

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

As one of the twenty-one CR/IC ambassadors who just returned from the glorious exchange to New Zealand, I can tell you how much fun it is to pack up the chilly bin with some tea, savories, and biscuits and have a go at it down the motorway. You could stop at a lay by for a tramp or pull into the car park to go punting on the Avon. If you don't speak Kiwi, take our word for it that New Zealand is a beautiful country and the Christchurch and Kapiti Coast clubs are well experienced, fun hosts.

Out-bound exchanges are a great part of belonging to Friendship Force but we also have other enjoyable activities coming up. Please check out the calendar for the May 16<sup>th</sup> meeting. We have heard great descriptions of how interesting Dr. Robinson makes this introduction to Buddhism. This is a good time to invite friends who may be interested in learning more about Friendship Force.

This leads us to the June exchange from Gifu, Japan. Dianne, Tressa and their committee have some fun plans for all of us to enjoy our visitors. See the schedule and sign up sheets at the end of this newsletter.

Our Freedom Festival teams this year will all work on July Fourth. Check out the announcement and volunteer. You can enjoy yourself while helping our community and making money for our club.

Another great volunteering opportunity is the Farmers' Market booth. We will have a Friendship Force booth at the June 19<sup>th</sup> market and need volunteers to develop and man the booth for the morning. Contact any board member to volunteer.

## **Calendar of Events:**

**May 16, Sunday at 2pm: General Meeting, St. Andrew Lutheran Church  
4420 Center Point Road NE, Cedar Rapids.**

**Coffee and light refreshments served, no charge or RSVP required. Visitors welcome.** "Buddhism" has been an immensely popular class at UNI presented by Professor James Robinson. He will give us an opportunity to learn a little about this religion before the Dalai Lama's visit to UNI on May 18 and our visit from Gifu, Japan in June.

**May 19 -22: FF Midwest Regional Presidents' conference in Chicago.** Connie and I will be attending. A major goal of the meeting this year is to develop ideas for drawing exchanges to our part of the country. We are looking forward to getting charged up with new ideas to bring back to you.

**June 15-22: Exchange with Gifu, Japan to Cedar Rapids** So exciting! See the schedule at the end of the newsletter! The attachment is a sign up sheet, for your convenience.

**June 19 and August 21: Farmer's Market, 7:30 am to noon.** Volunteer sign-up at the May meeting or tell any board members if you can help develop the booth or work on June 19.

**July 4: Freedom Festival:** We will again staff events at the Freedom Festival. This is a great community service and an easy fund raiser for Friendship Force. Volunteer sign-up is now open. We have been assigned several daytime shifts on the Fourth of July. All are downtown CR and involve more fun than heavy lifting. Please contact John & Cheryl Elliott at 396-4762 to reserve the time or times you can work. A brief description of each event and the time follows:

**7am-11am: Pancake Breakfast or Good Clean Fun (recycling station)**

**9:30 am-1pm: Buster T's Tailgate & Beach Party (concessions)**

**1:30pm-5:30pm: Good Clean Fun (recycling station)**

As more details become available, you will get a follow up call from Connie Williams, or feel free to call at 396-4747 with questions.

**August 30-Sept. 14: International group to Baku, Azerbaijan:** Cedar Rapids will lead this exchange of two weeks on the Caspian Sea. Steve Williams has a full exchange for this exciting trip.

**October 16-18: International Conference at Washington, D.C**

This is open to any Friendship Force member. The conference gives the opportunity to see old friends, make new friends and to network with clubs from around the world.

**To register, go to <http://thefriendshipforce.org/> website for additional information and registration link.**

## Updates:

### Website:

There are new links on our Website <http://www.friendshipforcecr-ic.org/> Thank you Darby! A great way for prospective ambassadors to find out about Eastern Iowa. If you know of additional links that showcase Iowa, please contact Darby Anderson, 431-8417 or email her at [darbyanderson1@gmail.com](mailto:darbyanderson1@gmail.com)

**Friendship Force Merchandise:** Polo shirts, journal notebooks, stationary, luggage tags: All of these make great gifts for hosts, visitors or to identify yourself as an ambassador. All are lightweight for travel. See the CR/IC Friendship Force website for pictures, then call or email Connie Williams at 396-4747 and [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com) to order.

**Board Contacts:** Audrey Bradford, Connie Williams, Liz Sauer, Dale Moore, Marty Novak, Margaret Nelson, Steve Williams, Marian Wetjen, Vic and Pat Klopfenstein, Bernita Walker, Janice Schmitz, Darby Anderson

Please contact any board member if you have questions, discussion or items to be addressed. These can be added to the next Board meeting agenda.

*Yours in Friendship, Audrey & Connie*

*See Gifu exchange information:*



## **Gifu City Japan Exchange – Opportunities for members to be involved!**

We would like to invite ALL members to be involved all week with our Japanese ambassadors coming June 15<sup>th</sup>. Below is the schedule of activities for the week and where we need volunteers to donate food (**in bold**).

### **Tuesday, June 15<sup>th</sup>**

Start the exchange off right and welcome our ambassadors at the Eastern Iowa airport at 4:32pm. We will have a welcome sign and we need you to help cheer their arrival.

The WELCOME PARTY will be held at the Marion Heritage Center with a potluck dinner starting at 6:30. Following the meal, we will be entertained by two squares of dancers who will show us how to Square Dance. **Members attending are ask to bring a covered dish to share, remembering that we will have 35 extra people (19 ambassadors and 16 dancers) enjoying the wonderful food our members provide.** Please contact Dianne Karal at [toy4di@msn.com](mailto:toy4di@msn.com) so she can ensure we have a great variety of dishes.

### **Wednesday, June 16<sup>th</sup>**

After ambassadors are taken on a trip around Cedar Rapids, we will be hosting an American Indian night at the Wickiup Learning Center. A tour of the Wickiup Center begins at 5:30, dinner at 6:00 and a Meskwaki program following dinner. Dinner will consist of Indian tacos, salads and desserts.

Members of the Meskwaki Tribe will provide the entertainment with drums, singers, dancers and historical information about the tribe.

**Members attending are asked to contact Dianne Karal at [toy4di@msn.com](mailto:toy4di@msn.com) if you are able to bring: a salad, or dessert.**

**R.S.V.P.s are required for the meal.** We need to know the number of people attending so enough fried bread can be made, so please contact Dianne to let her know if you are attending.

### **Thursday, June 17<sup>th</sup>**

Bus trip to Des Moines to tour the capital, the historical museum, and the sculpture gardens. The Des Moines FF club will provide lunch, then we are off to the Neal Smith National Wildlife Refuge outside of Prairie City.

There are seats available on the bus for members who would like to participate. A \$10 fee will be charged for all members taking the bus to help offset the exchange expenses. First come, first served and reservations are not made until Dianne Karal has received your \$10 payment.

**This will be a wonderful chance to spend some quality time with our guests, too many times only those hosting get to spend quality time with the ambassadors. Here is your chance, sign up to go on the charter bus.**

### **Friday, June 18<sup>th</sup>**

We will take our ambassadors to the Kalona area in the morning with shopping opportunities at the Amish stores and a tour of the Quilt and Textile museums. A Mennonite family will host our group for lunch. After lunch you are free to tour Iowa City or have some down time before the Kernel's game. Traditional hot dogs (provided by hosts) for dinner and a win for the Kernel's will finish our day with a home run.

If members would like to participate it will be \$20 for the Kalona museum tours and lunch. Please send your \$20 to Dianne Karal, 4859 Oak Grove Ct NE, Cedar Rapids, IA 52411 . **The deadline for signing up for Kalona is Tuesday, June 1st.** We will have tickets for the Kernel's game purchased ahead of time, so we can sit together, at a cost of approx \$9.75. Please let Dianne know if you would like to attend.

### **Saturday, June 19<sup>th</sup>**

Bus trip to Dubuque where we will tour the Mississippi River Museum and have a sack lunch with the Dubuque FF club at Eagle State Park to view the lock and dams. After lunch we will head to Dyersville to play ball on the Field of Dreams ball field. In Dyersville we will stop at an antique/toy store and the St. Francis Xavier Basilica before we head home. (Please bring bats, gloves and balls.) We will be showing "Field of Dreams" movie on the ride to Dubuque.

Sack lunches to be provided by host family, a cooler will be available if needed.

A \$10 fee will be charged for all members taking the bus to help offset the exchange expenses. First come, first served and reservations are not made until Dianne Karal has received your \$10 payment. **Again, sign up to ride the bus, a great way to interact with our Ambassadors, and you don't even have to drive, just sit back in comfort and enjoy the ride.**

### **Sunday, June 20<sup>th</sup>**

Free day – Happy Father's Day

### **Monday, June 21<sup>st</sup>**

Breakfast at the Amanas starts our day out right. Ambassadors and members will shop until they drop at all the Amanas stores then have free time.

The farewell dinner party will be held at the Red Cedar Lodge in the Squaw Creek Park. Pulled pork sandwiches will be provided. **Members are asked to bring a covered dish (salad or dessert) to make the dinner an experience our guests will remember.**

Entertainment will be three fold:

- 1) Gifu City ambassadors are very talented and will perform for us
- 2) Our members are asked to contact Dianne Karal [toy4di@msn.com](mailto:toy4di@msn.com) to volunteer to be part of our talent show
- 3) We end our farewell party with some good old rock and roll music provided by the "Rock Hounds".

Please RSVP to Dianne Karal [toy4di@msn.com](mailto:toy4di@msn.com) so we can provide enough pulled pork.

### **Tuesday, June 22<sup>nd</sup>**

Ambassadors leave

# GIFU EXCHANGE PARTICIPATION FORM

CR/IC FF MEMBERS		This is for members only <u>not</u> ambassadors						
Name #1		Please indicate in "Yes" or "No" boxes the Number of attendees						
Name #2								
(If more name please include at bottom)								
<b>Tuesday, June 15th</b>		Yes	No					
Airport Welcome		<input type="checkbox"/>	<input type="checkbox"/>					
Welcome Potluck		<input type="checkbox"/>	<input type="checkbox"/>	Meat dish	Veggie dish	Dessert	<input type="checkbox"/>	
<b>Wednesday, June 16th</b>		Yes	No					
Cedar Rapids Tour		<input type="checkbox"/>	<input type="checkbox"/>					
Volunteer to drive		<input type="checkbox"/>	<input type="checkbox"/>					
Wickiup Event		<input type="checkbox"/>	<input type="checkbox"/>	R.S.V.P. IS REQUIRED FOR THIS EVENT				
Food donation		<input type="checkbox"/>	<input type="checkbox"/>	Salad	Dessert	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Thursday, June 17th</b>		Yes	No					
Bus Tour to Des Moines		<input type="checkbox"/>	<input type="checkbox"/>	GET YOUR RESERVATION IN EARLY				
\$10 per person		<input type="checkbox"/>	<input type="checkbox"/>					\$
<b>Friday, June 18th</b>		Yes	No					
Kalona Day		<input type="checkbox"/>	<input type="checkbox"/>	DEADLINE FOR SIGNING UP FOR TOUR/LUNCH IS JUNE 1ST				
Volunteer to drive		<input type="checkbox"/>	<input type="checkbox"/>					
Tour/Lunch Fee \$20 each		<input type="checkbox"/>	<input type="checkbox"/>					\$
Kernnel's Game \$9.75		<input type="checkbox"/>	<input type="checkbox"/>					\$
<b>Saturday, June 19th</b>		Yes	No					
Bus tour to Dubuque		<input type="checkbox"/>	<input type="checkbox"/>	GET YOUR RESERVATION IN EARLY				
\$10 per person		<input type="checkbox"/>	<input type="checkbox"/>					\$
<b>Sunday, June 20th</b>								
Happy Father's Day		<input type="checkbox"/>	<input type="checkbox"/>					
Free Day		<input type="checkbox"/>	<input type="checkbox"/>					
<b>Monday, June 21st</b>		Yes	No					
Amana Day		<input type="checkbox"/>	<input type="checkbox"/>					
Volunteer to Drive		<input type="checkbox"/>	<input type="checkbox"/>					
Breakfast \$12.60 ea (Includes tax & tip)		<input type="checkbox"/>	<input type="checkbox"/>	DEADLINE FOR BREAKFAST IS JUNE 1st				\$
Farewell Party		<input type="checkbox"/>	<input type="checkbox"/>					
Food donation		<input type="checkbox"/>	<input type="checkbox"/>	Salad	Dessert	Other	<input type="checkbox"/>	
Please fill out & mail along with your money to: Dianne Karal, 4859 Oak Grove Ct NE, Cedar Rapids, IA 52411								
Make checks payable to: CR/IC Friendship Force								
<b>Total Dollars Enclosed</b>							\$	