



Flag of
Wessex, England

YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY

FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

April 15, 2016

April/May

2016

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PRESIDENT'S MESSAGE....

April has brought warmer spring temperatures, spring bulbs pushing up foliage and best of all the return of snowbirds back from wintering in warm winter climates or club members taking interesting winter trips. We're glad to have you back.

Thank you to everyone who helped make the March meeting such a success. To Shirley Rosencrans, Marian Wetjen, Sharon Bowers, Esther Hudson and Joanne Smith for hospitality, décor, set up and cleanup and to all members who brought a fabulous array of food. I know our members, guests and visitors enjoyed the experience. See page 2 for more information on the meeting.

Committees continue to work plans for our summer exchanges: an outgoing exchange to Wessex in June and incoming exchange from India in July along with an overnight visit to Central Iowa in July and a long-week-end exchange with the Quad Cities in August. Watch your e-mail and future newsletters for information on how to become involved in these.

2017 outgoing exchange:

Drum roll...we have received notice from Friendship Force International that our club has been matched with two clubs in Taiwan for 2017 exchanges. Week 1 will be in Taipei (on the northern point of the country) and week 2 will be in Kaohsiung (in the southwest part of the country). We expect the exchanges to be in November 2017.

Pass it on. When you get your newsletter by e-mail, consider forwarding it to someone who you think would be interested in Friendship Force. Add a personal note inviting them to an upcoming event so they can experience the benefits of belonging.

We welcome two new members, John and Judy Miner. They were recruited by Audrey Bradford and attended our March meeting. We're glad to have you with us.

I hope to see lots of members at the Midwest-Great Lakes Conference at the end of the month.

In friendship,
Mary Stull

International Friendship Day Potluck

International students from Mount Mercy University, Springville High School and Washington High School were our guests at the March 6 general meeting. An international themed potluck included a wide array of international foods provided by members as well as jerk chicken prepared by the Jamaican students at Mount Mercy.

For the program, the students shared their experiences at their schools, their academic goals and how they selected their school. A student from Russia was amazed that classes at Mount Mercy were cancelled when it snowed a lot. At home, he would just shovel his way out and go off to class. On the other hand, students from Central America had never seen snow. One student's friends asked her if she was sure that Cedar Rapids, Iowa really was in the United States.

Some of the college students were here for their entire college education and some for only a semester. The high school students were here for a full academic year, living with host families.



May LEO (Let's Eat Out)



On May 4 you are invited to the Daly Creek Winery and Bistro, 106 N Ford Street, Anamosa. We will have a wine tasting 5:00-6:00 and dinner at 6:00. We will be in a room above the wine bar. Daly Creek specializes in house made salads, soups, pasta and desserts plus a special entree in the evening. James and Michael Langer founded the restaurant in honor of their grandfather, Philip Daly, who purchased Jones County farmland during the Civil War.

Please RSVP Jean or Dean Thomas at 319 830-5091 or jeanthomas521@gmail.com by April 30th.

Welcome New Members

John and Judy Miner were introduced to Friendship Force by Audrey Bradford and Lynette Nuehring. John and Judy enjoy traveling and look forward to doing more of it after John retires in December. Between them, they have already visited Germany, Austria and Ireland as well as several places in the U.S. They are interested in seeing more of Europe and the U.S. They begin this quest with our group's outgoing exchange to Lansing, Michigan this fall. John and Judy think that Friendship Force has a good mission of building people to people relationships. They look forward to making new friends locally and staying in host homes on exchanges. We are very happy to have them in our group!

2016 Midwest & Great Lakes Regional Conference

The Midwest & Great Lakes Regional Conference is coming soon!

An important date to remember is April 18. This is the cut off date for registration. A number of our group has indicated they would like to attend individual days but not the entire event. For those we have some good news: we have a registration form and amounts for individual days. The rate would be \$80 for Friday, April 29 and \$70 for Saturday, April 30. The fee includes lunch and dinner for that day. Please indicate which day you will be attending.



We have also learned that spouses or others traveling with the group but not attending meetings can join evening meals. The cost is \$38 dollars for Friday night and \$30 for Saturday night. It is important to remember that **April 18** is the registration cut off date for the entire conference, individual days or evening meals. We hope you will decide to join us as we meet together and learn how to shape the future of Friendship Force, share knowledge with others and make or renew friendships with other attendees.

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

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>.

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

**CHANGING THE WAY YOU
SEE THE WORLD**
thefriendshipforce.org

2016 Midwest & Great Lakes Regional Conference



friendship force
INTERNATIONAL

2016 Friendship Force Midwest-Great Lakes Conference

Building Bridges of Friendship

Hosted by Friendship Force of the Quad Cities (Iowa-Illinois)

Holiday Inn & Suites, 4215 Elmore Ave. Davenport IA

April 28 – May 1, 2016

First letter of
your last name

Name (please print) _____, _____

Last Name First Middle Initial

FF Club: **Cedar Rapids-Iowa City** Email _____

Address _____

Street

City

State

Zip code

Home Phone _____ Cell Ph _____

My spouse or another not separately registered person will accompany me. Yes No

Name _____, _____ *Attending Conference* Yes No

Last Name

First

Middle Initial

➤ Transportation is needed from the Quad City International Airport in Moline, IL to the hotel. Yes No

➤ Special diet/meals for _____ who requests _____

OPTIONAL ACTIVITIES Please write the name of each person planning to participate in one of the following optional activities after lunch on Saturday.

A. Narrated 1 ½ hour cruise on the Mississippi River (weather permitting) _____
\$15 per person collected at the conference reception table.

B. LeClaire, Iowa walking shopping tour, Antiques Archaeology, distillery, _____
brewery, chocolate shop and more. (no charge)

C. Visit Moline, IL John Deere Pavilion, Isabel Bloom Sculptures. (no charge) _____

Day rate: Friday \$80

Day rate: Saturday, \$70

Early Registration for Conference:

\$140 per person if postmarked by March 21, 2016.

Or \$150 if postmarked *after* March 21, 2016

Refund Policy

☐ 100% refund if canceled by March 28, 2016

☐ 50% refund if canceled by April 15, 2016

☐ No refund after April 15, 2016.

- Please send your completed registration form with payment made payable to **FFQC** to:

FFQC Att'n Ted Pfeiff, P.O. Box 504, Bettendorf, IA 52722

Questions? Ask Harry Frick 563-355-1050 harry276@msn.com or

Eldon Greiman 563-289-3132 ejgreiman@gmail.com

2016 Midwest & Great Lakes Regional Conference (continued)

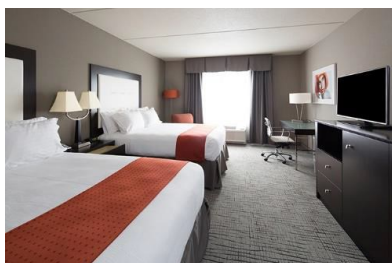
Call **563-344-2900** to make your hotel reservation at the conference venue, **Holiday Inn & Suites**, 4215 Elmore Ave, Davenport, IA 52807. Ask for Friendship Force conference to receive the conference rate of \$109 plus tax.

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.

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

Did you know that the founder of Friendship Force International, Wayne Smith, felt that all exchanges should include non-members? Do you know of friends, neighbors or family who would like to join us for a home hosted dinner or club event, just to chat about the cultures, places and faces of the world? Below are opportunities to share, hope you are all able to join in.

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

Thanks to Marian Wetjen for all of her work on this exchange, then sharing the highlights at our August general meeting.

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.



Contact Exchange Directors Steve Williams and Dale Moore with hosting questions, RSVP at (319) 362-6252 or 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. Arrival time TBA

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

July 7th Farewell Party, 6pm at Lowe Park, Hickory Room. Catered dinner at approx. \$22, menu yet to be determined. RSVP by June 29.

Outgoing exchange to Quad Cities — August, 2016, evening arrival through Saturday, Aug. 6 lunch

Tressa Youngbear, exchange director, would like to hear from those interested to determine the agenda for the weekend. Options include but are not limited to antique shopping, John Deere and river cruise. Contact Tressa at (319) 350-4143 or ityoungbear@gmail.com

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. Can you help?

Quilting experience is not required for the following committee positions:

Meet and greet - Pick up ambassadors at the airport, coordinate home host & ambassador at welcome event, Friday, Sept 30.

Kalona day host - Spend the day with ambassadors in Kalona, bus from CR to Kalona. Tour tailored to quilters with a farm lunch, Saturday, Oct 1.

Amana day host - Spend the day with ambassadors in Amana, bus from CR to Amana. Amana Arts Guild tour, with lunch at the Ox Yoke Inn, Monday, Oct 3.

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.

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.

Update on Exchanges (cont'd)

Incoming domestic exchange from Sacramento, California—May 2017

Sacramento has named an Exchange Director, they are looking forward to this exchange. Please consider applying for incoming Exchange Director, helping on the committee or hosting in some capacity. Contact Connie Williams, cmw1226@yahoo.com.*

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>



Outgoing Exchange to Wessex, England

Marian Wetjen is Director for the upcoming outbound exchange to Wessex, located in the southwestern part of England. Wessex is the location for Stonehenge and Avebury, as well as other lesser known stone monuments and earthworks from the Neolithic and Early Bronze periods. It has a long recorded history dating back to Roman occupation. An enormous thank you goes to Marian Wetjen for going above and beyond in organizing this exchange and planning additional side trips which include a "Heart of England Tour", including the Cotswolds, Bath, Shakespeare's birthplace and Windsor Castle and "Wales Coast and Mountains", which includes Snowdonia National Park in northern Wales.

Marian also contributed the following relating to Wessex Exchange:

"Last August the Wessex England club invited our club to visit them in June so a majority of the plans are made, our bags are almost packed and we are ready to go!



Some of the sights and sounds they have planned for us are: a welcome and a farewell meal, a coach trip to the Jurassic Coast, a ghostly walk in Poole with exploring of the small town and port, a visit to Wimborne, a visit to the Minster, and visiting a National Trust property called Kingston Lacey.

The twelve seats for this exchange filled up quickly.

On a side note, our club hosted some Wessex folks in September 2014.

2016 CALENDAR OF EVENTS

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 4	Let's Eat Out (LEO)	Daly Creek Winery & Bistro, Anamosa
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 [*]
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
October 17, 6:30pm	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 20 ambassadors [*]
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 jtbgailes@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

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Marian Wetjen, Membership

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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