



YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY
FRIENDSHIP FORCE CLUB

July 1, 2014

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2014

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PRESIDENT'S MESSAGE....

I want to thank your board for participating in the June 7 half day retreat to deal with many items affecting club operations. Key decisions include:

1) A position will be created under the Communications Committee to coordinate information included on our website.

2) The website will be used for our club's history. We will no longer use paper documentation for history. The last 2 years of activities will be available on our website's home page. As new events are added, the oldest will be moved to the archive section of our website starting with 2009 activities.

3) The Board approved an increase in annual membership dues to \$30 reflecting the increase in dues our club pays to FFI. Member approval will be required for this to take affect.

4) We will investigate the feasibility of offering a computer class for our members on using social media technology. FFI is encouraging clubs to use social media tools for communications.

5) The bylaws are being reviewed in their entirety. One change is making our financial year January 1 to December 31 in order to match our federal tax year.

6) The Board believers our club's name no longer describes us, so we are conducting a name change contest. (See page 5.)

Cheryl and Dale Moore have taken the leadership of our clubs community service outreach efforts. They will prepare a series of newsletter articles (see page 4) on potential opportunities.

Steve Williams will lead a group on a theme trip to Cincinnati from July 21 - 27 on the Underground Railroad. Also, thanks to Steve, we will be entertained by Darrin Crow at the July 13th General Meeting as he tells the story of Iowa's Underground Railroad. It's going to be great fun - don't miss it!

Tressa

VOLUNTEERING AT THE FREEDOM FESTIVAL

On June 20 and 22nd, 18 members of our club volunteered at the Freedom Festival. These efforts serve as both a community service effort and as a fund raiser for our club. This is a real win-win proposition. \$500 was raised!

On June 22, we worked at the Dock Dogs competition held at Kirkwood Community College. This competition features trained dogs jumping into a pool of water—hopefully on command from their trainer. Results are determined by the distance jumped (measured from the back end of the dog) as recorded by high speed cameras. The competition took place over 3 days, June 20—22. According to the Dock Dogs national website, the longest jump of the entire event was 26' 8". WOW!



Our team consisting of Cheryl and John Elliott, Alice Wilkinson, Audrey Bradford, Lynette Nuehring, Dave Detwiler, Karen Mickelson, Sally Fairchild, and Cheryl and Dale Moore erected tents, banners, and garbage stations and sold Freedom Festival buttons and drinks. Well, to be honest, the drinks never showed during our shift.



On June 22, we worked at the HyVee World Record event held at NewBo City Market. This event consisted of children cooking the same dish simultaneously with their parents. Although there was a weather delay, a world record was indeed set—over 200 children cooking with their parents.

Our team consisting of Dianne and Mike Karal, Mary and Frank Stull, Jean and Dean Thomas, Janis Schmitz, Marian Wetjen, and Cheryl and Dale Moore set up tables, handed out ingredients, helped manage the crowd during the cook off, and cleaned up after the event.

L.E.O. at Sutliff Bridge Tavern

June 26, 2014

Thirty-Five members and four guests enjoyed food, drinks and good conversation at the Sutliff Bridge Tavern. The event was planned and hosted by Vic and Pat Klopfenstein.



Community Service Page—Kids Against Hunger



By Cheryl and Dale Moore

Kids Against Hunger packages highly nutritious, life-saving meals for starving children and malnourished children and their families in developing countries and the United States. The goal of the organization is for its meals to provide a stable nutritional base from which recipient families can move their families from starvation to self-sufficiency. Kids Against Hunger accomplishes this by mobilizing the energy and caring of American children, teens, and adults on behalf of hungry children around the world. Kids Against Hunger seeks to end the literal hunger of children receiving the meals, but also satisfies a hunger among prosperous Americans – a hunger for meaning and contribution.

Kids Against Hunger's international headquarters is located in Bloomington, Minnesota. However, the key to the success of the organization is the more than 100 "satellites" located across the USA and Canada. There are 4 satellites in Iowa. Organizations such as service clubs, faith based groups, etc. host an event working through a satellite. Hosting an event involves purchasing enough product to package 1200 to 2000 meals, or more. The satellite hosts bring the product in bulk and the packaging equipment to a location selected by the hosting organization. The hosting organization supplies the people to put the ingredients into individual meal packages, to seal the packages, and box the packages for shipping.

We have participated in several of these events through our church. It is, of course, very rewarding, but is also a time of good fellowship with the other participants. This is a project that our Friendship Force Club could easily do. Plus, the mission of Kids Against Hunger fits nicely with the International goals of Friendship Force.



VOLUNTEERS NEEDED

- **LEADERSHIP CONFERENCE COMMITTEE**

Tressa Youngbear is chair of the planning committee for the Leadership Conference in 2015 and is looking for members to help make this a great experience for all Midwest leaders. **Contact ityoungbear@gmail.com or call 319-350-4143 to volunteer!**

- **ASSISTANT ED FOR WESSEX ENGLAND EXCHANGE**

Tressa Youngbear is seeking someone to assist her in the ED role for the September 11—18 incoming exchange with Wessex, England.

Contact ityoungbear@gmail.com or call 319-350-4143 to volunteer!

- **PLEASE, PARTICIPATE IN THE FFI SURVEY!!!**

All club members will soon receive a survey from FFI. The results of this survey will assist FFI to better understand your needs, ideas and hopes for the future of Friendship Force. Please, keep on eye out for this survey to arrive in your email inbox. Your prompt participation will be appreciated.



- **ED's FOR 2015 EXCHANGES**

Outgoing exchange to the Mid-Willamette Valley Oregon for July 15—21, 2015.

Outgoing exchange to Niagara Canada for August 26—September 1, 2015. We do have an application (thank-you very much), but have not yet advertised as per our operating procedures.

If you are interested in either of these opportunities please contact Dianne Karal at 319-378-0084 or email at Toy4Di@msn.com.

ENTER CLUB NAME CHANGE CONTEST

The name of our club has been the “Friendship Force of Cedar Rapids / Iowa City, Inc.” since our beginning. Your Board believes the geographic part of our name no longer describes our geographic reach. For example, we have many members from Monticello and will soon include members from Dubuque. So your Board is conducting a “contest” to determine a new name. So, please, submit your ideas for a name change to Tressa Youngbear by October 1. Remember the name does not have to be geographic in nature. Possibilities are only limited by our creativity. So please chime in!!!

UPCOMING EVENTS

- JULY 13 GENERAL MEETING—MARION HERITAGE CENTER AT 2:30 PM**



Darrin Crow will entertain us with his story on Iowa's Underground Railroad in our region that will have you on the edge of your seats. It will serve as a great introduction for ambassadors traveling to Cincinnati for the themed exchange on the Underground Railroad.

Refreshments will be served.



- AUGUST 14—NOT TO LATE FOR LEO BUS TRIP TO IOWA STATE FAIR**

The bus trip to the Iowa State Fair is a go! On August 14th at 8:00 AM, we will depart the Sam's Club parking lot by Windstar Coach for the Fair. Cost is \$40 per person which includes the bus and fair admission ticket. **If you are signed up send you \$40 to Esther Hudson.** A few seats remain, so don't delay—Contact Esther now at 319-393-4839 or email Esther_Hudson@msn.com.



- AUGUST 16—CENTRAL IOWA EXCHANGE HERE FOR LUNCH**

The Central Iowa Club is bringing an exchange to our town for a Cedar Rapids Day. This is an arts and agriculture themed exchange. We have volunteered to host a lunch for them and their ambassadors. Put this date on your calendar. Location and other details to follow.



- AUGUST 17—TRI-CLUB PICNIC IN DUBUQUE**

The Tri-Club Event is scheduled for August 17 at E.B. Lyons Nature Center, 8991 Bellevue Heights, Dubuque, noon to 4:00 p.m.

A catered meal of brats, turkey and dressing sandwiches, side salads, dessert and drinks. The cost for the meal is \$11.

Reservations should be made with Ruth Leick, rwleick@mchsi.com or 563-556-7369 by August 13. This will be the last Tri-club picnic so mark your calendars and help us make it the best every for the Dubuque Club.

CALENDAR of EVENTS - (print this page as a reminder)

REMAINING 2014 EVENTS

July 13	1:00 Board Meeting - 2:30 General Meeting Darrin Crow on Iowa's Underground RR	Marion Heritage Center
July 21-27	Outgoing Cincinnati (Theme Underground Railroad)	ED - Steve Williams
August 14	L.E.O. Bus Trip to State Fair –8:00 am at Sam's Club <u>If signed up, send your \$40 to Esther Hudson</u>	Esther Hudson
August 16	Host Lunch for Central Iowa's Theme Exchange	Location TBD
August 17	Tri-Club Picnic at EB Lyons Nature Center Dubuque Noon to 4:00 PM,	Ruth Leick , Dubuque Club
September 11—18	Incoming Wessex, England Club	ED - Tressa Youngbear
September 14	Road Rally	Committee: Mike Karal,, Nancy Miller, and Shirley Rosencrans
October 5	Tentative General Meeting to address By-Law changes and name change	Location TBD
October (TBD)	L.E.O, (Location TBD)	Host Mary Stull
October 15 -21	Outgoing Sacramento, California	ED - Marian Wetjen
November 16	Annual Meeting	Location TBD

LOOKING AHEAD TO 2015

April 30 to May 3	Regional Leadership Conference	CR/IC is the Host Club
June (Tentative)	Incoming Central Virginia Exchange	ED –TBD
July 15—21	Outgoing Exchange to Mid-Willamette Valley Oregon	ED—TBD
August 26—Sept 1	Outgoing Exchange to Niagara Canada	ED –TBD

BOARD MEMBERS 2014

Tressa Youngbear, President

641-484-5239(cell) 319-350-4143 ityoungbear@gmail.com

Dale & Cheryl Moore, Co-President Elect

319-362-6252 mooredale@imonmail.com

TBD by Board, Secretary

Stephanie Schulte, Treasurer

319-350-5279(cell) sschulte08@gmail.com

Richard & Veta Hildebrand, Past Co- Presidents

319-373-0917 rvhilde@hotmail.com

Dianne Karal, Exchange Coordinator

319-378-0084 toy4di@msn.com

Marian Wetjen, Membership

319-363-0586 mjwetjen27@yahoo.com

Vic & Pat Klopfenstein, Communications

319-377-5502 vpklopfenstein@msn.com

Will & Karen Mickelson, Meeting Hosts

319-743-0575 wamickel@q.com

Alice Wilkinson- Director At Large

319-366-0625 alicew.memaw@gmail.com

Esther Hudson – Director At Large

319-393-4839 Esther_Hudson@msn.com

In friendship

Tressa Youngbear

Dale & Cheryl Moore