



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

April 2022

CALENDAR OF EVENTS

April 6 4:30 PM	LEO Sugapeach North Liberty, IA
April 11 11:30AM	Club Hike White- water Canyon
April 24-30	Journey to Albuquerque
May 3	Club Hike Roches- ter Cemetery
May 6	Club Trivia
May 18-20	Orange City Tulip Festival
June 12	Gen Meeting Cen- tral Park, Jones County
June 25 11:00AM	All IA Picnic Davenport, Ia
Aug 16-22	Peru Incoming Journey
August 18,	Club Trip to Iowa State Fair
Sept 21-27	Out Bound Jour- ney to Dallas TX
Oct 17-22	In Bound Journey from Sarasota, FL
Dec 9-17	Open World
2023	World Conference
2023	New Zealand and Australia

PRESIDENT'S MESSAGE

Greetings from Iowa!

This is the subject line in many of my international emails to hosts, ambassadors and friends I've met along the way. And today, we have an opportunity to give our 'Greetings from Iowa' in a new way. An English Learning Class needs Volunteer Assistants to staff FF chat rooms. Judy, a volunteer from Vietnam, is working to teach English to a group of Japanese members. The class will meet once per week at 6 PM CDT for 8 weeks via ZOOM. There will be a theme every week with a vocabulary list and participants will want to learn how to structure sentences and questions. She will give instruction and then they will go into chat rooms where the assistants will guide the conversation. They might be able to correct usage or pronunciation in a nice, tactful way. If you have an interest to volunteer for the chat rooms, please contact Allison Lindsey at allison@friendshipforce.org or Hemily Nogueira at hemily@friendshipforce.org as soon as possible.

Connie Williams 2022 CR/IC FF Club President

April 6 LEO @ Sugapeach in North Liberty

The next LEO will be 4:30 P.M. Wednesday, April 6 at Sugapeach in North Liberty located at **650 Pacha Pkwy Suite 1 Suite 1, North Liberty, IA 5231**. It's a casual Chicken and Fish Fry restaurant with authentic Southern food served cafeteria style and room for us to sit and visit. For those who don't care for fried foods, they have baked chicken on Wednesdays, and there are a number of sides to choose from. We hope to see you there!



General Meeting June 12

Mark your calendars for a General Meeting of the CR/IC FF Club on June 12 at the pavilion at Central Park in Jones County.

We will have a guest speaker, Kenan Kantarevic. Kenan will share his story of coming from Bosnia to Mt Mercy University and setting into life in Eastern Iowa.

More information to come.



Club Trivia May 6 7:00PM<https://>

Club Trivia is still happening. The next zoom gathering will be Friday May 6th at 7:00 pm. If you want to join in on the fun contact :



Audrey audrey.b@mchsi.com, or George ghsjr@gmail.com.

MIDWEST REGIONAL COORDINATORS

THANK YOU

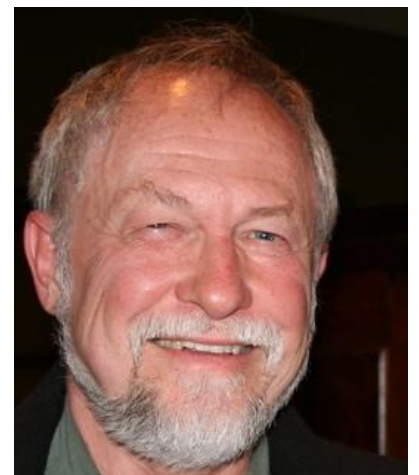
We want to thank Dale Moore for his service as Midwest Regional Coordinator, where he has just completed an extended term. His monthly Zoom meetings with and visits to our twelve Midwest clubs provide the link between each club's board and other regional representatives and Friendship Force International. He also facilitated communication and exchange of ideas between clubs. We thank Dale for representing us so well.



His leadership roles within our club have included 2015 co-president and 2014 co-president-elect with his wife Cheryl, after several years as club treasurer. He was the incoming journey coordinator for Nashik Riverside India in 2016 and a week-end visit from the Quad Cities in 2015.

WELCOME

Our club welcomes Bob Mitchell as the new Midwest Regional Coordinator. Bob and his wife, Nancy, have served as the co-presidents of the Friendship Force of Greater Milwaukee and have been members of FFGM for 24 years. Bob taught Communication, Psychology, and Cultural Studies at various colleges for 35 years, and serves as a docent for the Milwaukee Art Museum. We hope Bob and Nancy will join us for some club function this summer!



Afghan Resettlement Sponsor Circle

Our sponsor circle, Friendship Cedar Rapids, has submitted an application and we should hear in the next month, if we've been accepted to sponsor an Afghan family. Sponsor Circle members are Margaret Nelson, Jim Steggall, Barb Steggall, Jean Thomas, Mary Stull and Connie Williams. Our role will be to help them set up a place to live, find employment, get medical care, navigate the bus system, enroll children in school if needed and develop English language skills. To accomplish this, we welcome and will need assistance from club members and other community resources.



How you can help: Once we are matched with a refugee family, we'll need lot of help to get a household set up for them. We'll let members know how they can help. Watch for information in future newsletters or e-mails. For more information, contact, Mary Stull, mcdstull@aol.com or another team member.

Want to learn more about what it is like to be an immigrant or refugee in Iowa? Check out this program by the Iowa City Foreign Relations Council (ICRFC). It's about 90 minutes and I found the last 35 minutes to be particularly relevant to what we're doing.

<https://cmc-cr.org/life-in-iowa-as-a-refugee-and-immigrant-icfrc/>



LIMA PERU COMING AUGUST 16-22

We have just been matched with Lima, Peru for an inbound journey, August 16th through the 22nd. This is a wonderful way to become involved. A visit to the Iowa State Fair that is open to all members will be part of their visit. Patty Potter and Audrey Bradford are our Ambassador Hosts. It takes a community to have a successful journey. There are many ways to contribute big and small: be a home host or day host at an activity, help put together welcome bags, plan and contribute to Welcome and Farewell events, provide transportation, host a small dinner party, or come out to an activity and meet our new friends.



Contact:

Patty at pattyspotter1001@gmail.com 319-551-5179

Audrey at audrey.b@mchsi.com 319-365-5746

HOSTING SARASOTA OCT 17-22

The Sarasota, Florida club will be visiting us **October 17-22, 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. Other committee members are Carol Malichky, Shirley Rosencrans, and Barb & Jim Steggall. Again there will be many ways to be involved like **home hosting, day hosting, hosting a small dinner party, etc.** Becoming involved with journeys is very 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.



Club Hiking Outing April 11

Our first hike of 2022 will be on Monday, April 11 at **White-water Canyon** in the far northeast corner of Jones County. It is about a 45 minute drive from Marion. We will meet at **Cascade Community Park, Cascade around 11:45** for a picnic lunch, then drive about 10 miles to the trailhead.



Jones County Naturalist Michele Olson will meet us there at 1:00. We will have a variety of trails that can be covered in one to two hours. **Be prepared with insect repellent, appropriate dress for walking up and down sometimes muddy trails and a monetary donation to give**

Michele for Jones County Parks.

This is a beautiful, diverse area with caves, a stream and sometimes wildlife. We hope you will join us! Please RSVP to Jean Thomas jeanthomas521@gmail.com. Indicate if you are driving or would like to carpool.

Mark your calendar for May 3 to hunt wildflowers at **Rochester Cemetery**, near Tipton. More to come in the May newsletter. Again if interested contact Jean Thomas.



Host Application and Agreement

Home Hosting is a wonderful experience. Some of the most enriching times are when you are at home visiting with your guests. If you have never done it before, don't worry we will guide and support you. You do not have to do everything. I highly recommend giving it a try.

UPDATING FILES –Even if you have hosted before we need you to refill out a home hosting form. We are updating our files. Below is a link to the form.

https://www.thefriendshipforce.org/wp-content/uploads/2018/11/HOST_APPLICATION_and_agreement.pdf

Return to Judy Frascht-Miner jjbm526@aol.com

We're headed to Dallas – Sept 21 to 27

Looking ahead to September, we are planning an outgoing journey to the Dallas, Texas club. You may remember ambassadors from Dallas visited our club in 2019. September should be a great time to visit Texas. They are looking forward to us coming. You can submit an ambassador application to Mary Stull, ambassador coordinator, mcdstull@aol.com.



You can access the application on our club's website: http://www.friendshipforcecr-ic.org/wp-content/uploads/2014/12/Ambassador_Application_and_Agreement.pdf

Questions: call Mary at 319 721-0399 or 319 396-6254 and leave a message.

Schedule

Below is a tentative schedule for activities in Dallas

- Welcome Dinner (Wed 9/21)
- Dallas Arts District, possible overview tour of downtown
- Bush Museum & Meadows Museum, on Southern Methodist Univ campus
- Downtown + 6th Floor Museum
- Dallas Arboretum
- Free day (Probably Sun 9/25)
- Farewell Dinner (Mon 9/26)
- Travel home (Tues 9/27)

Cost: \$350(includes \$25 per day to FFI)

Transportation

You can fly to Dallas-Ft. Worth Airport or Love Field. Or you can choose to drive (13 hours driving time). American Airline has a non-stop flight. I found a ticket for \$590. United and Delta also have flights that connect in various cities. I did not check all options so you may be able to find better rates or use frequent flyer miles. If arriving by airplane, plan to land by 2 pm September 21. Based on Dallas traffic, this will enable your hosts to meet you and comfortably make the welcome dinner.

COVID Policy

The Dallas club's policy requires:

- All participants on an inbound journey must be fully vaccinated against Covid 19 at current CDC levels
- All hosts and family in their house, must also be fully vaccinated against Covid 19 at current CDC levels.
- All members, guests or other persons who attend or participate in any event that is part of an inbound journey must be vaccinated against Covid 19 at current CDC standards or have a negative Covid 19 test taken within the prior 3 days.
- Masks may be required at all group meetings, events and travel according to the current CDC guidelines, except when seated to eat. Hosts may determine the extent of mask use in their homes by themselves and their guests.



All Iowa Picnic June 25, 2022

All Iowa FF Clubs' Picnic: Iowa Strong!



- ★ Quad Cities
- ★ Cedar Rapids/Iowa City
- ★ Central Iowa (Ames)
- ★ Greater Des Moines

Date: Saturday, June 25, 2022

Location: Duck Creek Park, Shelter #2

3300 E Locust St, Davenport, IA 52803

From Locust St, turn right on Marlo Ave. into Duck Creek Park. When the road goes straight or left, go left and follow that road to the shelter. Park in designated spots, not on the grass.



Agenda:

11:00 am to 11:45 am	(optional walk along the bike path)
11:45 am to 12:00 pm	Register at Shelter
12:00 pm to 1:00 pm	Eat!! (Chick Filet deluxe box lunch)
1:00 pm to 3:00 pm	*Presidents' reports
	*Networking time
	*Fun!!

Cut off +
enclose
with
payment

Questions: Contact Barb Jacobsen 5majbaj@gmail.com / 563-320-2764

Deadline: Wednesday, June 15, 2022!!

Name(s): _____ **Club:** _____

Email: _____ **Phone:** _____

Make checks payable to: **FFQC** in memo line write: **All Iowa Picnic**

Mail to: FFQC, PO Box 504, Bettendorf, Iowa 52722

Cost: \$16/person **Amount enclosed:** \$ _____



Indicate # of: Meat option ☐ or Vegetarian option ☐

Information From FF International

Your patience, understanding and assistance to FFI is more important than every. Currently, FFI is operating with 3 full time staff members, Jeremi Snook, Allison Lindsey and Dana Jackson, plus 8 part time staff working from 8 to 20 hours per week. Go to the FFI website:

<https://www.thefriendshipforce.org/myfff> to view the staff members and their respective areas of responsibility, should you need to contact FFI.

World Conference – *The next World Conference will be in 2023.* Several locations are currently being considered. The actual month and dates will partly depend on the location selected.

State Fair with Lima Peru

MARK YOUR CALENDARS - Our club is planning a bus trip to the Iowa State Fair for Thursday September 18th. This will coincide with Lima Peru's visit here.



Be watching for a sign up genius regarding this in the near future. This may be a good time to invite friends and family to join in the fun.

Orange City Tulip Festival May 18-20

We have a full bus for the May 18-20 club Orange City Tulip Festival trip. If you would like to be put on a waiting list contact Shirley Rosencrans: 319-462-4132

sarosencrans@yahoo.com



Journey Calendar by Judy Frascht-Miner

Safe/Fun Traveling in 2022. Remember, up to date vaccinations and boosting are required for our journeys.



April 24th –30th 2022 - Thirteen of our ambassadors will be leaving for **Albuquerque, NM** on April 24th. (Sharon Bowers, Shirley Rosecranz, Nardine Stark, Connie and Myron Williams, Larry & Mary Ann Nelson, George & Stephanie Schulte, Darlene Peterson, Diane Jeffrey, Su Evans, Judy Miner) Direct questions To Judy Frascht-Miner jjbm526@aol.com / 319-540-1701.

MAY 18-21- IOWA ADVENTURE Our trip to the Orange City Tulip Festival is full. If interested in being on the waiting list contact Shirley Rosencrans sarosencrans@yahoo.com 319-462-4132.

AUGUST 16th—22nd - LIMA, PERU is coming to visit us as part of their Chicago Journey. A club trip to the Iowa State Fair will be part of this journey

JULY/AUGUST 2022 TBA- QUAD CITIES FOR BASEBALL

SEPTEMBER 21ST-26TH 2022- Outbound Journey to **DALLAS, TEXAS**. It is time to sign up. A list of travelers has been started. If you are interested contact Mary Stull mcdstull@aol.com 319-393-6254.

OCTOBER 16-21, 2022 - SARAOTA, FLORIDA - They are coming to Cedar Rapids/Iowa City October 16 –21, 2022. Larry Nelson is the Ambassador Coordinator. 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 FraschtMiner jjbm526@aol.com / 319-540-1701.

To be Announced 2023– Three-week outbound journey to **Tamworth Australia, Adelaide Australia**; and **Tauranga Western Bay of Plenty, New Zealand**. They are starting to open up. We are in communication and pursuing options with them



I look forward to traveling with many of you soon!

OPEN WORLD RESPONSE FROM BRITTON HOLMES OF FRIENDSHIP FORCE

"Thank you again for submitting a proposal to host an Open World program in 2022. I'm excited to let you know that COIL has accepted your proposal for the Kosovo Sustainability for Civil Society Organizations Open World Program! The delegation will arrive in Washington DC on December 7th, 2022 and **then to Cedar Rapids from December 9-17.**"

The Open World committee will need day hosts, overnight hosts, educational programming assistance, dinner hosts, etc. If you are a part of any kind of social, civil, professional, community or church groups with events or job shadowing opportunities, please let us know. The delegation will contain an interpreter, a facilitator and 6 delegates. Please contact Connie Williams at 319-396-4747 or via email cmw1226@yahoo.com **Planning will begin soon.**



In 2018 our Club hosted an Open World group from **Ukraine**. **Tatiana, Michael, Natalia, Andrii, Ihor, and Kateryna** were here to observe our **election process**. We are hoping and praying that they remain safe.



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 pattyspotter1001@gmail.com

Treasurer

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

Secretary

Marilyn Benge 319-540-2114 lbenge@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