



## FROM THE CEDAR RAPIDS -IOWA CITY

### FRIENDSHIP FORCE CLUB

[www.friendshipforcecr-ic.org](http://www.friendshipforcecr-ic.org)

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Friendship Force

## JANUARY 2020

### CALENDAR OF EVENTS

<b>Feb 8, 2020</b> <b>11:30AM</b>	<b>Lunch LEO</b> Lucky Penny, 1705 Boyson Rd, Hiawatha, IA
<b>March 1, 2020</b> <b>3:00PM</b>	<b>General Meeting</b> <b>World Friendship Day</b> Salem United Meth Church 3715 33rd Ave SW, CR, IA
<b>April 19-26, 2020</b>	<b>Cedar Rapids to Albuquerque, NM</b> Contact Jean Thomas at 319-830-5092.
<b>April 26-May 1, 2020</b>	<b>Possible Road Scholar extension.</b> Leaves from Albuquerque. On the Road: Four Corners Canyon Country
<b>July 12, 2020</b>	<b>All Iowa FF Picnic</b> Crown Point in Johnston, Iowa Hosted by Des Moines FF Club
<b>September 9-16, 2020</b>	<b>Incoming journey</b> <b>KAOHSIUNG, TAIWAN</b>
<b>September 18-20, 2020</b>	<b>Regional Super Conference</b> Minneapolis, MN
<b>October 15-30, 2020</b> (Tentative)	<b>Ourgoing Journey BUDAPEST, HUNGARY and PRISHTINA, KOSOVO</b> Please contact Connie Williams
<b>December 2, 2020</b>	<b>Open World</b> Engagement of Youth in volunteerism delegation from Kosovo

### PRESIDENT'S MESSAGE

Greetings FF Friends,

“Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born.”

**- Anais Nin**

To me, Friendship Force offers us the amazing opportunity to open new worlds within ourselves. Worlds we otherwise wouldn't know existed. Welcoming people into our lives from different cultures and ethnicities, as well as growing friendships with our local neighbors, expands our view of the world. We are part of Friendship Force because we understand the energy and excitement that comes from creating new friendships  
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## PRESIDENT'S MESSAGE

from those near and far, and strengthening existing ones.

2019 has been an exciting year for our club. We planned fun trips to Brazil and Louisville, and welcomed visitors from Japan, New Zealand, Texas, among other places. We also participated in the International Conference in Boulder, attended Mix & Mingles, LEOs, and general meetings. Through all, many new relationships were forged.

And as new presidents in 2020, Larry and I hope this to be a year of even more new friendships and opportunities for all. With Mix & Mingles, LEOs (Let's Eat Out) and general meetings already planned, there will be plenty of opportunities to continue strengthening relationships within our club. Plus, planned journeys to Albuquerque, and Prishtina, Kosovo and Budapest will allow those interested to travel beyond our borders (state and national). While those who prefer to stay closer to home can expand their worlds with visitors from Kaohsiung, Taiwan and Kosovo (Open World in December). And these are just a few highlights of what will be a full year!

We hope to meet all of you through your Friendship Force experiences. We are most grateful to have the experiences of long standing members who are so willing to share. And we welcome new members in their journey to connect more with the world – finding greater peace and understanding. Together, we will learn and share stories along the way. We welcome your help, your ideas, your creativity, your connections, and of course your fun, to make this a successful new year and start of a new decade.

In Friendship,

Mary Ann & Larry Nelson  
2020 Co-Presidents



## LUNCH LEO February 8

**MARK YOUR CALENDAR!** We will be holding our first LEO of the year on Saturday February 8 at 11:30AM at the Lucky Penny, 1705 Boyson Road, Hiawatha. Come join your FF friends for lunch and conversation. As always, feel free to bring a friend so they have a chance to see what a fun group we are.



## Wine and Cheese Open House



We are planning another **Wine and Cheese Open House** soon. It is an opportunity to have **prospective new members** meet with a few current members in a relaxed setting. We will explain what our club is about and answer questions. If you have some friends

or know of people who have expressed an interest, it is a great way to encourage them to join. Please let Judy Frascht-Miner ([jjbm526@aol.com](mailto:jjbm526@aol.com), 319-540-1701) know who they are and how to contact them, so we can send them an invitation.

## PAYMENT OF DUES 2020

If you weren't at the Annual Banquet and you haven't paid your club dues for 2020, please send it to JoAnne Smith at 4125 B Summerfield LN NE, Cedar Rapids, IA 52402. The dues this year are \$35.00 per person.

# Annual Banquet at The Longbranch

## December 8

On December 8 the Friendship Force Club of Cedar Rapids—Iowa City held its Annual Banquet at the Longbranch Supper Club. There were 35 members in attendance. During the general meeting Laura Thomas and Connie Williams presented a program about their trip to Kosovo this summer with a delegation from the Iowa National Guard and the Sister City of Des Moines. While there they laid the foundation of establishing a Friendship Force Club in Kosovo.



Passing of the gavel from 2019 President Judy Frascht-Miner to 2020 President Mary Ann Nelson

The appointed board members are:

Connie Williams	Journey Coordinator
Mary Stull	Communication
Shirley Rosencrans	Activities
Carol Burke	Membership
Esther Hudson	Director at Large
Darlene Peterson	Director at Large

Also during the business meeting elections of officers for 2020 where held.

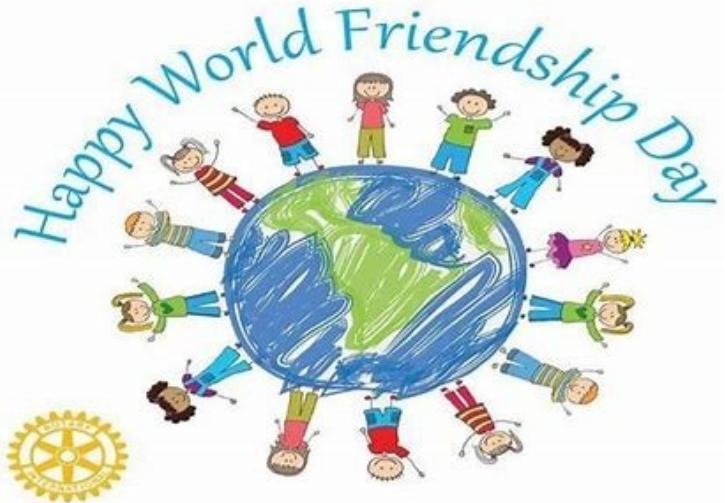
New elected officers for 2020 are:

Mary Ann & Larry Nelson	Co-Presidents
Jerry Burke	President Elect
Trudy Johansen	Secretary
Joanne Smith	Treasurer



## International Friendship Day March 1

We will be having a **General Meeting** on **March 1** to celebrate **International Friendship Day** at Salem Methodist Church at 3715 33rd Ave SW, Cedar Rapids IA, 52404 at 3PM with a pot luck dinner. We will be extending invitations to local foreign exchange students to join us. If you know any foreign exchange students or visitors, please invite them to this celebration. You may also invite any other friends who want to know more about Friendship Force.



## New Member Profile Nadine Stark

Hi, I am Nadine from Cedar Rapids, IA and newly retired from 40 plus years in Medical Technology at the University of Iowa Hospital. I have little experience traveling but enjoy different adventures and of course making new friends. I am a wife, mother of three adult children and come from a large family with five brothers and four sisters. So, I definitely know how to share! Throwing out the alarm was such a delight after retiring, and now I am on to finding new places to explore. My hobbies include enjoying nature, all kinds of music, museums, baking, teaching the dog new tricks, and baking. Did I mention baking?



## Journey Calendar by Connie Williams

**April 19-26 2020 - Cedar Rapids to Albuquerque, NM** – Please contact Jean Thomas at (319) 830-5092 if interested in going to Albuquerque. The journey is at capacity, and taking names for a wait list. \* application link below

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

### **NEW DATES: Sept 9-16, 2020 -- Kaohsiung, Taiwan incoming journey!**

For all ambassadors who traveled to Taiwan in 2017, let's warmly welcome Kaohsiung to Iowa! A great opportunity for our continued friendship! If you can serve on journey committee, as a home host, day host or dinner host, contact Judy Frascht-Miner or Connie Williams.

### **October 15-30, 2020 (tentative) to Prishtina, Kosovo and Budapest, Hungary outgoing journey for 2020!**

More info to come, meeting on January 3rd with Rachel Fails & our committee regarding trip details. Rachel will soon be a retiree from the Iowa National Guard and has been stationed in Kosovo, so will be a valuable part of our planning process & journey. If you have signed up as interested in Kosovo/Budapest, you will get an email from Connie Williams by the January general meeting.

The journey is at capacity, several names on wait list. \* application link below

\*<https://www.thefriendshipforce.org/wp-content/uploads/2018/02/Ambassador-Application-and-Agreement-1.pdf>

# **2020 Cedar Rapids—Iowa City Club Board Members**

## **Co-Presidents**

Mary Ann & Larry Nelson 319-362-8078 mrsmanelson@gmail.com

## **Past Presidents**

Judy & John Frascht-Miner 319-540-1701 jjbm526@aol.com

## **President-Elect**

Jerry Burke 563-929-0190 jbcburke@yahoo.com

## **Treasurer**

Jo Anne Smith 319-395-9440 jmariesm@msn.com

## **Secretary**

Trudy Johansen 319-310-4560 srahohanson@hotmail.com

## **Journey Coordinator**

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## **Activities Coordinator**

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## **Communications**

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## **Membership**

Carol Burke 563-929-6067 jbcburke@yahoo.com

## **Directors at Large**

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Darlene Peterson 319-430-6850 d68peterson@gmail.com