



YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY

FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

June 23, 2016

July

2016

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PRESIDENT'S MESSAGE....

It's officially summer and we are beginning an exciting schedule of club activities.

Our group of 11 ambassadors have just returned from an exchange with Wessex England. Thank you to Marian Wetjen for leading this exchange and the additional tours that followed. I'm sure Audrey Bradford, Ellen McVey, Darlene Peterson, Cheryl and Dale Moore, Lynette Nuehring, Mary Ann and Larry Nelson, Barb and Jim Stegall and Jean and Dean Thomas (tours only) will have lots of interesting stories to share at our August general meeting.



Group touring England

Nashik India incoming exchange: We are delighted to be able to share our 4th of July activities with our guests from India. I encourage you to participate in the activities related to the India exchange (see details on pages 2-3). Incoming exchange directors are Dale Moore and Steve Williams. We thank them for their leadership.

Actions:

Make reservations for Nashik India welcome potluck dinner (no charge)

Make reservations for Nashik India farewell :
Cost: \$18 per person

Contact: Mary Stull,
mcdstull@aol.com;
319 393-6954

Make reservations for All-Iowa Picnic Des Moines by July 11 (see page 3)

Freedom Festival

As part of our fundraising and community outreach, we will have volunteer teams of 10 people working two shifts at the Freedom Festival. Our events are:

Family Bike Ride - Sunday, June 26 from 4 to 8 pm at Lowe Park.

Parade Set up—July 2, 7 am to noon in the Czech Village area. **We still need volunteers for this shift.** If you can work, please contact me. Each event results in a donation of \$250 for our club. Invite a friend or family member to join you. When you participate, you'll have time to visit with other club members and enjoy the Freedom Festival experience—see p. 3

Check the club activities on page 8 and mark your calendar. I hope to see you at one of our upcoming activities.

In friendship,

Mary Stull, President

Nashik Riverside India Comes to Cedar Rapids / Iowa City

Seventeen ambassadors from the Nashik Riverside Friendship Force Club will visit Cedar Rapids – Iowa City from July 2 through 8. Co-ED's Steve Williams and Dale Moore and a great planning committee have been working this winter and spring to make this exchange a great event. The India ambassadors will also spend a second week with the Madison, Wisconsin club.

They will travel by motor coach to Cedar Rapids on Saturday, July 2 to begin a memorable exchange with our club. On Friday, July 8 the ambassadors and their hosts will spend the morning seeing sights in Dubuque and then meet up with Friendship Force hosts from Madison for a picnic at Eagle Point Park. Then the ambassadors will leave for a week in Madison.

Day by day highlights include the following:



July 2, Saturday Mid-afternoon arrival at Noelridge Park Greenhouse and Welcoming Party at Vic and Pat Klopfenstein's at 5:30 PM. **CR/IC club members are encouraged to attend both the arrival and party.** Main dish will be provided. Members should bring a potluck side dish or dessert. No charge.

July 3, Sunday Cedar Rapids Day – After a morning with home hosts, the ambassadors will experience home hosted lunches and then tour Cedar Rapids heritage attractions. Dinner will be with hosts and with the option to attend one of several evening Freedom Festival events.

July 4, Monday Independence Day – Ambassadors will experience a traditional 4th of July day with home hosts and other friends including taking in some of several Freedom Festival activities and topped with experiencing a fireworks display.

July 5, Tuesday Iowa Farm Day – Ambassadors will tour Stone City and then visit various farm operations in the Monticello area including lunch at Camp Courageous. The day will conclude with a cook out at the farm home of Randy and Debbie Toenjes.

July 6, Wednesday Iowa City Day – This day will include a visit to Ginsberg Jewelry to view their prize jewelry collection and 3D modeling operation where Ginsbergs partners with UIHC to solve complex medical cases, a ride on the Cambus to tour of U of I Hospitals and Clinics, a stroll on the U of I Pentacrest, and the afternoon downtown farmer's market. This evening the Ambassador's will have the opportunity to take hosts to dinner.

July 7, Thursday Flexible Day – This day is an opportunity to share a "day in the life" with each ambassador or respond to ambassador's "wish list". **The day will conclude with a farewell party at Lowe Park Pavilion in Marion catered by L.J.'s. Arrival time is 6:00 PM with dinner at 6:30. CR/IC members are encouraged to attend. Cost is \$18 per person.**

July 8, Friday Dubuque Day – Ambassador's will travel to Dubuque and visit the Mines of Spain and the Mississippi River Museum. After a walk along the river front, a picnic lunch will be provided at Eagle Point Park. The Friendship Force of Madison will meet up with us and will take the ambassadors for a second week in Madison. Those that wish to visit the Mississippi River Museum and attend the picnic lunch need to RSVP and prepay John Giegerich, 410 N Maple St #204, Monticello, Iowa 52310 by June 25. Lunch is \$8.00 and Mississippi River Museum is \$11.50.

Nashik Riverside India (cont'd)

Get Involved and Meet our Guests

CR/IC Members are encouraged to attend the Noelridge Park arrival and Welcome Party on July 2 and the Farewell Dinner at Lowe Park on July 7.

Please, RSVP to Mary Stull by June 29 at 319-393-6254 or email mcdstull@aol.com for the following:

- Welcome Party – Indicate who will be attending and potluck dish you will be bringing. Also bring a chair.
- Farewell Party – Indicate who will be attending. Also, send a check for \$18 per person to Mary Stull at 3000 27th St. SW, Cedar Rapids, IA 52404.

If you have questions or wish to be more involved, please contact Steve Williams or Dale Moore.

Committee members include the following:

Co-ED's	Steve Williams and Dale Moore	Farewell Party	Connie Williams
Home & Day Hosts	Tressa Youngbear	Print & Other Material	Cheryl Moore
Home Hosted Lunches	Tressa Youngbear	Day Planners	Rosie Russell, Jocko Hinderks,
Welcome Party	Pat Klopfenstein		John Giegerich

All Iowa Olympic Picnic

The Greater Des Moines club is hosting our All Iowa Picnic this year with an Olympic theme. It will be held on Sunday, July 17 from 12 noon to 3:30 pm at the Ding Darling Shelter House at Birdland Park in Des Moines. This is a great way to meet club members from the other three clubs in Iowa - Central Iowa, Quad Cities and Des Moines. Lunch will be provided for \$15 per person. **Reservations: Send check payable to FFGDM to Alice Rasmussen, 1090 NE 60th Ave, Des Moines, IA 50313 by July 11.** Our group of ambassadors who are visiting Ames on July 16, will continue on to the picnic in Des Moines.

Volunteer at Freedom Festival

Ready for some Freedom Festival fun and an opportunity to support Friendship Force? We still need volunteers to work at the parade, Saturday, July 2, 7am to 12pm. The parade begins in Czech Village and goes to NewBo. Please contact Mary Stull, 319 393-6254 or mcdstull@aol.com, to secure your spot as a team members at this event. A bright yellow volunteer t-shirt is provided.



Let's Eat Out (LEO)

June 25 — Marion

We're trying something new for our June LEO....breakfast! Join us at MJ's Restaurant, 1107 7th Ave, Marion at 9am, June 25th. This is a fun event between our Wessex and India exchanges. RSVP to Mary Stull by June 22, 319 393-6254 or mcdstull@aol.com.

July 20 — Manchester



Jerry and Carol Burke are hosting July's LEO (Let's Eat Out) in the lovely town of Manchester. Come early if you would like to try out the whitewater. Plans are to meet at the Franklin Street Brewery, 116 S Franklin around 4:30 then go across to the White Water Park. Another option would be to shop at the Widner Gift Shop located downtown Manchester.

At 5:45 everyone will meet at the Fireside Pub and Steakhouse, 205 S 12th St. The Fireside Pub is located directly behind Walmart next to the Day's Inn motel.

RSVP to Jerry or Carol Burke, 563 927-5568, jtbgailes@yahoo.com by July 11.



Brewers Building

Visit to Central Iowa Club

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

Our friends in Ames have invited us to visit them on the way to the Friendship Force All Iowa Picnic on July 17 in Des Moines. Our group will meet Ames hosts on Saturday afternoon for a tour of the Iowa State University campus and Reiman gardens followed by a gathering of club members at a downtown wine bar.



After spending Sunday morning with host families, our group will go to the all-Iowa picnic hosted by the Des Moines club.

The exchange is full; contact Jerry Burke, exchange director, jburke1113@mediacommbb.net, 563-927-5568, to be on the waiting list.



Quad Cities Domestic Exchange

Because of all the activities we have this summer, the Quad Cities domestic exchange is being planned for 2017. Watch future newsletters for updated information. If you are interested in participating in this exchange contact; Tressa Youngbear (319 350-4143, ityoungbear@gmail.com or Mary Stull (319 393-6254 or mcdstull@aol.com) to sign up.

Crazy for Quilting—September 30 to October 5 our first themed exchange



Our club will host its first themed exchange. It brings together people from around the world who have a shared interest in quilting. Cedar Rapids will host the first five days; Ames club will host from Oct 5-9. We have 17 ambassadors from the UK, Australia, Canada & the US, with space for 3 more. The ambassadors will have a set program each day and use a bus for transportation two days.

Can you help? Quilting experience is not required for the following committee positions:

Meet and greet - Pick up ambassadors at the airport, Friday, Sept 30.

Welcome party a potluck dinner on Friday, Sept 30.

Kalona day host - Spend the day with ambassadors in Kalona, bus from CR to Kalona. Bus transportation with tour tailored to quilters and farm lunch, Saturday, Oct 1. Cost to members: \$42



Amana day host - Spend the day with ambassadors in Amana, bus from CR to Amana. Bus transportation with Amana Arts Guild tour and lunch at the Ox Yoke Inn, Monday, Oct 3. Cost to members: \$38

Cedar Rapids day host - Meet our ambassadors in Czech Village to tour quilting and art stops in Cedar Rapids area. A list of quilt shops and lunch stops will be provided for exploration. Tuesday, Oct 4.

Members are welcome to participate in the day trip activities; invite a friend with an interest in quilting to share the day with you.

If you have an 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. Committee meeting will be Tuesday, July 19.

Bernita Walker-Pruess

We were saddened to learn this week that Bernita Walker-Pruess passed away June 18. She was a long-time member of our club—traveling on several exchanges and hosting many ambassadors. Details at:

<http://www.fryfuneralhome.com/obituary/155849/Bernita-Walker-Pruess-of-Tipton-Iowa/>

Her husband's address is: Bob Pruess, 1300 Parkview Dr., Tipton, IA 52772

Exchanges Recap



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

Contact Exchange Directors Steve Williams and Dale Moore with hosting questions at (319) 362-6252 or 888^{mooredale@imonmail.com}. Let's all be involved! Plan to attend one or all of the events.

July 2nd afternoon at Noelridge Park, parking area near flower garden and greenhouse - Meet and greet the bus bringing the ambassadors approx. 3pm.

July 2nd Welcome Party, 5:30pm at home of Vic & Pat Klopfenstein, 5540 Hunter's Ridge Court, Marion. RSVP to Mary Stull & **bring a dish to share and a chair**

July 7th Farewell Party, 6pm at Lowe Park, Hickory Room. Catered dinner at 6:30pm with cost at \$18. **RSVP with your check made out to FF of CR/IC by June 29 to**

Mary Stull, 3000 27th St SW, Cedar Rapids IA 52404. Entertainment by a Harmony Hawks quartet.

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

We will visit our friends in Ames on the way to the Friendship Force All Iowa Picnic on July 17 in Des Moines. The exchange is full. Contact Jerry Burke, exchange director, if you would like to be on the waiting list. ^{jburke1113@mediacombb.net}, 563-927-5568.

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

Exchange Director Audrey Bradford is taking names for a waiting list. Our club had a wonderful time hosting Lansing in 2015. Please contact Audrey at (319) 365-5746 or ^{audrey.b@mchsi.com} with questions.

Open World—group from Ukraine to study secondary education tentatively coming in September 2016.

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. See detailed information on page 5 .

Incoming domestic exchange from Sacramento, California— tentative May, 2017 date.

Tentative plans are to tour the Lincoln library and museum in Springfield, IL on the way to St Louis for a 2nd week. Be a part of the fun! Please consider applying for Exchange Director, helping on the committee or hosting in some capacity. Contact Connie Williams, ^{cmw1226@yahoo.com}. or click the link to ED application: <http://www.friendshipforcecr-ic.org/wp-content/uploads/2014/02/EDapplication.pdf>;

Outgoing exchange to Quad Cities — rescheduled for 2017

Outgoing international 2 week exchange to Taipei and Kaohsiung, Taiwan. Early November 2017.

Sign up sheets will be available at FF events. Contact Connie Williams to reserve your space or apply for Exchange Director position. Open seats are posted in the Friendship Force catalog 9 months before the exchange, if not reserved early. If you know friends from other clubs who may be interested, encourage them to join us.

*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**
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FFI Midwest — Great Lakes Regional Conference

Strategic Planning at the club level.

In April, several club members participated in the Midwest-Great Lakes Regional Conference in the Quad Cities. We are sharing highlights from the conference in several issues of this newsletter.



Jean Thomas, Cheryl Moore, Dale Moore

Dale Moore from our club and Joan Nagelkirk, President of the Friendship Force Chicago, presented a session on Strategic Planning at the club level. The goal was to share experience in developing and implementing strategic plans to provide insights and takeaways to help clubs develop their plans. The Friendship Force International (FFI) provides the organization vision and clubs need to align their goals with this vision.

The first step is to define the current state of the club including areas such as membership growth trends, the strength of inbound and outbound exchanges, social programs and partnerships that support the club's mission. Then a strategy map can be developed. The strategy map should include a few themes that are important to the club such as membership growth, exchange program excellence and partnering excellence. It is also helpful to view each theme from various perspectives such as club members, financial stewardship, internal processes, and local and online communities.

The strategic themes and perspectives form the two dimensional strategy map. Next, the team can use brainstorming to develop initiatives for each strategic objective and perspective.

When turning initiatives into action, clubs should first look for the ones that require minimal planning and effort (low-hanging fruit). Examples include, requiring ED's to provide an exchange summary or developing an exchange director toolkit. A champion from the club is needed to lead the implementation of each initiative. Other needs for implementation may include creating an action plan and goals, getting member buy-in, and providing training. The number of "low hanging fruit" initiatives a club can take on is only limited by the availability of a true champion for each initiative.

Second, prioritize the major initiatives. These are the ones that will take a lot of effort and most likely a team of diverse persons. Clubs should take on no more than three major initiatives at one time and it may be best to limit to one. An example of a major initiative could be a membership drive. Major initiatives also require a champion or leader, a vision that club membership will support and a diverse planning and implementation team. Bigger initiatives may require more than one component or part and have a process for creating the change.

Major initiatives also require an action plan with goals. This is a document that lists what tasks must be completed in order to achieve the goal and also included specific tasks, assignments and a schedule. It is important to establish SMART goals: specific, measurable, attainable, relevant and time-bound.

The session concluded with sharing lessons learned from the "business world" as most of Dale and Joan's strategic planning experience was at work.

- Try a lot of things – keep what works.
- Embrace the genius or the "and" rather than the tyranny of the "or."
- Be a "clock builder" – not a "time teller."
- Replace "initial perfection" with "continuous improvement."

Not sure what all of these statements mean? Ask Dale or Joan. Thank you to Dale for sharing his expertise and representing our club so well.

2016 CALENDAR OF EVENTS

June 25, 9:00am	Breakfast LEO, Mary Stull	MJ's Restaurant, Marion
July 2-8	Incoming exchange from Nashik Riverside, India, detailed itinerary on p. 5-6	Steve Williams & Dale Moore, Exchange Directors
July 16-17	Overnight visit to Central Iowa Club, Ames	Jerry Burke, Exchange Director
July 17, Noon	Annual All Iowa Picnic	Birdland Park, Des Moines
July 20, 5:45 pm	LEO, Jerry & Carol Burke	Fireside Pub and Steakhouse, 205 S 12th St. Manchester
July 25, 6:30 pm	Board Meeting	Mary Stull's home 3000 27th St SW, Cedar Rapids
August 7	General Meeting	Marion Knights of Columbus Hall, 5650 Kacena, Avenue, Marion
August 29, 6:30 pm	Board Meeting	Mary Stull's home 3000 27th St SW, Cedar Rapids
Sept 11-17	Outbound exchange to Lansing, MI	Audrey Bradford, Exchange Director
Sept 23	Open World group from Ukraine to study secondary & higher education and innovation	Vic Klopfenstein, Coordinator
Sept 30-Oct 5	Inbound themed exchange - Crazy for Quilting	Connie Williams, Exchange Director
September	Let's Eat Out (LEO), Connie Williams	Date & location TBD
October 17, 6:30 pm	Board Meeting	Mary Stull's home 3000 27th St SW, Cedar Rapids
November 13	Annual Meeting	Details to be announced
May 2017	Inbound domestic exchange from Sacramento, CA	ED—Taking applications for Exchange Director*
2017	Outgoing to Quad Cities	
November 2017	Outbound exchange to Taipei and Kaohsiung, Taiwan	Taking applications for Exchange Director*

*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

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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