



friendship force
CEDAR RAPIDS-IOWA CITY

**CEDAR RAPIDS-IOWA CITY
FRIENDSHIP FORCE CLUB**

www.friendshipforcecr-ic.org

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

September 2023

Calendar of Events

President's Message

- | | |
|----------------------------------|--|
| Sept 6
4:30PM | LEO Picnic
Manchester Iowa |
| Sept 15
10:00AM | Club Hike to Frank
Lloyd Wright House |
| Sept 15
7:00PM | Zoom Trivia |
| Oct 2-5, 2023 | World Conference
Dubrovnik, Croatia |
| Oct 16-23,
2023 | Incoming from Ed-
monton, |
| Oct 22nd
4:00PM | Farewell Dinner for
Edmonton |
| Oct 26 -Nov 2 | ALEX from Ukraine |
| Oct 29
1:00PM | General Meeting
Coralville Public Li-
brary |
| Nov 18
9:30AM | Annual Meeting
Ronneburg Restau-
rant Amana, IA |
| Oct 7-9,2024 | Super Regional Con-
ference Milwaukee |

Well, I'm looking at the calendar and thinking that September looks pretty slow....but then remember we have an incoming journey from Edmonton, Canada and a (large) ALEX group from Ukraine to get ready for in October. And a bunch of the main players will be on an extended trip to Slovenia, Croatia, Albania and Kosovo....so I think it will end up being busy after all! I am sorry to miss the Friendship Force international Conference, but we do what we have to. We will have a big Farewell at Lowe Park for Edmonton, I hope we will have a big turnout for that on the 22nd of October, and an event with the Ukraine kids on the 29th that will be an open event to the club. When we were asked to do the ALEX, and found out it was Ukraine, Connie and I agreed we needed to make it happen. Anything we can do to help that country out....sign up to help however you can. These ALEX kids are a fun bunch!

Patty Potter 2022 Club President

September 6 LEO in Manchester

Fall should bring cooler temperatures so our next Let's Eat Out (LEO) will be a backyard picnic. On **September 6**, Jerry and Carol Burke have invited us to their home, **1113 Gales Avenue, Manchester, Iowa**. We'll gather for social time at 4:30 pm and eat at 5:30. Jerry will send out a Sign Up Genius so you can order your sandwich from **Olive That Deli** and pay at the picnic.



October 29 General Meeting

There will be a general Meeting of the Cedar Rapids-Iowa City Friendship Force Club at the Coralville Public Library, **October 29th at 1:00PM**. Russell Ganim will be speaking. He is Associate Provost and Dean of International Programs at the University of Iowa. He will speak on Iowa-Kosovo relations over the last 25 years as well as the UI- based USAID cooperative agreement entitled, [Private Sector Partnerships to Strengthen Higher Education \(PSPSHE\)](#). He has recently joined Friendship Force and gave us tremendous help in creating programming for the Open World group from Kosovo in December 2022.



Even though October is a really busy month, this Kosovo-related info is quite relevant to the club, given that several members will have been in Kosovo early in October and ALEX visitors will be with us then.

Here is a link to more info about this project. <https://education.uiowa.edu/news/2023/04/usaids-taps-ui-experts-connect-higher-education-and-private-sector-kosovo-and-iowa>

Club Zoom Trivia

The next Club Trivia zoom gathering will be **Friday, September 15 at 7:00 pm**. If you want to join in on the fun contact or watch for the email with the link, and jump on. Audrey Bradford and Jo Hanken will be doing questions.

Audrey audrey.b@mchsi.com, or Jo jejke70@cox.net

ALEX to CR-IC Oct 26 to Nov 2

The American Leadership Experience, known as ALEX, will again send participants our way. Twelve young adults from Ukraine will be hosted by Friendship Force of Cedar Rapids - Iowa City from **October 26 through November 2, 2023**. These participants applied in 2019 for the 2020 high school year, but Covid and the Russian invasion of Ukraine sidelined their lives. Like the Albanian students we hosted in 2022, they are given the opportunity to spend several days in Washington, DC, then a week in Cedar Rapids - Iowa City. As not all participants are currently living in Ukraine, they will first group and spend a week in Warsaw, Poland, before coming to the US.

If you would like to meet these ALEX participants, join us at the Coralville Library on Sunday, October 29 at 1pm. Dr. Russell Ganim will present a program about the International Students at the University of Iowa. We hope some of those students will join us that day as well.

Orchestra Iowa will present Symphonic Sci-Fi at the Paramount Theatre on Saturday, October 28. Our group of ALEX students from Ukraine will be in attendance. If you would like to join this group, please send your check to FF of CR-IC, PO Box 1001, Cedar Rapids, IA 52401-1923 or give to Patty Potter, before October 1st. The cost is \$35 per ticket at this group rate, a savings of \$10 for each seat.

If you would like to be a day host, dinner host or are willing to take the group to a haunted house, please contact Judy Frascht-Miner at jjbm526@aol.com or Connie Williams at cmw1226@yahoo.com.



Edmonton and Area Club of Canada October 16-23, 2023

Edmonton Canada is visiting us this fall. Our committee lead by Jim and Barb Steggall has put together a great itinerary for them. **We are still in need of a host for 1 or 2 single women.** If you would like to participate in some way and haven't been contacted please let me know. Contact Judy Frascht-Miner, 319-540-1701 jjbm526@aol.com if you can host or want to be involved in another way.



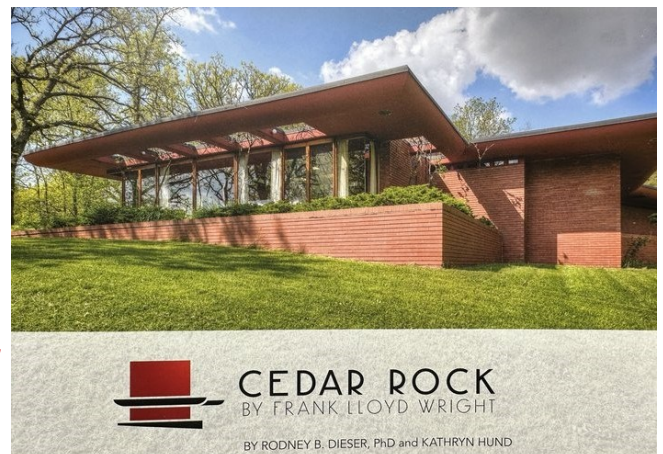
We will be entertaining our friends all over Eastern Iowa from Dubuque to Kalamona to Iowa City and Cedar Rapids.

Don't forget to sign up for the Fairwell Dinner Sunday October 22nd at Lowe Park at 4:00PM.

We will also have a brief presentation from our delegates that traveled to the World Conference in Dubrovnik, Croatia.

CR/IC FF Club Hike Frank Lloyd Wright House Quasqueton, IA

Come join us for a tour of Cedar Rock by Frank Lloyd Wright on **Friday September 15**. We will meet at **9:30AM** to view this beautiful example of a well-preserved signature Frank Lloyd Wright Usonian estate. The DNR led house **tour starts at 10:00**. It is located at *2611 Quasqueton Diagonal Blvd, about 1 mile North of the town of Quasqueton*. After the tour we will have the option to hike some of the trails. We will then go to a local restaurant in Quasqueton for lunch and conversation. **Hope to See you there.**



General Meeting August 20

The plight of refugees and what can be done to aid them was the topic for a general meeting at the Coralville Public Library on August 20. Amir Hadzic, Mt. Mercy University's award-winning men's soccer coach, spoke about fleeing his home in Bosnia during the civil war there, his life in a refugee camp, and his eventual resettlement in Iowa. Amy Weismann, assistant director of the University of Iowa's Center for Human Rights, told of her former work as a humanitarian aid worker in a refugee camp and her current legal advocacy for refugees. She also shared information about what citizens can do now to help refugees.



Suggestions for Ways to Help Refugees

Direct Citizen Engagement in Resettlement:

- *Sponsor Circles
- *Uniting for Ukraine

Volunteer for/Contribute to Service Providers in Cedar Rapids and Iowa City:

- *Catherine MacAuley Center (USCRI)
- *International Rescue Committee opening office in Iowa City
- *IC Compassion
- *Catholic Charities in Cedar Rapids
- *ALL Iowa
- *PM+ Training and Support
- *Iowa Migrant Movement for Justice

Advocacy for Policy Change and Better Global Governance

- *Afghan Adjustment Act
- *Call for human rights informed asylum and refugee policies state and federal level
- *UNHCR

Kudos to the Cedar Rapids FF members who formed a sponsor circle to welcome and re-settle two men from Afghanistan. Abdullah lives in Cedar Rapids and works at Whirlpool. Idris has moved to Tucson to live with family. Let's hope this support will make their settlement to the United States a story of hope, strength, and resilience like Amir's story.

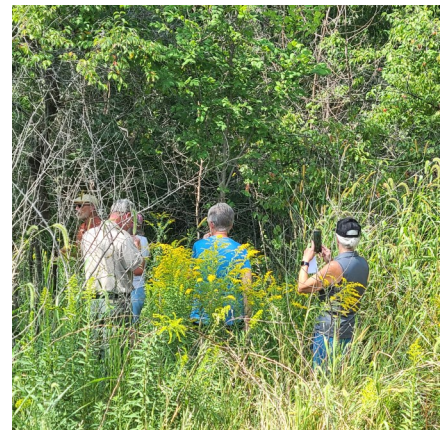
CR/IC FF Club Hike to Kent Park

August 25th 11 members of the CR/IC FF club ventured to Kent Park in Johnson County for one of our club hikes.



This picturesque 1,062-acre park is located 3 miles west of Tiffin on Highway 6 is one of Iowa's premier county parks. We started with a tour of the Conservation Education Center. Brad Freidhof, the Conservation Program Manager, told us about the history, development and use of the park.

It was a typical hot day and to everyone's surprise and appreciation, they provided a bus to drive us around. They took us to some of the out of the way places in the park where we picked wild plums for a snack. We did hike a few of the 13 miles of trails. Afterwards we had lunch at Bryant's off Six.



See the information about our next hike to the Frank Lloyd Wright House in Quasqueton on September 15.

Looking for Board Members for 2024

We are starting to look forward to 2024. With this means there will be a couple of openings on the board. If you are interested in being on the board or want to be on the nomination committee please contact Nancy York 319-929-8208 stampingtonancy@gmail.com who will be our new president for 2024.



Experience is not needed!!!! Many of us joined the board knowing very little. We have many experienced individuals on the board and in our group that are wonderful about sharing their knowledge and experience. Being on the board provides you this experience and the chance to be closer to planning and programming, along with closer relationships with other members.

Don't be shy about volunteering!

SUPER REGIONAL CONFERENCE 2024

The Canada United States Super Regional Conference will be in Milwaukee, WI. Circle your calendar for **October 7-9, 2024** and make plans to be there. Let's support the Milwaukee club and show the rest of the US and Canada the best of the Midwest.



friendship force
GREATER MILWAUKEE

Senior College at University of Iowa

Gayle Bray wants everyone to know that it is not too late to sign up for Senior College at the University of Iowa. The attached link will take you to the website to review and sign up for all the interesting offerings this fall.

<https://www.foriowa.org/senior-college/>



Journey Calendar by Judy Frascht-Miner



WE HAVE OUR 2024 JOURNEY ASSIGNMENTS!!!! We have been assigned an outbound to **Edmonton, Canada** and an inbound from **Oregon's Mid-Willamette Valley**.

See below. I encourage you to get involved in our journey's even if in a small way. There are so many

ways to be involved. Don't wait to be asked, contact me and discuss options: Judy Frascht-Miner

jjbm526@aol.com 319-540-1701



OCTOBER 16th-23nd, 2023 -EDMONTON, CANADA will be visiting us very soon. **Jim and Barb Steggall** are our Host Coordinators. **A Host for 1 or 2 women is still needed.** Ways to be involved are in-home hosting, dinner hosting, or day hosting. No one does this alone and it's a wonderful experience. Contact Jim & Barb Steggall bjsteggall@mchsi.com or Judy Frascht-Miner, jjbm526@aol.com 319-540-1701 if interested.

OCTOBER 26TH - NOVEMBER 2ND —UKRAINE— ALEX, will again send participants our way. Twelve young adults from Ukraine will be hosted by Friendship Force of Cedar Rapids - Iowa City. If you are interested in being involved in some way with this group let us know. Hope you will definitely consider coming to the General Meeting on October 29th at 1:00 pm. The Ukrainian guests will be in attendance . See the article on Page 2

2024 Outbound to Edmonton — Tentatively looking at a July or August date

2024 In2coming from Oregon's Mid-Willamette Valley—Tentatively looking at fall (Aug/Sept/Oct)

I look forward to traveling with many of you soon!

2022 Cedar Rapids/Iowa City FF Officers

President

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

Past President

Connie Williams 319-396-4747 cmw1226@yahoo.com

President-Elect

Nancy York 319-929-8208 stampingtonancy@gmail.com

Treasurer

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

Secretary

Marilyn Benge 319-540-2114 mbenge@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

Jean Thomas 319-830-5092 jeanthomas521@gmail.com

Joan Lacayo 319-551-4725 jmtlacayo@gmail.com