



YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY
FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

October 24, 2016

October-
November

2016

Find us on Facebook: Cedar Rapids-Iowa City Friendship Force

PRESIDENT'S MESSAGE....

It's time to celebrate!

As our club year comes to an end, we have many successes to reflect on. We've:

- Hosted two incoming exchanges—Nashik India and Crazy for Quilting
- Traveled on three outgoing exchanges (Wessex, England; Central Iowa and Lansing, Michigan)
- Hosted Open World participants from Ukraine
- Had our first themed exchange
- Participated in and presented at the Midwest Conference
- Enjoyed the All-Iowa Picnic in Des Moines
- Held an orientation for new members
- Had six board meetings
- Enjoyed five Let's Eat Out (LEOs)
- Held three general membership meetings (plus the annual meeting coming up soon).

Whew! That's a lot of great events. All of this happened because of your active participation. You can be very proud of your efforts and results.

Thank you to our exchange coordinator, Connie Williams who worked with the exchange directors: Dale Moore, Steve Williams, Audrey Bradford and Marian Wetjen who each led an exchange; and Vic Klopfenstein who led the Open World. Connie also led the Crazy for Quilting exchange. Thank you to Shirley Rosencrans who led the Activities committee and provided hospitality for each event. Each of these leaders put together a team to create their event. Thank you to all the board members (see page 9) who shared ideas, worked on projects and served our club. Thank you to Jean and Dean Thomas, presidents-elect who handled communication and fundraising this year and were a wealth of ideas. I'm looking forward to their leadership and vitality as presidents in 2017.

Be sure to send in your reservations to attend the annual meeting on Sunday, November 13 at the Longbranch—details on page 2. See you at the meeting.

In friendship,
Mary Stull

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Actions:

November 13—Annual Meeting (see page 2 for details) Reservations due **Sunday 11/6/16**

Pay club dues: see page 2
\$30 per person

Annual Meeting—November 13, 2016



It's time to celebrate another successful year for our Friendship Force club. Mark your calendar and **make your reservation for the Friendship Force annual meeting**. We will elect officers for 2017, recap the past year, and discuss upcoming activities in 2017.

Place: Longbranch/Best Western Plus, 90 Twixt Town Road, Cedar Rapids

Date: Sunday, November 13, 2016

Time: Social hour: 5 pm
Dinner: 5:30 pm with program to follow.

Buffet Menu: 30-item salad bar, Roast Turkey and Italian Roast Beef, Roasted Red Potatoes, Green Beans Almandine, dessert, coffee, tea or milk. Cash bar available

Cost: \$ 28 per person,

This will be a night to sit back, relax and enjoy great Friendship Force comradery. Send reservations checks to: **Jean Thomas, 3185 Edgebrook Dr, Marion, IA 52302** 319 830-5092. jeanthomas521@gmail.com by Sunday, November 6.



2017 Dues

Our new club year starts December 1 so it's time to renewal your membership by sending dues (\$30 per person) to **Marian Wetjen, 2009 Linmar Drive NE, Cedar Rapids, IA 52402**. Then you'll be all set to enjoy fun Friendship Force activities, meetings and exchanges.

Nomination of 2017 Officers

The nominating committee – Audrey Bradford, Jerry Burke, Dale Moore, Mary Stull, Jean & Dean Thomas – present the following slate of officers for 2017.

President: Jean and Dean Thomas have served as co-presidents-elect and will become co-presidents

President-elect: **Position is open**

Secretary: Barb Steggal

Treasurer: Stephanie Schulte

Nominations will be accepted from the floor at our annual meeting with the permission of the person being nominated.



The position of president-elect is still open. If you are interested, we encourage you to contact Jean Thomas (319 830-5091) or Mary Stull (319 393-6254) for more information. We hope to fill this position sometime during the year so the individual(s) can become familiar with the work of the board. If you know someone who can serve in this role, please encourage them to volunteer. The position can be shared by two members. In the short term, Mary Stull will do the newsletter and oversee fundraising. These projects are usually handled by the president-elect.

Justice for Our Neighbors—November 15, 2016

On Tuesday evening, November 15, our club will partner with the program, Justice for Our Neighbors (JFON). Our club member, Margaret Nelson, who has volunteered with this program for several years, brought this idea to the board. Our participation is part of our community service outreach. For more info on JFON, go to: www.iaumc.org/jfon.

Volunteers with Justice for our Neighbors provide assistance to immigrants who are applying for citizenship. During the evening, interviewers help clients fill out the basic paperwork so attorneys can efficiently work with them. The attorney (s) see 10 or 11 clients during the evening.

Our role will be to provide food for a dinner for about 40 people – clients (sometimes families), interviewers and attorneys. We also set up and clean up. We need two to four people to do the set up (about 4:30 pm) and clean up (about 7:30 pm) at Lovely Lane United Methodist Church, 2424 42nd St.NE, Cedar Rapids, Iowa. The church is at Wenig Road and 42th Street. Three or four other club members can provide food but do not need to be there during the work sessions. **To volunteer for this program contact: Margaret Nelson, ronmargnelson@gmail.com, or 319 393-1209 by November 10.**



Road Scholar

At the last LEO, we discussed a new fund raising opportunity with Road Scholar. If at least eleven people sign up for a tour, the group can get an 4% give back. Just to give this a try, we have selected tour #11009, Santa Fe and Taos - A Tale of Two Cities, leaving March 20 or May 15.



We have 8 people signed up for the March 20 departure so are looking for 3 more to make our 11. For the people that can't go in March, we have selected the May 15 departure. You can see this trip at <https://roadscholar.org/find-an-adventure//santa-fe-and-taos-a-tale-of-two-cities>. You may remember Road Scholar by its previous name, Elder-hostel.



If you would like to sign up, please contact Jean Thomas, (319) 830-5092 or jeanthomas521@gmail.com. She can tell her contact at Road Scholar to be expecting you. You then need to call 800 454-5768 to sign up with Road Scholar. There is a deposit to hold the trip. Some of this can be transferred to another program depending on when your plans change. Trip insurance is also available.



Got Questions? We've Got Answers

Have you wondered about some of the abbreviations that we use? Perhaps you want to know all of your options for travel with Friendship Force. As a tool for new members, a New Member Orientation packet has been developed. It will be available to all members on the club website, www.friendshipforcecr-ic.org. Major sections include:

- About Friendship Force
- Ten Reasons to Explore the World with Friendship Force
- Ten Ways to Participate in Friendship Force Without Leaving Home
- Frequently Asked Questions
 - ◊ Exchanges
 - ◊ Clubs
 - ◊ General Club Information

Check it out and give us your feedback.

Other club resources:

Friendship Force International website: www.thefriendshipforce.org

Follow us on Facebook: Cedar Rapids-Iowa City Friendship Force



New Members: Tom and Paula Moran



Tom and I are both retirees from Rockwell Collins but currently Tom is on contract until November. I also worked at St. Luke's part-time and just retired from there in March. We have three children and six beautiful grandkids that are the joy of our life. Tom also sings and plays guitar in his spare time and I participate in a Book Club and Women's Card Group.

We both look forward to forming new friendships in this new chapter of our life.

In friendship, Paula Moran

Open World—Ukrainian Educators

A delegation of five educators from Ukraine with a facilitator and interpreter spent a week (September 24-September 30, 2017) in Iowa studying elementary and secondary education processes. Their program included visits to Lin-Mar Schools, Tanager Place, Marion Schools, the state Capital to meet government officials.

Thank you to members who hosted these young educators, the facilitator and interpreter.



Exchanges Recap

To all the great Friendship Force of Cedar Rapids/Iowa City members: Thank you so much for everyone's participation in our very successful themed exchange, Crazy for Quilting! For many of the incoming ambassadors, it was a first. First themed exchange, first domestic exchange, first time in the US, first exchange ever...and our wonderful club worked together to make it happen. You should see the evaluations! Several noted the friendly people they met, the awesome hosts they stayed with and how the exchange exceeded their expectations. We all know we live in a great place, isn't it fun to showcase it for our new friends? And with our new connections, I'm sure we'll grow new exchange opportunities in the future. THANK YOU!

So how do we step up our game for 2017? No time to rest, we have friends from Sacramento and the Lower Columbia, Washington club wanting to spend time with us. What a very nice compliment! I hope you are all looking forward to an active & vibrant 2017, I am! Join me as we plan for the following exchanges.

Incoming domestic exchange from Sacramento, California May 1-7, 2017

Looking for an ED for the Cedar Rapids/Iowa City portion of the exchange. * Plans to tour the Lincoln library and museum in Springfield, IL on the way to St Louis for a 2nd week. IF you would like to tour the Lincoln Museum and other sites, there will be room on the bus leaving May 7 and returning to Cedar Rapids late the evening of May 8. Be a part of the fun! Contact Connie Williams, 396-4747 for details.

Incoming domestic exchange from Columbia, Washington in September, 2017.

Please contact Connie Williams, cmw1226@yahoo.com if you were on the Oregon/Washington State exchange, your help will be appreciated. ED and committee needed. *

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. Application links below.

Incoming in-state exchange hosting Ames, dates to be determined.

Outgoing in-state exchange to Davenport, dates to be determined.

*link to ED application: <http://www.friendshipforceccr-ic.org/wp-content/uploads/2014/02/EDapplication.pdf>

***link for ambassador application:

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

Leftover Foreign Money?

Marian Wetjen shared this experience in case anyone else is in the same situation and can benefit:

I came across an old \$20 Canadian bill and a handful of GBP coins from our Wessex exchange. I went to Wells Fargo main branch downtown in hopes of converting the Canadian bill. I know they wouldn't do the change, but had hoped with the bill I could get rid of it. The lady said the bill was too old & couldn't take it but recommended All American Bullion & Coins, a few blocks away.

I went there and the nice & friendly young man was happy to convert everything and I walked away with \$12. Mainly I was happy I didn't have to put the money back into a drawer to deal with in 10 years!"

His office is on 1st Ave right across from Taco Bell. Free parking.

Alex Ralston, 319-408-5014; His cell--319-499-7030

AllAmericanBullion@gmail.com, 625 1st Ave SE, Suite A, Cedar Rapids,

Lansing, Michigan Exchange Recap

The exchange to Lansing in September offered warm hospitality, comfortable weather, lots of interesting activities, renewal of friendship made when they visited us and created many new friendships. This was an opportunity to reconnect with club members who visited Cedar Rapids in June 2015.

With our Lansing hosts, we toured the Michigan State University Wharton Performing Arts Center, watched a book being printed in five minutes at the university library, made a stop at the campus dairy store for ice cream, explored the Michigan Historical Museum, toured the Michigan State Capital; strolled through the Fredrik Meijer Gardens in Grand Rapids, stepped back in history at the Gerald R. Ford Presidential Museum, toured the RE Olds Museum, visited the Nakomis Learning Center to learn about Native American culture and viewed Lansing history at the Meridian Historical Village. And they tested how well we paid attention with a Jeopardy-style game at the farewell – Cedar Rapids guys versus the Cedar Rapids gals.

Ambassadors: Audrey Bradford, Carol and Jerry Burke, Patty and Dave Detwiler, Judy and John Miner, Marty Novak, Lynette Nuehring, Darlene Peterson, Judy Praegitzer, Dolores Schulte Reger, Stephanie and George Schulte and Mary and Frank Stull.



With hosts at Meijer Gardens



Touring the RE Olds Museum



On stage at the Wharton Center



Watching a book being printed



Getting schooled at Meridian Historical Village



Gerald R. Ford Presidential Museum
Grand Rapids

Crazy for Quilting Exchange Recap

The Crazy for Quilting exchange, our first themed exchange, was a great success! The group included ambassadors from the UK, Australia, Canada & the US. Here's a day by day description of the fun.

Friday, Sept. 30

The Friendship Force of Cedar Rapids/Iowa City welcomed 18 Ambassadors at Wickiup Hill Nature Center! Our club prepared a Best of Iowa dinner, featuring roast pork loin and side dish pot luck. In the spirit of Friendship Force, five Ukrainian educators and their hosts joined us for dinner. This was also the final evening of an Open World program featuring the education system in Iowa.



Lunch at a conservative Mennonite farm

Saturday Oct 1

Amish/Mennonite community of Kalona. We had a guided exploration provided by Kalona Historical Village with stops including the Amish Country Store, J & K Woods, Sunnyside Conservative Church, lunch at a conservative Mennonite farm, Stringtown Grocery, Quilt Galleries/Quilt storage at the Historical Village Visitor Center and a demonstration and shopping time at the Stitch N Sew quilt shop.



K & J Wood store

Sunday, Oct. 2

Lunch at the 100-year old General Store Pub along the Wapsipinicon river in



General Store, Stone City

Stone City, where regional artist Grant Wood lived, worked and painted landscapes of eastern Iowa.

Monday, Oct. 3

Amana Colonies, seven small villages that once practiced a communal lifestyle. Families had their own living quarters, but shared work on the farms, shops, kitchens, schools and shared meals in communal dining rooms. Stops on the this tour included Fern Hill Gifts & Quilts in South Amana, Amana Arts Guild Gallery Shop in High Amana and the Amana Church Museum in Homestead.

Learning about proper attire in the Amana Church from Gayle Bray



Lunch was served family style, chicken, roast beef and smoked pork chops, at the Ox Yoke Inn. Following lunch was a demonstration of Amana quilting at Heritage Designs.



Shopping! Shopping! Shopping!

Tuesday, Oct. 4

5 Turner Alley, where Grant Wood lived and painted from 1924 to 1935, now an extension of the Cedar Rapids Museum of Art. Lunch at 350 First, at the top of the Doubletree Hotel, with the great view of downtown Cedar Rapids, flood barriers and Quaker Oats. Afternoon stops included the 'Through the Needle's Eye' exhibit at the Marion Heritage Center.



town Cedar Rapids, flood barriers and Quaker Oats. Afternoon stops included the 'Through the Needle's Eye' exhibit at the Marion Heritage Center.

Wednesday, Oct 5

A muffin & mimosa farewell toast to our guests as they boarded the bus to Winterset. The exchange concluded with a 5-day stay hosted by the Central Iowa Friendship Force Club.

Farewell toast to Cedar Rapids



2016-2017 CALENDAR OF EVENTS

| | | |
|------------------------------|---|---|
| November 13, 2016 | Annual Meeting | BW Longbranch, 90Twixt Town Road, Cedar Rapids, 5 pm Reservations required: see page 2 |
| May 1-7, 2017 | Inbound domestic exchange from Sacramento, CA | ED—Taking applications for Exchange Director* |
| August 24-28 2017 | International Conference, Manchester, England— celebrating 40 years of Friendship Force Online registration opens December 2016. Contact Debbie Powell to be personally notified on the day of launch: debbie@friendshipforce.org | http://www3.thefriendshipforce.org/downloads/Manchester_Flyer.pdf |
| September 2017 | Incoming Exchange from Lower Columbia, Washington | ED—Taking applications for Exchange Director* |
| November 2017 | Outbound exchange to Taipei and Kaohsiung, Taiwan | ED—Taking applications for Exchange Director* |
| 2017, dates to be determined | Outgoing to Quad Cities | ED—Taking applications for Exchange Director* |
| 2017, dates to be determined | Incoming from Central Iowa, Ames | ED—Taking applications for Exchange Director* |

*link to ED application: <http://www.friendshipforcec-cr-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>

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

BOARD MEMBERS 2016

Mary Stull, President

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Dean & Jean Thomas, Co-President elect

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Carol and Jerry Burke, Co-Secretary

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Stephanie Schulte, Treasurer

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Dale & Cheryl Moore, Past Presidents

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

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In friendship,

Mary Stull

Dean & Jean Thomas