Kremlin in Moscow with the text 'Join us!' in red; a circular inset of students in a gymnasium with a red Illinois State flag; a circular inset of students in front of St. Basil's Cathedral in Moscow; and a large text block on the right for 'RUSSIA NIGHT'.

RUSSIA NIGHT
Wednesday, October 16th
6:00pm in McCormick 260

What is Russia Night?

- Presentations about Study Abroad Russia experiences
- KNR and Mennonite College of Nursing Study Abroad 2019
- Russia students sharing their adventures
- Special guest presenter Nina Bedova from Vladimir Medical College
- Information about Study Abroad Russia 2020!



MEMBERSHIP FORM

Is Your Membership Up to Date? If you have not sent in your 2020 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

