



# YOURS IN FRIENDSHIP

February

2019

FROM THE CEDAR RAPIDS/IOWA CITY  
FRIENDSHIP FORCE CLUB  
[www.friendshipforcecr-ic.org](http://www.friendshipforcecr-ic.org)

February 1,  
2019

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

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Greetings FF Friends,

Hope everyone is staying warm and safe!

The New Year is off to a great start. A big welcome to our new members. It was wonderful to meet several of you at our January General Meeting. Our speakers at this meeting were interesting, which you can read about in this newsletter.

We are filling up our 2019 calendar with many fun events. In February we celebrate World Friendship Day. March is our Mix and Mingle, be sure to sign up. There are still a few spots available for the outgoing domestic journey to Louisville, KY, May 14 – 19. It is our turn to host the All Iowa FF picnic this summer (July). Spots for the journey to Brazil are also available for the end of June. We are just beginning to get our flights. Hope you can participate in many of these activities.

The rich benefits of Friendship Force come from being involved, whether attending events, helping plan, hosting guests, or going on journeys. Many hands working together is what makes our organization strong. We look forward to seeing you and working with you in the near future.

Hopefully Punxsutawney Phil will not see his shadow on

Saturday and predict an early Spring.

In Friendship,

Judy Frascht-Miner/John Miner

2019 CO Presidents



# General Meeting



Taiwan Journey



Ukraine Visitors

## Celebrating Friendship Force International World Friendship Day

International themed potluck and presentations by area international students.

**When:** Sunday, February 24th, 2pm to 4pm  
**Place:** Salem United Methodist Church, 3715 33rd Avenue SW, Cedar Rapids, IA  
**Program:** Guest Speaker, **Rachael Rockwell** – A Development Professional presently working with the Cedar Rapids School System. The last 4 years she lived and worked in Tanzania, East Africa.

Enjoy an international potluck dinner. Bring a dish to share. (ready to serve).

Table service and beverages will be provided.

Meet international students and host families from area colleges and high schools.

A General Meeting will also be held in conjunction with this event.

More Information Contact Judy Frascht-Miner Club President 319-540-1701  
jjbm526@aol.com

On the web at: <http://friendshipforcecr-ic.org/> or Facebook at: Cedar-Rapids-Iowa-City-Friendship-Force

**Experience Different Views**

**Discover Common Ground**

## March Mix and Mingle



Fellow Friendship Force Friends, think about how much fun you can have meeting other members. We are hosting dinners, only with FF members, **March 26 from 6-8pm**. This is our chance to meet newer members or even long-time members that we really don't know. We are asking you to sign up for this new event for our Club.

How this works is some of us will be hosts and some of us will be guests. The host will decide upon the main menu and the guests will bring additional items for the meal, desserts or appetizer as needed. Sign up will continue until February 24th. At that time the committee will sort the attendees into groups. We will notify everyone of their group by March 5th. The host will be responsible to let their guests know what will be needed to go with their main dish; Whether it is a salad, vegetable, appetizer, dessert or another item.

This is something new for our club so we will be asking for your feedback after the event.

To sign up please contact **Trudy Johansen: [srajohansen@hotmail.com](mailto:srajohansen@hotmail.com) or 319-310-4560**. We need to know if you want to be a host (if so how many you can host), a guest or if you could do either. Please remember to leave contact information so we can get back in touch with you. If you have dietary restriction, now would be a good time to mention it!

**NEW MEMBERS - Jo Hankin  
Julia Wasson & Joe Hennager**

**Jo Hankin** was born and raised in Iowa, primarily southwest Iowa, graduating a Griswold Tiger. She shared her growing up years with one brother, who now lives in Michigan. She attended Kirkwood, University of Northern Iowa and Uof Iowa. When she lived in Iowa she was a paralegal and a social worker. She met Judy and John when she lived in Cedar Rapids, where her son was born. When she and her son moved to Arizona she was a paralegal until earning a masters in education and became a middle school teacher, Title I coordinator and assistant principal. She is now happily retired, though her husband is still working for the school system. She LOVES to travel and visited Cuba (with Judy) last year, along with a couple trips here in the U.S. She also loves to read, belongs to a book club, gardens and plans to learn pasta making. Her son lives in Seattle, so that is a regular trip for them. They plan to visit Judy and John next fall and attend a University of Iowa Football game. Judy and John introduced her to FF and looks forward to getting to know many of you and taking a journey.

**Julia Wasson and Joe Hennager** live in Iowa City. Together, they publish two neighborhood newsletters for a community in Cedar Rapids and a community in Coralville. Julia has long been interested in international travel and other cultures. An "Army brat" for a time, she spent a portion of her earliest years in Germany. Later, she was fortunate to be a summer exchange student for the American Field Service in Bradford, Yorkshire, England. Joe was bit by the travel bug after getting to know hundreds of international students and professors through his work as director of University of Iowa Surplus Systems for 33 years. Joe and Julia welcome international visitors in their home each summer in conjunction with the Iowa Summer Writing Festival.

**Save The Date  
All Iowa Picnic July 13**

Our club is hosting the All Iowa FF Picnic this year. It has tentatively been scheduled for July 13. Mary Stull has volunteered to head this event and is looking for committee members. If interested contact Mary at [mcdstull@aol.com](mailto:mcdstull@aol.com) or 319-393-6254. Look for more information in future editions of the newsletter as the details are finalized.



## January 15 General Meeting at Groundswell



# GROUNDSWELL



On January 15th, 20 FF members braved the cold snowy Iowa weather to attend a general meeting at the Groundswell Café at 201 3rd Avenew SW in Cedar Rapids. We enjoyed a meal prepared by the staff that run the café. After eating we had a General meeting in which Azure Anderson from Groundswell gave a presentation of their operations and mission. Groundswell is an initiative of the Cedar Rapids nonprofit organization Matthew 25, whose mission is to empower people to transform neighborhoods. Groundswell consists of three main ventures — a pay-it-forward cafe, a coworking space, and an events venue. Our food for the evening was a sampling of their daily fair and tips are paid forward to provide free meals to those in need. After the meeting Azure gave a tour of the building. You may find out more about their organization by visiting [www.groundswell.hub25.org](http://www.groundswell.hub25.org).





Lynette Richardards from Feed Iowa First made a presentation of their organization. Their organization was started in 2011 by Sonja Kendrick beginning as a summer project to



grow and provide fresh vegetables to food banks. By partnering with schools, faith organizations, community agencies and corporations of all sizes, Feed Iowa First finds open spaces to grow fresh produce that's harvested to supply those in need with nutritious food. In 2017, Feed Iowa First donated over 38,000 lbs of fresh produce to pantries across Linn County. Feed Iowa First also helps support beginning farmers through training and investments that ensure the next generation of farmers and food production. Their mission statement is to combat food insecurity by growing food and farmers. Our club presented a check for \$500 from our 2018 budget for Humanitarian Projects. You may find out more about their organization by visiting their website at [www.feediowa1st.com](http://www.feediowa1st.com).



New members Julia Wasson and Joe Hennager, Larry Nelson, Lynette Richardards from Feed Iowa First and Mary Ann Nelson

## **Journey Calendar by Connie Williams**

**It is winter in Iowa, time to plan your garden AND your Friendship Force adventures for 2019! Stay warm, stay safe and travel with the purpose of meeting new friends and appreciating their cultures. Open your home to ambassadors from other parts of the US and the world! Opportunities below:**

**May 14 – 19, 2019 - Outgoing domestic journey to Louisville, KY.** Contact Connie Williams at 319-396-4747 or cmw1226@yahoo.com if interested in going to KY, there are a few spaces available. \*\*

**June 23 – July 8, 2019 - Outgoing to Ribeirao Preto and Salvador-Bahia, Brazil.** This will be a global journey, with ambassadors from other clubs joining our group. Bonus! Contact Jim Steggall at 319-447-1147 or bjifs@mchsi.com to apply for journey. \*\*\*

**July 23 – 27, 2019 - World Conference in Boulder, CO** Go to [www.thefriendshipforce.org](http://www.thefriendshipforce.org) to sign up. Several members are attending.

**July 28 – Aug 3, 2019 - Beyond Boulder tour.** Our club has been chosen to host a global group of ambassadors from New Zealand, Australia and the US after the Boulder, CO, World Conference. What a great way to make connections for a future journeys! Our committee will meet on Saturday, March 9, join us! Please contact Connie Williams at 319-396-4747 or cmw1226@yahoo.com for additional information.

**September 4 – 11, 2019 - Incoming journey from Aichi, Japan.** Larry Nelson has agreed to be host coordinator and would appreciate you on his committee. Contact Larry at 319-362-8078 or mrlwnelson@gmail.com if interested. The ambassadors are in Madison, WI for week 2 of their adventure! \*\*

**Interested in an additional hosting opportunity? Dallas, TX FF club would like to visit in October. If enough hosts are interested and available for a third hosting opportunity, let's do it! We could visit them next year sometime, perhaps a week away from an Iowa winter? Contact Connie Williams at 319-396-4747 or cmw1226@yahoo.com**

**\*\*link to host coordinator application:**

**<http://www.friendshipforcecr-ic.org/wp-content/uploads/2014/02/EDapplication.pdf>**



## Ribeirao Preto and Salvador-Bahia, Brazil

June 23 our club will be venturing south to visit 2 clubs in Ribeirao Preto and Salvador-Bahia, Brazil. There are 9 slots still available and the Journey has been added to The FFI Journey Catalog. It is trip # 15132. A great agenda has been planned at a very reasonable cost. The details are listed at:

**<https://friendshipforce.org/journeys/ribeirao-preto-and-salvador-brazil/>**

An application to signup for this Journey is at:

**<https://friendshipforce.azurewebsites.net/wp-content/uploads/2018/02/Ambassador-Application-and-Agreement-1.pdf>**

Please submit the application and a \$100 deposit to Jim Steggall, 3324 Riverbend Drive NE, Cedar Rapids, IA 52411. Any questions please contact Jim at [bjjfs@mchsi.com](mailto:bjjfs@mchsi.com) or (319) 651-1092 if you are interested in this Journey





## 2019 CALENDAR OF EVENTS

February 24, 2019 2:00-4:00PM Sunday	General Meeting World Friendship Day Salem United Methodist Church 3715 33rd Ave SW, CR	Judy/John Miner 319-540-1701 jjbm526@aol.com
March 12, 2019 5:30PM	Board Meeting Marion Public Library Conference Room	Judy/John Miner 319-540-1701 jjbm526@aol.com
March 26, 2019	Mix and Mingle	Trudy Johansen srajohansen@hotmail.com 319-310-4560
April TBD	General Meeting	Judy/John Miner 319-540-1701 jjbm526@aol.com
May 14 – 19, 2019	Outgoing domestic journey to Louisville, KY	Contact Connie Williams at 319-396-4747 or cmw1226@yahoo.com
June 23 – July 8, 2019	Outgoing to Ribeirao Preto and Salvador-Bahia, Brazil	See the information in this newsletter. Contact Jim Steggall at 319-447-1147 or bjfs@mchsi.com to apply for journey
July 13, 2019	All Iowa FF Picnic Bever Park, Cedar Rapids, Ia	Mary Stull 319-393-6254 mcdstull@aol.com
July 23 – 27, 2019	World Conference in Boulder, CO	<a href="https://www.eventleaf.com/2019FFWorldConf">https://www.eventleaf.com/2019FFWorldConf</a>
July 28 – Aug 3, 2019	Incoming All New Zealand tour	Contact Connie Williams at 319-396-4747 or cmw1226@yahoo.com
September 4 – 10, 2019	Incoming journey from Aichi, Japan	Larry Nelson mrlwnelson@gmail.com

# CEDAR RAPIDS-IOWA CITY BOARD MEMBERS 2018



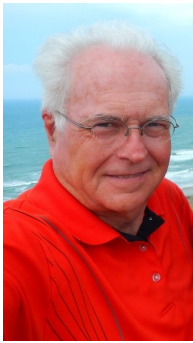
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