



YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY
FRIENDSHIP FORCE CLUB
www.friendshipforcecfr-ic.org

October 14, 2015

October

2015

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PRESIDENT'S MESSAGE....

We are writing our message this month shortly after the last LEO of the year held at Emil's Hideaway. This event was symbolic of the "theme" that we think represents the entire year - - great participation by our membership. Twenty nine members enjoyed great food and conversations and amazing service. Thank-you Nancy and Steve Miller for arranging and hosting this event!

As the year comes to a close, our attention is turning to the Annual Meeting on November 15. This year it will be held at "Touch of Class" on Mount Vernon Road. If you have never been there, you will find it very enjoyable. This will be a relaxing evening with time to socialize with your fellow members, enjoy great food and drink, celebrate the past year, and preview the coming year. Please, plan to attend! See detailed information on page 2

The nominating committee this year consisted of Mary Stull (our bylaws require the President-Elect to be on the committee), Connie Williams, and Cheryl and Dale Moore. For the benefit of new members, nominations are for President, President-Elect, Secretary, and Treasurer. Again, see the annual meeting details on page 2 for a list of nominees.

Words are not enough to express our thanks and appreciation to all the members who supported our club this past year during our time as President. Your time and efforts were truly amazing! Our calendar was full - - 4 General Meetings, 5 exchanges, one Open World, 4 LEO's plus a trip to the State Fair, and hosting the Midwest Regional Conference and the Iowa Clubs Picnic - - but you more than responded to the needs of every event.

We are also grateful to our amazing Board - Mary Stull, Alice Wilkinson, Stephanie Schulte, Tressa Youngbear, Connie Williams, Marian Wetjen, Vic and Pat Klopfenstein, Shirley Rosecrans, Esther Hudson, and Dean and Jean Thomas. Attendance at our 6 Board meetings was nearly perfect and their efforts to make all events and the club function at a high level were unbeatable. Thank-you all very much!

So as our year as your Presidents comes to a close, we look forward to next year as it too is shaping up to be very busy with many opportunities to participate. We will be spending January through March in Florida, but plan to participate in as much as we can the remainder of the year!

See you at the Annual Meeting on November 15!

Thanks to all for a great year!

Dale and Cheryl

Annual Meeting—November 15

Come help wrap-up 2015 with a relaxing evening with time to socialize with your fellow members, enjoy great food and drink, celebrate the past year, and preview the coming year!

Where: Touch of Class, Lower Level Party Room
5977 Mt. Vernon Road SE, Cedar Rapids

When: Sunday, November 15, 2015 starting at 5:00 PM

Schedule: 5:00 Social Hour with Open Cash Bar

6:00 Welcome and Dinner
Herb crusted pork loin
Chicken marsala
Mixed green salad
Party potatoes
Green bean almandine
Pasta salad
Apple crisp with ice cream dessert
\$23 per person

7:00 Annual Meeting



The annual meeting will include election of 2016 officers. The slate of officers includes:

President	Mary Stull
Co- President Elect	Dean and Jean Thomas
Secretary	Carol and Jerry Burke
Treasurer	Stephanie Schulte

Make your reservation today by contacting Cheryl or Dale Moore at 319-362-6252 or email moore-dale@imonmail.com.

***Send a check for \$23 per person to:
Stephanie Schulte at PO Box 705, Cedar Rapids, IA 52406-0705 or bring it to the event.***

Club Dues—2016

It is time to renew your membership for 2016. **Dues will again be \$30 per person.** Send a check for \$30 per person to Stephanie Schulte at PO Box 705, Cedar Rapids, IA 52406-0705 or bring it to the Annual Meeting.

FFI Requests Help from Clubs Around the World to Accomplish Two Goals



At the 38th annual Friendship Force International 'World Conference' in Vancouver, Cecile Latour, FFI Board Chair, presented conference participants with two immediate needs at Friendship Force International. She challenged all clubs and members to help achieve these goals.

Goal 1: Retooling - Retooling the FFI website and the back-end data management system that must come with it. What members see from a distance is the website and it is clear the FFI website needs an overhaul. But what members don't see is the more concerning part - - the data management system. The FFI data management system is so outdated (almost 10 years old) that a crash could happen any day. So, **Goal 1 is to raise \$40,000 before the end of 2015, for the retooling** of the website and data management system.

Goal 2: More Global and Themed Exchanges - Since global and themed exchanges are the ones gaining in popularity, it makes sense to have more of these exchanges. FFI is calling for clubs to develop more ideas for these exchanges and calling for more members to be Exchange Directors (EDs) to lead them. The time frame for this goal is 24 months, or until the end of the 2017 exchange cycle. FFI didn't state a target number of exchanges.

Note: At the World Conference, 126 participants pledged to help with these goals - - raising more than \$5,000 and offering to conduct 53 global exchanges.

How Can CR/ICFFI Help with the FFI Goals?

Goal 1: Your Board is challenging each member to contribute \$50 to the retooling goal. The Club will match member gifts up to \$600. Send your contribution to Stephanie Schulte at PO Box 705, Cedar Rapids, IA 52406-0705 by November 30, 2015. Join the **"I'm In!" Campaign**

Goal 2: Exchange Coordinator, Connie Williams, is working with the Central Iowa Club to host a themed exchange on quilting in 2016.

Update on Exchanges

Ames, October 2015

Weekend to Ames has been cancelled due to low participation of our membership. Other members wanted to participate but had other obligations. We hope to reschedule in the future.

Looking ahead to 2016

We are looking forward to an exciting year ahead, one where everyone in the club can participate in one way or another. There are opportunities for travel, home hosts, dinner hosts, day hosts, special activity hosts, exchange directors and planning committee members. Any and all of these are great ways to be involved with Friendship Force. I would like to encourage those who can day host or dinner host to do so. This is a wonderful opportunity to meet ambassadors and it lightens the load for the home hosts. If your home can accommodate guests, but you cannot be available all day and night, don't hesitate to home host, we will coordinate a day host for you.

While attending the Friendship Force International Conference in Vancouver, we were presented with ideas on how to make exchanges more meaningful to a greater cross-section of club members and to attract the next generation of members. One way is to present more options to our guest ambassadors, where there may be a less structured day with several options available. For example, Option 1: Bike ride along the Cedar River Trail; Option 2: National Motorcycle Museum in Anamosa; Option 3: Coral Ridge & Williamsburg Outlet Mall. A special activity host would guide their group. At the end of the exchange, we will have shared with the group who we are and how we live, as well as the added value of the optional choice.

The International Conference also gave Mary Stull, Cheryl & Dale Moore and myself the opportunity to network with other clubs. Invitations were extended to and from several clubs, I've already been contacted by a new club in Lancaster, PA. We may also have the opportunity to host a second week for the Capetown, South Africa club and travel to Taipei, Taiwan in the future. Contacts were made with members from several Canadian clubs: Ottawa, Victoria & Vancouver Island, Edmonton, Greater Hamilton Burlington, Toronto; US clubs: Dallas, Western Kentucky, Whidbey Island, Denver, Long Island, Kansas, N Colorado; as well as Seoul, Korea; Sydney, Australia; Taipei, Taiwan; and Capetown, South Africa.

Outgoing exchange to Wessex, England—June 7-14, 2016

Marian Wetjen is serving as the exchange director for this exchange. She has a full exchange of 16 people interested in this exchange. If you would like to be added to or taken off of the waiting list, please contact Marian at mjwetjen27@yahoo.com.

Incoming exchange from Nashika Riverside, India, July 2016.

Ambassadors will spend a week each in Madison, WI and Cedar Rapids/Iowa City. This is a fabulous opportunity to make friends with this club, please plan to participate in this exchange. Now accepting Exchange Director applications and committee member signup.

Outbound domestic exchange to Lansing, MI, Sept 11-17, 2016

This is return exchange with 20 ambassadors spaces. Our club hosted Lansing in 2015. Taking Applications for exchange director.

Themed Exchange: Crazy for Quilting, September-October 2016

Note the **Crazy for Quilting** themed exchange from Sept 30 through Oct 9. Cedar Rapids will host the first 5 days; Ames club will host the last 5 days. Themed exchanges differ from club-to-club exchanges. Ambassadors from around the world can apply, each exchange has a common theme such as quilting, and the ambassadors may not know each other in advance. The fees charged to participants include some bus rental, so the home host will bring their guests to a meeting place for bus pickup 3 of the 5 days. There will still be opportunities for hosts to enjoy time with their guests, however, the daily drive time will be limited. If you have interest in day hosting, home hosting or dinner hosting, or would like to serve on the committee for this

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Update on Exchange (continued)

exchange, please contact me at 319-396-4747 or cmw1226@yahoo.com. And please pass this info on to your quilting friends; there may be room on the bus for local quilters to join in.

Sacramento California, October 2016 Incoming Exchange

Also note that Sacramento, CA, a club we visited in 2014, plans a visit to Cedar Rapids in mid-October. Please reserve some time in October to participate in both exchanges. And THANK YOU in advance for your support in the year ahead!

Connie Williams, Exchange Coordinator

Welcome our Newest Member—Sharon Bowers

We extend a big welcome to **Sharon Bowers!** Sharon lives in Cedar Rapids and is sponsored by her friend Shirley Rosecrans. Sharon's profile will be in a future issue.

Sharon is our 10th new member this bringing our membership count to 82 for 2015. All of our new members have been recruited by current members. What a great tribute to our members. And a idea for us to recruit our friends, neighbors and colleagues.

Highlights of September General Meeting

After dessert and a business meeting, a representative from Kids Against Hunger explained its program to create food packets and distribute them to families in the United States and throughout the world. Then club members created two assembly lines to fill bags with a mixture of protein, rice and dried vegetables that will feed six people. The recipients add water and cook the food for 45 minutes to get a nutritious meal. Our club allocated \$500 to purchase the materials and \$250 was donated by another family so we were able to pack \$750 worth of food.



2015-2016 CALENDAR OF EVENTS

Nov. 15, 2015, 5 pm	Annual Meeting	Touch of Class, Cedar Rapids
Winter 2016	Open World—Small Town Mayors from Moldova	Vic Klopfenstein
April 28-May 1, 2016	Midwest Regional Conference	Quad Cities, Davenport, IA
June 7-14, 2016	Outgoing exchange to Wessex, England Exchange is full with a waiting list	Marian Wetjen, exchange director
July 2016	Incoming exchange from Nashika Riverside, India Dates to be coordinated with Madison, WI, as we are hosting a second week Exchange Director & committee needed.	ED—Taking Applications*
Sept 11-17	Outbound domestic exchange to Lansing, MI 20 ambassadors spaces to apply for.	ED—Taking Applications*
Sept 30-Oct 5	Inbound themed exchange - Crazy for Quilting Committee, day hosts, home hosts & dinner hosts needed.	Connie Williams, exchange director
Mid-October	Inbound domestic exchange from Sacramento, CA 20 ambassadors	ED—Taking Applications*

*link to ED application: <http://www.friendshipforcecr-ic.org/wp-content/uploads/2014/02/EDapplication.pdf>

*link for ambassador application: <http://www3.thefriendshipforce.org/downloads/AMBASSADOR%20APPLICATION%20AND%20AGREEMENT2.16.pdf>

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SEE THE WORLD**
thefriendshipforce.org

BOARD MEMBERS 2015

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Tressa Youngbear, Past President
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Connie Williams, Exchange Coordinator
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Esther Hudson – 2nd Year Director At Large
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Dean & Jean Thomas, 1st Year Co-Director At Large
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In friendship
Dale & Cheryl Moore
Mary Stull