



friendship force
CEDAR RAPIDS -
IOWA CITY

**FROM THE CEDAR RAPIDS – IOWA CITY
FRIENDSHIP FORCE CLUB**

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Friendship Force

APRIL 2020

CALENDAR OF EVENTS

- April 19-26, 2020** Cedar Rapids to Albuquerque, NM **CANCELLED**
- May 3, 2020** General Meeting **TO BE RESCHEDULED**
- May 14, 2020** LEO Grand Living at Indian Creek on Collins Road **TO BE RESCHEDULED**
5:30 PM
- Mid June, 2020** LEO TBD
- July 12, 2020** All Iowa FF Picnic
Crown Point in Johnston, Iowa
- August 28, 2020** Minor League Baseball Game With the QC FF Club
- September 9-16, 2020** Incoming journey KAOHSIUNG, TAIWAN **CANCELLED**
- September 18-20, 2020** Regional Super Conference Minneapolis, MN **PENDING**
- October 2020** LEO TBD
- October 15-30, 2020** Outgoing Journey BUDAPEST, HUNGARY & PRISHTINA, KOSOVO (Tentative)
- December 2, 2020** Open World Engagement of Youth in volunteerism delegation from Kosovo

PRESIDENT’S MESSAGE

Hello Friends in Friendship Force, April Fools Day! Don't we wish? Such a surreal time! I wish I had words of wisdom or found appropriate ones to pass on. I am sure you are drawing from your own wisdom to adjust to life today. I wish I could give you all a hug and say the future will will be fine. Obviously, we are on hold or have cancelled our events for Friendship Force for the year and hope these will be available in better times. Stay tuned in when life returns to more normal times.

Do take this virus serious and realize the spread is so much further than the numbers indicate. My son, his wife and five kids under nine years old, have had the symptoms of the Covid-19 virus in NYC. They essentially do not test for the virus unless you need additional care because of experiencing shortness of breath. Children under 14 usually simply have a strange cough but are not sick. That is what my son's wife and children experienced. My son, who has had serious heart problems, did have the fever, cough, and extreme exhaustion and continues with the tiredness. At this point, he seems to be improving a week after the first symptoms. It's not easy for mom and dad to watch from afar. The good thing is that eventually they will be tested for antibodies and be immune.

TOGETHER.....

WE CAN GET THROUGH ANYTHING.

I am certain all of you are taking wise advice and following guidelines for safety. Think of each other and call or write because it can be a lonely time. Take the time to write Friends you have met on your previous journeys. Stay safe. Stay in contact. Continue the string started by John about what you are doing with more time available to you. Bless you.

Mary Ann and Larry Nelson

2020 Club Co-Presidents

A Personal Appeal From FFI CEO Jeremi Snook

On March 31, FFI CEO Jeremi Snook sent an email making an appeal of support for FFI. *"I am asking everyone to step up and commit to donating one-week's worth of a US out-bound Journey fee to FFI; more, if you are able to do so. We often talk about how "one week" on an FFI Journey can change your life. During this crisis, "one week" can ensure that FFI will be here in 2021 and beyond, for you and for future generations. If we all come together and give, even just a little, collectively we can ensure Friendship Force's future."*

The cost of a week domestic journey is \$105 and a week international journey is \$170.

You can click on the Donate Now button in the email or mail a check to:

FFI Financial Dept, PO Box 570, Ashville NC, 28802

If you did not receive the email, please let me know and I will forward it to you.

John Miner

What our member are doing while practicing social distancing.



I have been cleaning out closets and drawers and have found pictures and other treasures I had forgotten about. This is July 17th, 1982. I have been looking for this picture for a long time. Found the wedding album and the empty spot for this picture. So glad I decided to open the box on a shelf in the basement closet. Take care dear FF friends. We all must stay optimistic and healthy. Cheers to you all.

Nancy Miller

I am giving more time to my daily readings:

1. Henry Nouwen Society—to strengthen my faith
2. Richard Rohr: Center for Action and Compassion—to challenge my faith
3. Daily Stoic (there is a 14 day challenge starting tomorrow)—to make me a better person and always “do the right thing” I have been following these daily readings for several years.

Stay safe and healthy!

Margaret (& Ron) Nelson

I used our "time out" to FINALLY finish a Shutterfly photo book on our Taiwan journey in November 2017. (See photo) Going through the photos was like reliving the experience. I also cleaned out files of no longer needed paper from other Friendship Force activities as well as other "documents" that are no longer relevant to our lives. So far we've filled the recycle bin twice.

Every few days, I sit down with a cup of tea and call friends who I only see occasionally because they live out of town. It's been great fun catching up with their lives.

This was a great idea, John. Thanks for coming up with a way to keep us engaged and entertained.



Mary Stull

Hello to all of you!

We are pretty much business as usual (working) but from computers only; no outside visits or activities.

I've been sick with bad asthma for two weeks running. Took the test last Tuesday but still have no results. No news is good news? Joe is spending any free time working on a secret door to a guest bedroom (behind bookcases). When this madness is over, you're welcome to come see. :)

We have started a new community Facebook page to support local businesses and nonprofits. Please feel free to post if you have something to share about FF or your own organization: Support Local ICR Corridor. Please take a look!

Here's to better days ahead and good health to one and all! **Julia Wasson**

From **Darlene Peterson** “This is the time I'm trying to accomplish some long delayed tasks. I changed the oil in my lawn mower today. It's only been on my 'to do' list for 2 years! I'm sure many others are doing similar things!”

Great hearing from the outside world. Never in my lifetime did I ever expect or imagine such a worldwide crisis.

I have been trying to stay busy with projects and praying. Every morning I have added additional prayers and quiet time. When ever the world is in a crisis, we lean more on God to bring us through this terrific and horrifying experience.

I have made 4 tie blankets and have enough fleece to make two more.



I have made a dozen or more fleece, slipper sock gnomes. They are just fun. I have a gnome that a friend gave to me and I am going to try and make a pattern out of newspaper. I think I have plenty of fabric.

I started going through two large totes of pictures to give to kids and grandkids. They make me smile with so many memories. I actually found pictures of grandparents, etc. that I didn't remember having. So, when I can get out and be normal again, I will have pictures made for the kids.

I have been trying new recipes, cooking and baking. If anyone gets the Taste of Home magazine, there is a rhubarb crumble recipe on page 56 that is delicious. I have lots rhubarb in the freezer. Also have baked Black Russian bread, which is one of my favorites.

I have been reading books and magazines, playing solitaire, watching lots of movies, sorting through clothes, cleaning and anything to fill the day. Wished I had a puzzle in the house.

I have been sending emails and texts daily to kids, grandkids, and friends all over the world. Trying to stay in touch as much as possible and letting them know I am praying that they stay safe and well.

I am still working two nights a week at the hotel, not willingly. Otherwise, I have not been anywhere. Last time I got groceries was March 17. I have a list going, but there is nothing I can't do without.

Stay safe and well. We all will get through this crisis which has consumed our lives.

In friendship,

Shirley Rosencrans

Jo Hankin has been playing games with here husband Brad and her book club has gotten together using Zoom. They are also watching a lot of movies on AMAZON, Netflix and Disney.

Steve Williams reports that he and **Nancy** are doing well and this is not a big change for them as they are already sort of homebound.



My granddaughter and I made face masks together over Google Duo.

Below is book club over zoom. Bottom line I'm learning technology skills



John and I have been walking to get fresh air and exercise.

Taking a break at Dairy Queen.



Like many others, I have been cleaning and sorting. It's always interesting what you come across. John isn't in any of these pictures because he is hiding behind the camera. Miss you all, stay safe!
Judy and John Miner

A Message from your Midwest Field Representative in mist of the Covid-19 Pandemic

March 31, 2020

Dear Friends,

Life has really changed in the past 30-days. I must admit it took me several days to get my head focused on the severity of the Covid-19 world situation and the life changes that needed to be made – NOW!.

I spent four years on active duty in the Air Force in the early 1970's. We held disaster preparedness training and exercises very often for various types of potential disasters. A pandemic was not on the list in those days. My one real time disaster experience in the Air Force was being a first responder to a devastating tornado in Indiana. (The Zena, Ohio night as many of you may recall.)

One of the books I read earlier this winter talked about the potential of a world pandemic. I pondered how probable that could be in this modern age of medicine and silently hoped we didn't find out. I would soon realize that the pandemic already started.

Impact on Friendship Force

As you can imagine, the Covid-19 pandemic is having a major impact on Friendship Force. I have recently communicated a couple of times with your Board Leadership on this subject as has FFI headquarters. You may have received communications as well if you have registered your email address with FFI. Here are some highlights:

1. Journeys and Open Worlds are being cancelled and will continue to be cancelled. We don't know how long the situation will call for world-wide travel interruptions and the need for practices like social distancing. We can only guess. At this time, FFI anticipates that all journeys and open worlds will be cancelled well into 3rd quarter and perhaps the entire year.
2. The 2021 World Conference in Taiwan has already been cancelled.
3. As I write this, the September Regional conference in Minnesota has not been cancelled, but we are monitoring the situation carefully and will make a determination soon on whether to cancel now or later if need be.
4. FFI receives much of its revenue from fees for journeys. With many and perhaps all of the journeys being cancelled this year, this is and will continue to put a great strain on the financial operations of Friendship Force. Currently, FFI is furloughing and reducing staff hours, eliminating most expenses, and suspending projects. Right frankly, these measures will fall woefully short to see FFI through this pandemic. FFI will need to do fund raising from its members and clubs. Watch for more information soon and consider what you can do to help.

My World

Cheryl and I are again spending the winter at our Florida condo on Marco Island located on the gulf coast as far south as you can go. We had planned to return to Iowa soon after Easter Sunday as we enjoy the Easter sunrise service on the beach. That will not happen this year. In fact, the beaches are closed as are all other events, the restaurants and many other businesses.

We have been using social distancing practices for three weeks now primarily involving staying in our condo, taking walks in the backstreets of the neighborhood, and going to the supermarket and pharmacy whenever necessary. We don't know when it will be safe to travel the 1475 miles to Cedar Rapids, so we most likely will continue to shelter in place here until it is more safe.

I can do most of the Field Rep support efforts from here, but, of course, I can't make club visits until it is safe to travel. I have a couple club visits lined up in May and were working on some others. We will just have to monitor the situation and reschedule if need be when it is safe to have group gatherings.

In closing, I wish you all well and urge you to stay as safe as you can. Eventually, we will get to a new normal. In the meantime, please stay connected. We started a Moore Family Zoom weekly gathering this past week. 14 of 15 of our family members were able to connect (video and voice) from 7 different locations. Very nice! Zoom is a great tool to use for Friendship Force - - Board Meetings or virtual gatherings like wine and cheese. Actually, Cheryl and I did a virtual happy hour with FF friends last Sunday night. Fun!

When this is over and we have reached the new normal, the world is going to need organizations like Friendship Force perhaps more than ever! We will need HQ, our clubs and most importantly - - YOU!

In Friendship,

Dale Moore

Midwest Field Rep

Journey Calendar by Connie Williams

NEW JOURNEYS IN LIFE

My dear friends,

So many of us had big plans for 2020! It was my intention to celebrate my 65th birthday for the full year, with hosting and travel plans filling my calendar! As a matter of fact, Covid-19 caused Myron and I to come home a little early from a trip to Anguilla, our self-quarantine period is just finished. How many of you were on the road, in the air or ready to go on an adventure? Some are still at their winter homes, trying to plot out the best time to come back to Iowa. Those best laid plans on hold until we reach a comfort level with this 'new normal'. It's funny how my background in the insurance industry and Covid-19 has heightened my appreciation for calculated risk & risk adverse actions. Our kids have picked up our groceries, warning us to stay at home longer than the 2 weeks we've already put in. We are fortunate all three kids can work from home, they need to be careful, too.

I've enjoyed photos on-line of beaches, family time on the phone (an 8yr old granddaughter is reading a chapter a day to us) and instructions on how to make face masks. (Yes, not fit for surgery, but I remember my Kaohsiung hostess wearing a cloth mask often. Maybe there's something to that!) I encourage everyone to network with each other on-line, either computer or landline! Call your past FFI guests or hosts, check in on friends, share journey photos of people who have enriched our lives. I've already heard from friends in Australia, Taiwan, Japan, Kosovo, UK and across the US, I've called my siblings (there are 6 of them), taken TP to a friend's door and am making a list of new things to cook. Gnocchi, anyone?

So, for now, there is no journey calendar. Jean Thomas has been in contact with all involved with the Albuquerque outbound, refunds will be dispersed, with discussion of new dates in April 2021. Kaohsiung has cancelled their journey to Dallas, Brazil and CR/IC. No forward motion is being made for Kosovo/Budapest, all planning is on hold.

Announcements for 2021 were made a month ago, we've been awarded 3 weeks out-going to Tamworth and Adelaide in Australia and Tauranga-Bay of Plenty, NZ in September 2021 and in-bound to host Tuxtla-Gutierrez, Mexico in July 2021. This in-bound is an English learning adventure for school aged children, plus family members. A domestic out-bound to Western North Carolina, the cities of Ashville and Hendersonville, NC, was also awarded. All is on hold. As my grandies would say, 'PAUSE GAME'.

For today, write a check to a food bank if you can, our community needs help. Stay safe, stay healthy. When the virus clears, we'll eat at restaurants, visit in person, travel to new places and make new friends. Hold on, we'll be back!

Connie Williams

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

Joanne Smith 319-395-9440 jmariesm@msn.com

Secretary

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

Journey Coordinator

Connie Williams 319-396-4747 cmw1226@yahoo.com

Activities Coordinator

Shirley Rosencrans 319-462-4132 sarosencrans@yahoo.com

Communications

Mary Stull 319-393-6254 mcdstull@aol.com

Membership

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

Directors at Large

Esther Hudson 319-393-4839 esther_hudson@msn.com

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