



friendship force
CEDAR RAPIDS -
IOWA CITY

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

www.friendshipforcecr-ic.org

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Friendship Force

June 2020

CALENDAR OF EVENTS

- July 24, 2020 **MIX & MINGLE**
email Marian Wetjen
at mjwetjen27@yahoo.com
- July TBD Zoom Trivia
- December 2, 2020 Open World Kosovo –probably
cancelled
- April 2021 Outgoing journey Cedar Rapids/
Iowa City to Albuquerque, NM
- July 2021 proposed Inbound journey with Tuxtla-
Gutierrez, Mexico
- Summer Autumn
2021 proposed Outbound domestic to Western
North Carolina, Ashville & Hen-
dersonville.
- Sept – Nov 2021
proposed Outbound to Tamworth, Austral-
ia; Adelaide, Australia and Tau-
ranga-Bay of Plenty, NZ

PRESIDENT’S MESSAGE

Dear fellow Friendship Force
Members,

*“If you go looking for a friend,
you’re going to find they’re very
scarce. If you go out to be a
friend, you’ll find them every-
where.”* Zig Ziglar

Come be a friend with the mem-
bers of Friendship Force CR-IC.
So many of our members have
been joining the various activities
the FF committee has been plan-
ning and making connections
with new and old friends. June
had a wonderful gathering of 26
members at the fairgrounds in
Monticello thanks to Steve and
Nancy Williams and Darlene Pe-
terson.

TOGETHER.....

WE CAN GET THROUGH ANYTHING.

Continue on page 2.....

If you have not seen it, you missed a beautiful recreational facility, park, golf course and meeting area for the city. Upon your reading this, we will have had an evening gathering in Manchester at the home of Jerry and Carol Burke on July 1. If you have watched Channel 9 you probably saw Our Town Manchester with a focus on the Maquoketa River. There are more opportunities for friendship to come. We are a strong club and financially strong, so our future is strong with connections near and, with time, eventually traveling afar.

As we look forward to July, Marian and committee are planning another Mix and Mingle on July 24. Forward looking in the planning is a Trivia Night, General Meeting, event in Johnson County, Cemetery hike, and more coffees and wine-and-dines. Look for Sign-Up Genius and email notifications in your mailboxes. If you desire to help in planning these events, please let me know. The humanitarian projects listed in the newsletter and the Hoover school food initiative coordinated by Connie Williams are also going strong. If you have an idea you desire to share, we would love to hear from you.

Come to the events and join friends – make new ones!! Join with others on ZOOM! Be a friend!

In Friendship,

Mary Ann and Larry Nelson,

2020 CR/IC FF Co-presidents

Next Mix & Mingle Set for July 24



Ready for another fun club mix & mingle?

Our last mix & mingle the week of May 18 was a hit with 21 participants enjoying three different yards, patios or garages of fellow members. It was a delightful time to “chat & chew!”

We’d like to have another one on Friday, July 24 from 5 pm to 7 pm. Like last time, please bring your own sandwiches and drinks and maybe lawn chairs.

Please email Marian at mjwetjen27@yahoo.com if you’d like to participate by **July 10**. Also, please mention if you want to host a small group.

LEO in Monticello June 16



On June 16 our club held a LEO at the Jones County Fairgrounds. Members brought their own lunch. We met in one of the open air pavilions and enjoyed seeing each other, at a social distance. Thanks to Steve Williams and Darlene Peterson for organizing this event.

Dale Moore gave an update on what was going on with FF International and Connie William spoke about journeys, mostly we are planning for 2021 and beyond.



A couple of members were able to enjoy the wonderful pickleball courts at the fairgrounds.



Humanitarian Projects

Our CR/IC FF Club has a long proud history of performing humanitarian projects in our local community. We currently are actively working on the following projects.

Hoover Community Food Bank

Hoover Community Food Bank appreciates your donations! They are always in need of cooking oil, peanut butter and produce. If you wish to make cash or food contributions, please contact Connie Williams at 319-396-4747 or cmw1226@yahoo.com for details. Food bank deliveries are Thursday afternoons, so arrange with Connie before Thursday morning pickups. Thank you for feeding our village.

Also if you have an old working freezer you don't use, they would love to take it off your hands so they can hold perishable items until they are distributed.

Central Furniture Rescue

2050 Boyson Road Suite 104 & 106, Hiawatha, Iowa 52233, United States
info@CentralFurnitureRescue.com (319) 382-2882 ext. 1: Donation Coord
ext. 2: Donations accepted Friday 10am -5pm; Saturday 9am to noon, by appointment only.

They receive donations of basic furniture and household items, rescuing them from being sent to the landfill. Then they deliver the beds, dressers, kitchenware, etc. to their clients according to their needs, at no cost, to help turn a house into a home. Most needed are twin, full and queen-sized mattresses, box springs, bed frames and dressers. Kitchen items like dishes are always needed.

Cedar Valley Habitat For Humanity ReStore

350 6th Ave SE, Cedar Rapids, IA 52401
319-294-1500

Donation Hours: 9am-4:30pm Tuesday-Saturday. They will also pick up large items.

Habitat ReStore is a home improvement store that accepts small and large donations of new or gently used furniture, appliances, housewares, building materials and more. Proceeds from the sales of these items help enhance Habitat's affordable housing work in Linn & Benton Counties.

Zoom Trivia

As it was such a hit, Audrey Braford and George Schulte have agreed to put on **Zoom Trivia the Sequel**. The date and time have yet to be determined but will happen in July. An email will be sent to all club members for the opportunity to sign up. So keep storing all that trivia knowledge and look for the email. Space will be limited so respond quickly if you world like to play.



Thank You from FFI Board

I am reaching out to you, on behalf of the FFI Board of Directors, to warmly thank you for your kind response to our 'Continuing the Journey' appeal. Your donation is most appreciated and will certainly contribute to keeping our doors open and our staff working for your benefit.

Without wonderful members like you our future would be much less hopeful – you are truly appreciated.

Please stay safe in these turbulent times – we want to be able to meet you on a journey, somewhere in the world, very soon.

Sincere thanks, in friendship

Bobbie Mulholland

Chair of FFI Board of Directors

Adelaide, Australia



friendship force
INTERNATIONAL

Embracing This Moment

A Personal Message from FFI President/CEO Jeremi Snook

Life is filled with moments. There are moments that bring so much joy to our being that just a fleeting thought of them brings a smile to our face. There are moments too that have left scars so deep that we wince at their recollection. All of these moments contributed in some way to who we are today. 'Building bridges of understanding across the barriers that separate people' is the call-to-action that has brought thousands of people around the world to join Friendship Force. The stories from our FF experiences continue to prove that the moments we create, the moments we embrace, change us. But change can only happen when we set our own preconceived ideas and judgements aside in order to be fully present in the moment.

As a member of the Friendship Force, I recognize that I can make a difference. I recognize that I have a mission. That mission is to be a friend to the people of the world. As I embark upon this adventure, I know that others will be watching me. I know that through my example to my fellow citizens and the people of other countries, the cause of friendship and peace can be furthered.

I CAN MAKE A DIFFERENCE.

This moment in the United States is about a long unresolved undercurrent of institutional racism, sparked by the unnecessary death of George Floyd. Although what we see on the news and in cities around the world is a collective response, it is an individual choice to change the world around us. This is what Friendship Force, at its core, is about. I challenge each of us to look for ways within our own communities and countries where the mission of Friendship Force can further humanity.

Stay safe, stay healthy, and just as importantly, stay committed to the bigger journey and embrace this moment.

Jeremi Snook

Journey Calendar by Connie Williams

JOURNEY UPDATES

As we travel from the front door, to the living room, to the backyard, THANK GOODNESS for phones & internet to stay in touch with people and books & tv to take us to other places. It is an armchair version of FFI, nurturing our connections with our friends around the world. I've particularly enjoyed Rick Steves on PBS as a guide, revisiting memories of Berlin and other parts of Europe.

To keep our Friendship Force message alive, please send me a travel photo and a message photo. I've heard from a few members, but would like more to put together a FF of CR/IC slideshow. THANK YOU!

December 2, 2020 - Open World Engagement of Youth in volunteerism delegation from Kosovo is on hold.

April 2021 - Outgoing journey Cedar Rapids/Iowa City to Albuquerque, NM, coinciding with 2021 Gathering of Nations Pow Wow.

July 2021 proposed - Inbound journey with Tuxtla-Gutierrez, Mexico. English learning adventure for families.

Summer/Autumn 2021 proposed - Outbound domestic to Western North Carolina, Asheville & Hendersonville.

Autumn 2021 proposed - Outbound 3 week journey to Tamworth & Adelaide, Australia and Tauranga-Bay of Plenty, NZ.

Accessing Membership Content on CR/IC Friendship Force Website

Several members have asked how to access the membership content on our CR/IC Friendship Force Website. This information is open to all club members and is set up with a username and password. To get to this information:

Click on the Membership Content on the left side of the home screen of our website.

Enter Username: Ffmember (both are case sensitive)

Enter Password: Friendship

You can then access directories of membership and club leadership. There are minutes from general & board meetings & Club Governance policies.

Note: The directories seem small but if you click on them they will enlarge. This works for the stored newsletters also.

Remember to use **.org** in our website: friendshipforcecr-ic.org

If you use **.com** you will be directed to a different website for an online pharmaceutical company.



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CEDAR RAPIDS -
IOWA CITY

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