



YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY

FRIENDSHIP FORCE CLUB

February 2, 2016

www.friendshipforcecrr-ic.org

February

2016

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PRESIDENT'S MESSAGE....

In January we unveiled the framework for our club activities – exchanges, LEOs, club meetings - for the year. Now the details are coming into focus. The calendar of events of page 5 has been enhanced with dates and times for more events. I encourage you to find a way to participate, especially in the exchanges. In addition to home hosts, we need day hosts, dinner hosts and club members to help with activities. Club members attending welcome or farewell celebrations is important, too.

Although home hosts are welcome at every activity, we know that day hosts enable our guests to expand on the circle of friends that they make. I met a dear friend from England because her home host needed to attend a family wedding and asked us to serve as day hosts. A number of years later were able to visit our guest in her home and meet her family.

LEO: On February 11, we'll enjoy a Let's Eat Out (LEO) at Mandarin Spice in Marion – see page 2 for details and make your reservation now. What a great way to celebrate Chinese New Year!

India Exchange: Steve Williams and Dale Moore are working on plans for the incoming exchange from India on July 2. The Indian ambassadors are in the process of applying for visas. We will have a unique opportunity to share our 4th of July celebrations with them.

Exchange directors named:

Jerry Burke will be the exchange director for the overnight visit to the Central Iowa club (Ames) on July 16-17. This will be a stop on our way to the All-Iowa Picnic in Des Moines on July 18. Contact Jerry at burke1113@mediacombb.net or 563-927-5568 if you'd like to be part of this exchange.

Tressa Youngbear is the exchange director for a visit to the Quad Cities club later in the summer. The Quad Cities club came to our area last year. Tressa can be reached at ityoungbear@gmail.com or 641-484-5239, 319-350-4143 (cell).

We thank both Jerry and Tressa for taking on these roles.

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PRESIDENT'S MESSAGE (continued)

Our next general meeting will be Sunday, March 6 at the Shueyville United Methodist Church. We will celebrate World Friendship Day with a potluck that starts at 1 pm. Our guests will be international students from Mount Mercy University. I encourage you to invite international students and their host families that you know.

Change in date of next board meeting: The next board meeting will be April 4.

Check out the calendar and find an area you would like to explore.

In friendship,
Mary Stull, President

Let's Eat Out

At our **February LEO** (Let's Eat Out) we will celebrate Chinese New Year by dining at Mandarin Spice Restaurant, 1412 Twixt Town Road, Marion. Join us for conversation and Asian food February 11 at 6pm. Please contact Mary Stull, mcdstull@aol.com or 319 393-6254 by February 8.



Chinese New Year, also called the spring festival has 4,000 years of history. It marks the beginning of the lunar calendar and is the most important holiday for the Chinese people. It is a family holiday such as our Christmas and most people receive seven days off work.

It is celebrated with traveling to see family, large dinners and fireworks. Dumplings are considered a traditional food for the New Year feasts. The color red is widely used to decorate and considered a token of good luck and prosperity. Red underwear is even a must, believed to bring good luck, wealth and long life! The New Year festivities end with the Lantern Festival, marked with colorful red lanterns, street dancing, fireworks, riddles and eating yuanxiao (rice balls stuffed with different fillings). This is the year of the red monkey.



April LEO: April 13, 6 pm, at the Kalona Brewing Company,
Address: 405 B Avenue, Kalona, IA
<http://www.kalonabrewing.com>

Menu includes a wide variety of food ranging from shrimp to steak to meat-loaf to wood-fired pizzas. You can go early and visit the interesting shops and bakeries in the area. Reservations by April 8 to Shirley Rosencrans at 319-462-4132 or sarosencrans@yahoo.com.

Update on Exchanges

When we host a Friendship Force exchange, we introduce others to who we are and how we live. Please make hosting part of your New Year's resolution. We will be in need of home hosts, dinner hosts and day hosts for several exchanges and Open World events in 2016. Thank you all!

Outgoing exchange to Wessex, England—June 5-12, 2016

Marian Wetjen is serving as the exchange director for this exchange. We have a full exchange, with a waiting list. Please contact Marian at mjwetjen27@yahoo.com if you have questions.



Outgoing domestic exchange to Central Iowa — July 16 & 17, 2016

Our friends in Ames have kindly extended an invitation to visit them on the way to the Friendship Force All Iowa Picnic on July 17 in Des Moines. Whether or not you are a proud ISU alum, you are welcome to join in. Contact Jerry Burke, exchange director, if you are interested, jburke1113@mediacombb.net, 563-927-5568.



Incoming exchange from Nashik Riverside, India - July 2-8, 2016.

Subhash Budgujar, the Nashik Riverside ED, has confirmed Cedar Rapids to be the first week of their club's visit to the Midwest. We can expect 21 ambassadors, so do please agree to day or dinner host or attend the events of this exchange. Steve Williams and Dale Moore are working on this exchange. Let's all be involved, then send our new friends on to Madison, WI for an excellent second week.

Outgoing exchange to Quad Cities — August, 2016

Tressa Youngbear, exchange director, is working with the Quad Cities club to develop details on this long week-end exchange. More details in the next newsletter.



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

This is a return exchange with 20 ambassador spaces. Our club hosted Lansing in 2015. Taking applications for exchange director and ambassadors.*

Open World— group from Ukraine to study secondary education tentatively coming in September.

Themed Exchange: Crazy for Quilting, September 30-October 5, 2016

Cedar Rapids will host the first 5 days; Ames club will host from Oct 5-9. If you have interest in day hosting, home hosting or dinner hosting, or would like to serve on the committee for this, please contact Connie Williams, cmw1226@yahoo.com.



Incoming domestic exchange from Sacramento, California— tentative October, 2016. Sacramento wants to visit our club this fall! Please consider applying for Exchange Director, helping on the committee or hosting in some capacity. Contact Connie *, cmw1226@yahoo.com.

2016 will be a wonderful year!

*link to ED application:

<http://www.friendshipforcecr-ic.org/wp-content/uploads/2014/02/EDapplication.pdf>

2016 Midwest & Great Lakes Regional Conference

Mark your 2016 calendar for the Midwest-Great Lakes Regional Conference! It will be April 28 — May 1 at the brand new Holiday Inns and Suites Davenport, 4215 Elmore Avenue, which has easy access to I-80. The Quad Cities club is the official host and will be welcoming members from 20 clubs in 9 states. The theme is Building Bridges with Friendship. The conference will begin with a 5:30 reception on April 28. Most of the 29th and 30th will be work-shops and presentations. There will be a President's meeting first thing on May 1. Optional area activities will also be available. All are welcome!



Early registration fee is \$140 per person if postmarked by March 21, 2016. It will be \$150 per person if post-marked after March 21. This fee includes hospitality meet and greet reception on Thursday evening 5:30-8:00pm, two days of conference (including FFI's new CEO and President Jeremy Snook), snacks during the break-out sessions on Friday and Saturday, lunches on Friday and Saturday, dinner with evening entertainment on Friday at the hotel, and closing banquet with entertainment at the Tanglewood Hills Pavilion on Saturday evening. Your club president and one other club leader are invited to the Sunday morning president's session at no extra charge. Please wear your club name tags at all conference activities and meals.

Please call **563 344-2900** to make your reservations at the conference venue,

Holiday Inns and Suites
215 Elmore Ave.
Davenport, Iowa.

Ask for the Friendship Force conference rate of \$109 plus tax.

Questions? Ask Harry Frick, 563-355-1050, harry267@msn.com
Eldon Greiman, 563-289-3132, eigreiman@gmail.com

Additional information and application will be sent in a separate email.

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SEE THE WORLD**
thefriendshipforce.org

2016 CALENDAR OF EVENTS

February 11, 6pm	Let's Eat Out (LEO)	Mandarin Spice 1412 Twixt Town Rd, Marion
March 6, 1-3pm	General Meeting—Potluck and Celebration of International Friendship Day	Shueyville United Methodist Church
April 4, 6:30pm - (date change)	Board Meeting	Mary Stull's home 3000 27th St SW, Cedar Rapids
April 13, 6pm	Let's Eat Out (LEO)	Kalona Brewery 405 B Ave, Kalona, IA
April 28-May 1, 2016	Midwest & Great Lakes Regional Conference	Davenport, IA
May	Let's Eat Out (LEO)	Date & location TBD
May 16, 6:30pm	Board Meeting	Mary Stull's home 3000 27th St SW, Cedar Rapids
June 5-12	Outgoing exchange to Wessex, England, Exchange is full with a waiting list	Marian Wetjen, Exchange Director
July 2-8	Incoming exchange from Nashik Riverside, India	Steve Williams & Dale Moore, Exchange Directors
July 16-17	Overnight visit to Central Iowa Club, Ames	Jerry Burke, Exchange Director
July 17	Annual All Iowa Picnic Hosted by Des Moines club	
July 25, 6:30pm	Board Meeting	Mary Stull's home 3000 27th St SW, Cedar Rapids
July	Let's Eat Out (LEO), Connie Williams	Date & location TBD
August 7	General Meeting	Details to be announced
August 29, 6:30pm	Board Meeting	Mary Stull's home 3000 27th St SW, Cedar Rapids
Late Summer	Outbound exchange to the Quad Cities	Tressa Youngbear, Exchange Director
Sept 11-17	Outbound domestic exchange to Lansing, MI	ED—Taking Applications for 20 ambassadors*
Sept 23	Open World group from Ukraine to study secondary & higher education and innovation	
Sept 30-Oct 5	Inbound themed exchange - Crazy for Quilting	Connie Williams, Exchange Director
September	Let's Eat Out (LEO), Carol & Jerry Burke	Date & location TBD
Mid-October	Inbound domestic exchange from Sacramento, CA	ED—Taking Applications for 20 ambassadors*
October 17, 6:30pm	Board Meeting	Mary Stull's home 3000 27th St SW, Cedar Rapids
November 13	Annual Meeting	Details to be announced

*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%20AGREEMENT>

BOARD MEMBERS 2016

Mary Stull, President

319-393-6254 mcdstull@aol.com

Dean & Jean Thomas, Co-President elect

319-830-5092 jeanthomas521@gmail.com

Carol and Jerry Burke, Co-Secretary

563-927-5568 jtbgales@yahoo.com; jburke1113@mediacombb.net

Stephanie Schulte, Treasurer

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

Dale & Cheryl Moore, Past Presidents

319-362-6252 mooredale@imonmail.com

Connie Williams, Exchange Coordinator

319-396-4747 cmw1226@yahoo.com

Marian Wetjen, Membership

319-363-0586 mjwetjen27@yahoo.com

Dale Moore, Communications

319-362-6252 mooredale@imonmail.com

Shirley Rosencrans, Activities Coordinator

319-462-4132 sarosencrans@yahoo.com

Alice Wilkinson, 2nd Year Director At Large

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

Larry and Mary Ann Nelson, 1st Year Co-Director At Large

319-362-8078 mrlwnelson@yahoo.com; mrsmanelson@yahoo.com

In friendship,

Mary Stull

Dean & Jean Thomas