



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

August 2022

CALENDAR OF EVENTS

- | | |
|-------------------|--|
| August 12 | Club Trivia |
| 7:00 PM | |
| Aug 16-22 | Peru Incoming Journey |
| August 18, | Club Trip to Iowa State Fair |
| August 19 | Kernels Baseball game with Peru club |
| 6:30 PM | |
| August 21 | Farewell Party for Peru at Lowe Park |
| Sept 21-27 | Journey to Dallas TX |
| Oct 17-22 | In-Bound Journey Sarasota & Mum- |
| | |
| Dec 9-17 | Open World |
| 2023 | World Conference |
| 2023 | Outgoing to New Zealand and Australia |
| 2023 | Incoming from Edmonton, CA |
| 2023 | Incoming from Taipei, Taiwan |

PRESIDENT'S MESSAGE

Hope you take a minute to read through this newsletter! So many of our members contribute updates on all of the projects, events and journeys. Special thanks to John Miner, for taking the time each month to cajole, compile and disperse the newsletter!

This month, I'd like to share a travel article with you. It's entitled "Mindfulness and Travel" and the 4 tips are worth repeating. Here's the summary version & an additional comment that might pertain to the Friendship Force experience.

1. Understanding Your Intentions.

As a FF ambassador, are your expectations in line with the hosts' programs and are you keeping an open mind?

2. Planning for Slow & Mindful Activities.

Is this something we as hosts should give additional consideration and work into the program?

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PRESIDENT'S MESSAGE CONTINUED

3. Preparing for Cultural Connections.

This is what Friendship Force is all about. Are we preparing for the connections to people and communities we visit or host? The Friendship Force mission statement is "To promote global understanding across the barriers that separate people." What better way to explore a culture than a home stay?

4. Finding Space for Reflection.

Are we finding meaning in our experiences? Are we fostering a mindful experience as hosts?

I love looking back at the photos and notes we've taken along the way on a journey. Or hearing from a Friendship Force friend you got to know over a kitchen table. Always share your Friendship Force experiences with your family and friends.

A quote from Mark Twain still applies in our time, "Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime."

If you would like to explore the entire article, here's the link:

<https://www.mosaicearth.ca/post/mindfulness-and-travel-4-tips>

Joyce Ann Roberson



We recently were informed of the passing of a passed member Joyce Ann Roberson. She was a member of our club and also a Club in Florida. Joyce loved to travel and took several trips with the Friendship Force chapters from Iowa and Florida. Destinations included Australia, Russia and France. Joyce also traveled to Kazakhstan where she served as a volunteer nurse for Lutherans in Medical Missions in 1995. She also volunteered as a nurse at the Navajo Evangelical Lutheran Mission in Rockport, Ariz., in 1997.

**Iowa State Fair Signup OPEN
to family & friends - \$40 - August 18th**

**FAIR TICKETS, BUS FARE, REFRESHMENTS FOR \$40
JOIN OUR GUESTS FROM LIMA, PERU**

Avoid the traffic, the parking, and the driving, PLUS finding your car in the pasture sized parking lot! You can see the latest ideas in Iowa, the produce, baby animal barn, butter cow, lots of entertainment stages and eat almost anything on a stick!

**We'll leave from the parking lot near Sam's AT 7:15AM
(BUS LEAVES AT 7:30 SHARP)**

and be home that evening. It's a big bus so invite your friends and family until we're full. Just remind anyone in the group that we all follow the Friendship Force regulations for Covid vaccinations, symptoms and exposure.

Call or email Patty Potter

pattyspotter1001@gmail.com, 319-551-5179

Checks can be mailed to her at 1809 Rosehill DR SW, Cedar Rapids, IA 52404. CONTACT PATTY BEFORE AUGUST 11TH.



Lima Peru Farewell Party August 21, Lowes Park.

The farewell party for our Peru friends will be Sunday August 21 at 4:30 PM. The fun will be at Lowes Park in Marion, IA. We will have a catered meal, games and a general meeting. You can also explore the beautiful gardens.



Please send \$30 per person to Patty Potter at 1809 Rosehill DR SW, Cedar Rapids, IA, 52404.

Fun at the Kernels Ball Game August 19

Please come join the fun at the Veterans Memorial Stadium to watch the Cedar Rapids Kernels take on the Wisconsin Timber Rattlers on **Friday August 19. The game starts at 6:35.** There will be a general invite sent out by email with all the details. This is another chance to meet our friends from Peru and to catch up with you CR/IC FF Friends.



New Scholarships for Lorena Schulte

***Lorena is the daughter of our club members
Stephanie and George Schulte.***

Robert McFarland and Lorena Schulte lost their lives at the Anamosa state penitentiary while two inmates attempted to escape on March 23, 2021.

Due to a generous donation by retired Anamosa State Penitentiary employee, Sally Potter, two scholarships were awarded to students studying in the field of medicine to honor the memory of Lorena Schulte and Robert McFarland.

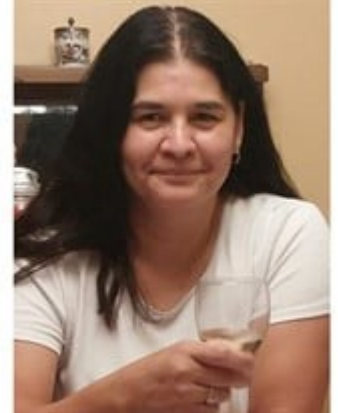
Megan O'Neill and Callie Lynch each received \$500. O'Neill is planning to major in pre-med at the University of Iowa. Lynch is pursuing a degree in Occupational Therapy at St Ambrose University.

Rather than end the giving with those scholarships, the Lorena Schulte & Robert McFarland Scholarship Foundation has been created by a group of current staff along with family members of Lorena and Robert to continue the mission.

The mission of the foundation is to continue honoring Lorena & Robert by offering scholarships to any eligible staff and/or dependent of the Iowa Department of Corrections including institutions, community base corrections, and education partners studying in the medical or corrections-related fields.

Anyone interested in donating can contact the foundation at:

LorenaSchulte_RobertMcFarlandScholarshipFoundation@outlook.com



Club Trivia August 12

Club Trivia is still happening. The next zoom gathering will be Friday August 12 at 7:00 pm. If you want to join in on the fun contact :



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

Afghan Resettlement Friendship Cedar Rapids Sponsor Circle

Mary Stull, Jean Thomas, Margaret Nelson, Connie Williams, Jim & Barb Steggall

The two men assigned to our sponsor circle arrived on July 6 at the Eastern Iowa Airport. They spent July 6-14 at the Ramada Inn. On July 15, they moved into an apartment which we were able to furnish with two beds, night stand, two dressers, sofa, recliner, rocker, coffee table, two end tables, several lamps and a bookcase. Dishes, silverware and assorted other kitchen items were also donated. They did all the heavy lifting. The guys were interested in taking care of arranging furniture and setting up the bathroom and kitchen. Thank you to Burke's, Marty Novak, Patty Potter, Mickelsons, Steggalls and Stephanie Schulte for help with furnishings. Two bikes were donated by a Lovely Lane Church member and helmets will be purchased.

They applied to Iowa Department of Human Services (DHS) for Medicaid and also for food assistance (SNAP) and financial assistance. Nancy York and Jean Thomas have volunteered to be English tutors. They've had several sessions with these eager learners.

Recreational and social outings have included visits to area parks and a Kernels game. We've also taken them to grocery stores.

They have connected with the Islamic Center on First Avenue West, attending Friday prayers and the EID festival at Kingston. They have met other Afghans at the Islamic Center and also at their apartment complex.

The to-do list includes: beginning the immigration process, opening a bank account, applying for work, learning the bus system, getting a driver's license and riding bike trails. They want to get work as soon as possible. They have been away from their families for almost year and are very concerned about them.

We are immensely grateful for club members and their friends who have supported this project. We also appreciate the help of unofficial members of the circle: Frank Stull, Dean Thomas and Ron Nelson. It truly takes a village to support a resettlement.

2023 Incoming Journey from Taipei Taiwan

It was a wonderful surprise to find out Taipei, Taiwan requested to visit us in 2023. We have just started to connect about this. Many of us visited them in 2017. If you traveled to Taipei, you may want to contact your hosts and let them know we would love for them to join the journey.



BLENDING DOMESTIC AND INTERNATIONAL

The highlight will be the beautiful fall colors.

MUMBAI will be joining the **Sarasota, Florida** club on their visit **October 17-22, 2022**. It will be a 5 day visit. **Larry Nelson** is the Ambassador Coordinator and chair of the planning committee for their visit. **Itinerary** will include a tour of CR, Historic Kalona and the Malicky farm, A Dubuque day including winery and stone city general store, Kinz Manufacturing, and Amana colonies. Please let Larry or myself know if you know anyone who would like to join this journey to Cedar Rapids/Iowa City. Contact Larry Nelson, mrlwnelson@gmail.com or Judy Frascht-Miner, jibm526@aol.com or 319-540-1701.



Journey Calendar by Judy Frascht-Miner

Safe/Fun Traveling in 2022 and 2023. Remember, up to date vaccinations and boosting are required for our journeys.

AUGUST 16th—22nd - LIMA, PERU is coming to visit us as part of their Chicago Journey. A club trip to the Iowa State Fair and a Kernels game will be part of this journey. Join us for the State Fair (Bring Friends and Family), Kernels game and Farewell Dinner. contact : Audrey Bradford Audrey.b@mchsi.com and Patty Potter pat-tyspotter1001@gmail.com



SEPTEMBER 21ST-26TH 2022- Outbound Journey to **DALLAS, TEXAS.** It is full. If you are interested in being on a waiting list contact MaryStull mcdstull@aol.com 319-393-6254



OCTOBER 16-21, 2022 - SARAOTA, FLORIDA AND MUMBAI have blended - They both 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

know. It is always enriching to be involved with our visitors. Larry Nelson mrlwnelson@gmail.com / 319-899-2693.



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2023 Matches have been made— Three week outbound journey to **Tamworth Australia, Adelaide Australia;** and **Tauranga Western Bay of Plenty, New Zealand.** Our inbound assignment is **Edmonton, Canada.**



NEWS FLASH—We have just been matched with **Taipei, Taiwan.** They will be visiting here in 2023!!!

I look forward to traveling with many of you soon!

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