

# YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY

FRIENDSHIP FORCE CLUB

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

June 1, 2016

June

2016

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

The end of May brings the unofficial beginning of summer and lots of action for our club. We're in the final stages of planning for two exchanges: outgoing to Wessex, England in June lead by Marian Wetjen and incoming from Nashik, India in July lead by Dale Moore and Steve Williams. We thank them for their leadership.

We are delighted to be able to share our 4<sup>th</sup> 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 5-6). Also coming up in July is the annual Freedom Festival in Cedar Rapids. Our club has two time slots - Sunday, June 26 from 4 to 8 pm at Lowe Park for a family Bike ride and Saturday, July 2, 7 am to noon for Parade set up in NewBo. We need a team of 10 volunteers for each event. 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. 7.

Our club had eight members – Carol and Jerry Burke, Dale and Cheryl Moore, Mary Stull, Jean and Dean Thomas, Connie Williams – attend the Midwest-Great Lakes Regional conference in Davenport last month. It's refreshing to hear new approaches to our mission and learn best practices from others. Because this conference included clubs from the Great Lakes Region (Kentucky, Michigan and Ohio) we were able to network with new clubs.

Jeremi Snook, Friendship Force International (FFI) CEO, participated in the conference and we all had a chance to talk with him. He understands our mission of building peace through friendship. I believe he brings clarity, stability, efficiency and leadership to FFI. A redesigned website for FFI is coming by the end of the year. It is eagerly anticipated as it will offer more information and a format that is easier to navigate. Your donations to the I'm In campaign last fall are helping fund this project.

We also had sessions that focused on topics related to exchanges, club operations and leadership development. We were able to have a representative at all the sessions. In addition, Connie Williams was a presenter for a session on Themed and Global Exchanges and Dale Moore was a presenter on Strategic Planning. (see pages 2-3 for the first of upcoming stories relating to the conference). We thank them for their participation and representing our club so well.

Check the club calendar on page 10 and mark your calendar. I hope to see you at one of our upcoming activities.

In friendship,  
Mary Stull

## FFI Midwest — Great Lakes Regional Conference



The Midwest Great Lakes Conference was hosted by Iowa's Quad Cities club and held Thursday, April 29 to Saturday, May 1 in Davenport, Iowa. The conference was attended by 106 people from 17 different clubs, including 8 members of the IC/CR club. Friendship Force's CEO/President Jeremi Snook warmly introduced himself to members, presented two general sessions and answered questions throughout the event.

The seven members from IC/CR club met Monday, May 8 and shared information gleaned from the event. It is planned to share this information with club members in this and upcoming newsletters.

Jeremi Snook has an MBA in business from University of Florida in Gainesville. His background includes building businesses from the ground up and helping businesses expand. He has a particular interest in non profits and community impact. A friend of his recommended that he apply for FFI's CEO/President position, so he took a look at the organization and clearly liked the concept of travel making strangers become friends.

As many of us understand, FFI's revenues have declined the past three years. This is due to fewer ambassadors traveling. The FF has an aging membership and there is competition from other options. Unfortunately each time FFI's revenue declines 3.5%, the salary for one staffer is eliminated.

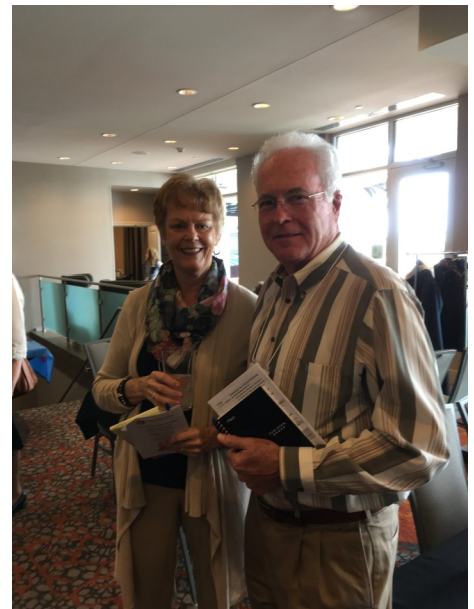
Last June a leadership conference was held that resulted in three priorities:

1. Bringing clarity, stability and efficiency to Friendship Force.
2. The Strategic Plan will be brought to life.
3. Communication will be improved by reworking the website.

To bring clarity, stability and efficiency to FF, regional representatives will be assigned as "go to" people between the membership and FFI. This support will be measured. The regional representative for the IC/CR club is Adrienne Moen, a member of the Greater Des Moines Club.

The Strategic Plan can be reviewed at FFI's website, [friendshipforceinternational.org](http://friendshipforceinternational.org) under Member Resources. It was encouraged to align local clubs' strategic plans with FFI's. Five steps to implement this include:

1. Measuring where each club is at, which includes inbound and outbound exchanges, outreach, social programs and local partnerships.
2. Picking two or three goals that matter by brainstorming and mapping ideas.
3. Break goals into smaller steps and establish best way to approach them.
4. Recruit leadership for each goal, establish measurement plan and regularly review progress.
5. Remove obstacles and celebrate short term wins.



*Continued on next page*

## FFI Midwest — Great Lakes Regional Conference (cont'd)

Friendship Force International's website currently contains valued elements if you know what you're looking for and where to find it. This website is being reworked including new tools and techniques to ease navigation. It should be come "live" November 2016.

One of the biggest impressions Jeremi received from his introduction to Friendship Force was seeing the power of a smile and a handshake. He began hearing stories from members and felt this would be a valued way to tell our story. A website called stories of friendships was established to collect these stories and photos from members. Watch for it!

**Our own Connie Williams presented on Global and Themed Exchanges at the conference. She was kind enough to provide us with the following summary:**

"I presented information at the MidWest Conference with Joan Herwig of the Central Iowa FF Club on Global & Themed Exchanges. As in the presentation at our January General Meeting, we talked about the progression from the original simultaneous exchanges, to the club-to-club exchanges, to global exchanges (Steve Williams from our club has lead 2 of these), to the concept of themed exchanges. Our club is teaming up with Central Iowa for the upcoming Crazy for Quilting themed exchange September 30- October 9.



Themed exchanges present the opportunity to expand your FF network, get multiple points of view - both from the host and the other ambassadors, and are focused on experiences or events in the host community. It is an outstanding platform to showcase the best of your area. Too often, we buy into the idea that what we have is ordinary and that travel should only be to the big cities or the coasts. Well, let's rethink this!

By focusing on a select experience, we can attract bike riders who may have heard of RAGBRAI or quilters who would appreciate the culture of Amana and Kalona. During our session, each table was encouraged to brainstorm, network and collaborate on possible exchanges in their region. Who wouldn't like a Bourbon, Blues and Barbecue exchange in KY?

Networking is key to the future of full exchanges. The friends you make on every exchange you've been on become your marketing allies for the themed exchanges your club hosts. And the opportunities to travel with any club, the Fill the Seat campaign, effectively making every exchange a potential global exchange. Myron and I met friends for life in Japan. When one emailed to tell us her club was hosting a themed exchange, we got the a chance to call other FF friends and say 'Hey, meet us in Australia!'"



## Let's Eat Out (LEO)

*Coming up...*

### June 25th — 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](mailto:mcdstull@aol.com).



### July 20th — Manchester

Jerry and Carol Burke are hosting July's LEO (Let's Eat Out) in the lovely town of Manchester. 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 would 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](mailto:jtbgailes@yahoo.com) by July 11.



## Previous LEOs

### April — Kalona

April 13 was beautiful in Kalona! Shirley Rosencrans hosted this April LEO at the Kalona Brewery. Thirty-three club members met at this new restaurant in downtown Kalona to enjoy handcrafted beer, wood fired pizza and more. Thank you Shirley for organizing this event!



### May — Anamosa

The May LEO was hosted by Jean and Dean Thomas and held at Daly Creek Winery and Bistro in Anamosa. Again, thirty three members met to enjoy wine tasting, house made starters, salads, entrees and desserts. Everyone is happy to see both new and long time members at these events.



## 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.

The story of how this exchange came to be is interesting. Several years ago a group of teachers from Indonesia came to Cedar Rapids for continuing education. Our club agreed to home host the teachers and to provide some logistic services needed for their stay. It turned out the leader of the Indonesia teacher's group was a member of the Malang, Indonesia Friendship Force Club. This new relationship led to an outbound exchange to Malang in 2013. We were also able to add a second exchange with the Bandung Indonesia club.

When only eight persons from the CR/IC club were able to go on the Indonesia exchanges, ED Steve Williams was able to recruit 12 other ambassadors from around the world (India, Brazil, Canada, Florida, Pennsylvania, and California). The four ambassadors from India were members of the Nashik FF Club. We still maintain communication with Dr. and Mrs. Varekar and they so desired to come to Iowa for an exchange.

Unfortunately, the Nashik club began to decline in membership making the possibility of an exchange unlikely. However, Nashik has a second club - - Nashik Riverside. So partially through the Varekar family, our club became connected to Nashik Riverside. The Varekar's would have liked to have had the opportunity to travel with Riverside to Iowa, but they have commitments in England in July.

So back to the exchange - - the 17 ambassadors will arrive in Chicago on June 30 for a few days to relax, get oriented, and see the Windy City. They will travel by motor coach to Cedar Rapids on July 2 to begin a memorable exchange with our club

## Nashik Riverside India (cont'd)

Day by day highlights include the following:

**July 2, Saturday** Mid-afternoon arrival at Noelridge Park Greenhouse (exact time to be announced) 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.

**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, Wed.** Iowa City Day – This day will include a visit to Ginsberg Jewelry to view their prize jewelry collection and 3D modeling operation where Ginsberg's partner 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 Pen-tacrest, 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.

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](mailto:mcdstull@aol.com) for the following:

Welcome Party – Indicate who will be attending and potluck dish you will be bringing.

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 and questions or wish to be more involved, please contact Steve Williams or Dale Moore.

Committee members include the following:

<b>Co-ED's</b>	Steve Williams and Dale Moore
<b>Home &amp; Day Hosts</b>	Tressa Youngbear
<b>Home Hosted Lunches</b>	Tressa Youngbear
<b>Welcome Party</b>	Pat Klopfenstein

<b>Farewell Party</b>	Connie Williams
<b>Print &amp; Other Material</b>	Cheryl Moore
<b>Day Planners</b>	Rosie Russell, Jocko Hinderks, John Giegerich



## Volunteer at Freedom Festival

Ready for some Freedom Festival fun and an opportunity to support Friendship Force??!! Please contact Mary Stull (319 393-6254 or [mcdstull@aol.com](mailto:mcdstull@aol.com)) to secure your spot as a volunteer in one of this year's Freedom Festival events. We have secured spots for the Freedom Ride, June 26, 4 to 8pm, Lowe Park in Marion and Parade Staging and Registration, July 2, 7am to 12pm, NewBo.



## Quad Cities Domestic Exchange

Thursday, August 4 thru Saturday, August 6 is an opportunity to visit our neighboring Quad Cities club. Arrive Thursday evening and leave Saturday after lunch. Event schedule is being developed. Contact exchange directors Tressa Youngbear (319 350-4143, [ityoungbear@gmail.com](mailto:ityoungbear@gmail.com)) or Mary Stull (319 393-6254 or [mcdstull@aol.com](mailto:mcdstull@aol.com)) to sign up or for more information.



## All Iowa Olympic Picnic

The Greater Des Moines club is hosting our All Iowa Picnic this year. It will be held on July 17 from 12 noon to 3:30pm at the Ding Darling Shelter House at Birdland Park in Des Moines. Our group of ambassadors who are visiting Ames on July 16, will continue on to the picnic 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. Send check payable to FFGDM to Alice Rasmussen, 1090 NE 60th Ave, Des Moines, IA 50313 by July 11. Please refer to flyer emailed recently.

## Update on Exchanges

### 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](mailto: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](mailto: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 & bring a dish to share.

*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

### Outgoing exchange to Quad Cities — August 4, 2016, evening arrival through Saturday, Aug. 6 lunch

Tressa Youngbear & Mary Stull, exchange directors, are working with the QC to determine the events of the exchange. Contact Tressa at (319) 350-4143 or [ityoungbear@gmail.com](mailto:ityoungbear@gmail.com) or Mary Stull with questions.

### 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](mailto:audrey.b@mchsi.com) with questions.\*

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

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## Update on Exchanges (cont'd)

**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](mailto:cmw1226@yahoo.com). Committee meeting will be Tuesday, July 19. We have 17 ambassadors from the UK, Australia, Canada & the US, with space for 3 more.**

**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](mailto:cmw1226@yahoo.com). or click the link to ED application: <http://www.friendshipforcecr-ic.org/wp-content/uploads/2014/02/EDapplication.pdf>

**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>

## 2016 CALENDAR OF EVENTS

June 5-12	Outgoing exchange to Wessex, England	Marian Wetjen, Exchange Director
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	LEO, Jerry & Carol Burke	Manchester
July 25, 6:30pm	Board Meeting	Mary Stull's home 3000 27th St SW, Cedar Rapids
August 4-6	Outgoing to Quad Cities	Tressa Youngbear and Mary Stull, Exchange Directors
August 7	General Meeting	Marion Knights of Columbus
August 29, 6:30pm	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	
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, 6:30pm	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 Exchange Director*
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](mailto:mcdstull@aol.com)

**Dean & Jean Thomas, Co-President elect**

319-830-5092 [jeanthomas521@gmail.com](mailto:jeanthomas521@gmail.com)

**Carol and Jerry Burke, Co-Secretary**

563-927-5568 [jtbgailes@yahoo.com](mailto:jtbgailes@yahoo.com); [jburke1113@mediacombb.net](mailto:jburke1113@mediacombb.net)

**Stephanie Schulte, Treasurer**

319-350-5279(cell) [sschulte08@gmail.com](mailto:sschulte08@gmail.com)

**Dale & Cheryl Moore, Past Presidents**

319-362-6252 [mooredale@imonmail.com](mailto:mooredale@imonmail.com)

**Connie Williams, Exchange Coordinator**

319-396-4747 [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com)

**Marian Wetjen, Membership**

319-363-0586 [mjwetjen27@yahoo.com](mailto:mjwetjen27@yahoo.com)

**Dale Moore, Communications**

319-362-6252 [mooredale@imonmail.com](mailto:mooredale@imonmail.com)

**Shirley Rosencrans, Activities Coordinator**

319-462-4132 [sarosencrans@yahoo.com](mailto:sarosencrans@yahoo.com)

**Alice Wilkinson, 2nd Year Director At Large**

319-366-0625 [alicew.memaw@gmail.com](mailto:alicew.memaw@gmail.com)

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

319-362-8078 [mrlwnelson@yahoo.com](mailto:mrlwnelson@yahoo.com); [mrsmanelson@yahoo.com](mailto:mrsmanelson@yahoo.com)

**In friendship,**

Mary Stull

Dean & Jean Thomas