



friendship force  
CEDAR RAPIDS -  
IOWA CITY

## CEDAR RAPIDS-IOWA CITY FRIENDSHIP FORCE CLUB

[www.friendshipforcecr-ic.org](http://www.friendshipforcecr-ic.org)

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

# September 2022

### Calendar of Events

<b>Sept 8</b> <b>5:00PM</b>	<b>LEO at Walker Home- stead</b>
<b>Sept 17</b> <b>7:00PM</b>	<b>Brucemorchestra!</b>
<b>Sept 21-27</b>	<b>Journey to Dallas TX</b>
<b>Oct 1-9</b>	<b>ALEX see Presidents Message</b>
<b>Oct 14</b> <b>7:00PM</b>	<b>Club Zoom Trivia</b>
<b>Oct 17-22</b>	<b>In-Bound Journey from, Sarasota, FL</b>
<b>Oct 21</b> <b>9:00AM</b>	<b>Farewell LEO Break- fast in Amana</b>
<b>Oct 27</b>	<b>Club Hike Wildcat Den</b>
<b>Nov 14</b>	<b>Club Hike—Indian Creek Nature Trail</b>
<b>Dec 9-17</b>	<b>Open World-Kosovo</b>
<b>Oct 2-5 2023</b>	<b>World Conference Dubrovnik, Croatia</b>
<b>March/April 2023</b>	<b>Outgoing to New Zea- land and Australia</b>
<b>2023</b>	<b>Incoming from Ed- monton, CA</b>
<b>2023</b>	<b>Incoming from Tai- pei, Taiwan</b>

### President's Message

As an extension of FFI and the mission to "To promote global understanding across the barriers that separate people", our local chapter is hosting a group of 7 Albanian delegates and their leader from Oct 1-9, referred to us by the American Leadership Experience (ALEX). These delegates are young adults/university students (ages 18-19) who intended to have a year as high school exchange students through the Youth Exchange and Study (YES) or the Future Leaders Exchange (FLEX) programs. Due to Covid, they were not able to have that experience. Instead, they will participate in a 2 week program in the US, with a week in Washington, DC, then a home hosted week with us in Iowa. ALEX and OPEN WORLD/COIL (Congressional Office for International Leadership) are associated with FFI as an additional opportunity to host internationals. Friendship Force of Cedar Rapids/Iowa City has a long standing connection, having hosted Open World many times over the past 20+ years. Where hosting a journey of Friendship Force ambassadors usually includes tours and social events included in a program, we are directed to make ALEX and especially Open World programs more instructional with a specific theme. The Open World group we were awarded from Dec 9-17 has the theme of "Kosovo Sustainability for Civil Society Organizations".

The programs for the Oct 1-9, Albanian ALEX participants and for Dec 9-17, Kosovo Open World delegates are being put together now.

If you have an interest in planning social activities, overnight hosting, day hosting or dinner hosting, please contact Judy Miner at [jjbm526@aol.com](mailto:jjbm526@aol.com), host coordinator. Instructional planning suggestions for Open World can be emailed to Connie Williams at [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com), who will pass these on to the OW committee. Your help is truly appreciated.

*Connie Williams 2022 Club President*

## Update on Friendship Cedar Rapids Sponsor Circle

Our Afghan newcomers are settling in well to their new community. They began working on the assembly line at Whirlpool in Amana on August 8. It is full-time employment on the second shift. They are shopping and preparing their meals in the apartment. Jean Thomas and Nancy York continue to work on developing English skills. Their healthcare needs are through the Eastern Iowa Health Center. They got Iowa IDs last week and are looking forward to taking the driver's exam.

The sponsor circle and our newcomers are going to **Brucemorchestra, September 17, 7 pm**. Gates open at 5:30 pm. Stop by and say hello if you are there. <https://ticket.artsiowa.com/brucemorchestra-2022/>

For further information on any of these topics, you can contact a sponsor circle member: Mary Stull, Connie Williams, Jean Thomas, Margaret Nelson, Jim & Barb Steggall.



## LEO at Walker Homestead September 8 @ 5PM

Join us for a LEO at Walker Homestead 3867 James Ave SW, Iowa City, IA. Walker Homestead is open to the public on Thursdays. We will be gathering on **Thursday September 8 at 5PM**. Enjoy brick oven pizza and small plates made from local ingredients. You can buy wine made on the premises as well as Big Grove beer. You are allowed to walk through the vineyards and the farm and garden as well as feed the animals. The sunset is always fantastic. This was a traditional farm that is becoming organic. Their mission is building community through agricultural education and culinary celebrations. The menu does change but this is a sample: [Menu](#)

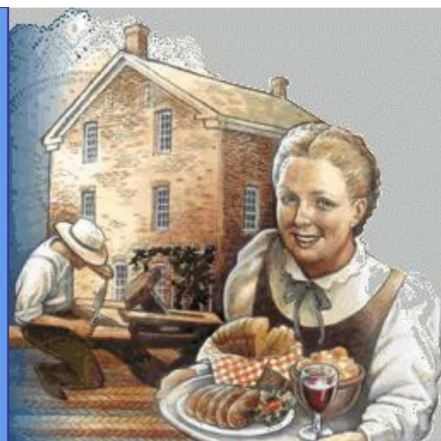


Please respond to the Signup Genius that was sent for this event so we can have a count of how many people we will have. You may also contact Christine Allen at [callenivy@gmail.com](mailto:callenivy@gmail.com)

## Farewell LEO Breakfast for the Sarasota Journey October 21 in the Amana Colonies

Due to the short nature of the Sarasota Journey in October the Farewell will be a Breakfast LEO in the Amana Colonies on October 21 at 9:00AM. Please mark your calendars for this event. There will be more information in the October newsletter. A Signup Genius will also be sent.

and the  
Amana  
Colonies  
in Iowa.





## Club Hiking Outings

After taking a break from a busy summer, the CR/IC Hiking Group has planned a couple of Outings for this fall. We will be going to **Wildcat Den near Muscatine on October 27th** and **Indian Creek Nature Trail on November 14**. More information will be available in future newsletters. Please mark you calendars to save the date.



## 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 focus of the journey will be the **beautiful fall colors**. Two **MUMBAI** and one **SanDiego** members 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.



There will be a Dubuque day including the Field of Dreams and the Stone City General Store. We will end with our farewell in the Amana colonies. Please let Larry or myself know if you would like to participate or help with activities. Contact Larry Nelson, [mrlwnelson@gmail.com](mailto:mrlwnelson@gmail.com) or Judy Frascht-Miner, [jjbm526@aol.com](mailto:jjbm526@aol.com) or 319-540-1701.

# NEW ZEALAND/ AUSTRALIA JOURNEY

We are in the process of narrowing down the dates for our New Zealand/Australia journey. They are also asking about numbers and checking out their hosting availability. It appears the dates will be somewhere between March 6th - April 14. New Zealand has asked that we come at the end of March. It then depends on what Australia works out. They are asking for interest level from our club so they can start nailing down their hosting capabilities. In New Zealand we will be visiting the Tauranga Western Bay of Plenty Club and in Australia we will be visiting the Tamworth and Adelaide Clubs.

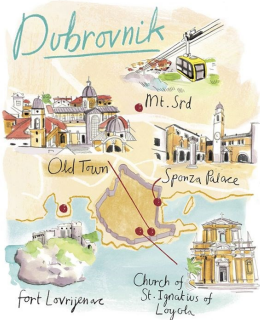


If you are still interested in going to New Zealand/Australia and March/early April 2023 works for you, please let me know.

Looking forward to hearing from you. I'm sure it will be a wonderful trip.

Contact Judy Frascht-Miner, Journey Coordinator [jjbm526@aol.com](mailto:jjbm526@aol.com) 319-540-1701

# World Conference Dubrovnik, Croatia



Next International Conference \* Save the date for the Friendship Force World Conference 2023: October 2-5, 2023 \* Our host will be Dubrovnik, Croatia, on the beautiful Adriatic Sea. \* Plans are underway, including pre- and post-conference tours in the region.

# Club Zoom Trivia

The next Club Trivia zoom gathering will be Friday October 14 at 7:00 pm. If you want to join in on the fun contact :



Audrey [audrey.b@mchsi.com](mailto:audrey.b@mchsi.com), or George [ghsjr@gmail.com](mailto:ghsjr@gmail.com).

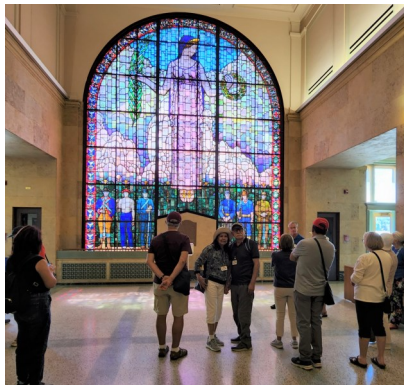


# Peru Journey

Our club had the pleasure of hosting 11 friends from Peru and 1 from New Mexico on August 16 through 22. Many new friendships were established and memories made.



Our friends rolled into town on the Trailway bus from Chicago after they visited the Northern Illinois Club. A welcome party was hosted by Myron & Connie Williams



We showed our guests many of the sites around the area and also had a day where we visited service agencies to show them how many of us volunteer our time to help others in the community.





There was just time to get our hotdogs before our guests got to experience an Iowa thunderstorm and the Kernels baseball game was canceled.



Thanks to Dale Moore for leading a tour of CR and especially for Penina for interpreting all week.

Thursday we took a bus and were able to experience the sites, foods and smells of the Iowa State Fair.







Home hosted dinners, gathering in small groups and sharing personal experiences is a big part of any Journey.



At the Farewell dinner, our guests preformed a song about the love of their homeland. Thank you to Audrey Bradford & Patty Potter for chairing this journey and Maria Olano Peru Journey Coordinator. Committee members were Nadine Stark, Esther Hudson and Lynette Nuehing.





# 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 - Our LIMA, PERU** journey was wonderful. Many thanks to Audrey, Patty, Nadine, Esther and Lynette for putting together a wonderful experience for all. And thank you to the host homes. I hope you found your experience enriching.

**SEPTEMBER 21ST-26TH 2022-** Outbound Journey to **DALLAS, TEXAS**. It is full and we will be leaving soon. Any questions contact MaryStull [mcdstull@aol.com](mailto:mcdstull@aol.com) 319-393-6254



**OCTOBER 16-21, 2022 - SARAOTA, FLORIDA** - We have 9 ambassadors coming from Sarasota, Mumbai, and San Diego. Larry Nelson is the Ambassador Coordinator. If you would like to contribute contact Larry. It is always enriching to be involved with our visitors. Larry Nelson [mrlwnelson@gmail.com](mailto:mrlwnelson@gmail.com) / 319-362-8078 or Judy Frascht-Miner [jjbm526@aol.com](mailto:jjbm526@aol.com) / 319-540-1701.



**March/April 2023 - Tamworth Australia, Adelaide Australia; and Tauranga Western Bay of Plenty, New Zealand.** If interested contact Judy Frascht-Miner at [jjbm526@aol.com](mailto:jjbm526@aol.com) 319-540-1701



**Edmonton, Canada**—our inbound 2023 assignment

**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!**

#####

## **President**

Connie Williams 319-396-4747 [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com)

## **Past President**

Jerry Burke 563-929-0190 [jbcburke@yahoo.com](mailto:jbcburke@yahoo.com)

## **President-Elect**

Patty Potter [pattyspotter1001@gmail.com](mailto:pattyspotter1001@gmail.com)

## **Treasurer**

Christine Allen 319-330-3536 [callenivy@gmail.com](mailto:callenivy@gmail.com)

## **Secretary**

Marilyn Benge 319-540-2114 [imbenge@southslope.net](mailto:imbenge@southslope.net)

## **Journey Coordinator**

Judy Frascht-Miner 319-540-1701 [jjbm526@aol.com](mailto:jjbm526@aol.com)

## **Activities Coordinator**

Shirley Rosencrans 319-462-4132 [sarosencrans@yahoo.com](mailto:sarosencrans@yahoo.com)

## **Communications**

Mary Stull 319-393-6254 [mcdstull@aol.com](mailto:mcdstull@aol.com)

## **Membership**

Carol Burke 563-929-6067 [jbcburke@yahoo.com](mailto:jbcburke@yahoo.com)

## **Directors at Large**

Carol Malichky 319-330-1793 [carolmalichky@gmail.com](mailto:carolmalichky@gmail.com)

Jean Thomas 319-830-5092 [jeanthomas521@gmail.com](mailto:jeanthomas521@gmail.com)