



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

November 2020

CALENDAR OF EVENTS

- November 20,2020 Zoom Trivia
7:00PM
- November 25,2020 Broad Meeting
10:00AM
- December 6, 2020 Zoom Annual Meeting
4:00PM
- April 2021 Outgoing journey Cedar Rapids/
proposed possibly Iowa City to Albuquerque, NM
rescheduled for fall
2021
- Autumn 2021 Outbound domestic to Western
proposed North Carolina, Ashville & Hen-
dersonville.
- Jan-May 2022 or Outbound to Tamworth, Austral-
Oct-Nov 2022 ia; Adelaide, Australia and Tau-
proposed ranga-Bay of Plenty, NZ

PRESIDENT’S MESSAGE

**Voting is the expression of
our commitment to our-
selves, one another, this
country, and this world.
Sharon Salzberg**

*This expression of commitment is
the same as needed by Friendship
Force that seeks to overcome dif-
ferences among people and na-
tions.*

So, VOTE!

November starts such a busy
time of year. Yet, this year may
look so different for many of our
members given the amount of
Covid19 circulating in our com-
munity. I do want you to take
note of the opportunities to stay
connected with fellow FF CR-IC
members.

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PRESIDENT'S MESSAGE CONTINUED

1. Give someone a call in Friendship Force whether you are reconnecting or meeting new, or send a note, a card, or an email.
2. Look at the FFI web site and discover various virtual journeys and experiences. There are new ones as listed in this newsletter.
3. Look for Zoom events on our calendar for November.
4. Join us at our Annual Meeting on December 6 at 4:00 pm via Expanded Zoom through FFI.

Yes, I did say Annual Meeting. It is the same one so many of us so look forward to in the beginning of December. No delicious food served to you but this year it will be held virtually using the Expanded Zoom provided for us by FFI. It will allow us to join together in small break-out groups for a little "chit-chat" as well as a full group listening to our speakers. If you have never experienced this Zoom, it will give you an opportunity to see its potential.

As an added bonus, Dale Moore, our Field Representative, invited Jeremi Snook to join us that late afternoon and he accepted his invite. I am certain we would not have the opportunity of have the CEO/President of FFI at our Annual meeting under normal circumstances. It is such an honor to have him speak. You can do this all in the comfort of your own living room with your favorite cocktail.

Remember, the dues this year are \$20 each which is covering the payment to Friendship Force International. Planning continues for the future when we can again have journeys both outgoing and incoming. In the meantime, we will grow our friendships.

Have an amazing Thanksgiving, though it may not be with as many friends and relatives. Even with Covid and the derecho, there are so many things to be thankful for.

Mary Ann & Larry Nelson Co-Presidents

Annual Meeting December 6



What: Annual meeting of the Cedar Rapids Iowa City Friendship Force Club

When: Sunday December 6 @ 4:00PM

Where: In Your Home Via Zoom

The annual meeting of the CR/IC FF club will be held on a group teleconference meeting via Zoom on December 6 @ 4:00PM. You will receive an email invitation to join the meeting through FFI. You don't need a Zoom account to participate. All members will get an email invitation. It will give you a link to the Zoom "meeting". Click on the link and be sure your video and microphone are turned on. That's all there is to it.

Guest speaker will be:

Jeremi Snook CEO & President

Friendship Force International

There will be some small group breakout session and we will also be voting for board officers for the 2021 calendar year and reviewing our by-laws to allow for electronic meetings.



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Strategic Planning Jim Steggall

I was recently asked by Mary Ann to look at our Strategic Plan and consider an update for 2021. The current Strategic Plan for 2019-2020 was approved at the Nov. 4, 2018 Annual Meeting and covered five focus areas:

1. Increase Membership
2. Increase active participation of members
3. Increase FF visibility in the community
4. Identify, mentor and train members in leadership roles
4. Expand journey planning

Even with the pandemic that has caused us to cancel general meetings and journeys our Club has made some great strides. This leaves me optimistic that our Club will emerge from this disaster and be ready to grow again. We can use these times to get prepared and do some strategic planning.

Please review our current Plan and send me your thoughts about changes for the 2021-2022 Plan. To get ideas you might check out the FFI website to see what opportunities are being created. I would like to hear from you by Nov. 11.

In Friendship,

Jim Steggall

Friendship Force Cedar Rapids-Iowa City

2019-2020 Strategic Plan



Goal #1 Increase membership in the Cedar Rapids-Iowa City area

1. Establish actions to increase membership. The objective is to attract active and diverse members. The membership drive must involve all members, looking for new people in new places
2. Offer new member orientation, include a new member profile in the Club's newsletter, and introduce new members at general meetings
3. Identify talents and areas of interest to help new members make connections with other Club members
4. Assign a mentor for each new member

Goal #2 Increase active participation of members

1. Hold monthly Club events; such as General Meetings, LEOs or coffee groups
2. Continually invite new and inactive members to be on a committee
3. Regularly provide a variety of activities that appeal to all interests
4. Increase awareness of cultural activities in our communities
5. Keep all members informed through the regularly published newsletter.

Goal #3 Increase CR-IC visibility in the community

1. Develop a clear statement of the mission of Friendship Force of Cedar Rapids-Iowa City and what makes us special for leadership and members to use to tell our story
2. Increase the use of technology and media, including social media and Club website
3. Partner with like-minded organizations
4. Tell our story through articles, videos or photos

Goal #4 Identify, mentor, and train members in leadership roles

1. Establish a Leadership Development strategy
2. Implement a succession plan through personal contacts and mentoring
3. Seek out tech -savvy members

Goal #5 Expand journey planning

1. Increase home hosting capacity
2. Recruit and mentor Journey and Host Coordinators and planning committees
3. Encourage innovative Journeys, including Open World
4. Keep activities inclusive: encourage all members to play an active role in the Journey activities
5. Ambassadors share their Journey experiences at Club events

Annual Club Dues

At the September 29 Board Meeting, a motion was made and passed to **reduce the annual dues for 2021 to \$20**. This is the amount of our annual dues that goes to Friendship Force International. As there will not be an in person annual meeting, please send your dues payment to the Club Treasure:

Jo Anne Smith

4125 B Summerfield LN NE

Cedar Rapids, IA 52402

Please make the check payable to Cedar Rapids/Iowa City Friendship Force.

News from FF members



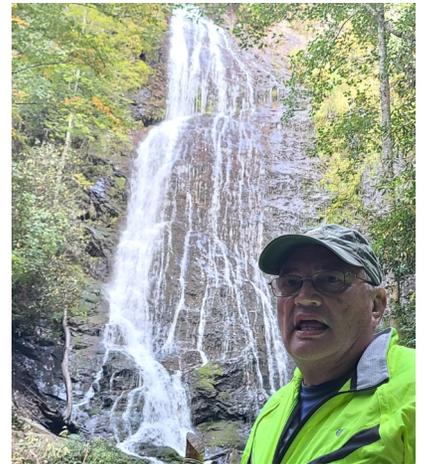
Larry Nelson has been busy cleaning up tree debris from the Derecho & painting his barn before the snow flies.



Judy & John Miner took a road trip to The Great Smoky Mountains.

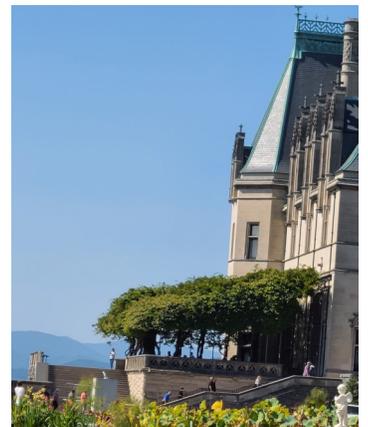


Beautiful waterfalls and hikes.



A day trip to Biltmore in Asheville NC.

Judy wants John to build a veranda on the side of their home like this one.



FFI Virtual Experiences!

Are you familiar with FFI Virtual Experiences? You can stay in touch with friends with these upcoming webinars, trainings, and social opportunities. You can experience them in real time or view the recorded prior ones when you can work them into your schedule. You can access them at <https://blog.friendshipforce.org/> or click on the VIRTUAL EXPERIENCES button at the top of the FFI home page www.friendshipforce.org.

Upcoming Events

- Nov 7 Let's Paint Party – Floral Watercolor Doodles
- Nov 8 FF Sacramento Presents: Infection & Immunity
- Nov 9 Trivia Quiz
- Nov 10 Faces and Places: Sibiu, Romania
- Nov 11&17 Fulfilling Our Mission While Minimizing Our Climate Impact (1&2)
- Dec 5 Let's Paint Party – Christmas Cards



More Club Zoom Trivia

Mary Novak, Darlene Peterson & Judy Frascht-Miner are organizing another Zoom Trivia Night. The game will be Friday night November 20 at 7:00PM.

You don't need a Zoom account to participate. Just let one of the 3 know you want to play. Participants will get an invitation from Judy on the day of the event. It will give you a link to the Zoom "meeting". Click on the link and be sure your video and microphone are turned on. That's all there is to it.

Looking forward to seeing you.

Journey Calendar by Connie Williams

Greetings my friends!

Summer is over, autumn is here. We are all rethinking our plans for 2020 & 2021, big plans as well as the day to day. What will make my home more comfortable for the long run? Do we need to stock up for winter? Will we be able to get away for a few days, weeks, months? Grocery delivery, pick up or do I go into the store? Mail in, early voting or election day vote? Flu shot, you bet. When will Covid-19 vaccination be available? Will there be a Friendship Force? Will there be journeys? These are the things that float to the top and wake me up early some mornings. How about you?

As journey chair, I've been in touch with FFI, journey coordinators in our club and host clubs. It is very possible that 2021 journeys will be delayed or canceled. It is also possible each ambassador or host will need to have the Covid-19 vaccine as a part of their medical profile for travel. Reorganizing for future journeys will take time, effort and enthusiasm.

The first step in FFI's matching process is the hosting availability form. This was completed recently, stating optimistically that our FF chapter could host an international journey and one or two domestic journeys. We would also consider a themed journey. In the next round of correspondence with FFI, we will have the opportunity to request our outbound journeys.

My thoughts are to consider domestic travel only for 2021, if possible, then consider Tamworth, Australia; Adelaide, Australia; and Tauranga-Bay of Plenty, NZ for 2022. Before putting in the planning time and energy to coordinate a long journey, we need to make absolutely sure we are welcome there with no possible Covid-19 issues. With this in mind, the journey calendar is as follows:

April 2021 – Possible outbound journey to Albuquerque, NM, to coincide with the 2021 Gathering of Nations Pow Wow. Or possibly in the fall of 2021.

Autumn 2021 – Possible outbound journey Western North Carolina, Ashville & Hendersonville.

While we are open to hosting in 2021, nothing is planned at this time.

Jan.-May, 2022 or Oct.-Nov. 2022 - proposed 3 week journey, outbound to Tamworth, Australia; Adelaide, Australia and Tauranga-Bay of Plenty, NZ. Seasons of summer, spring or autumn in the Southern Hemisphere. We may be given viral tours by the host clubs, in anticipation of our later journey. Sounds great!

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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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