



friendship force
CEDAR RAPIDS -
IOWA CITY

FROM THE CEDAR RAPIDS – IOWA CITY FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

Follow us on Facebook: Cedar Rapids-Iowa City
Friendship Force

November 2021

CALENDAR OF EVENTS

- Nov 5, 2021** **Club Zoom**
7:00PM **Trivia**
- Nov 10, 2021** **Ronnenberg**
9:30 AM **Restaurant in**
Amana, IA
- December 5** **Annual Meeting**
2021 **on Zoom**
4:30PM
- December 14** **Club Mix &**
2021 **Mingle**
5:30 PM
- April 24-30,** **Domestic**
2022 **Journey**
Albuquerque,
NM
- April 20-25** **Domestic**
2022 **Journey with Des**
Moines Club to
Knoxville, TN
- Mid October** **Incoming**
2022 **Journey**
Sarasota, FL
- 2022/2023** **Tauranga West-**
Out Going **ern Bay of Plen-**
International **ty, NZ and Tam-**
Journey **worth & Ade-**
laide, Australia

PRESIDENT'S MESSAGE

While traveling thru Edward, CO, we stopped at a small bookstore and a book by Jerry Seinfeld caught my attention and I happened to opened it to this page:

Doing Nothing

A lot of people ask me,

“Hey, Jerry, so what do you do now

You don't have to work anymore

What do you do?

I'll tell you what I do.

....Nothing.

And I know you're thinking,

“Hey that sounds pretty good.

I Might like to do nothing myself”

But doing nothing is not as easy as it looks.

You can get pretty busy doing nothing.

Because when you're doing nothing, you're actually free to do anything.

Which can easily lead to doing something

Which cuts into my nothing

And forces me to drop everything.

Thank you for not dropping everything and staying involved and participating in our club activities during the last year. I think it has made us a stronger club heading out of the pandemic.

Jerry Burke, CR/IC 2021 Club President

Annual Club Meeting December 5



The annual meeting of the Cedar Rapids / Iowa City Friendship Force Club will be on Zoom again this year. It will be on **December 5th at 4:30 PM**. PPI CEO and President Jeremi Snook will be our guest speaker. You will be receiving a meeting invitation to join the Zoom meeting from Club President Jerry Burke by email. You don't need a Zoom account to participate. Click on the link and be sure your video and microphone are turned on.

Nominations for 2022 Club Officers

The Nomination Committee proposes the following slate of officers for 2022. Nominations will also be accepted from the floor, before the membership vote at our December 5, 2021 general meeting.

Christine Allen - Treasurer

Marilyn Bengel - Secretary

Patty Potter - President Elect

As Connie Williams is the current President Elect, she will move to the President position. Current President, Jerry Burke, will move into the Past President position.

Darlene Peterson has completed her 2 yr. term as Director at Large, Jean Thomas has accepted the appointment to replace Darlene.

Thanks to all who have served as board members in the past and those who have agreed to stay in their current positions.



Club Membership Renewals

Club membership dues for 2022 as set by our board will be \$40.

The board of Friendship Force International set their membership dues for 2022 at \$25. Our board set our local dues at \$15.

Dues should be sent to:

Christine Allen 1250 Teg Drive Iowa City, IA 52246

If you have any questions regarding dues please contact-Carol Burke membership chairman, or Jerry Burke, President

Breakfast LEO November 10

A breakfast LEO is planned for **Wednesday November 10** at the Ronnenburg Resturant in Amana. We have made the reservation for **9:30**. We will be ordering off the menu and may be seated in small groups. Let them know you are with the Friendship Force club when you arrive. **Please respond by November 3 to the SignUp Genius if you will be attending.**



FF International Pen Pal Program

Since last summer I have been corresponding with Jun from Japan, through the FF Pen Pal Program. We were to send letters the old fashion way through snail mail. With the ease of email, that quickly changed to a quicker, easier, and cheaper way to stay in touch, virtually. It has been interesting learning how Covid has changed the life styles of the Japanese, how the vaccine was being promoted and received, and its affect on the Olympics. The most surprising thing to me was how much baseball meant to her and how she followed it here with the Japanese players on American teams and there with the local teams. She could not wait to go back to the games in person .

If you have any interest in a pen pal from a different culture, go to the FF International site for more information. Contact me with any questions you may have.

Mary Ann Nelson mrsmanelson@gmail.com



Friendship Force International Member Login

FFI is changing their web site. The web site will talk about FFI, its history, services, and how to join. The members web site will delver information only to FFI members. You need to sign up as a member. Some of our club members have already done this but many have not It is very easy to do. It does require a different email address for each member, so if a couple each want to receive information and be listed as a member, they will need their own email address.

Go to: my.friendshipforce.org and click on signup to enter the information requested.

If you have any questions or need help, call Jerry Burke 563-929-0190.

Iowa Autumn Adventure October 7 & 8

On Thursday and Friday October 7 & 8, twenty two members of our club enjoyed two days exploring the beautiful country north of us.

The first item on our agenda was to do a little shopping in the Hazelton area and then have lunch at the Amish

Plainview Country Store. Mary and her sisters made a delicious lunch of homemade soups, salads, dinner rolls, and cinnamon rolls for us. We chose to take our dessert fry pies with us to eat for an afternoon snack at the buffalo farm.



Silage Salad from our Amish Meal

1 can corn drained	1/2 c. White vinegar
1 can green beans drained	1/3 c. Vegetable oil
1 can peas drained	1/2 c. Sugar
4-5 stalks celery chopped	1 tsp. Salt
1 large red or green pepper chopped	1/4 tsp. Black pepper
1 medium to large red onion chopped	1 tsp. Celery seed

Mix all together and refrigerate over night.

This is a hollyhock doll made by Dan during our Buffalo farm tour.



Next we drove to Fredricksburg to tour the Hawkeye Buffalo Ranch. Farmer Dan and his daughter welcomed us there. Dan supplied many interesting facts and stories about buffalos.





After our sage blessing, we all rode in the wagon to the pasture where their herd of 65 buffalo were grazing and we hand fed ears of corn to the hungry elite of the herd.

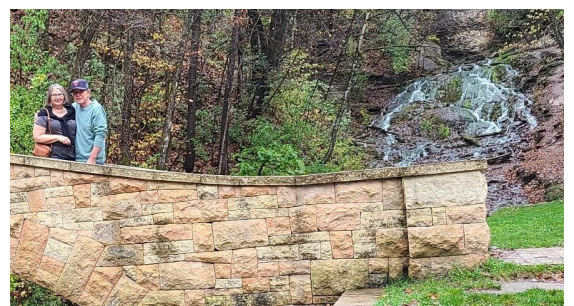


Interacting with and feeding the buffalo was a highlight.

After checking into our hotels, we enjoyed our evening meal at the Good Times Grill in Decorah.



Friday morning found us at the Decorah Fish Hatchery. Later many of us drove to the small but beautiful waterfall at the Dunnings Spring Falls to enjoy some outdoor scenery.





Next we were on our own to visit as many artists as we could on the Artist Studio Tour. We had our choice of seeing 42 artists at 31 locations where they showcased their pottery, paintings, woodcrafts, jewelry, weavings, etc. all



After a delicious lunch at the PIVO Brewery in Calmar, we drove to NEICC where we had a great tour of their dairy operation at the Dairy Foundation. What pampered and happy cows!



Stephanie had a hard time figuring out where the booties were supposed to go.

As we headed home, we enjoyed our evening meal at Bill's Pizza and Steakhouse in Independence with the lively conversation & comradery of our group. Everyone felt the last two days were relaxing and educational. A special thanks goes to Shirley and Esther for making the hotel and restaurant reservations and for scouting out our route months ago. Additional thanks go to Darlene and Judy for their help in many other areas.

What a great group of women to work with! Marian

Also a big thank you to Marian for organizing and leading this adventure.

Mix and Mingle: October 28, 2021

A wonderful evening of great food and many conversations were shared Thursday evening at 5:30, October 28, as Jim and Barb Steggall hosted the Mix N Mingle group of Larry and Mary Ann, Shirley, Patty and Trudy. Lots of ideas for future activities were shared, and we all learned a little something new about each other!!!



Mary and Frank Stull hosted Vic and Pat Klopfenstein, Joanne Smith, Esther Hudson, and Judy and John Miner. Again many fun stories were shared.

Mark your calendars for the next Mix N Mingle: Tuesday, December 14, at 5:30. It will be a new theme: **Appetizers and Desserts!!!!** Mary Ann and Trudy will be getting more information out to you about hosts/hostesses in early November.

Club Zoom Trivia

The next club Zoom Trivia is set for November 5th at 7:00PM

Look for the email to sign up.

You don't need a Zoom account

to participate. Just let Marty Novak martynovak@mchsi.com 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.



HOSTING SARASOTA

The Sarasota, Florida club will be visiting us in mid October. It will probably be a 5 day visit. ***I am looking for volunteers to***



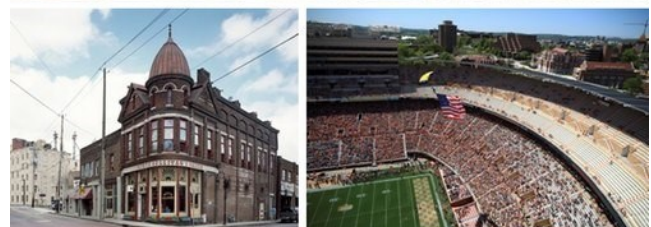
host our guests and be on the planning committee. It takes a village to be involved in our journeys and it is a wonderful way to meet new people. It is always enriching. So please let me know how you would like to be involved. Contact Judy Frascht-Miner, jjbm526@aol.com or 319-540-1701.

Journey to Knoxville with the Des Moines Club

April 20-25, 2022

Looking for a fun Friendship Force journey April 20-25, 2020? The FF of Des Moines is inviting club members from the Midwest region to join them on a journey to Knoxville, TN. Planned activities include touring downtown Knoxville; small group dinners; a hike in the Great Smoky Mountains; attending the Dogwood Arts Festival, a visit to the Museum of Appalachia and a visit to the Norris Dam, a TVA dam.

Contact: Shelley Bain, shelleybain@centurylink.com, 515-279-8908



Journey Calendar by Judy Frascht-Miner

Keep an eye on **Albuquerque, Dallas and Sarasota**

April 24th -30th 2022 - We are moving forward with plans for **Albuquerque, NM**. If you were signed up previously let Jean know if there are any changes in your availability. You will be hearing more soon. Direct questions to:



-Albuquerque-

Jean Thomas at jeanthomas521@gmail.com

April 20-25, 2022 Knoxville TN, Join Des Moines Club journey

MID OCTOBER 2021 - SARAOTA, FLORIDA - They are coming to Cedar Rapids/Iowa City in mid October 2021. We will have definite dates very soon. Volunteers are needed for many things, overnight hosts, day hosts, program planning, dinner hosts, etc. If you are interested in helping in any way let me know. It is always enriching to be involved with our visitors. Judy Frascht-Miner
jjbm526@aol.com/319-540-1701.

DALLAS - Still Negotiating possible dates

To be Anounced 2022/2023- Proposed three-week outbound journey to **Tamworth Australia, Adelaide Australia;** and **Tauranga Western Bay of Plenty, New Zealand**. They are being cautious. Their borders are not open yet and vaccination rates are low. Pre trip viral tours have been discussed.



May 2022– There may be an opportunity to travel to Kosovo with Sister States. Contact Connie Williams cmw1226@yahoo.com

I look forward to traveling with many of you soon!

2021 Cedar Rapids—Iowa City Club Board Members

President

Jerry Burke 563-929-0190 jcburke@yahoo.com

Past Presidents

Mary Ann & Larry Nelson 319-362-8078 mrsmanelson@gmail.com

President-Elect

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

Treasurer

Christine Allen 319-330-3536 callenivy@gmail.com

Secretary

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

Journey Coordinator

Judy Frascht-Miner 319-540-1701 jjbm526@aol.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 jcburke@yahoo.com

Directors at Large

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

Carol Malichky 319-330-1793 carolmalichky@gmail.com