



friendship force
CEDAR RAPIDS -
IOWA CITY

FROM THE CEDAR RAPIDS – IOWA CITY FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

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Friendship For

May 2021

CALENDAR OF EVENTS

May 2, 2021 Sunday 1:00PM	LEO at Wanatee Park
May 14, 2021 Friday 7:00PM	Club Trivia On Zoom
June To Be Determined	LEO
June 28, 2021 Monday	Hiking Maquoketa
July 22, 2021 Thursday	Hiking Mines of Spain Dubuque
August To Be Determined	Hiking on Wheels? (Bicycling)
Sept 19, 2021 Sunday	All Iowa Picnic
October 7-8 2021 (Tentative)	NE Iowa Club Overnight Adventure
Fall 2021 or May 2022	Kosovo See Update from Connie

PRESIDENT'S MESSAGE

With winter behind us and vaccinations helping to put the pandemic in the rear-view mirror, we welcome our surroundings of new green grass, tree's leafing out and flowers blooming. I look forward to seeing many of you in person for the first time in a year at our LEO this weekend. Zoom is great for some things, but it sure is nice to be with others face to face. Since we are still trying to figure out how and when to travel inter-club, forthcoming activities will center around outdoor club activities to include Leo's, hiking, mix & mingles and an over-night outing.

Spring is nature's way of saying "Let's Party", so please join us to make our outings fun and rewarding.

Wishing all a Happy Mayday.

Jerry Burke

2021 Club President

LEO at Wanatee Park

Please join us Sunday, May 2 for an outdoor **LEO** at Wanatee Park (formerly known as Squaw Creek Park), located at 1600 Banner Dr in Marion. We will meet around 1:00 pm at Meadowlark Shelter. If you can come but haven't signed up, please come and bring your own lunch. After lunch there will be a short meeting, free time to catch up with friends, and play horseshoes.

Hikers plan to venture down the trail which starts near our shelter.

Remember to wear your
Name Badge



Club Zoom Trivia

The next club Zoom Trivia is scheduled for May 14. Look for the email to sign up.



We would like to thank Connie, Audrey, Marty, George and Darlene for being our question developers and time keepers. Their efforts make this the fun night that everyone enjoys.



You don't need a Zoom account to participate. Just let Marti know you want to play. Participants will get an invitation from Judy Frascht-Miner 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.

HIKING—MARK YOUR CALENDAR

May 2nd —- Wanatee Park. Will begin towards the end of the LEO

June 28th —-Maquoketa. More info coming

July 22nd —- Mines of Spain, Dubuque.
More info coming

August TBA —- Biking overnight trip in Minnesota. More info coming.

If you would like to be on planning committee or share a hike contact Judy Frascht-Miner jjbm526@aol.com



Friendship Force Virtual Experiences

Remember to checkout the virtual Experiences on the International's website. Here is what is planned for May.

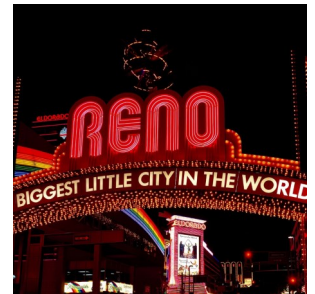
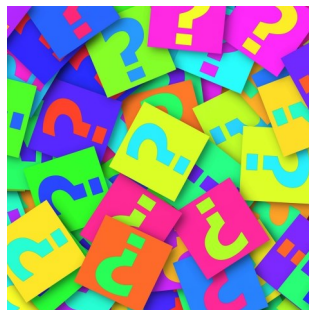
May 6 Faces & Places: Switzerland – A look behind the postcard idyll

May 12 Trivia Quiz

May 17 Coffee Chat: My favorite book

May 23 Exploring Northern California and Reno, Nevada

There are also recordings of prior experiences you can view..



<https://blog.friendshipforce.org/virtual-experiences/>

April Hike



Our April hike was delayed a day due to rain. On Sunday the 11th, 10 of us met and hiked the Clear Creek Trail in Coralville for 3.5 miles. The wild flowers were just starting to come forth.



The trail follows the route of the Handcart Emigration of the Mormons on their way to Salt Lake City. These carts were pulled by people. They could definitely teach us how to pack lightly and more efficiently. We passed their campsite and burial grounds.



The picture to the left shows the work of busy beavers. I can't wait to hear when those trees actually fall. The hike was a pleasant, relaxing, wooded journey. Afterwards Christine hosted some of us in her home for drinks and Nadine's scones.

YUM!



It was wonderful to see people face to face and reconnect. It was great everyone was vaccinated.

OVERNIGHT NE IOWA CLUB ADVENTURE



Anyone ready to do a little traveling and sight-seeing in our gorgeous state?

We are working on planning a unique and fun filled two day autumn get away. Tentative dates are Thursday, Oct 7 and Friday, Oct 8. We plan to head towards the Decorah area, which should be dazzling with all the colorful leaves.

We're thinking car pooling should work well and if enough folks sign up, then maybe we'll look into renting a van(s) or a bus.

We're also looking into a bed and breakfast and/or a hotel for our overnight stay.

We haven't made any reservations so far but here are some of the adventures we are working on---

--Amish lunch in Hazelton

--visit the Buffalo Farm in Fredericksburg and feed the buffalo from a wagon

--enjoy two natural waterfalls

--visit a couple of the 32 artists at their studios on The Studio Tour

--tour the state of the art NE Ia Comm College Dairy Barn in Calmar and see the robotic milking system

--visit the 4 floor antique shopping mall in Elkader

--possibly more

If you have any questions, please contact one of the trip planners.

We hope you all can join us.



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Updates on the Kosovo project from Connie Williams

As Covid-19 remains a major issue in world health and international travel, Iowa Sister States has cancelled the May 2021 trip to Kosovo. The next opportunity to travel with the Iowa National Guard Unit to Kosovo might be this fall or May 2022, depending on health and travel restrictions at that time.

If you are interested in working with this project, originally proposing mentorship for a Friendship Force chapter in Kosovo, please read the following and contact Connie Williams, cmw1226@yahoo.com. Iowa Sister States and Kim cooperatively conduct zoom meetings, you are welcome to join in, I'd be happy to share your contact information with Kim and ISS.

If you are curious about the relationship between Iowa, the US and Kosovo, I would recommend watching the YouTube video provided to us by Jesse Balmer and the Kosovo Consulate. Here is the link:

<https://www.youtube.com/watch?v=HQnePRkRK14>

Kim Heidemann, the Iowa connection at the Kosovo Consulate in Des Moines, sent an email on March 31, 2021, noting "At this time we do not have any indication that we would travel to Kosovo before the expected September trip dates, but of course we will let you know that as well. At this time we are looking to a Sept 25/26 - Oct 2/3 time frame for that trip."

On April 19, 2021, Kim updated us with the following:

"Good morning everyone! On behalf of Consul General Duraku and that rest of us at the Consulate, we are happy to share with you Jesse's video. Just to remind you Jesse Balmer, a student, filmed dozens of people involved in the Kosovo-Iowa relationship. We weren't quite sure how the video would come together. We gave him our goal of having a piece of video that we could share with the incoming Kosovo government to let them get a sense of what the Kosovo-Iowa relationship is about. We also gave him a goal of putting together a video that Iowa organizations and communities could share with their constituents to let them know more about the relationship.

We hope you are as pleased with this video as we are. Feel free to share. Consul General is working on sharing this video throughout Kosovo as well."

Journey Calendar by Judy Frascht-Miner

Greetings,

We received our official 2022 journey assignments from international. They are Domestic Outbounds to **New Mexico** and **Dallas**, International outbound to **Australia** and **New Zealand**, and a Domestic Inbound with **Sarasota**. If you are **interested in any of these journeys let me know**. These are interest lists, not a commitment. (jjbm526@aol.com or 319-540-1701).

October 7-8, 2021 - Iowa Adventure - See the write up in this Newsletter. Contact Marian Wetgen at mjwetjen27@yahoo.com



Fall 2021 or May 2022 - There may be an opportunity to travel to Kosovo. This would be an exploratory trip with Sister States. Our interest would be to support them in developing a FF Club.

See update from Connie

To Be Announced 2022-Dallas (Hopefully this winter)

April 2022 -The **Albuquerque, NM**. Club is planning on us visiting them in Spring 2022.

If interested you can contact Jean Thomas at jeanthomas521@gmail.com



-Albuquerque-

To be Announced 2022- Proposed three-week outbound journey to **Tamworth Australia, Adelaide Australia**; and **Tauranga Western Bay of Plenty, New Zealand**. Pre trip viral tours have been discussed.



To Be Announced 2022 -Inbound **Sarasota**

I look forward to traveling with many of you!

Friendship Force Online (MyFF) is Live!

The Friendship Force online experience was developed with you in mind. We wanted something to sit perfectly alongside how we already work with our members. A simple, clear tool that will eventually house all our member resources and exclusive member only content, and keep you up to speed with news from FFI and around the world. The minimum information required to sign up is your name, club, and email address. Excited to learn more? Then take a look at our instructions and FAQs below to get started. If you are having difficulties with this contact Jerry Burke jbcburke@yahoo.com

FAQs link:

https://mcusercontent.com/ba1bffc1cec3dcb20c97569d1/files/b1019e45-9dcc-48f1-a5f7-6d0108f1110b/EN_FAQs.pdf

Instructions on how to sign up link:

https://mcusercontent.com/ba1bffc1cec3dcb20c97569d1/files/ceab1e84-737e-41d6-9378-06c2138077c0/EN_Instructions_for_myff.pdf



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INTERNATIONAL

Experience different views. Discover common ground.

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