



# YOURS IN FRIENDSHIP

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

April 1, 2019

April

2019

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

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Greetings FF Friends,

It is finally spring!! It is a time for new growth. In light of this we tried a new activity, the Mix and Mingle Dinner Party. We had a great time at our dinner party. It was enriching to get to know the others better at our meal. Everyone has had so many wonderful and interesting experiences and are just delightful people. We even had a chance to experience some cultural food items (frikadellers - a Danish meatball). The interesting conversations, lead us to run over our time allotment and forget to take a picture. We can assure you that we were extremely well fed and a fine looking group. I think the plan will be to do more of these in the future.

If you have new ideas for our organization to consider, please talk to any board member.

The board has discussed and voted to support the Kosovo initiative. See more information in the newsletter.

Make sure to mark your calendars with upcoming events, meeting and journeys. There's a lot to look forward to just around the corner.

In Friendship,  
Judy Frascht-Miner/John Miner  
2019 Co Presidents



## General Meeting 4-28-2019

### Coralville Public Library 1:30-3:30

We will be having a general meeting of the Iowa City/Cedar Rapids Friendship Force club on Sunday April 28 in meeting room A of the Coralville Public Library from 1:30 to 3:30. We will have a guest speaker, Annie Vander Werff. She is with Community Health Initiative, Haiti and will share with us the work they do. Below is a short description of what they are all about. There will also be information about the activities and journeys that we have coming up. Looking forward to seeing you there and as always please bring along anyone who would like to see who we are and what we do. The library asked to have us park in the underground lot (free parking) and enter through those doors. The meeting room is on that level.

**If you are able and willing to provide cookies or bars for refreshments for this event, please contact Shirley Rosencrans, 319-462-4132 or [sarosencrans@yahoo.com](mailto:sarosencrans@yahoo.com).**



Community Health Initiative, Haiti (Projè Sante Kominotè, Ayiti) is a not-for-profit health and human service organization. Headquartered in Coralville, Iowa, the organization has partnered with the folks in the region of Arcahaie, Haiti since 2012. The Community Health Initiative (CHI) works in solidarity with hundreds of volunteers from across the United States and Canada to support the primary and public healthcare needs of our Haitian patients. CHI collaborates with local talent in our service areas to combat malnutrition, provide clean water, promote safe environments, and deliver healthcare for the members of our partner communities.



## LEO May 23 @ Gwen's Lisbon

Come join us for a fun evening at a LEO (Let's Eat Out) on **Thursday May 23**. We will begin at 5:30 at Gwen's Restaurant located at 119 W Main Street in Lisbon, Iowa. Mary Carson is our host/organizer. There will be a Buffet with Swiss Steak, Chicken & Rice, Shrimp, Potato, Vegetable, Small Salad Bar and Ice Cream for dessert for \$12.95 each. They have a full bar service available.



## Annual Club Fundraiser



### Everyone Loves a Parade

Be a part of the club's annual fundraiser. Again we will be volunteering with the Freedom Festival. We need 10 volunteers to help with the Freedom Festival Parade on Saturday June 29th . The location will be the Newbo Czech Village area. Volunteers will be marshals for the Parade. You will be stationed at a designated spot along the parade route, making sure the crowd is back from the street. Volunteers receive a free t-shirt and the Club receives a cash donation. This is our only fundraiser, so please come out and help support our club. Mary Ann Nelson will be organizing this project. You may sign up at the April General Meeting or by contacting her at 319-362-8078 or at [mrsmanelson@gmail.com](mailto:mrsmanelson@gmail.com).

## March Mix and Mingle



Thanks to everyone who participated in our first club Mix and Mingle that happened on March 26. We especially want to thank the host members. From all accounts it seems to be a hit. Club members were able to sit down to dinner in small groups with a chance to get to learn more about each other. The general consensus was to do this once, maybe twice a year but to make sure we continue with our LEOs.

## 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.



# Kosovo Initiative

At the last board Meeting a discussion was held on the proposal to help establish a FF Club in Kosovo. Steve Williams and Laura Thomas presented the work their committee has been doing. They have enlisted the support of Friendship Force International, Sister States/Cities in Des Moines (which includes individuals associated with FF Des Moines), and General Gashi, Kosovo Consul General.

The proposal is to send representatives to explore the establishment of a FF Club in Kosovo. Two members of the IC/CR club, Lori Thomas and Connie Williams will be traveling with Sister Cities in early May. A member of FF International will be following up with a trip in June. The board decided to help defray the cost of our members.

The board sees this as a worthy effort to help spread the ideas and philosophies of Friendship Force. Friendship Force International is excited that this would add a European club (in demand) and establish precedent for future FFI ventures and the Sister States Program.

The hope is that the next step would be to possibly extend our 2020 Journey to Budapest, Hungary with a visit to Kosovo.



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## Update for the Brazil Journey.

A group of 16 Ambassadors will participate in the CR-IC Journey to Brazil. We have four participants from our Club and 12 from across the US and Canada.

The Journey begins on June 26 with a five-night homestay in Ribeirão Preto Portuguese for “Black Stream.” This is one of the most important cities in São Paulo state, with about 600,000 inhabitants, health center, several universities, hospitals, and clinics

The Iguassu Falls excursion will include a three-night hotel stay near the Falls entrance on the Brazil side. During our stay we will visit the Falls on both the Brazil and Argentina sides, the local Bird Park and Rafain Dinner Show.

There will be a five-night homestay with the Salvador Bahia Club. Known as the "melting pot" of Brazil, we will learn about the city's "Bahian" culture, history of the Portuguese settlers, and the African slave trade (which was banned in 1835). The Journey concludes on July 9 in Salvador.

As our Regional Support Manager says, we can definitely expect to have a lot of fun!

Jim Steggall

Journey Coordinator



# Journey Calendar by Connie Williams



## Journey Calendar 2020 announcements!

**KAOHSIUNG, TAIWAN** incoming journey for June 2020! For all ambassadors who traveled to Taiwan in 2017, please contact our friends in the Kaohsiung Friendship Force. We warmly welcome them to Iowa! A great opportunity for our continued friendship!



**BUDAPEST, HUNGARY** outgoing journey for September 2020! More info to come!!!

**May 14 – 19, 2019 - Outgoing domestic journey to Louisville, KY.** Contact Jerry Burke at [jbcburke@yahoo.com](mailto:jbcburke@yahoo.com) or (563)0929-0190 if interested in going to KY, there are a few spaces available. \*\* Cost is \$185, which includes fees, admissions and most meals.

**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. Ambassador Coordinator Jim Steggall has a full journey of 16! **Viagens seguras!** Safe travels!

**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](mailto:cmw1226@yahoo.com) for additional information.

**September 4 – 11, 2019 - Incoming journey from Aichi, Japan.** Larry Nelson and his committee have begun the planning for this journey. Contact Larry at 319-362-8078 or [mrlwnelson@gmail.com](mailto:mrlwnelson@gmail.com) if interested. The ambassadors are in Madison, WI for week 2 of their adventure! \*\*

**October 3 - 9, 2019 – Incoming from Dallas, TX** Dates are tentative, depending on travel arrangements. Contact Connie Williams at 319-396-4747 or [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com), host coordinator and committee is needed. What a great opportunity to make a connection with a club who might host CR/IC in a winter month!

\*\*link to host coordinator application:

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

## 2019 CALENDAR OF EVENTS

April 28th, 2019 1:30-3:30 PM	General Meeting Coralville Library	Judy/John Miner 319-540-1701 jjbm526@aol.com
May 14 – 19, 2019	Outgoing domestic journey to Louisville, KY	Jerry Burke jbcburke@yahoo.com or (563)0929-0190
May 23, 2019 5:30 PM	LEO Gwen's Restaurant, 119 W Main St, Lisbon, Ia	Mary Carson 319-560-4994 mcarson484@yahoo.com
June 23 – July 8, 2019	Outgoing to Ribeirao Preto and Salvador-Bahia, Brazil	<b>Journy Has Been Filled</b> Jim Steggall at 319-447-1147 or bjjfs@mchsi.com to apply for journey
June 2, 2019 2:30 PM	Board Meeting	Marion Public Library
June 29, 2019 8:30-12:30 PM	Volunteer at Freedom Festival Parade	Mary Ann Nelson 319-362-8078 mrsmanelson@gmail.com
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



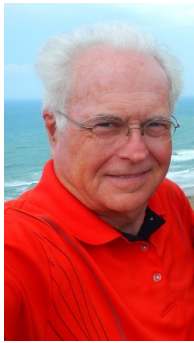
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