



YOURS IN FRIENDSHIP

FROM THE CEDAR RAPIDS/IOWA CITY
FRIENDSHIP FORCE CLUB
www.friendshipforcecr-ic.org

June 1, 2019

JUNE

2019

PRESIDENT'S MESSAGE....

In this Issue:

**President's
Message** 1

**Music with Friends
Annual Club Fund-
raiser** 2

All Iowa Annual Picnic
3

Kosovo Initiative
4-5

Louisville Journey
6-7

Journey Calendar 8

Calendar of Events 9

Board Members 10

Greetings FF Friends,

Common interests in our group are traveling and experiencing different cultures. Some members have been on our club trips and others are off on adventures near and far through different venues. So when at our events make sure to ask where people have been traveling. This month we are featuring Louisville and Kosovo. So read on!

Thank you to everyone who attended our May 23rd LEO at Gwens Restaurant in Marion. We were having such a great time talking to everyone that we forgot to take any pictures. Sorry! A big thanks to Mary Carson for organizing this event

I'm excited about the trip to Brazil that some of us are getting ready for at the end of June.

Two events coming soon are "Friends and Music" at Marion by Moonlight, June 20th, and the Annual State Picnic, July 13th. Mark your calendars!

Nurture a curiosity about the world, other cultures, and different ways of life.

In Friendship,

Judy Frascht-Miner/John Miner
2019 Co Presidents



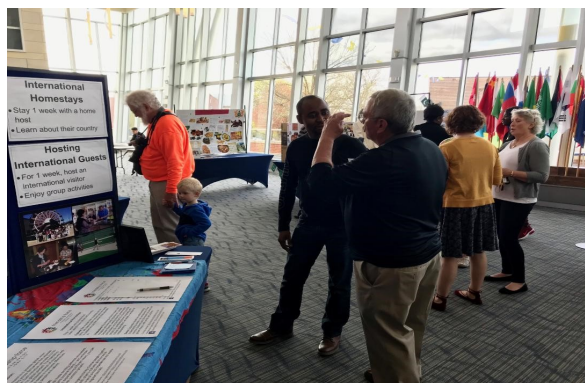
“Friends and Music” June 20

Come join us for an evening of music at Marion by Moonlight, **June 20** at Marion Square Park at 6:00PM. Bring your lawn chair. There are food and beverage vendors or bring your own. The Zackary Freedom Duo from Des Moines will be performing. Look for our flag to find our group. We will be saving space.



Mt Mercy Cultural Fair

The IC-CR FF Club had a display at the Mount Mercy Cultural Fair in May to get the word out about who we are and what we do. We had several people stop by and express interest. It was also a wonderful



opportunity to interact



with the multicultural organization of Mt Mercy. Mary Stull did a wonderful job putting together the display board. Thank you to Audrey Bradford, Esther Hudson, Connie Williams and John Miner for being there to represent us.

June 29th - Fundraiser

A reminder to those that volunteered to be marshals for the Freedom Festival Parade. We will be sending out more details to those that volunteers as it gets closer

All Iowa Picnic July 13, 2019



Friendship Force of Cedar Rapids-Iowa City

Invites You to

2019 All Iowa Friendship Force Clubs Picnic



When: July 13, 2019, 11 am.

Join us for catered meal at noon.

Cost: \$15

Where: Bever Park Pavilion, 2700
Bever Avenue SE, Cedar Rapids



RSVP: Mary Stull, 319 393-6254, mcdstull@aol.com by July 3
3000 27th Street SW, Cedar Rapids, IA 52404

Activities: Have fun testing your knowledge of flags from around the world. Wear your flag-themed gear – t-shirt, hat, etc.

You will enjoy a relaxing afternoon of camaraderie, sharing stories and learning about other clubs' activities.



Kosovo Initiative by Connie Williams

The week of May 5 IC –CR FF club members Connie William and Laura Thomas ventured to Kosovo. The purpose of this trip to Kosovo was to explore the option of promoting and mentoring a Friendship Force chapter in Pristina, Kosovo, with a goal of bringing a discovery journey to Kosovo in 2020. The opportunity to travel with Iowa Sister States proved to be an excellent introduction to the country, the Kosovar people and culture. They were graciously received wherever they went. It helped to be guests of the US Embassy and the Kosovo government. They were briefed by the US Embassy, met the President, Speaker of Parliament and the Prime Minister. They were able to foster many contacts.



Connie Williams with General Gashi and his Family

Laura Thomas and Major Gernal Timothy Orr, recently retired from National Guard, presenting a key to the city to the community of Istog



A Friendship Force journey would be most welcome in Kosovo. There is much to see in the city of Pristina, as well as the small cities of Istog, Gjakova and Prizren. All would be considered day trips from Pristina. A Friendship Force discovery journey would be very different from this first trip and from our usual journeys. We would arrange to stay in a smaller, simpler hotel, arranging to spend time with local day hosts, and take taxis, buses or walk to most of our destinations. The majority of the population is Muslim, so to respect our hosts, this journey wouldn't be scheduled during Ramadan. The young Kosovars have all studied English, so communication shouldn't be a significant issue. It is a beautiful part of the world with very lovely and gracious people who are rebuilding their world.



Laura eating a sample during a tour of a potato chip factory.



A banquet with some of the many dignitaries they met.



Sisterhood with the lovely ladies of Istog, Kosovo



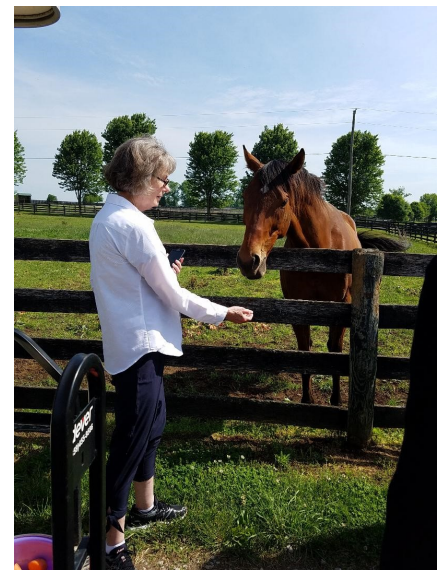
Local entertainers and dancers.

Louisville Journey by Carol Burke

On May 14, six Friendship Force members from the Cedar Rapids/Iowa City club journeyed to Louisville, Kentucky for a five- day exploration of that city. Jerry and Carol Burke, David and Patty Detweiler, Carol Malichky, and Darlene Peterson were hosted by members of the Louisville club. The itinerary for the week included tours of Churchill Downs and the Kentucky Derby Museum, Locust Grove Historic Home, the Louisville Slugger Museum and Bat Factory or the Frazier History Museum, a Trolley Tour of downtown, an Evan Williams Bourbon Tour, and Old Friends Horse Farm Tour.



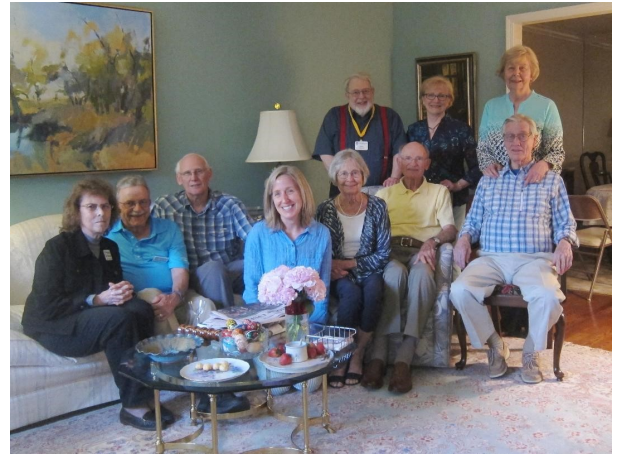
Wednesday morning we visited Churchill Downs. We could almost picture the ladies in their grand hats sipping mint julips and the hundred and fifty thousand fans cheering on their favorite horses. One highlight of the week was a visit to Old Friends Horse Farm, a retirement home for thoroughbred race horses. Old Friends is a 136- acre farm with a herd of over 175 rescued and retired horses. Most of the horses were anxious to come to the fence to accept carrots which we could offer to them.



We were able to visit many other attractions including Locust Grove, the Slugger Museum and Bat Factory, The Trolley Tour and the Evan Williams Bourbon Distillery. We learned about the history of bourbon and all the steps of its production. Of course, a bourbon tasting followed the tour.



While in Louisville, we enjoyed hosted dinners and a wonderful farewell party. Our hosted dinner featured a Louisville favorite, the Hot Brown. This was originally an open faced sandwich prepared at the world famous Brown Hotel which still is in operation in Louisville. It was comprised of toast covered with turkey, bacon, and Mornay sauce. Our meal was then completed with Derby Pie, a regional favorite.



The farewell party was hosted by Rose Duke, a very youthful 91 year old. Rose's home began as a log cabin in the 1700's. An addition in the 1950's modernized the home, but the original cabin is part of the house. An outdoor meal included (what else?) Kentucky Fried Chicken and delicious side dishes prepared by club members. One member contributed her own special Derby Pie which had a healthy amount of bourbon added to

the recipe. A trio of musicians provided music during dinner.

Our five days with our new Louisville friends passed quickly. For those of us who had never been to Kentucky before, we marveled at the beauty of the state and the fantastic weather while we were there—sunny and warm every day. Thank you, Louisville Friendship Force.



Journey Calendar by Connie Williams

June 23 – July 8, 2019 - Outgoing to Ribeirao Preto and Salvador-Bahia, Brazil. This is 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 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! Watch your email for August 1st pot luck signup, save the date.

September 4 – 11, 2019 - Canceled journey from Aichi, Japan. Due to low numbers for these dates, an invitation has been extended to Aichi to join Dallas journey. Thank you to Larry Nelson and committee for their work.

October 1 - 8, 2019 – Incoming from Dallas, TX Dates are tentative, depending on travel arrangements. Contact Connie Williams at 319-396-4747 or 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! **

April 19-26 2020 – Cedar Rapids to Albuquerque, NM

Will need an ambassador coordinator, contact Connie if interested. **

April 26-May 1, 2020 - Possible Road Scholar extension, leaves from Albuquerque. On the Road: Four Corners Canyon Country

KAOHSIUNG, TAIWAN incoming journey for August 20 – 27, 2020! For all ambassadors who traveled to Taiwan in 2017, let's warmly welcome Kaohsiung to Iowa! A great opportunity for our continued friendship! **

BUDAPEST, HUNGARY outgoing journey for 2020! Date to be determined, more info to come! **



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

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

2019 CALENDAR OF EVENTS

June 2, 2019 2:30 PM	Board Meeting	Marion Public Library
June 20, 2019	Moonlight in Marion 6:00 PM Marion Square Park	Club gathering, bring your chairs & join your FF Friends for a evening of music provided by Zackary Freedom Duo Venders on site
June 23 – July 8, 2019	Outgoing to Ribeirao Preto and Salvador-Bahia, Brazil Journey Has Been Filled	Jim Steggall at 319-447-1147 or bjjfs@mchsi.com
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	https://www.eventleaf.com/2019FFWorldConf
July 28 – Aug 3, 2019	Beyond Boulder Tour	Connie Williams at 319-396-4747 or cmw1226@yahoo.com
August 1, 2019 5:00PM	Party with Beyond Boulder Group 4618 Chestnut Ridge CT NE, Cedar Rapids	More info to come.
September 4 – 10, 2019	Incoming journey from Aichi, Japan Has been Cancelled	Larry Nelson mrlwnelson@gmail.com
October 3 - 9, 2019 Tentative	Incoming from Dallas, TX	Connie Williams at 319-396-4747 or cmw1226@yahoo.com
December 8, 2019	Annual Dinner Longbranch Motel, Marion, Ia	Judy Frascht-Miner 329-540-1701
April, 2020	Cedar Rapids to Albuquerque, NM	
August 20-27	Incoming journey KAOHSIUNG, TAIWAN	
2020	Outgoing journey BUDAPEST, HUNGARY	Date to be determined!

CEDAR RAPIDS-IOWA CITY BOARD MEMBERS 2018



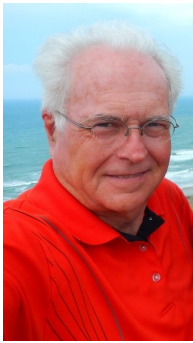
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