



YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY

FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

March 1, 2016

March

2016

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PRESIDENT'S MESSAGE....

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 area colleges and Youth for Understanding students in area high schools. I encourage you to invite international students and their host families that you know. We'll also announce our outbound exchange matching for 2017.

A big event coming up at the end of April is the **Midwest-Great Lakes Conference in the Quad Cities**. It is an opportunity to connect with members from other Friendship Force club and learn more about the organization.

Why should you attend?

- If you are a new member, it's an opportunity to learn more about Friendship Force and club activities.
- If you are interested in a leadership role with our club, there will be sessions to develop the skills you need to be successful.
- If you are looking for a fun conference with interesting people and fun activities, this will be it. You'll be able to network with club members from other clubs in the Midwest and Great Lakes regions. And there will be free time on Saturday afternoon to explore the Quad Cities.
- If you have been to other regional or international conferences, you can connect with friends you made.
- If you can't attend the international conference, in Morocco this year, you can meet Friendship Force President Jeremi at this conference.

There will be workshops, presentations and plenty of time for an open forum. Some topics you can expect are:

1. Exchange Director Training
2. How to Build Leadership Through Mentoring
3. Tools for the Vetting Process (choosing ambassadors)
4. Revitalizing your Club and Positioning for the Future
5. How Strategic Planning can Help Your Club Succeed
6. Globals and Themes--How to, and the Attraction of SPECIAL EXCHANGES

Our club will have a number of members attending so you'll see familiar faces. We are honored to have members, Dale Moore, Connie Williams and Steve Williams, as presenters. I know they are highly qualified and will have valuable information to share. If you are interested in carpooling, let me know. We hope to have a great turnout to represent our club.

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PRESIDENT'S MESSAGE (continued)

Early registration fee is **\$140 per person if postmarked by March 21, 2016**. The fee covers most of the conference expenses. Make your hotel reservation soon. See details on pages 3, 4 & 5).

This is an important conference, providing our club opportunities to **learn how** to shape the future of Friendship Force, to **share** our knowledge with others, and make or renew **friendships** with other attendees. This is for you!

On page 6, check out updated information on incoming and outgoing exchanges. We still need exchange directors for the outgoing exchange to Lansing in September and the incoming exchange from Sacramento in October. This is a great way to learn more about the exchange process and meet delightful club members. See the link to the exchange director's application on our website or call Connie Williams, cmw1226@yahoo.com, 319 396-4747, if you are interested in one of these leadership roles.

See you at our next general meeting on March 6.

In friendship,

March 6—General Meeting Celebrating World Friendship Day



On Sunday, March 6, from 1 to 3 pm, our club will celebrate World Friendship Day. This event honors the day Friendship Force International was started. This general meeting will be held at the Shueyville United Methodist Church, 1195 Steeple Ln NE, Swisher (just east of Exit 10 off of I-380)

Program:

- ⇒ Enjoy an international potluck dinner (table service provided; bring your favorite dish with an international theme)
- ⇒ Meet international students from area colleges and high schools
- ⇒ Meet club members and learn more about upcoming club activities

Invite a friend and join us on March 6.

Let's Eat Out



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

April LEO will be at the Kalona Brewing Company. The unique menu includes a wide variety of foods, wood fired pizzas and hand crafted beers. Come early and visit Kalona's unique shops, bakeries and Maple Avenue Greenhouse. Make your reservation by April 8 with Shirley Rosencrans at 319 462-4132 or sarosecrans@yahoo.com. Check out the menu at www.kalonabrewing.com/menus/

2016 Midwest & Great Lakes Regional Conference

Coming up next month is the Midwest-Great Lakes Regional Conference! It will be April 28 — May 1. March is almost here and the early registration date of March 21 is rapidly approaching! The Quad Cities club is the official host and will be welcoming members from 20 clubs in 9 states—Iowa, Illinois, Kentucky, Michigan, Minnesota, Missouri, Nebraska, Ohio and Wisconsin. This will also be an opportunity to meet FFI's new CEO/President Jeremi Snook.

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.



Date	Time	Activity
Thursday April 28	5:30 pm-8:00 pm	Sign in Desk, Hospitality Room meet & greet
Friday April 29	All day	Welcome and Conference Sessions
Friday April 29	Evening	Dinner at hotel with entertainment
Sat April 30	Morning	Morning Conference and lunch at hotel
Sat April 30	After lunch	Optional Activities (see flyer)
Sat April 30	Evening	Banquet outside hotel in Bettendorf, IA at Tanglewood Hills Pavilion with entertainment
Sunday May 1	Morning	Club President's Meeting

This is an important conference, providing our club opportunities to **learn how** to shape the future of Friendship Force, to **share** your knowledge with others, and make or renew **friendships** with other attendees. This is for you! Please wear your club name tags at all conference activities and meals.

Early registration fee is **\$140 per person if postmarked by March 21, 2016**. It will be \$150 per person if postmarked after March 21. See next page for registration form. 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
- closing banquet with entertainment at the Tanglewood Hills Pavilion on Saturday evening.

After lunch on Saturday, there is free time to explore the Quad Cities area. FFQC has planned wonderful optional activities for you.

- *Cruising the Mississippi* on a paddle boat with the captain narrating history, \$15 collected at the reception table.
- *LeClaire walking and shopping (no charge)*. LeClaire is home of the Antique Archaeology Store, made famous by the History Channel show "American Pickers". Enjoy a free tour at the Mississippi River Distilling Company, sample some beer at the Green Tree Brewery, pick up some treats at The Shameless Chocoholic or visit the Buffalo Bill Museum (\$5).
- *In Moline, Illinois visit the John Deere Pavilion* then walk across the street to the Isabel Bloom shop full of unique Quad Cities sculptures.

Check out these two links for more things to do in the Quad Cities and LeClaire areas:

http://www.visitquadcities.com/seasonal-activities?ref=header_tab and <http://www.visitleclaire.com/attractions.html>.

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friendship force
INTERNATIONAL

First letter of
your last name

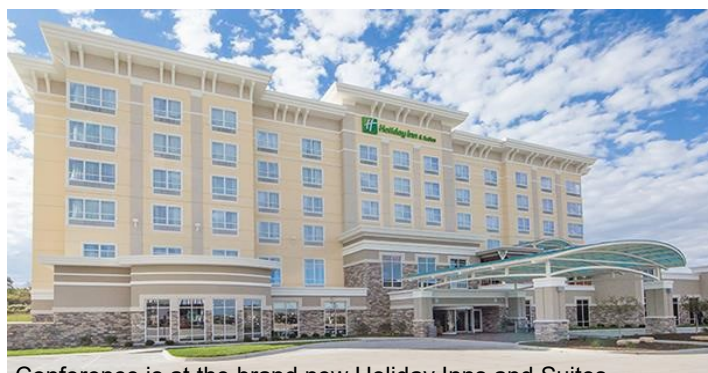
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2016 Midwest & Great Lakes Regional Conference (continued)

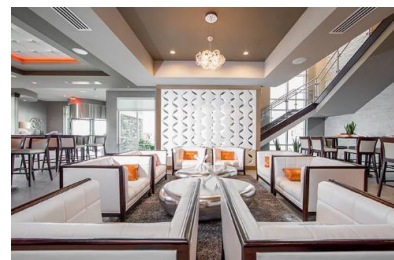
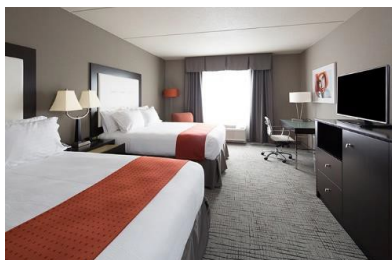
Call **563-344-2900** to make your hotel reservation at the conference venue, **Holiday Inn & Suites**, 4215 Elmore Ave, Davenport, IA 52807. Ask for Friendship Force conference to receive the conference rate of \$109 plus tax.

The hotel is bursting with amenities sure to have you relaxing with a sparkling indoor heated pool, bubbling whirlpool spa, fitness center, wireless Internet access, an outdoors covered heated terrace, and Business Center with complimentary faxing, printing, and copying. Within one mile you will find shopping and a theater, plus the area has multiple golf courses, bicycle trails, parks, museums, etc.

Onsite is Davenport's newest hot spot, The J-bar, a very trendy full service bar and restaurant showcasing craft beers, award winning cocktails, extensive wines, and culinary inspirations to please you.



Conference is at the brand new Holiday Inns and Suites Davenport, 4215 Elmore Avenue, which has easy access to I-80.



Friendship Force Logo Items for Sale by Club

Would you like Friendship Force logo items for yourself or as gifts for a host family or an ambassador. The club has a supply of the items pictured below available for purchase. You can check out a sample of each item at the March 6 general meeting and place your order. These items include:

- Polo shirts (green, white)
- Notebooks
- Note cards
- Luggage tags
- Tote bags
- Meal blessing cards (with holder)

To order anytime contact:

Stephanie Schulte

sschulte08@gmail.com

(319) 350-5279



Update on Exchanges

Plans for 2016 are well underway! Come to the March 6 general meeting to **celebrate World Friendship Day & discover where our 2017 outgoing exchange will be!**

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.

Exchange Directors Steve Williams and Dale Moore, with their committee, are working on this exchange. Let's all be involved, whether you are available to home host, dinner host, day host or attend the welcome party or farewell banquet. More details and dates to be announced as the plans evolve.

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. Also, spread the word about this exchange to your friends and family who love to quilt.



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>

*link for ambassador application:

<http://www3.thefriendshipforce.org/downloads/AMBASSADOR%20APPLICATION%20AND%20AGREEMENT2.16.pdf>

Welcome New Members

Julie Flores

We have Marian Wetjen to thank for sharing Friendship Force with Julie Flores, a new member from Dysart, Iowa. Julie has been a school counselor at Union Middle School in Dysart for 23 years. She grew up in Norway, Iowa. She met Marian at a luncheon she attended with her mom.

Julie loves to travel and has been to many states in the U. S. as well as Canada, England, France, Italy, Germany, Austria, Switzerland, Belgium, Netherlands, Luxembourg, Jamaica, Mexico, Croatia, Czech Republic, Slovakia, and Hungary. Some places she would like to travel to are Greece, Spain, Japan, China, Scotland, Ireland, Costa Rica, Hawaii, Alaska, Denmark, Norway, Sweden, Finland, Australia, New Zealand, Brazil and the northeastern U.S. Group travel and staying with local hosts sounds very appealing to Julie.



Pat Hunsberger



Pat Hunsberger, lives in northeast Iowa and heard about Friendship Force from Jean and Dean Thomas. Pat also has friends in Colorado who recently joined Friendship Force and recommended it.

She has an extensive background in education from preschool to working with students in a K-12 talented and gifted program. Pat's extensive travels have included a track and field tour of Europe (England, Germany, Austria, Spain & Morocco) where she learned a variety of sports, a land tour of Italy, a cruise of the Baltic Sea visiting Denmark, Poland, Germany, Latvia, Estonia, Russia, Sweden, Finland, a mission trip for a month in South Africa (see photo), and a tour of the triangle in India. She still has a list of places she'd like to visit.

What she hopes to experience through Friendship Force is a group of like-minded global thinkers. She enjoys exchanging experiences and meeting people of other cultures. She loves other cultures, especially the unique ancient ones found in Africa and India and believes there is so much to respect in their lifestyles.

Phil and Marilyn Hanna

Phil and Marilyn Hanna live in Monticello and heard about Friendship Force from Steve Williams and Vic Klopfenstein. Last May, Hannas kindly home hosted a veterinarian from Azerbaijan when our Open World program was in need. We are thankful they proceeded to become members!

Phil and Marilyn raised four children in Monticello while Phil worked as a veterinarian and Marilyn a nurse. They now have been retired for several years and enjoy time with nearby grandchildren. They have enjoyed cruises to Alaska, Hawaii and the Caribbean as well as extensive travel in the United States to visit family and friends. Ireland, England, Scotland, Australia and South America are their travel interests. The part of Friendship Force that interests them is the chance to connect with people living in other countries.



2016 CALENDAR OF EVENTS

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
August	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 spaces*
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%202.16.pdf>

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 itbgales@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