



CEDAR RAPIDS-IOWA CITY FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

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Cedar Rapids- Iowa City Friendship Force

October 2022

Calendar of Events

President's Message

Oct 1-9	ALEX visitors
Oct 14 7:00PM	Club Zoom Trivia
Oct 17-22	In-Bound Journey from, Sarasota, FL
Oct 21 9:00AM	Farewell LEO Break- fast in Amana
Oct 27 1:00PM	Club Hike Wildcat Den
Nov 14	Club Hike—Indian Creak Nature Trail
Dec 9-17	Open World-Kosovo
March/April 2023	Outgoing to New Zea- land and Australia
October 2-5 2023	World Conference Dubrovnik, Croatia
2023	Incoming from Ed- monton, CA
2023	Incoming from Tai- pei, Taiwan

Friendship Force of Cedar Rapids-Iowa City, you rock in 2022!

Hosting Peru, an ALEX from Albania, Sarasota & an Open World from Kosovo, PLUS a club trip to Orange City, PLUS journeys to Albuquerque and Dallas. Based on our activities, we're as busy as a club can be. We have new members, long time members, long distance members, active members. We're helping 2 Afghan gentlemen acclimate to a new life in the US with our Sponsor Circle. We play trivia, go to LEOs, take hikes & bike rides, go to concerts and support each other through this Covid mess. Thank you for 2022.

Looking forward to 2023, please continue to participate. Consider a board position. More voices, new voices, all should be in the mix. Some board members have graciously accepted nominations to remain, Christine Allen as Secretary, Marilyn Bengel as Treasurer. Consider making or accepting the nomination for President Elect. Patty Potter, as incoming President for 2023, is leading the nomination committee. They will soon be making calls.

I have enjoyed being a member of the board, as well as my 2011 and 2022 terms as President. It's a great opportunity to learn more about Friendship Force International, travel to International Conferences, make connections within our club and around the world. It's now time for Patty to bring her ideas forward, she's done great this year with so much of what has been accomplished. If you've not been President before, jump in....you have a year as President Elect to grow into it. If you have been President, consider re-upping. Everyone on the board steps up to help, you are never alone. Friendship Force is still the best way to get to know people, work with people and enjoy travel with friends!

Connie Williams 2022 Club President

Friendship Cedar Rapids Sponsor Circle

Jean, Margaret and Frank enjoy an outing to Brucemororchestra with four Afghan newcomers. Unfortunately the weather didn't last and the concert was called off.



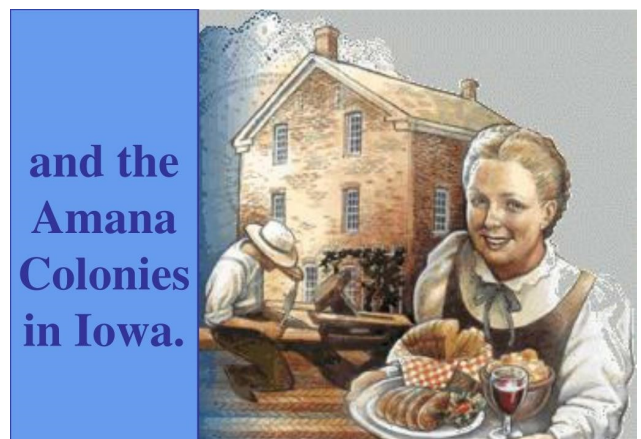
LEO at Walker Homestead September 8

Around 20 members gathered at the Walker Homestead outside of Iowa City on September 8 for a fun evening of good food and good conversation. A little wine and beer was also consumed. The weather was perfect and the sunset was stunning.



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 at the Ronneburg in the Amana Colonies on October 21 at 9:00 AM. It is Family Style and the cost is \$18.50. Sign up on the Sign up Genius or contact Larry Nelson mrlwnelso@gmail.com know if you will be attending



Dallas Journey September 21-27

From September 21-27, 12 ambassadors enjoyed the warm weather and even warmer hospitality of Friendship Force hosts in Dallas. The group included four from the Madison Friendship Force club; seven from our club and one who lives



in Missouri but belongs to the Dallas club. To help the group get acquainted, we held a Zoom meeting that also included the hosts. This was a fun way to get to meet. Some highlights of the journey

included a welcome dinner at a Mexican restaurant (Fun fact: the father of the owner created the frozen margarita, after he saw a Slurpy machine at a 7-11). One day was spent in the arts district in downtown



Dallas area and included a park that was developed over a highway. Other activities included a tour of the George W. Bush Museum, Sixth Floor Museum, the Arboretum and the Dallas Aquarium (a wonderful place that included

birds and animals as well as fish). We also enjoyed interesting conversation at a pizza party and small dinner parties. Since several Dallas club members visited Madison and Cedar Rapids several years ago, it was especially gratifying for ambassadors and hosts to see each other again.



Emails from Ukraine by Margaret & Ron Nelson

As soon as the war started in Ukraine I began to wonder how Andrii and Misha were doing. We hosted them for Open World in November of 2018. I first had to dig through my files to see if I could find emails for them and after some futile attempts, I was able to find addresses and attempt to contact them. Within a week or two I got responses from both. What has been surprising to me is their gratitude for keeping in touch and not forgetting them! My most recent email is from Andrii. His relatives and friends who are on the war front are, fortunately, healthy and “alive”. He has been in a small town in the Kyiv region conducting training for IDP’s (internal refugees) in the field of education. He says “it is nice to see people who, although they lost their homes, did not lose faith in themselves and humanity.”



Misha is also engaged in very important reforms for the country but is feeling that he may be called for duty at any time. He comments that it is “difficult for many to understand why Russia can still attack hospitals, shopping centers, schools and universities with missiles. Our infrastructure is simply being demolished---sadly!”

They close their emails with the memories and the friendships they made with us and thank us for the military support we are giving to them. Misha goes on to say we have made him feel like he has “another big family. It’s very precious. Thank you so much.” These are touching words from people who are going through a horrific war. And that is what friendship is all about!



Club Hiking Outing to Wildcat Den State Park

After taking a break from a busy summer, the CR/IC Hiking Group has planned a couple of Outings for this fall. The first will be to **Wildcat Den near Muscatine on October 27th at 1:00PM**. We have contacted the DNR Ranger for the park and they will be able to open the 1848 Pine Creek Gristmill for us and give a historical account of the mill, bridge and the park. We will also be looking for a place in the area for lunch. It is about 1 hour and 15 minutes to this park so we will be looking into car pooling for those who want to. More information will be sent to members by email.

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 two **California** 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 or Judy Frascht-Miner, jjbm526@aol.com or 319-540-1701.

NEW ZEALAND/ AUSTRALIA JOURNEY

It appears our journey to New Zealand/Australia will begin close to March 15th and be 3 to 4 weeks long. I let them know we have 16-18 members interested in traveling. They are checking out their hosting availability. In New Zealand we will be visiting the Tauranga Western Bay of Plenty Club and in Australia we will be visiting the Adelaide and possibly the Tamworth Clubs. There may be other side trips.

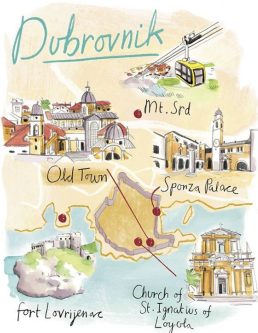


If you are still interested in going to New Zealand/Australia and March/early April 2023 works for you, please let me know.

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

Contact Judy Frascht-Miner, Journey Coordinator jjbm526@aol.com 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. Look on the international web site for more information. <https://friendshipforce.org>

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, or George ghsjr@gmail.com.

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.

SEPTEMBER 21-27 - Journey to Dallas - Everyone had a fantastic time. See Mary Stull's article in this Newsletter.

OCTOBER 1ST - The **ALBANIAN** young adults with the ALEX program have arrived and have a busy week ahead

OCTOBER 16-21, 2022 - **SARASOTA, FLORIDA** - We have 9 ambassadors coming from Sarasota, Mumbai, and California. 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 / 319-362-8078 or Judy Frascht-Miner jibm526@aol.com /



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March/April 2023 - **Tamworth Australia, Adelaide Australia;** and **Tauranga Western Bay of Plenty, New Zealand.** The projected beginning date is **March 15, 2023.** Extensions to this journey are being explored. Anyone that would like to be involved in the planning please let us know. If interested contact Judy Frascht-Miner at jibm526@aol.com 319-540-1701 or Jerry Burke jbcburke@yahoo.com 563-929-0190

DECEMBER 9 -17 - Open World with **KOSOVO.** If you would like to be involved contact Connie Williams cmw1226@yahoo.com 319-396-4747

Edmonton, Canada—our inbound 2023 assignment

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

I look forward to traveling with many of you soon!

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