



friendship force
CEDAR RAPIDS ·
IOWA CITY

YOURS IN FRIENDSHIP

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

August 1, 2019

AUGUST

2019

PRESIDENT'S MESSAGE....

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Greetings FF Friends,

July has rushed by. I was in Brazil, while John took care of things at home. Brazil was an amazing trip. Jim did a wonderful job as our Ambassador Director. Read on to find out more about it. Shortly after I returned, our club hosted the State Picnic. There was great food, lots of fun and connecting with friends throughout the state. Thanks Mary, Shirley, Esther, and Marian. See the recap on page 8. John and I then packed up to attend the FF World Conference in Boulder. It was inspiring and revitalized our mission of having an affect on the world through friendship. While there we met some of our Beyond Boulder guests who are visiting right now. We have a great turnout for our Party with our Beyond Boulder Friends Thursday evening. Come meet our guests. There is also an opportunity to go to a Kernels ballgame on Saturday. See you all soon.

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



FF World Conference Boulder Colorado

How do you summarize World Conference? Impossible! We had 10 members from our club and 48 from the Midwest region. Dale felt this was a great turn out and stated he talked to all but 3 of them. Attending from the CR/IC FF were Dale and Cheryl

Moore, MaryAnn and Larry Nelson, Jerry and Carol Burke, Shirley Barker, Laura Thomas, and John and Judy Miner.

One strong point of the conference was reminding all of us about Friendship Force's mission of **"Changing the World Through Friendship."**

Jerry and Laura learned new information on how to use google and websites. Watch for things to come.

Laura made good contacts with the international staff. She was also a hero in a canoe rescue.

Shirley stated "the best thing about the conference was meeting so many great people". She was also surprised by a bear sighting. Carol was surprised by how friendly and outgoing all the participants were.



Enthusiastic faces getting ready to begin



It was especially fun to find and interact with our Beyond Boulder friends who followed us back and are visiting right now. Debbie Lattey (left), Janet and Les Gibbs (lower middle) from New Zealand and Ginny Dooley from Southwest Florida (lower right).





Edward Perez– Dallas Ambassador coming in October



Kathy Hsu - Taiwan ambassador visiting us in 2020. Also Taiwan will host the next World Conference



Great dinner on Peral Street

One of my best workshops was on making our clubs multigenerational. Many clubs are struggling with this issue of our membership including a broad range of ages. There were several workshops on revitalizing our organizations, best practices, new ideas for journeys, and how to be a good ambassadors. All and all we soaked up a lot of information that we will now see what we can incorporate here at home. It was very inspiring! Please refer to both our local and the international websites for more info.



WORLD PEACE THROUGH FRIENDSHIP



Japanese story teller

Closing night was a lot of fun. Sacramento won club of the year. Outstanding volunteer went to Don Titterton from Australia. Don Rea (Oregon) and Cesar Ardila (Bogota Colombia) won the Charlene Terrell awards.



Used photography techniques learned on a photography walk for this picture.

Brazil Journey Recap

The Cedar Rapids-Iowa City Friendship Force Club was invited by the Ribeirao Preto and Salvador-Bahia Clubs to participate in a cultural exchange. It was the “winter” season in Brazil, with average daily temperatures below 80 degrees (F). It felt much like summer in Iowa.

Judy Miner, Geri Frascht, Barb Steggall and Jim Steggall from the CR-IC Club along with 12 Ambassadors from other Clubs throughout the US and Canada arrived in Ribeirao Preto on June 26 for the official start of the Journey. Ribeirão Preto (Portuguese for “Black Stream”) is one of the most important cities in São Paulo state, with about 600,000 inhabitants, health center, several universities, hospitals, and clinics. We were warmly greeted by our Hosts, many of which were working couples with school age children. This enabled us to experience the culture of the city in a very meaningful way. The Club is led by longtime FF leaders Helcio and Simone Lanzoni who assembled a great group of hosts and an interesting program. During our 5-day homestay we visited the historic city, coffee plantation, art museum and the beautiful region of Sao Simao. The Club visited a local institution for children called Sociedade Espirita, and made a donation to this very worthwhile charity. We were very impressed by the enthusiastic hospitality of Club members, many of whom are newer to FF and well below the average age of US Clubs.



Ambassadors in Brodowsky at the
Portinari Museum



Our Hosts the Cecchetti family

After Ribeiraro Preto we travelled to Iguazu Falls which is in southern Brazil. We had a three-night hotel stay near the Iguassu National Park where we visited the beautiful Parque das Aves, the largest bird park in Latin America. The bird park is home to more than 1,320 birds from about 150 different species. There are 16.5 hectares (40 acres) of lush Atlantic rain forest maintained to provide the best habitat for these animals. In the evening we enjoyed a folklore dinner show that covered, not only traditional dances from Brazil, but several other Latin American countries. From north to south, it's songs and dances, such as chorinho, capoeira, samba and others, all of which are showcased to bring joy to all present.

We experienced the Falls on both the Brazil and Argentina sides. The colossal power of these thundering falls is a mesmerizing sight: 275 separate falls in a U-shaped formation pound the water below in raging cascades with a deafening intensity.



Bird Park



Iguassu Falls

On July 4 we boarded a flight to Salvador to continue our Journey with the Salvador Bahia Club. Salvador is located along the balmy tropical Atlantic waters on the Bay of All Saints and is one of Brazil's oldest colonial cities. The city of 2.7 million people is known as the "melting pot" of Brazil where the Portuguese, African and indigenous people came together to form the "Bahian" culture. We learned about the history of the Portuguese settlers, the African slave trade (which was banned in 1835) and the blending of these two groups with the existing indigenous people. Sugar was king in the colonial times and we will hear about its importance in the region. The Club planned such as exploring the UNESCO neighborhood of Pelourinho with its rich Baroque churches and colorful colonial architecture, visiting the tranquil beach village of Praia do Forte and a sea turtle rescue center and a trip to the memorial of Sister Dulce, a new saint according to the Catholic Church.

The Salvador Club was very welcoming and had much to share about their experiences with FF. We were able to meet family members and experienced their warm hospitality.

On July 9 we returned to the US and will have many fond memories of the Journey to Brazil.



Geri & Judy's Salvador Bahia Hosts the Nogueira family

What makes travelling with FF so special is that these memories will be mostly of the great people we met and how they shared their culture with us.

This was my first experience as a Journey Coordinator and I am so glad I did it. My only regret is that more of our Club members did not experience this wonderful Journey. I encourage CR-IC members to participate in future opportunities.

In Friendship,

Jim Steggall

Journey Coordinator



Salvador shoreline All the Saints Bay

Help with Mt Mercy Student Housing Gaps

Keesha Burke-Henderson, Director of Diversity & International Student Success is asking for our assistance. Each semester a few international students have a short period where they are waiting to get into housing. They are looking for people to provide short home stays (2-4 weeks) for international students while the details of their housing are worked out. Most of these students are older and have been vetted by both Mt. Mercy and the Visa program.

If you are interested in helping let me know. Hopefully we can create a list of people who she can contact. Contact Judy Frascht-Miner/jjbm526@aol.com/319-540-1701

All Iowa Picnic

It was a warm, sunny day with a slight breeze. Perfect day for a flag-themed picnic! More than 60 Friendship Force members from Central Iowa, Des Moines, Cedar Rapids, Iowa City and Quad Cities clubs gathered at Bever Park, Cedar Rapids for the fifth annual Iowa clubs picnic on July 13.



After lunch, a representative from each club reported on club activities. Dale Moore, FFI regional rep, gave an update on Friendship Force International. Many were planning to attend the FFI world conference in Boulder later in July. The afternoon ended with two teams competing in a quiz testing their knowledge of flag with the winning team getting bragging rights.



Journey Calendar by Connie Williams

Thanks & great appreciation to Jim Steggall for leading a successful journey to Brazil!

July 29 – Aug 4, 2019 - Beyond Boulder Five ambassadors from New Zealand, one from Australia and two from the US will travel from the Boulder, CO, World Conference to Mt. Pleasant by train on Monday, July 29. A stop at Kalona is planned before arriving at the home hosts. Tuesday is Iowa City day, Wednesday afternoon and Thursday will be touring in Cedar Rapids. Friday will be Mississippi River/Dubuque touring, with Saturday as a free day and a Kernels game in the evening. On Sunday, the group boards the Megabus in Coralville, on to their final stop in Chicago.

Open to all:

Potluck Picnic Thursday, August 1st, 6pm at the home of Nancy Miller, 4618 Chestnut Ridge Ct NE, Cedar Rapids. Pulled pork, meatballs, buns and beverages will be provided. All should receive Signup Genius, requesting side dishes and desserts. Please respond to Signup Genius or contact a Judy Miner at 319-540-1701 or jjbm526@aol.com.

CR Kernels vs. Burlington Bees with fireworks, Saturday, August 3rd, 6:35pm. RSVP for tickets to Jim Steggall, 319-651-1092 or bjjs@mchsi.com before noon, Thursday, August 1st. Cost is \$12, make check to FF of CR/IC. See you at the game!

October 1 - 7, 2019 – Incoming from Aichi, Japan and Dallas, TX We're able to combine ambassadors from Aichi and Dallas! Madison, WI will host week one, with a transfer day on October 1st in Dubuque. Please contact Larry Nelson, mrlwnelson@gmail.com or 362-8078, if you are interested in day, home or dinner hosting.

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

Will need an ambassador coordinator, contact Connie Williams if interested or to sign up as an ambassador. *

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 mid-October, 2020! Date to be determined, more info to come! Please email Connie Williams at cmw1226@yahoo.com to sign up. *



**link to host coordinator application:

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

*link to ambassador application:

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

2019 CALENDAR OF EVENTS

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	
August 3, 2019 6:35PM	CR Kernels vs. Burlington Bees with fire-works	RSVP for tickets to Jim Steggall, 319-651-1092 or bjjs@mchsi.com before noon, Thursday, August 1st. Cost is \$12, make check to FF of CR/IC. See you at the game!
August 13, 2019 11:30AM	Board Meeting At Tuckers on Main St in Anamosa, Ia	Judy Frascht-Miner 319-540-1701 jjbm526@aol.com
August 25, 2019 2PM-4PM	General Meeting Hiawatha Public Library Presentations of club journeys this year.	Judy Frascht-Miner 329-540-1701
September 19, 2019 6PM	LEO at Shuey's Restaurant and Lounge 1158 Club Road NE, CR	Esther Hudson
October 1-7, 2019	Incoming from Aichi, Japan & Dallas, TX	Connie Williams at 319-396-4747 or cmw1226@yahoo.com
November TBD	Mix & Mingle	More information to come
December 8, 2019	Annual Dinner Longbranch Motel, Marion, Ia	Judy Frascht-Miner 329-540-1701
April 19-26, 2020	Cedar Rapids to Albuquerque, NM	Will need an ambassador coordina- tor, contact Connie if interested
August 20-27, 2020	Incoming journey KAOSIUNG, TAIWAN	
2020	Outgoing journey BUDAPEST, HUNGARY	Date to be determined!

CEDAR RAPIDS-IOWA CITY BOARD MEMBERS 2019



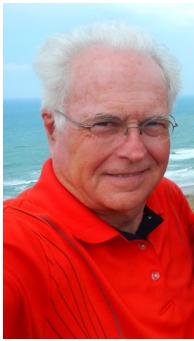
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