



friendship force
CEDAR RAPIDS-IOWA CITY

CEDAR RAPIDS-IOWA CITY FRIENDSHIP FORCE CLUB

www.friendshipforcec-cr-ic.org

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Cedar Rapids- Iowa City Friendship Force

November 2022

Calendar of Events

Nov 8 8:00AM	Board Meeting
Nov 11 7:00PM	Zoom Trivia
Nov 12 9:30AM	Annual Meeting Ronneburg Restau- rant Amana, IA
Nov 14	Club Hike—Indian Creek Nature Trail
Dec 16 7:30PM	Orchestra Iowa at The Paramount
Dec 9-17	Open World-Kosovo
March/April 2023	Outgoing to New Zea- land and Australia
June 2023	Incoming from Tai- pei, Taiwan
Sept/Oct 2023	Incoming from Ed- monton, CA
October 2-5 2023	World Conference Dubrovnik, Croatia

President's Message

Dear Friends,

Today's message is one of gratitude and inclusion, plus a laundry list of items that need to be shared.

THANK YOU, EACH AND EVERY ONE OF YOU, for everything you've done to make this year the positive Friendship Force experience it has been. Board members, home hosts, dinner hosts, day hosts, host coordinators, ambassador coordinators, bakers, planners, dues payers, newsletter contributors and distributors. Thank you all for reading the newsletter, organizing LEO's, attending LEO's, Orchestra Iowa, Orange City and other functions, being ambassadors and being a friend. As a club, we have Zoomed meetings and Trivia, traveled as ambassadors to Albuquerque and Dallas, hiked in several parks and trails, hosted Albanian students through ALEX and hosted ambassadors from Peru & Sarasota. Our club has established a Sponsor Circle, thus accepting the responsibility for 2 Afghan men's start in the US. And we are currently organizing an Open World from Kosovo. THANK YOU ALL. Stay active, stay healthy, enjoy the travels of each day!

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On to the laundry list....

In order for FFI to know about all our members, it is important to register on the new FFI website, https://my.friendshipforce.org/en/users/sign_in

Jerry Burke has updated the membership list for those of you who have email addresses, so please contact Jerry or Carol if you have questions. Feel free to update your profile and add your photo.

Ambassador Application Forms are now in the Help Center. <https://helpcenter.friendshipforce.org/> or click the Help Center icon on the my.friendshipforce.org/en/home ;

FFI requires each outbound ambassador, domestic or international journey, to have adequate travel and medical insurance. An ambassador must sign a waiver if choosing not to carry travel and/or medical insurance. The waiver states you are accepting the liability and financial risk, should you incur additional expenses for an early return home or need medical care. Fees already paid are not returned to you.

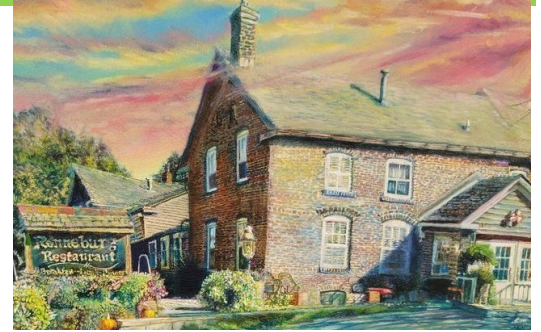
You can secure travel insurance through FFI, insurance companies like Nationwide or Allianz, or through your credit card if included. Some medical plans cover costs only while in your local community, in the US, or worldwide, so know what your medical policies cover. It is important that you read the entire policy to determine if the policy will truly fit your needs and cover emergencies.

Cancellation policy - an ambassador needs to cancel more than 60 days before departure to be refunded the FFI Fee and host club Program Fee. There is no refund of any fees if an ambassador cancels less than 60 days before the start of the journey. (Some host clubs will reimburse minor expenses, such as meals not eaten, but this is not to be expected.) This emphasizes the need for travel insurance.

Connie Williams 2022 Club President

Club Annual Meeting November 12 :9:30AM at The Ronneburg Restaurant Amana IA

The Annual meeting of the Cedar Rapids/Iowa City Friendship Force Club will be held November 12 at 9:30 AM. We will be meeting in at The Ronneburg Restaurant located at 4408 220th Trail, Amana, IA. The upstairs Bier Garten has been reserved, cash bar available for Bloody Marys and Mimosas. Cost for Family Style Breakfast is \$15.95, not including tax, gratuity or beverages.



Agenda: social time, committee reports, nomination & election of officers

A great restaurant, delicious breakfast, good friends! See you there!

RSVP via Sign-up Genius or call Connie Williams at 319-396-4747

Slate of proposed officers for 2023

Treasurer: Christine Allen

Secretary: Marilyn Bengé

President Elect: Open

Nominations will be accepted from the floor.

Orchestra Iowa at Paramount

Plan on joining your Friendship Force friends and guests from Kosovo (Open World) for a fun evening at The Paramount Theater for Orchestra Iowa for the Holiday Spectacular **Friday December 16** at 7:30.

Watch for Signup genius for details.



Sarasota Incoming Journey

October 17-22

The Sarasota FF Club visited us for a fall journey October 17-22. The weather and fall colors provided an enjoyable experience for all. We had 9 guests, 5 from Florida, 2 from California and 2 all the way from Mumbai, India. We were able to pack in a lot of Eastern Iowa in those 5 days, from the top of Mount Trashmore to the Field of Dreams and the farmland around Kalona to the Mighty Mississippi in Dubuque. The following are some pictures of the highlights and fun we had with our new friends.



Welcome party hosted by Myron and Connie Williams



Touring Cedar Rapids





Combining corn on the
Malickly farm



Field of
Dreams



Touring the Amana Colonies



A "light" lunch in Kalona



Lunch at Eagle Point Park



Admiring Tiffany Window
In Dubuque



Home hosted
Dinners



Surveying the Lock and
Dam on the Mississippi
River



Thank you to all the home hosts, day hosts an dinner hosts. There was great participation from our members. Please consider joining the fun of an in-bound journey. There's always another coming up and planning starts months before the actual journey.

Hosting Young Adults from Albania Through ALEX

From October 1st to the 9th our club hosted 8 young adults from Albania through the ALEX program (American Life EXperiend). We had the opportunity to show them what life is like in Eastern Iowa.



Thank you to everyone who helped to make this happen. Home hosts, Joan Lacayo, Trudy Sundermann, Mary Ann & Larry Nelson and Judy and John Frascht-Miner. Home Hosted Dinners: Jim& Barb Steggall, Jean and Dean Thomas, Connie and Myron Williams and Patty Potter. Day Hosts, Drivers & Helpers: Jerry Burke, Shirley Rosencrans, Rosie Russell, Christine Allen, and Dale Moore.

Club Hiking Outing to Wildcat Den State Park

Eleven members of the CR/IC FF Club enjoyed a fund day visiting Wildcat Den State Park. We met at the Serving Café in West Branch before meeting our guide at the Grismill for a tour and information about the park. It was a beautiful fall day, the trees were still hanging on to their colors. On the way home we stopped off for a treat at the Wilton Candy Kitchen. Our next hike will be November 14th on the Indian Creek Nature trail. There will be a email sent with details.



Adventures in Time Travel with Friendship Force

Mike Hoenig from Quad Cities FF Club

Since joining FFQC about a year ago, I've envisioned pulling out my passport or getting my REAL ID to travel to exciting destinations. Never did I imagine that a journey might involve time rather than distance. That's all changed now, thanks to our friends from the Cedar Rapids/Iowa City (CR/IC) club who invited me to join them on October 19 for a journey to Kalona and rural Riverside.

Inbound journey coordinator Judy Frascht-Miner collected me at a Duncan Donut on the outskirts of Iowa City shortly after 8 AM. Fifteen minutes later, I exchanged the taste of a processed long john for a soft, flavorful homemade kolache at the Golden Delight Bakery near Kalona. I would soon be joined by several Cedar Rapids club members and nine ambassadors—five from Sarasota, two from California, and two from Mumbai, India.

For the next several hours, we were immersed in Amish and Mennonite culture and tradition. The clatter of steel-rimmed wheeled buggies, corner working phone booths, absence of electric lighting, and shirts without the latest decals reminded us that we'd left much of the 21st century behind. A nondenominational church pastor and a local tour guide, raised in the Mennonite and Amish traditions respectively, answered our questions on topics from education to COVID response. After consuming one of the best meals ever at the home of Henry and Ila Miller, we learned about the thriving buggy trade from Buggy Shop owner Elson Ropp.

Less than fifteen minutes and seven miles away from Elson, we arrived at the farm of Jim and Carol Malichky near Riverside. Carol, a Cedar Rapids club member, introduced us to her husband, sons, and 11-year-old granddaughter, all proud farmers! Gone were horse and buggy and one-room schoolhouse, replaced by a large-capacity hog operation and a six-row heated combine which offered thrilling rides to ambassadors and hosts. As I tried to imagine this transition from the perspective of our Mumbai ambassadors, I couldn't help thinking of the Frank Sinatra lyric: "What is America to Me?"

I wish to thank the CR/IC club for this very special opportunity. Upon learning at the All-Iowa picnic that I was interested in connecting with Sarasota club members during their time here, CR/IC club members made it happen! They're a fun and enthusiastic bunch! I hope we'll have the chance to partner with them on a grander scale in the future!

Friendship Cedar Rapids Sponsor Circle

Our Sponsor Circle has been hard at work with the two Afghan gentleman refugees who are settling in this area. The project has gone very well and is coming to the conclusion of our formal involvement. Come to the Annual Meeting and hear more about the process.

A very big Thank You to everyone that participated and contributed.

NEW ZEALAND/ AUSTRALIA JOURNEY

Our journey to New Zealand/Australia will begin close to March 15th and be 3 to 4 weeks long. We have 16-18 members 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 the Tamworth Clubs. There may be other side trips.

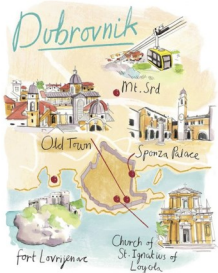


If you are still interested in going to New Zealand/Australia and March/early April 2023 works for you, please let me know.

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

Contact Judy Frascht-Miner, Journey Coordinator jibm526@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 November 11 at 7:00 pm. If you want to join in on the fun contact :

Audrey audrey.b@mchsi.com, or George ghsir@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.

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 jjbm526@aol.com 319-540-1701 or Jerry Burke jbcburke@yahoo.com 563-929-0190

DECEMBER 9 -17 2022 - Open World with **KOSOVO.** Connie Williams and her committee are hard at work putting together a program for our Kosovo visitors. The theme of their visit is sustainability. Note the **Orchestra Iowa event** on December 16th. This is during the Kosovo visit. If you would like to be involved contact Connie Williams cmw1226@yahoo.com 319-396-4747

LATE JUNE 2023—We have just been matched with **TAIPIE, TAIWAN** for an inbound. It's beginning to look like they will visit in late June if we can dispel their concerns about tornados. Connie Williams has volunteered to be the Host Ambassador for this journey. There are several of you that traveled with us to Taiwan. What a great committee to be on. If you want to be involved with the committee contact Connie Williams cmw1226@yahoo.com 319-396-4747.

SEPTEMBER/OCTOBER 2023 -EDMONTON, CANADA-Communication to solidify dates has started for our inbound 2023 assignment. We will need a Host Coordinator to put together a committee and plan the itinerary during their visit. You do not do this alone and it's a wonderful experience. Contact Judy Frascht-Miner if interested, jjbm526@aol.com 319-540-1701

I look forward to traveling with many of you soon!

2022 Cedar Rapids/Iowa City FF Officers

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