



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

March 2024

Calendar of Events

March 8 7:00PM	Club Zoom Trivia
March 15- 23	Open World-Kosovo
March 17	Dinner & Parade with Kosovo Visitors
March 22 7:00PM	CR Roughriders Hockey with Kosovo Visitors
April 17 5:00PM	LEO at El Viejo at the Long Branch
May	General Meeting TBD
June 29 11:30AM	All Iowa Picnic
July 19-23	Inbound from Milwaukee WI
August 19- 26	Outbound Journey to Edmonton, CA
Sept 4-10	Journey to Kosovo
Sept 30 - Oct 7	Incoming Journey Willamette Valley OR
Oct 7-9	Super Regional Conference Milwaukee
Oct 9-12	Outbound Journey to Milwaukee

President's Message

It's March already. How did this happen? I remember bemoaning the quick passing of time to my dad many years ago. He was probably my current age or maybe a few years older, and responded, eyebrows arched, "Wait'll you get to be my age; time just SCREAMS on by!" I've thought of that so many times since. As the years in front of me are now fewer than those behind me, it makes me ever more conscious of how I want to spend my remaining time.

Among the many joys of my life is discovering other foods to eat, art to enjoy, and different ways to live, something Friendship Force allows us to do in abundance. Travel is one of the ways to experience new cultures, and meeting visitors from other parts of the U.S. and the world is another. Even meeting members from our own club often yields surprising insights. At World Friendship Day this past week, I saw members I hadn't seen at an event before, and had interesting conversations with those I already knew. I saw my first ribbon skirt. And despite having worked with our speaker and sharing the same college degree, I learned something new. This is what happens when you participate in club activities. It's wonderfully rewarding and life enhancing. Come join the fun!

Nancy York 2024 Club President

Hiking Club News

We're almost to hiking season! We will begin the year with a city hike sponsored by the Cedar Rapids History Center. ***It will begin at 10:30am on the second floor of the Cedar Rapids Public Library, March 5.*** Jenny Thielman will share information about the downtown area between 4th Ave and 1st Ave as viewed from the skywalk. *You will need to **[purchase a ticket online](#), \$5 for members, \$7 for nonmembers.***

<https://www.historycenter.org/tours>

Afterwards we'll find a restaurant near the library for lunch and talk about our hiking wish list for this year. Looking forward to seeing you there!

FFI North American Conference

Drury Plaza Hotel Milwaukee Downtown Oct 7 - 10, 2024

Welcome to the 2024 North American Friendship Force Conference! Your conference will be hosted in Milwaukee, Wisconsin, where inspiration meets connection. Dive into discussions with members

from Canada, Mexico, and the US. Gain insights from FFI leaders and innovators. Beyond the conference sessions, check out lively Milwaukee, known for its hospitality, famous breweries, and rich cultural heritage. Local half-day excursions are available for you to enjoy, and the FF Milwaukee club members will give you recommendations on city dining for all budgets. Don't miss this chance to meet with your peers and ignite new ideas that will shape FFI's future. Secure your spot today!



[Event Website \(whova.com\)](https://www.whova.com)

Open World Program March 15-23

Thank all of you who are participating in the week with our delegates from Kosovo. Here's a short schedule of events for the week. *If you would like to be involved, please feel free to contact Connie Williams or one of the host families.* We all appreciate your help.

Friday, March 15, arrival at Cedar Rapids airport at 10am

Host households: Mary & Frank Stull, Stephanie & George Schulte, Joanie Lacayo

Lunch, then Tour of Czech museum

Saturday, March 16 Tour of Dubuque's Multicultural Family Center

Lunch, then National Mississippi River Museum

Home hosted meals in the evening

Sunday, March 17 Time with host families

Friendship Force potluck at Lovely Lane Church, RSVP to SignUp Genius

Monday, March 18 State Capitol tour in Des Moines

Greeting and lunch at the Kosovo Consulate in Des Moines

Zoom meeting at consulate with Gjilan's sister city, Sioux City

Tuesday, March 19 Tour Amana Farm-anaerobic digester (manure to energy)

Lunch at Ox Yoke Inn with SCORE

Tour of MidAmerican Aerospace in Cedar Rapids

Wednesday, March 20 Meet South of Six executive team in Iowa City

Lunch, then tour with Kalona Chamber of Commerce

Farmers Hen House, Open Gates Group, JK Creative Wood

Hillcrest Dynamics Regenerative Farming, Kalona Chocolates



Thursday, March 21 U of I professors Russell Ganim and Cassie Barnhart discuss their grant for study of Kosovo

Lunch at Iowa City Rotary International

Greater Iowa City presentation at MERGE

Tour and talk by owners of Woofables

Dinner at home of Julia Wasson and Joe Hennager

Friday, March 22 Meet with Marion Economic Development Corporation

Wrap up lunch at Parlor City Restaurant

New Bo City Market tour

Roughriders Hockey Match at ImOn Ice Arena (We could get group tickets, could be fun!)

World Friendship Day



We had a great turnout for World Friendship Day on Sunday, February 25! Between 30 and 35 people, which included at least 8 visitors celebrated with us to enjoy our program and a delicious array of food. Some of our visitors brought their children, which is a wonderful way to introduce them to Friendship Force.

Our speaker, Darek Benesh from Kirkwood College's Global Learning Department spoke about cultural adjustment for international students and immigrants. One ex-

ercise simulated the difficulty for a non-native speaker trying to say a simple sentence with a limited knowledge of verbs. Even at more fluent levels, the placement of a single word in a sentence can change the meaning of the communication. His talk gave us all a lot more to appreciate when people acclimate to a new culture and a new language.



Day Hosting

CONSIDER BEING A DAY HOST when we have visitors. The days we plan with our visitors are very interesting. Many of us have learned new things about our home area even though we have lived here many years. If you have not been a Day Host before or gone on a particular tour/day contact me. Let me know what you would like to experience and we'll try to work it into one of our upcoming inbound journeys.

It is also helpful to our Home Hosts. It provides them with a couple of breaks during the week.

The possible days are Cedar Rapids, Iowa City, Kalona, Amana, West Branch Presidential Library, Dubuque Mississippi River.

Let me know if your interested in learning more. Judy Frascht-Miner,
jjbm526@aol.com 319-5401701

Older Laptop Computers need a Good Home

The club has 2 older laptop computer that are no longer being use. If anyone could use them please contact Connie Williams 319-396-4747 cmw1226@yahoo.com



LEO April 17

Come join us for a LEO (Lets Eat Out) **Wednesday April 17** at 5:00PM at **El Viejo** Restaurant 90 Twixt Town Rd (*Best Western Longbranch*). A SignUp Genius will be sent at a later date. Contact Shirley Rosencrans if you have any questions 319-462-4132 sarosencrans@yahoo.com



Club Zoom Trivia

The date for the monthly Zoom Trivia has been set for **Friday March 8**. The fun starts at **7:00PM**. This is a wonderful chance to show off you knowledge of information of little importance or value.

Training Opportunities for Club Members

Over the course of this year, FFI will offer training for new members and seasoned members alike. These are Zoom Meeting that will be hosted by a FF staff or panel. There will be a time for Q & A in each



session. Some of the topics are ***New Member Orientation, Journey Coordinator Training, Planning for Succession within your club.***

March 18 will be Journey Coordinator Training

April 15 will be Planning Special Journeys

April 23 will be New Member Orientation

To access the training schedule and sign up go to the Friendship Force - Member Portal, ([Friendship Force - Member Portal](#)) sign in and then click on Help Center on the left side of the page. Type in training opportunities and you then click on “ Where can I find training opportunities for club members or club leadership?” and you will be directed to the schedule.

All Iowa Picnic June 29

The Cedar Rapids-Iowa City Friendship Force Club will be hosting our friends from the other Iowa Friendship Force Clubs this summer **June 29**. It will be held at the **Homestead Welfare Club**, 4215 V ST, Homestead, IA. The starting time has been set for 11:30AM. Look for more information in future newsletters.



Journey Calendar by Judy Frascht-Miner

SIGN UP SOON! Say **YES** to getting involved in our journeys! There are so many ways to be involved whether you travel on a journey or help host visitors. It takes a village! Don't wait to be asked, contact me and discuss options: Judy Frascht-Miner jjbm526@aol.com 319-540-1701

MARCH 15th-23rd 2024-OPEN WORLD WITH KOSOVO Six delegates will be visiting us. There will be an **all club event on March 17th**. Come meet our friends! Contact Connie Williams with questions, cmw1226@yahoo.com

JULY 19-23-2024— Shared Inbound from Milwaukee — The Quad Cities along with us, Cedar Rapids-Iowa City, will host Milwaukee. The journey will be divided between the two locations. Patty Potter is our Host Coordinator. Volunteers are needed for home/day/dinner hosting. Please contact Patty pattyspotter1001@gmail.com or myself jjbm526@aol.com if interested.

AUGUST 19-26 2024 Outbound to Edmonton — Jerry and Carol Burke will be the Host Coordinators. Planning is in process. We are checking back to confirm with those that have already signed up. This will help us determine if there are any additional openings. If you were signed up and haven't heard anything contact Jerry and Carol Burke, jbcburke@yahoo.com or Judy Frascht-Miner with questions jjbm526@aol.com.



SEPTEMBER 4TH-10TH 2024 OUTBOUND TO KOSOVO– This will be Kosovo's first time to host a journey! YEAH! If interested contact Connie Williams

SEPTEMBER 29-OCTOBER 6th 2024 Incoming from Oregon's Mid-Willamette Valley– If you would like to be part of the planning of this incoming Journey contact Judy Frascht-Miner, jjbm526@aol.com

OCTOBER 9-12TH— Outbound to Milwaukee. We have been invited to stay in Milwaukee a few extra days after the North American Regional Conference



2024 Cedar Rapids/Iowa City FF Officers

President

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

Past President

Patty Patter 319-551-519 pattyspotter1001@gmail.com

President-Elect

Shirley Rosencrans 319-462-4132 sarosencrans@yahoo.com

Treasurer

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

Secretary

Nadine Stark 319-530-6535 cnwstark@gmail.com

Journey Coordinator

Judy Frascht-Miner 319-540-1701 jjbm526@aol.com

Activities Coordinator

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

Communications

Mary Stull 319-393-6254 mcdstull@aol.com

Membership

Carol Burke 563-929-6067 jbcburke@yahoo.com

Directors at Large

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

Sharon Bowers 319-533-2462 sharonbowers533@gmail.com