



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

June 2021

CALENDAR OF EVENTS

PRESIDENT’S MESSAGE

- June 9, 2021 LEO Tin Roost
5:00PM North Liberty, IA
Wednesday
- June 18, 2021 Zoom Trivia
7:00PM Friday
- June 28, 2021 Board Meeting
8:30AM
Monday
On Zoom
- June 29, 2021 Hiking - Buzzard
10:00 AM Ridge Maquoketa
Tuesday
- July 13, 2021 Tour of Kendrick
11:30AM Forest Products
Tuesday Edgewood, IA
- July 21, 2021 Hiking
Thursday Mines of Spain
Dubuque, IA
- August To Be Hiking on Wheels?
Determined (Bicycling)
- Sept 19, 2021 All Iowa Picnic
Sunday
- October 7-8 NE Iowa Club
2021 Overnight
Adventure
- 2022 Tauranga Western
Out Going Bay of Plenty, NZ
Journey and Tamworth & Ad-
 elaide, Australia

After a year of pandemic, I am sure we are all happy that things are starting to open up. It was great to see many of you at Wanatee Park for our first group outing. I want to thank all the members who have stepped up to handle the zoom trivia nights, mix and mingles, murder mystery and board members who called to check in with club members during the last year. It is time to look forward to a positive future. With planned actives including a LEO, Hiking, Freedom Festival, tour of Kendrick logging, Bicycling, overnight outing and continued zoom Trivia nights, we are staying an active and involved club, until we can resume our cultural journeys in 2022.

Jerry Burke 2021 Club President

Volunteer signup for Friendship Force at Freedom

If you've recently received a Sign Up Genius to fill a volunteer shift at the Freedom Festival Parade PLEASE NOTE there has been a change.



When the Freedom Festival signup was released, the parade shift was a 6 hour shift, longer than anticipated. As most of us anticipated a 4 hour shift, our Friendship Force team is now signed up for 3 shifts at the Dock Dogs event outside of the National Czech & Slovak Museum. Dock Dogs leap off of a diving board into a pool, the volunteers' responsibility is to staff the entrance & sell Freedom Festival buttons for admission. Thanks for being willing to try out a new event this year!

Shifts are Friday, June 25th, 1:30pm to 5:30pm, Saturday, June 26th, 9:30am to 2pm AND 1:30pm to 5:30pm. Each shift has 3 volunteers and there is one more spot left to fill. Contact Connie Williams, 319-396-4747 or cmw1226@yahoo.com to sign up as a volunteer.

New Member –Janet Hise

Hi, my name is Jan Hise. Before retirement, I spent over 30 years working at Rockwell Collins within management of Logistics. My late husband, Tom, and I moved to 10 acres outside lovely Shellsburg, IA where I live today. Hobbies include walking, flower gardening, reading, and traveling. Also, I enjoy meeting people so am looking forward to interacting and getting to know members of the Cedar Rapids Iowa City Friendship Force.

Tour of Kendrick Forest Products

Iowa's largest sawmill, Tuesday July 13th at 11:30



The walking tour takes 1-2 hours, depending on the group, and is sure to amaze you with the process, the machinery, and the innovation this small-town company has taken to become a leader in their field. The tour consists of both of our facilities and starts at our South location. This is where you'll tour Kendrick Forest Products which includes the sawmill, mulch operation, and kiln dried lumber operation. For the second part of your tour your guide will direct you to our North facility, just five blocks north, where you'll tour our sister companies and their operations; Forever Cabinets by Kendrick, Kendrick Home and Shimlee, and The Markket. Tours will end at our North facility where guests will have time to browse The Markket, our retail destination. All companies on the tour are a division of the Kendrick, Inc. suite of family businesses.

The tour cost is \$5. Please wear comfortable, closed toe shoes. Eye and Hearing protection provided. Uneven or rough terrain, call for handicapped assistance. Some stairs inside the mill. Following the tour we will meet at the Edgewood Golf Course for lunch. Order off the menu.

For additional information visit: www.kfpiowa.com

Sign up genius will be sent out or contact Jerry Burke 563-929-0190 or JBCBURKE@yahoo.com

LEO June 9 Tin Roost North Liberty, IA

Come join us for a Friendship Force LEO (lets eat out) at the Tin Roost outdoor patio **Wednesday June 9**. We will be gathering at **5:00PM**.

The Tin Roost is located at 840 W Penn ST, North Liberty, IA. Tin Roost | Eat. Drink. Socialize. | North Liberty, IA

We may be seated in 2 groups for faster service.

Please contact Connie William (cmw1226@yahoo.com) if you have any questions.

Looking forward to seeing you and as always, **feel free to bring a friend.**



Club Zoom Trivia

The next club Zoom Trivia is scheduled for June 18. Look for the email to sign up.



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

June 29th —-Maquoketa's Buzzard Ridge with a naturalist. *See below.*

July 21st —- Mines of Spain, Dubuque.
More info coming

Late 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



June 29 Buzzard Ridge Wildlife Area Hike

Attention hikers! Join us Tuesday morning, June 29 to hike Buzzard Ridge Wildlife Area, a lovely prairie remnant near Maquoketa. We will meet Naturalist Tony Vorwald at 10:00 am at Hurstville Interpretive Center, 18670 63rd Street, Maquoketa and follow him there. This is approximately a 4 mile hike, but of course the length will depend on each individual. Afterwards you will be free to return home or have lunch in Maquoketa and visit nearby Prairie Creek Recreational Center in the afternoon. Please come prepared to offer Tony a free will gratuity. We will arrange some car pooling for this event. Bring a friend.



OVERNIGHT NE IOWA CLUB ADVENTURE

Did you know Iowa has thirteen waterfalls? We plan to visit two of them.

Did you know the NICC dairy cows get massages to keep them happy and content? We'll take a guided tour of the state-of-the-art dairy operation at the college.

Would you like to receive a traditional "smudging" before you feed an ear of corn to a buffalo? Farmer Dan will perform this short ceremony before we hop on the wagon and drive to the field where we'll feed roughly 50 bison.

Would you enjoy a chance to visit a couple of the 45+ award winning national caliber artists' home studios within 40 miles of Decorah?



If so, then please plan to join us on Thursday Oct.7 and Friday Oct. 8 for two fun filled days with fellow FF members.

We will be spending the night in a couple of Decorah's hotels. We've already blocked off rooms for our group.

We will be carpooling for a couple of reasons, the main reason being that time will only allow us to visit two or three artists' studios and so this way your car can pick and choose which artists you want to visit.

Other stops we are planning are an Amish prepared lunch around Hazelton, a tour of an old historic Catholic Church in Spillville and restaurant meals in Decorah, Calmar and Walker.

Please email Marian Wetjen at mjwetjen27@yahoo.com if you are interested in participating in this two day adventure. Some of you may have already signed up at the last LEO we had a couple weeks ago.

Also please indicate if you want to drive your vehicle OR if you'd rather ride with someone else.

More details to follow as available.

Your planning committee,

Shirley Rosencrans

Darlene Peterson

Judy Frascht-Miner

Marian Wetjen



May 2 LEO at Wanatee Park



On May 2 we were able to gather at Wanatee Park in Marion for a Leo and short general meeting. Thanks to Jean & Dean Thomas and Shirley Rosencrans for organizing. We had a great time catching up with one another and a few of us went for a short walk on the trail.



Kosovo Humanitarian Project from Connie Williams

Iowa Sister States and the Kosovo Consulate are collecting new and almost new sports equipment to ship to Kosovo this summer. If you find these treasures while cleaning out corners, please contact Connie Williams at cmw1226@yahoo.com or 319-396-4747 or Judy Frascht-Miner at jjbm526@aol.com or 319-540-1701 to arrange drop off/pick up by June 27th.

Overnight Kernels Game Hosted by QC Club

Please Note!!!

Due to both the Quad Cities Club and our own members not being quite ready for home stays, some health issues, and 4th of July conflicts, our overnight ballgame visit **has been cancelled**. Maybe next year.

Covid-19 Safety Guidelines for Friendship Force of Cedar Rapids/Iowa City

Our board along with other FF Boards have been looking at COVID guidelines. This is our CR/IC set of guidelines:

These are fluid guidelines due to Pandemic fluidity.

1. Follow CDC and local recommendations and requirements (see links below)

<https://publichealthmdc.com/coronavirus>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

2. All ambassadors and hosts need proof of current vaccinations for inbound and outbound journey participation, at least 14 days prior. This includes recommended and approved vaccine boosters.

3. Hold in-person events outdoors whenever possible

4. Provide liquid hand soap and hand sanitizer in your home, along with paper towels for hand drying in a multi person bathroom. Wear masks and social distance as the situation dictates.

5. Special circumstances will be negotiated individually. If members or guests have medical/religious reasons preventing them from getting vaccinated, documentation is needed.

6. Remember that some of our members are immunosuppressed. With this in mind, even though members are vaccinated, at certain times or situations extra precautions with masking and distancing would be appreciated.

Journey Calendar by Judy Frascht-Miner

Greetings,

THE CONTACTS BEGIN. We are beginning to receive our contacts for our 2022 journeys. I am very excited because this begins the negotiation stage of setting dates.

Our 2022 journey's include 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 319-54540-1701). **BE WATCHING FOR DATES!!!**

October 7-8, 2021 - Iowa Adventure - All kinds of FUN!

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.

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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I N T E R N A T I O N A L

Experience different views. Discover common ground.

2021 Cedar Rapids—Iowa City Club Board Members

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