



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

January 2022

CALENDAR OF EVENTS

January 14 2022	Club Zoom Trivia 7:00PM
January 25 2022	Board Meeting 8:30AM
February 20 2022	Orchestra Iowa 2:30PM
March 2022 TBD	World Friend- ship Day
April 24-30, 2022	Domestic Journey Albuquerque, NM
May 11-18 2022	Open World
May 18-20 2022	Orange City Tulip Festival
Late Septem- ber 2022	Outgoing Journey to Dallas TX
October 16-21 2022	Incoming Journey Sarasota, FL

PRESIDENT'S MESSAGE

Happy New Year!

Let's start with this message to club leadership from Jeremi Snook, the CEO & President of Friendship Force International.

"2021 has been an interesting year. There is little doubt that the global pandemic has been difficult for all of us, personally, socially and with regard to Friendship Force. I want to thank you from the bottom of my heart for your continued support. I am grateful to you for keeping your club members engaged and for keeping hold of the mission.

There is hope that this pandemic is winding down. Soon and perhaps more than ever before, the world will need us to get back to engaging and connecting with each other internationally.

Next year will continue to be a challenging year as we emerge from the pandemic, but our eyes are focused on our future where rebuilding, recruiting and rejuvenating our mission are our priorities. In addition to planning for our 2023 World Conference, there are many exciting things on the horizon for members and clubs.

May your holidays be filled with peace, connection, friendship and rest."

Thanks Jeremi! Couldn't have said it better. Pack it up, 2021! 2022 is ahead of us, let's enjoy the journey!

Connie Williams 2022 Club President



Orange City Tulip Festival May 18-20

There is still time to sign up for this fun Club trip. Please sign up through the signup genius or contact Shirley Rosencrans 319-462-4132

sarosencrans@yahoo.com



Wednesday, May 18 Depart Cedar Rapids, Stop in West Bend at the Grotto of Redemption, Stop at the Fort Dodge Museum and historical site, Stop in LeMars at the Blue Bunny Ice cream parlor. Check into a hotel in Orange City, See performance of “Mama Mia” in Orange City

Thursday, May 19 Take in a day at the Tulip Festival which includes reserved seating for the 2-hour parade, visiting historical sites, eating, shopping, a beverage or two, and return to hotel.

Friday, May 20 Stop in Sioux City, Iowa Louis & Clark Interpretive Center, Sioux City Museum

All details are still tentative. Here is a list of approximate costs per person.

Motorcoach : \$135.00 per person

Hotel: \$169.00 plus tax per night double occupancy 2 nights

“Mama Mia” show: \$25.00 Reserved seating parade: \$5.00

Value book for entrance fees to historical sites: \$15.00

Meals are all on your own & there may be a fair amount of walking

There could be some small, additional fees as this is a tentative itinerary.

Orchestra Iowa Feb 20th

Orchestra Iowa presents the music of composer John Williams on Sunday, Feb 20th at 2:30pm at the Paramount Theatre. His works with movie musical arrangements include Star Wars, E.T., Jurassic Park, The Terminal, Schindler's List and many more! If interested in attending as a group, please contact Connie Williams at cmw1226@yahoo.com to reserve tickets.



Group rate of \$34 per person for ground floor seating, if you reserve with Connie before January 20. Paramount Theatre has a Covid policy requiring all audience members to wear a mask.

Club Zoom Trivia

The next club Zoom Trivia is set for January 14th 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.



Annual Club Meeting December 5

The Cedar Rapids / Iowa City FF Club held its annual meeting on December 5 on Zoom again this year. Jeremi Snook, CEO and President of FFI was able to join us and let us know about the future plans for our organization. Elections for the 2022 calendar year were held. The 2022 club officers are:

President Connie Williams

President elect Patti Potter

Secretary Marilyn Bengé

Treasurer Christine Allen



Club Mix & Mingle December 14



Our popular Club Mix & Mingles continue to provide an opportunity for our club members to gather in small groups to enjoy friendship and good food. This one featured appetizers & desserts. Larry and Mary Ann Nelson hosted Barb and Jim Steggall, Diane and Ty Jeffery, Carol and Jerry Burke, Nancy York and Tom Hess .

Patti Potter hosted Nic and Pat Klopfenstein. John and Judy Miner and Darlene Peterson



HOSTING SARASOTA

The Sarasota, Florida club will be visiting us **October 16-21, 2022**. It will be a 5 day visit.



Larry Nelson has volunteered to be the Ambassador Coordinator and chair of the planning committee for their visit. We need 1 or 2 additional people on the planning committee. There will be many ways to be involved like home hosting, day hosting, hosting a small dinner party, etc. It takes a village to be involved in our journeys and it is a wonderful way to meet new people. It is always enriching. Please let Larry or myself know how you would like to be involved. Contact Larry Nelson, mrlwnelson@gmail.com or Judy Frascht-Miner, jjbm526@aol.com or 319-540-1701.

Outgoing Journey to DALLAS

It is exciting that some journeys are starting to come together. We are narrowing down our dates to visit **Dallas, Texas**. It will be at the end of **September 2022**. Specific dates should be negotiated by the end of January. There is a list of interested travelers started. If you would like to be on the list, please contact Judy Frascht-Miner jjbm526@aol.com



Hosting Availability Form

ARE YOU INTERESTED IN HOSTING in 2022? If so there may be possibilities with an incoming journey from Sarasota and an Open World experience. I personally find hosting very enriching. It is a chance to sit down with our guests in your home to learn more about their life and experiences. If you are interested please fill out the following form on this link and return to me, Judy Frascht-Miner jjbm526@aol.com

[www.thefriendshipforce.org/wp-content/uploads/2018/11/
HOST APPLICATION and agreement.pdf](http://www.thefriendshipforce.org/wp-content/uploads/2018/11/HOST_APPLICATION_and_agreement.pdf)

Here are some tips for hosting:

- Communicate** with your Ambassador prior to their arrival, usually by e-mail.
- Engage in conversation by sharing your life, family, work, hobbies and hopes.
- Talk about common interests so they will feel **comfortable and relaxed**.
- Avoid topics where differences may cause hard feelings or misunderstandings.
- Include** them in family gatherings, church, job, neighborhood, and friends.
- Welcome** them as old friends, indicating gladness they have come to visit.
- Make comfortable. **Orient** guests to their room & clothing storage. Demonstrate shower, where extra towels/supplies are located, and how to adjust temperature and ventilation.
- Offer refreshments and encourage getting acquainted. Be prepared with **language aids** if they do not speak English. Learn a few words in their language
- Encourage guests to join in with home activities, for example meal prep.
- Allow rest if needed, but don't leave them neglected in their bedroom. Offer a hot drink or nightcap before bed, and a bedside water bottle.
- Review the schedule** of events and what they involve, suggesting appropriate attire/jackets/umbrellas/etc.
- It is your responsibility to be on time.** Arrange wakeup, breakfast, and departure times. It disrupts the entire group if not timely.
- If there are any difficulties contact the Ambassador Coordinators

Journey Calendar by Judy Frascht-Miner

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

April 24th –30th 2022 - Our journey to **Albuquerque, NM** is just around the corner. 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:

Jean Thomas at jeanthomas521@gmail.com



-Albuquerque-

MAY 18-21– IOWA ADVENTURE (See article in this newsletter)

LATE SEPTEMBER 2022- Outbound Journey to **DALLAS, TEXAS.** A list of interested travelers has been started. If you are interested contact me at jjbm526@aol.com.

OCTOBER 16-21, 2022 - SARAOTA, FLORIDA - They are coming to Cedar Rapids/Iowa City October 16 –21, 2022. Larry Nelson is the Ambassador Coordinator. 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 Larry or myself know. It is always enriching to be involved with our visitors. Larry Nelson mrlwnelson@gmail.com / 319-362-8078 or Judy Frascht-Miner jjbm526@aol.com / 319-540-1701.

To be Announced 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.



Late June 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!

THANK YOU FROM FFI BOARD

Our club made a \$500 donation to Friendship Force International. This is the thank you note we received from Marilyn Peterson a FFI Board Member

DEAR FRIENDS,
THANK YOU, THANK YOU, THANK YOU!
ON BEHALF OF THE ENTIRE FFI
BOARD OF DIRECTORS, THANK YOU
FOR YOUR CLUB'S GENEROUS
DONATION
YOUR SUPPORT FINANCIALLY AND
AS A CLUB ARE EXTREMELY
IMPORTANT AT THIS TIME.
THANK YOU ALL FOR YOUR
CONTINUED SUPPORT OF OUR MUCH
LOVED ORGANIZATION.
IN FRIENDSHIP AND WITH MUCH
GRATITUDE,
Marilyn Peterson
541.926.7431 MAPWANDERS@GMAIL.COM

My Friendship Force

Friendship Force Online

The March launch of the new multilingual members' site coincided with the debut of the new image and refreshed logo. Now all the updates and articles are published on the your site at my.friendshipforce.org in English, French, German, Indonesian, Japanese, Portuguese, Russian, and Spanish.

If you've not yet joined Friendship Force online, visit my.friendshipforce.org to sign up for your account. All you need to get started is your name, email address, and club. Once you've created a password and signed up, your account will be approved by your club. Then you can log in anytime you wish to catch up on Friendship Force news for members.

Posts include:

- *Welcome to my.friendshipforce.org
- *Adopting New Technology
- *FFI and Coronavirus Vaccines
- *The View From The Board: Gratitude and Plans
- *FFI's Book Club
- *How The Past Year Has Changed Us
- *Quarterly Financial Update

You can also access Friendship Force's 2020 annual report, the 2021 global membership survey, our list of Virtual Experiences, and the Friendship Force brand refresh details. New articles and posts are added regularly and, as we further develop the site, new member and club features are being added.

We'll keep this page up for now so you can still access our older posts, but new content will only be published at my.friendshipforce.org. We hope to see you there!

2021 Cedar Rapids—Iowa City Club Board Members

President

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

Past President

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

President-Elect

Patty Potter pattyspotter@gmail.com

Treasurer

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

Secretary

Marilyn Benge 319-540-2114 imbenge@southslope.net

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 jbcburke@yahoo.com

Directors at Large

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

Jean Thomas 319-830-5092 jeanthomas521@gmail.com