



August

2015

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# YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY

FRIENDSHIP FORCE CLUB

[www.friendshipforcecr-ic.org](http://www.friendshipforcecr-ic.org)

August 12, 2015

## ***PRESIDENT'S MESSAGE....***

A lot has happened since the July newsletter. First, Marian Wetjen led back-to-back exchanges to Mid-Willamette Valley, Oregon and Lower Columbia, Washington. We hear great reports about both exchanges. Thank you, Marian, for your excellent leadership!

On July 30, 20 members and guests enjoyed an excellent time at the Zepplin's LEO. We had a fantastic waitress who also expressed interest in Friendship Force.

This past week we had a delightful exchange with 9 persons from the Quad Cities club. Highlights included a welcome salad lunch, an afternoon focused on Grant Wood, home hosted dinners, a Czech focused day, and Cabaret in the Courtyard at Brucemore. We extend a big thank-you to Jim and Barb Steggall, Dallas and Jackie Bryant, Dave and Patty Detwiler, Myron and Connie Williams, and Joan Jacob & John Haack for either home hosting or dinner hosting. Your hospitality and support is greatly appreciated.

The Quad City exchange concluded with the All Iowa Clubs Picnic at Noelridge Park pavilion. 79 persons from the four Iowa Clubs attended including 39 from our club – an amazing turnout. Highlights included a catered lunch, brief updates from Midwest Region Representative Adrienne Moen and each Club President, the Marian Wetjen story and word game, Connie Williams corn hole tourney and great conversation and fellowship. Several persons said, "Cedar Rapids/Iowa City, you set the bar high." A big thank-you to Shirley Rosencrans and the Activities Committee, Mary and Frank Stull, Connie and Myron Williams, Marian Wetjen and everyone else who spontaneously pitched in to make this a successful event. Des Moines volunteered to host the 2016 picnic.

Next up, Esther Hudson is leading a bus trip to the State Fair on August 20. At last count, 43 members and guests are signed up to go. We encourage members who are going to help make the guests feel welcome -- a great recruitment opportunity!

Mary Stull, Connie Williams, and your Presidents will be going to the World Conference in Vancouver August 29 thru 31. This will be a great opportunity to network with many persons and promote our club and location for future

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## Presidents Message (continued)

exchanges. Dale is teamed up with two persons from the Chicago club to present at one of the workshops. Their topic is Club Strategic Planning.

Membership growth and development continues to be a top priority for our club. We are pleased to welcome Christine Allen as our newest member. Our current membership is 81. Again, we challenge each member to reach out to friends and acquaintances and invite them to give Friendship Force a look. During the Quad City exchange, we were asked several times (by guides and others) about Friendship Force (they saw our name badges). One or two persons are very interested. It pays to talk to others about Friendship Force.

Have a great rest of the summer! Stay connected, involved and inviting!

In friendship,

Dale and Cheryl Moore

## Iowa State Fair Bus Trip—August 20

A bus loaded with Friendship Force members, family and friends is headed to the State Fair on Thursday, August 20. The cost is \$40 per person which includes motor coach transportation directly to the State Fair Grounds and admission to the Fair.

There are a couple of seats open so if you are interested please call **Esther at 319-393-4839 TODAY**

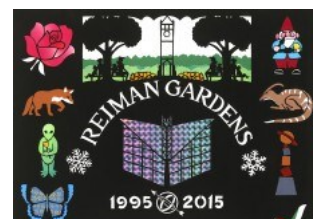


## Outgoing Exchange to Ames, October 23



Enjoy the sights & sounds of central Iowa from Friday, October 23, through Sunday October 25. Friendship Force Central Iowa (Ames) has invited our club to join in some pre-Halloween fun.

Activities may include the ISU campus & campus town, Farmers' Market or the Boone & Scenic Valley Railroad.



Interested? Please call or email Connie Williams—[cmw1226@yahoo.com](mailto:cmw1226@yahoo.com) or 319 396-4747 to reserve your spot.



## Incoming—Mexico Exchange—cancelled

This club will not be able to travel this fall so the exchange has been cancelled.

## Welcome New Member—Christine Allen

Christine lives in Iowa City and was recruited to Friendship Force by her friend, Gayle Bray. Christine retired from Grant Wood AEA this year. Her family owned Silk Opera, which specialized in lotions and bath products, in Iowa City for 34 years. Her family includes five children and four grandchildren. We're glad to have you in Friendship Force, Christine.

## General Meeting, September 13, 2 pm

The September 13 general meeting will begin at 2 pm at the Shueyville United Methodist Church, Swisher, Iowa. We'll enjoy dessert, followed by a business meeting. Then members will be able to participate in a program to assemble food packages for Kids Fight Hunger. Our club has allocated \$500 to purchase the materials.



Kids Against Hunger is a food relief organization that unifies teams of people who package a specialized rice based soy casserole mixture which

is used locally and overseas. It is based on a simple principle of people helping people. The program not only nourishes hungry children, but the spirits of the volunteer who pack the meals.

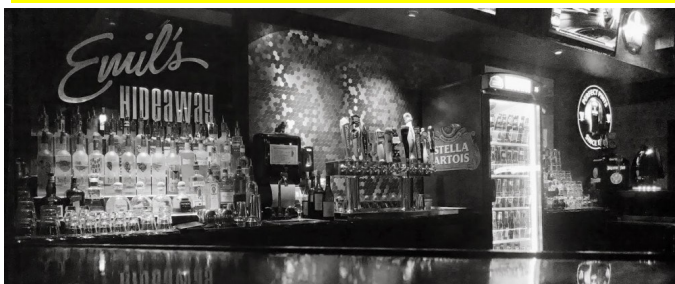


## Lion's Club Multinational Cultural Event, September 20

The Cedar Rapids Noon Lions Club is sponsoring a Multinational Cultural Entertainment from 4 to 6 pm on Sunday, September 20 at Scottish Rite Temple, 616 A Ave NE, Cedar Rapids.

The event will feature music, dances and light refreshments. Tickets are \$10 per person or \$25 per family. Proceeds will benefit the Lion's Club hearing and sight programs. Contact Dean Thomas, [rdeanthomas@hotmail.com](mailto:rdeanthomas@hotmail.com) or 319 830-5091. Tickets also available at the door.

## LEO at Emil's Hideaway on October 7



The next Let's Eat Out (LEO) will be on Wednesday, October 7, 2015 at 5:30PM at At Emil's Hideaway. Emil's is at 222 Glenbrook Drive SE, Cedar Rapids. It is located behind Taco John's On 1st Ave. SE— Next To Home Depot.

Make reservations with Nancy/ Stephen Miller - 319-393-3580 by Sunday, October 4.

Emil's features Happy Hour from 3-6 PM Mon.-Fri, with 1/2 price Appetizers - Draft Beer Specials - \$2.00 Off Signature Drinks - \$2.00 Domestic Bottles - \$3.00 Import/Premium Bottles.



## Hosting Quad Cities Club—August 6-8

Another successful hosting experience! From August 6 to 8, nine ambassadors from the Quad Cities club enjoyed the warm hospitality of our club.



Getting acquainted at the welcome lunch at Cheryl & Dale Moore's home

Learning about the artist Grant Wood and touring his studio



Viewing the Grant Wood window at the Veteran Memorial Building



Touring downtown Cedar Rapids,

Viewing the murals in City Hall Council Chambers



Watching the automated book return process at the Public Library

Enjoying music and conversation at Cabaret at Brucemore





## 2016 Exchanges

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

Marian Wetjen has graciously agreed to serve as our ED for this exchange. She will contact the first 16 people interested in this exchange with additional details. If you would like to be added to or taken off of the waiting list, please contact Marian at [mjwetjen27@yahoo.com](mailto: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.

**Quilters in our group?** We are exploring the possibility of hosting a themed exchange with Ames in 2016. Contact Connie if you are interested in working on this exchange. A themed exchange includes ambassadors from all over the world who share a common interest.

## All Iowa Club Picnic, August 8

On Saturday, August 8, 79 Friendship Force members from Cedar Rapids-Iowa City, Central Iowa, Des Moines and Quad Cities attended the first All Iowa Club picnic. They enjoyed conversation, competition and great food.



Corn hole competition



Club members get acquainted



Regional representative, Adrienne Moen from Des Moines speaks to the group



Corn hole competition winners!



The men's team spells a word in the Story Game.



Welcoming guests to the picnic

## Oregon & Washington State Exchange Recap



July 14-20, Marian Wetjen, exchange director led 18 ambassadors on an exchange to Mid-Willamette Valley in Oregon. Ambassadors from Iowa included Audrey Bradford, Darlene Peterson, Stephanie and George Schulte, Pat and Vic Klopfenstein, Trish Kaiser, John Giegerich, Donna and Joe Ironside, Mary Ann and Larry Nelson and Darlene and David Tammel. They were joined by Rose-Marie Everett and Natalie Cheng from California and Ellen McVey from Michigan.

Marian Wetjen noted that the weather was perfect, we loved the ocean views, we learned a few facts, we saw beautiful scenery and were very happy with the exchange the Mid-Willamette club provided for us.

Highlights included:

- Tours of Talking Waters Gardens and Albany's Historic Carousel and Museum in Albany
- Cape Perpetua ranger guided tours to the ocean and Neptune State Park
- A night at the ocean at Newport
- Hatfield Marine Science Center in Newport learning about adaptation of sea animals
- Beautiful gardens, home hosted meals, picnic lunches and brunch on the lawn.



After a week in Oregon, 18 ambassadors from Iowa and one from MI. enjoyed the beauty of the Pacific NW from July 20-26, 2015 on an exchange to Lower Columbia, WA. The members were Esther Hudson, Patty and David Detweiler, Pat and Vic Klopfenstein, Darlene and Dave Trammel, Audrey Bradford, Darlene Peterson, Donna and Joe Ironside, Stephanie and George Schulte, Trish Kaiser, John Giegerich, Mary Ann and Larry Nelson, Ellen McVey (MI) and Marian Wetjen, exchange director. Sixteen of us arrived to meet our WA hosts by a shuttle from OR whereas three members flew in from Cedar Rapids. Marian Wetjen summed up the exchange with "We all truly enjoyed the beautiful sights, the low humidity, the bug-less nights but more importantly, our warm and friendly new found friends who made this exchange a wonderful experience for us all."

The Washington exchange focused on Lewis and Clark's explorations in the area including:

- Dismal Nitch and Long Beach, where Clark experienced a fierce six-day storm
- A night at the ocean in Astoria
- Fort Clatsop, the winter encampment of the Lewis & Clark expedition in 1805-1806
- Ecola State Park on the Pacific Ocean
- Vista House at Crown Point and the Multnomah Falls and Booneville Dam Park
- A sternwheeler ride on the Columbia River Gorge
- Home hosted dinners, picnic lunches and potlucks
- A day at Mount St. Helens



## 2015-2016 CALENDAR OF EVENTS

August 20	Let's Eat Out (LEO)	State Fair Bus Trip
August 29 to 31	FFI World Conference	Vancouver BC Canada
September 13, 2 pm	General Meeting	Shueyville United Methodist Church
October 5	Board Meeting	Dale/Cheryl Moore's home
October 7	Let's Eat Out (LEO)	Emil's Hideaway RSVP Steve/Nancy Miller 393-3580
October 23-25	Outgoing Exchange to Central Iowa (Ames)	ED—Taking Applications
November 15	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, 21016	Outgoing exchange to Wessex, England	Marian Wetjen, exchange director
July 2016	Incoming exchange from Nashika Riverside, India	ED—Taking Applications



## **BOARD MEMBERS 2015**

**Dale & Cheryl Moore, Co-President**  
319-362-6252   mooredale@imonmail.com

**Mary Stull, President Elect**  
319-393-6254   mcdstull@aol.com

**Alice Wilkinson, Secretary**  
319-366-0625   alicew.memaw@gmail.com

**Stephanie Schulte, Treasurer**  
319-350-5279(cell)   sschulte08@gmail.com

**Tressa Youngbear, Past President**  
641-484-5239, 319-350-4143 (cell)   ityoungbear@gmail.com

**Connie Williams, Exchange Coordinator**  
319-396-4747   cmw1226@yahoo.com

**Marian Wetjen, Membership**  
319-363-0586   mjwetjen27@yahoo.com

**Vic & Pat Klopfenstein, Communications**  
319-377-5502   vpklopfenstein@msn.com

**Shirley Rosencrans, Activities Coordinator**  
319-462-4132   sarosencrans@yahoo.com

**Esther Hudson – 2nd Year Director At Large**  
319-393-4839   Esther\_Hudson@msn.com

**Dean & Jean Thomas, 1st Year Co-Director At Large**  
319-830-5092   jeanthomas521@gmail.com

**In friendship**  
**Dale & Cheryl Moore**  
**Mary Stull**