

**Friendship Force of Cedar Rapids/Iowa City**  
**Yours in Friendship**  
**January 2010**

Happy New Year, Friendship Force of Cedar Rapids/Iowa City. I hope everyone had enjoyable holiday season. We have good reason to celebrate a good year for our organization and again a big thanks to Darby Anderson for all her good work representing our club and Cedar Rapids. We look forward to a great 2010. We start the first half of 2010 with a domestic outgoing exchange to Los Angeles in February, an international outgoing exchange to New Zealand in April and an incoming exchange from Gifu, Japan in June.

Please look at the upcoming events list and get them on your calendars. Also take a look and do some thinking about how you want to be involved this year. There will be opportunities to volunteer on committees, host in many ways, day host or help with incoming exchanges. We will need a lot of volunteers to work at Freedom Festival events and the Farmer's Market this summer.

Make it a great year to be a Friendship Force member.

**Calendar:**

Calendar of Events:

**Sunday, January 17: General Meeting and Art Tour**, 2 pm at the Perrine Gallery, Stewart Memorial Library, Coe College Campus. The Coe library's art collection features the regional art of Grant Wood, Marvin Cone and Conger Metcalf, as well as international artists Pablo Picasso and Henri Matisse. Click on this link for the full listing:

<http://www.public.coe.edu/departments/Library/LibraryGalleries.html>

For parking information: <http://www.coe.edu/aboutcoe/map>

No reservations are needed, light refreshments will be served.

New Zealand and Los Angeles exchange participants, please stay after the general meeting to get information from your Exchange Directors.

**Wednesday, February 10: LEO** Phong Lan Vietnamese Restaurant at 5:30pm

Call Mary Stull at 393-9254 or [mcdstull@aol.com](mailto:mcdstull@aol.com) for reservations. The restaurant features fresh rice and noodle dishes. The food is **not "hot and spicy"** (unless you request it). To streamline ordering and serving, we have selected four items that you can choose from that night:

--Phong Lan Fried Rice with Shrimp, Vietnamese Sausage, Snow Peas , Red Carrot

--Chicken Rice Noodle Soup served with bean sprouts, basil & lemon on the side

--Vermicelli, charbroiled pork and shrimp with fresh greens

--Beef with mix vegetables: bok choy, baby corn, sliced bamboo and mushrooms (also available with chicken, shrimp or vegetables only)

Prices range from \$7.25 to \$10. You can also choose appetizers and soups.

**Sunday, March 7: General Meeting and World Friendship Day Celebration.**

Volunteers to plan and carry out the celebration are welcome; please contact Margaret Nelson at [ronmarg@aol.com](mailto:ronmarg@aol.com)

**Tuesday, May 18: Dalai Lama at UNI, Cedar Falls** <http://www.uni.edu/dalailama/> Tickets go on sale January 8.

**Saturday, June 19 and August 21: Farmer's Market**

We've just learned that Friendship Force will have a booth at the Farmer's Market in Cedar Rapids. We have been assigned two Saturday events. Our primary focus is to promote Friendship Force.

**Membership Renewal:** Dues are \$20 for single, \$40 per couple/family. Contact Marty Novak immediately if you haven't paid your 2010 dues. (396-0848) 1253 Belmont Pky NE, Cedar Rapids, IA 52405; [martynovak@mchsi.com](mailto:martynovak@mchsi.com)

**Your help would be appreciated:**

**Friendship Force has five standing committees each year.** Each chairperson would like about three members. Contact Audrey Bradford, Connie Williams or the Chair if you are interested or have questions about serving on a committee. Both "seasoned" committee workers and first-timers are needed.

Membership, Marty Novak

Communications, Vic and Pat Klopfenstein

Fundraising, Connie Williams

Exchange, Steve Williams

Activities, Margaret Nelson

**Website reminder:** Remember you can access members' phone numbers and email addresses by going to our website <http://www.friendshipforcecr-ic.org/> To access confidential member information use the Member Login. The ID is friendshipforcecr and the password is ff2008. Check the website regularly for new information, including merchandise and calendar updates.

**Exchanges:**

**Outbound to Los Angeles: February 20-26** Connie Williams

**Outbound to New Zealand:** April 14-30 Phyllis Seidl

**Inbound from Gifu, Japan:** Dianne Karal and Tressa Youngbear

Our club will host ambassadors from Gifu, Japan from June 15-22. We have an outstanding program planned and invite everyone to be involved. There will be many opportunities to meet and make friends with the ambassadors and experience their warmth and friendship first hand. The following is the current list of ambassadors from Gifu. If you traveled to Gifu previously and your Japanese hosts are not on this list, please contact them and encourage their visit to Iowa with this group.

Keiko Matsubara (hosted Irvin & Tressa Youngbear)

Hiroshi & Kiyoko Watanabe (hosted Charles & Janet Thulin)

Tomoshi & Shoko Ohno (hosted Mike & Dianne Karal)

Misako, Tomoko, Ayaka & Eisuke Kodama (hosted Jerry & Phyllis Seidl)

Toshiji & Shizuko Kusano

Akihiro & Kazuko Yanagi  
Miyoko Ishihara  
Hiromi Asano  
Kyoko Iwata  
Kazuko Tsuji  
Kikuo Okabuchi  
Etsuko Komatsu

**Outbound to Baku, Azerbaijan:** Cedar Rapids will lead this multicultural exchange of two weeks on the Caspian Sea. Contact Steve Williams for more information. He says that he can still take a more people if you're interested. There is a confirmed ambassador from Australia, one from Britain, two from Cincinnati, (the couple who joined us in Peru and brought the Peruvians to CR), one from Iowa City, one from Libertyville, IL, plus several "maybes."

**Open World Celebration:**

We received an invitation from Kay Rockwell and the Lincoln, Nebraska club:  
The Open World Leadership Program has been an important element in Friendship Force's international relationships over the past 10 years. Many FF clubs in the Midwestern Region have enhanced understanding and capabilities for cooperation between the United States and the countries of Eurasia as they hosted Open World delegates and focused on topics such as education, medicine, youth issues, women's issues, and economic development.

The Friendship Force of Lincoln invites your club members to join in celebrating the 10-year affiliation with Open World and recognize March 1 as World Friendship Day. Ambassador John O'Keefe, Executive Director of the Open World Leadership Program at the Library of Congress in Washington, DC, will join us and share highlights about the impact Open World is making in the Eurasian countries and its future directions.

DATE: Saturday, February 27, 2010

PLACE: Country Club of Lincoln, Nebraska

TIME: 2:30 -- Brainstorming session with Ambassador O'Keefe on *How to Strengthen Open World Programs in Our Club*

4:00 -- Reception with Ambassador O'Keefe; 6:00 -- Gala Dinner

HOME HOSTING: To be arranged

RSVP: By February 2, 2010

It will be a pleasure to celebrate World Friendship Day with your club members who have been, or who would like to be, involved with the Open World Leadership program.

If you're interested please ask Audrey to forward a reservation form to you.

Yours in Friendship, Audrey & Connie

*Peace is not made at the council table or by treaties, but in the heart of men.*  
Herbert Hoover