



YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY

FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

August 8, 2016

Aug./Sept.

2016

In this Issue:

President's
Message 1

September LEO
Aug. 7 General Meeting
Newest Member 2

Crazy for Quilting 3

Lansing Exchange Update
Previous LEOs
Sandy Colton 4

Nashik, India
Exchange 5

Wessex, England 6

Visit to Central Iowa Club
Annual All Iowa Picnic 7

Update on Exchanges 8

Calendar 9

Board Members'
Contact Information 10

PRESIDENT'S MESSAGE....

After being busy with incoming and outgoing exchanges in July and August, it's time to relax and recall great memories from these exchanges.

August General Meeting Presentations:

Thank you to Jim and Barb Steggall for sharing their memories and photos of the exchange to Wessex exchange. They spoke as first time ambassadors said they are now hooked! Dale Moore presented a slide show on the India exchange. This included group activities and activities with host families. Each ambassador brought a unique personality and perspective to the exchange. Several left thank you notes for their host families expressing appreciation for their hosting. Thanks for sharing these stories, Dale.

Lansing Outgoing Exchange

You may have heard about new openings for the Lansing exchange, but it is currently full again. Please contact Audrey Bradford, audrey.b@mchsi.com or 319 365-5746 if you would like to be on a waiting list.

Follow us on Facebook

Did you know our club has a Facebook page? You can find us on Facebook at Cedar Rapids-Iowa City Friendship Force. You can see upcoming events, including LEOs, general meetings, exchange activities as well as photos of club activities. Like us on Facebook and get updates as they are posted. If you have photos from exchanges or activities, send them to me and I can add them. Check out photos from our Nashik exchange.

2018 International Exchanges

It's time for our club to indicate our preferences for exchanges in 2018. We indicate how many inbound international exchange we can host, number of ambassadors and time of year to avoid. Also, we can offer to host a global themed exchange, (like the Crazy for Quilting exchange in September). We have had great success with indicating a preference to host a club with which we have connections. If you have any connections with other clubs—international or domestic—please pass this information on to our exchange coordinator, Connie Williams or me.

In friendship,
Mary Stull, President

Actions:

August 29—Board Meeting

September 7—LEO at Butcher
Block Steakhouse
(see page 2)

Upcoming LEO (Let's Eat Out)



On September 7, Butcher Block Steakhouse, 568 Boyson Road NE, Cedar Rapids, Wednesday, September 7, 5:30. Drink specials until 6 pm. <http://www.butcherblocksteakhousecr.com>

Reservations to Esther Hudson, 319 393-4839, or Esther_Hudson@msn.com by Friday, September 2.

General Meeting—August 7, 2016

On Sunday, August 7 club members enjoyed an indoor picnic and hearing from participants of the outgoing Wessex exchange and incoming India exchange. A delicious array of grilled hot dogs, baked beans, garden vegetables and fruits, salads and desserts made a tasty meal. As usual our hospitality committee did an amazing job of organizing. Thanks so much to Shirley and crew! During a short business meeting members were given an opportunity to express preferences 2018 outgoing exchanges. Connie Williams updated progress on the upcoming Crazy for Quilting exchange and efforts were made to fill several openings in the September outgoing Lansing exchange. Everyone then enjoyed reliving a bit of the Wessex and India exchanges through photos and stories. A big thank you to Dale and Cheryl Moore and Jim and Barb Steggall for bringing in equipment to share photos. Also thanks to members who shared stories and impressions of these experiences. Everyone enjoyed the afternoon.



Welcome to our Newest Member, Julie Praegitzer

We are happy to introduce you to Julie with the following biography she shared.



"Greetings! I am Julie Praegitzer and I am thrilled to be a member of this exciting group. Even though I was born in Iowa, I have spent most of my life in the Stockton/Sacramento area of California. After teaching elementary school for 13 years my husband, Gary and I adopted our kids, Sam from Stockton and Anna from China. My class size shrunk to 2 as I became a full time mom. Ten years ago I finally convinced my husband that Cedar Rapids was a great place to raise our then 10-year-olds. We moved out in the middle of winter without jobs or a house and everything miraculously fell into place for us. Two years ago both kids graduated from Kennedy and a month later we lost Gary to lymphoma. He was only 55 and his loss has been devastating to our family. Friendship Force seems like an ideal opportunity for me to travel as a single person while making lots of new friends. I look forward to getting to know you all!"

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



Crazy for Quilting is coming to Iowa, bringing together people from around the world who have a shared interest in quilting. Cedar Rapids/Iowa City will welcome 18 ambassadors on September 30, and the exchange concludes with the Central Iowa club on October 9. This ten day adventure of inspiration and creation will include exploration of the quilting traditions of the Mennonite, Amish and Amana communities of Iowa while enjoying the golden autumn days in Eastern Iowa. The treasures of the Textiles and Clothing Museum at ISU in Ames, a trip to the Bridges of Madison County and a day at the American Quilter's Society Show in Des Moines are highlights of the Central Iowa days.

Quilts may be the theme of the exchange, however, anyone in our club is welcome to join in the Welcome Party, be a Cedar Rapids day host or explore Kalona or Amana.

Friday, September 30, 2016 at 5:30pm -Welcome Party – Wickiup Nature Center,

Toddville

Best of Iowa menu – Meat, beverage & table service provided – bring your family's favorite Fall side dish or dessert to share. RSVP to cmw1226@yahoo.com by September 23rd.

Saturday, Oct 1, 2016 - Kalona Day – Spend the day with ambassadors in Kalona, 8:15am bus from CR to Kalona, includes tour and farm lunch. Return at 6pm. Cost: members \$42 non-members \$45

RSVP to Connie Williams at 396-4747 or cmw1226@yahoo.com

Mail checks to FF of CR/IA City, PO Box 705; Cedar Rapids, IA 52406-0705 to secure reservation.

Members of the Eastern Iowa Quilt Guild have been invited, please make your reservation early.

Sunday, Oct 2, 2016 – Host Day – 11am lunch with hosts at General Store in Stone City, then free time to enjoy the fall colors.

Monday, Oct 3, 2016 – Amana Day – Spend the day with ambassadors in Amana; 8:15am bus from CR to Amana, tour & Ox Yoke Inn lunch. Return at 6pm. Cost: members \$38, non-members \$40

RSVP to Connie Williams at 396-4747 or cmw1226@yahoo.com

Mail checks to FF of CR/IA City, PO Box 705; Cedar Rapids, IA 52406-0705 to secure reservation.

Members of the Eastern Iowa Quilt Guild have been invited, please make your reservation early.

Buses leave from Cedar Valley Transit Lines, 6100 7th Street SW, Cedar Rapids, IA 52404

There is secure parking for your car at the bus lot. If anyone chooses to drive themselves, contact Connie to work out pick up and drop off details. Cost will remain the same.

Tuesday, Oct 4, 2016 – Cedar Rapids Day - Meet our ambassadors after a tour of Turner Alley, one time home to Grant Wood. Time yet to be determined. Day hosts willing to spend time with ambassadors' choice of activities: New Bo, Czech Village, area quilt shops (list provided), Czech & Slovak Museum, Cedar Rapids Museum of Art, Grant Wood murals at Stewart Library on Coe campus, etc.

Wednesday, Oct 5, 2016 – Westward Ho! - 8:15 departure from Cedar Rapids. Farewell!



Lansing Exchange Update

As of Sunday's general meeting the outgoing exchange to Lansing Michigan is full again. Please contact Audrey Bradford, audrey.b@mchsi.com or 319 365-5746 if you would like to be on a waiting list for this exchange.

Previous LEO (Let's Eat Out)

June 25—MJ's Restaurant in Marion

On June 25 Mary Stull hosted a breakfast LEO at M. J.'s Restaurant in Marion. Nearly 30 people enjoyed breakfast and conversation.



July 20—Fireside Pub and Steakhouse in Manchester

On July 20 thirty people met on Franklin Street in Manchester for a LEO hosted by Carol and Jerry Burke. The group admired the whitewater park, shopped at Widner Gift Shop and enjoyed a drink at the Franklin Street Brewery before

having dinner at the Fireside Pub and Steakhouse.



A Passing



We are sad to report that Lavonna (Sandy) Colton, a long time member of our club passed away on June 27. She was active as a day host and attended exchange activities and meetings, most recently our March meeting.

Nashik, India Incoming Exchange, July 2-8, 2016

We completed a successful exchange hosting 17 ambassadors from Nashik, India on July 8. Our guests were able to experience home hosted lunches, a walk through the Bruce more gardens, a visit to the Czech and Slovak Museum; 4th of July festivities including fire-works; a day in Jones County included learning about artist Grant Wood, a visit to Weber Stone, the motorcycle museum and winding up with dinner at a grain farm; a day in Iowa City including a tour of the University of Iowa



Hospital; and a farewell at Lowe Park and Dubuque. Each host family also shared their own interests with their guests. Some of our ambassadors like to cook so they prepared Indian food for their hosts.

We thank all club members involved in making this a memorable exchange. Dale Moore and Steve Williams were exchange directors. The planning committee included Tressa Youngbear (hosts); Pat Klopfenstein



(welcome party); Connie Williams (farewell party); Cheryl Moore (printed material and welcome bags); Rosie Russell, Jocko Hinderks and John Giegerich (day planners). Steve Williams recruited Randy and Debbie Tonjes, who hosted a dinner at their farm. Home hosts were Dale & Cheryl Moore; Dean & Jean Thomas; Tom & Alice Wilkinson; Vic & Pat Klopfenstein; Frank & Mary Stull; Will & Karen Mickelson; Dallas & Jackie Bryant and Ron & Margaret Nelson. Day hosts included Gayle Bray; Jim & Barb

Steggall and Bob Nicholson & Mary Tarbox. Luncheon hosts were Larry & Mary Ann Nelson; Mike & Dianne Karal; Marian Wetjen; Myron & Connie William. Shirley Rosencrans, Joanne Smith and Esther Hudson from our activity committee provided amenities and lots of energy for all three large group activities. All in all, nearly half our club was involved in this exchange – a great opportunity to experience another culture without the jet lag.

Thank you to Dale Moore and Steve Williams for leading this exchange.



Wessex, England Outgoing Exchange, June 5-12, 2016



Eleven ambassadors gathered at a B&B in central London a couple of days before our Wessex exchange was to begin and we did some touring on our own. On Sunday June 5, we all took a two hour train ride to southern England to meet our Wessex hosts and begin our week long adventure with our new friends. Even though their club is small, they showed us a fantastic time around their beautiful towns of Bournemouth and Poole.

And then, all too soon, our week was over and we were saying goodbye and offering invitations to our hosts to visit us in Iowa. The ambassadors enjoying the Wessex area were Audrey Bradford, Lynette Neuhring, Darlene Peterson, Ellen McVey, Cheryl and Dale Moore, Barb and Jim Steggall, Mary Ann and Larry Nelson and myself.

We all made other traveling plans for after the exchange.

Audrey and Lynette toured Ireland, while Mary Ann and Larry headed back to Iowa as they'd toured France before the exchange. The rest of us met up with Jean and Dean Thomas for a private five day Heart of England tour and also a two day Wales tour, both of which were excellent.

I would like to sincerely thank my fellow travelers for being such a great and fun loving group to travel with!--
Marian Wetjen, Wessex ED



Thank you to Marian for leading this exchange and providing this summary!



Visit to Central Iowa Club, July 16-17 in Ames

As we continue to build intra-state relationships, ten club members enjoyed overnight hospitality from our friends in the Central Iowa club (Ames) on July 16. It started with a tour of Reiman Gardens with hosts, then a walking tour of several art installations on the Iowa State University campus led by Ames club member, Dennis Dake. We learned about the artists and their designs.

We finished the day with a reception at a downtown wine bar where we learned how to select our wine using a wine bar credit card. Then we had the evening to get acquainted with our hosts. The next day, we headed to the All-Iowa Picnic in Des Moines. This was a great way to connect with Friendship Force members from the Central Iowa club. We'll be sharing the Crazy for Quilting theme exchange with them in the fall. Thank you to Jerry Burke for leading this exchange.



Annual All Iowa Picnic, July 17 in Des Moines

The second annual all Iowa picnic was hosted by the Greater Des Moines club on Sunday, July 17 at the Ding Darling Shelter House at Birdland Park in Des Moines. More than 60 club members from Cedar Rapids-Iowa City, Quad Cities, Greater Des Moines, and Central Iowa clubs enjoyed a catered lunch and networking to learn more about what other clubs are doing.

In the spirit of the upcoming Olympics in Rio, the group divided into teams and held its own Olympic competition. Categories included Iowa trivia and a scavenger hunt using only the items in our possession. The scavenger hunt led to some fast foot work and a little body blocking to be the first to present the item to the judge.



Bronze team included Vic Klopfenstein, Dale Moore, and Jerry Burke



Silver team included Audrey Bradford, Cheryl Moore and Pat Klopfenstein



Gold team included Frank Stull

Updates on Exchanges

We've had a wonderful summer, with two very successful exchanges. Thanks to Marian Wetjen for taking a group to Wessex, England in June. I've only heard good things about the time spent in the UK.

In July, Dale Moore and Steve Williams organized a great hosting experience, as our club welcomed 17 ambassadors from Nashik Riverside, India. Thanks to Dale and Steve, we enjoyed the exchange and learned much about the Indian lifestyle, as they explored our area over the July 4th holiday.

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

Exchange Director Audrey Bradford has reported that as of August 7 this exchange is full again. Our club had a wonderful time hosting Lansing in 2015. Please contact Audrey at (319) 365-5746 or audrey.b@mchsi.com to let her know if you want to be on a waiting list for this exchange.

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. We have 18 ambassadors from the UK, Australia, Canada & the US states - AL, CA, WA, HI, OH, AZ, IA, NC, FL and CO. Here are opportunities to ride the bus & enjoy lunch, bring friends.

See page 3 for day details!

Please contact Connie Williams, cmw1226@yahoo.com if you are interested in home, day or dinner hosting. Quilting experience is not required.

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.

Dinner host - Invite a group of ambassadors and their hosts for dinner on Tuesday, Oct 4.

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.friendshipforceccr-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.

Quad Cities Domestic Exchange- Because of all the activities that have occurred this summer, the Quad Cities domestic exchange has been postponed to 2017. If you are interested in participating in this exchange contact Tressa Youngbear, (319 350-4143 or ityoungbear@gmail.com) or Mary Stull, (319 393-6254 or mcdstull@aol.com)

Interested in being an exchange director? Please use this link to apply: <http://www.friendshipforceccr-ic.org/wp-content/uploads/2014/02/EDapplication.pdf>

Did you know, you can fill the seat on an existing exchange or join people from around the world on a global exchange? Please see links below to explore these possibilities:

Existing exchange: www.thefriendshipforce.org/index.php/site/exchanges

Global exchange: catalog.thefriendshipforce.org/index.php/catalog/all_list/

*link for ambassador application:

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

2016 CALENDAR OF EVENTS

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 7, 5:30 pm Happy Hour 6:00 pm Dinner	Let's Eat Out (LEO), Esther Hudson	Butcher Block Steakhouse 568 Boyson Road NE, Cedar Rapids
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 2.16.pdf](http://www3.thefriendshipforce.org/downloads/AMBASSADOR%20APPLICATION%20AND%20AGREEMENT%202.16.pdf)

BOARD MEMBERS 2016

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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

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Dale & Cheryl Moore, Past Presidents

319-362-6252 mooredale@imonmail.com

Connie Williams, Exchange Coordinator

319-396-4747 cmw1226@yahoo.com

Marian Wetjen, Membership

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Dale Moore, Communications

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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