



**friendship force**  
CEDAR RAPIDS-IOWA CITY

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

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

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Cedar Rapids- Iowa City Friendship Force

**April 2024**

**Calendar of Events**

**President's Message**

- April 17**      **LEO at El Viejo at the**
- 5:00PM**      **Long Branch**
- April 18**      **Ethnic Fair Linn-Mar**
- 11:15**        **High School.**
- May**            **General Meeting TBD**
- June 29**      **All Iowa Picnic**
- 11:30AM**
- July 19-23**    **Inbound from Mil-**
- waukee WI**
- August 19-**    **Outbound Journey to**
- 26**            **Edmonton, CA**
- Sept 4-10**     **Journey to Kosovo**
- Sept 30 -**     **Incoming Journey**
- Oct 7**         **Willamette Valley OR**
- Oct 7-9**       **Super Regional Con-**
- ference Milwaukee**
- Oct 9-12**     **Outbound Journey to**
- Milwaukee**

What a fun and enlightening time our Kosovo Open World delegates shared with us last month. It was exciting to see so many Friendship Force members turn out to welcome our guests at the March 25th potluck. Hearing their stories as well as Cedar Rapids city council member, Ashley Vanorney's experience visiting Kosovo and nearby countries makes me truly appreciate the impact we have on one another. While I appreciate and take advantage of all the advanced technology to connect with the wider world, nothing beats meeting a flesh-and-blood human being and sharing a meal together. It's exactly the kind of exchange I'd hoped for when I first joined FF. Thank you, Wayne Smith, President Jimmy Carter, Governor Robert Ray, and all those who had the foresight to launch this organization into the worldwide phenomenon it is today. With the promise of more predictably warm weather ahead, it's a great time to get out of our homes and meet with each other more often. We have lots of opportunities to get more involved with FF in the months ahead. Come join us!



*Nancy York 2024 Club President*

## 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 .

Contact Shirley Rosencrans if you have any questions:

319-462-4132 [saroscncrans@yahoo.com](mailto:saroscncrans@yahoo.com)



## 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.



## Club Zoom Trivia

Do you find random facts fascinating? We're here to help you sharpen your skills and level up your knowledge on everything from entertainment and movies to history, sports and geography. Club Trivia will be held again on **April 19**. The fun begins at **7:00 PM**. Look for the email link to join in.



## Ethic Fair at Lin-Mar High School

Our club has an opportunity to have an exhibit table at the Linn-Mar High School Diversity Fair, which will feature a variety of cultures (focusing on ethnic cultures.) Students from different parts of the world will have tables set up with artifacts and foods from their cultures. Some may give performances.

The event will be on **Thursday, April 18 from 11:15-2:00 at Linn-Mar High School**. The target audience of the event is students. Our club will have a table with a board showing photos from both incoming and outgoing journeys. We will emphasize the international aspect of our journeys. **We are looking for a couple of volunteers to help staff the booth. You can be there an hour or more. Please contact Mary Stull, [mcdstull@aol.com](mailto:mcdstull@aol.com), 319 721-0399.**

This should be a fun event.



## Updating Members' Phone Numbers

Some of our members have new email addresses, phone numbers or have dropped a land line. Please check out your phone number & email on our website, ([friendshipforcecr-ic.org](http://friendshipforcecr-ic.org)) under Membership Content (left side), then Membership List – March 2024.

If changes need to be made Contact: Carol Burke at [jcburke@yahoo.com](mailto:jcburke@yahoo.com) or 563-929-0190

If there are changes, we will publish a new membership list in April.

A green circular button with a white border and a slight shadow. The text "MEMBERSHIP INFO" is written in white, bold, capital letters inside the circle.

MEMBERSHIP  
INFO

## Instructions for Completing the 2024 Ambassador Application

If you are traveling with the club to Edmonton or Kosovo this year you will need to complete the 2024 Ambassador Application and then forward to your Journey's Host Ambassador.

To complete the form, first log onto your **Member Portal**. Click on the **Help Center** that is on the left side of the page. Click on **(See all Articles)** under **the Journeys** title. Then click on **Club to Club Journeys**. You will then want to click on *Where can I find an Ambassador Application and Agreement Form?* Next click on the link to *2024 Ambassador Application and Agreement fillable*. **Download** it to your computer. You then need to **open the download on your computer**. The form should then be fillable. Complete it and send a copy to Jerry Burke for [jbcburke@yahoo.com](mailto:jbcburke@yahoo.com) for Edmonton and Connie Williams [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com) for Kosovo.

## 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 \(whova.com\)](http://whova.com)

# Open World Kosovo Recap

By Connie Williams

Our week with delegates Lejla, Zoran, Sasa, Maks, Fadil was awesome! Led by facilitator, Ana and aided by interpreter, Teodora, we explored the Economic Development of Small and Medium Sized Municipalities in Eastern Iowa. We showed this group the best of Eastern Iowa, including the Friday morning snow storm!

Thank you to all who participated throughout the week. Sunday dinner on St Patrick's day was well attended by many of our members. Special thanks to all who home hosted - *Joanie Lacayo, Mary & Frank Stull and Stephanie & George Schulte*. Planners, day hosts, home hosted dinner hosts, greeters, drivers, presenters, you are all deeply appreciated for your gracious hospitality. Our delegates were deeply touched by the people and overwhelmed with the opportunities and possibilities they witnessed during the week.



Here is a summary of our ambitious schedule.

**Saturday:** Multicultural Family Center in Dubuque, Antonio Mouzon

National Mississippi River Museum

Home hosted dinners

**Sunday:** Welcome! St Patrick's Day potluck at Lovely Lane Church

Q & A about local city government with Cedar Rapids Councilwoman, Ashley Vanorny



**Monday:** Iowa State Capitol in Des Moines

Tour of the Capitol, met with Secretary of State, Paul Pate and Senator, Janice Weiner

Luncheon meeting provided by First Secretary of the Consulate of the Republic of Kosovo, Fatmir Rrahmanaj, including Leigh Carlson, Iowa Economic Development; Major General Timothy Orr,(Retired); Teresa Parmenter, Iowa Sister Cities

Zoom meeting with Economic Development team from Sioux City, IA

Sioux City is a sister city to Gjilan, Kosovo

Stop at Bass Pro Shop on the drive home



**Tuesday:** Amana Farms - tour of anaerobic digester, which produces green energy and quality fertilizer from manure and some industrial by-products.

Ox Yoke Inn at Amana - joined by Craig Hanson, SCORE chapter chair, mentorship

MidAmerican Aerospace

**Wednesday:** South District Market in Iowa City

Kalona Area Chamber of Commerce tour; Farmers Hen House, Open Gates Group & Dairy Farm, JK Creative Wood, Hillcrest Dynamics, Regenerative Farming, Kalona Chocolates

Bowling at Pickle Palace with Cedar Rapids Councilwoman, Ashley Vanorn



**Thursday:** University of Iowa - Russell Ganim and Cassie Barnhardt regarding Kosovo/U of I partnership

Rotary International presentation

Greater Iowa City at MERGE

Woofables pet food business

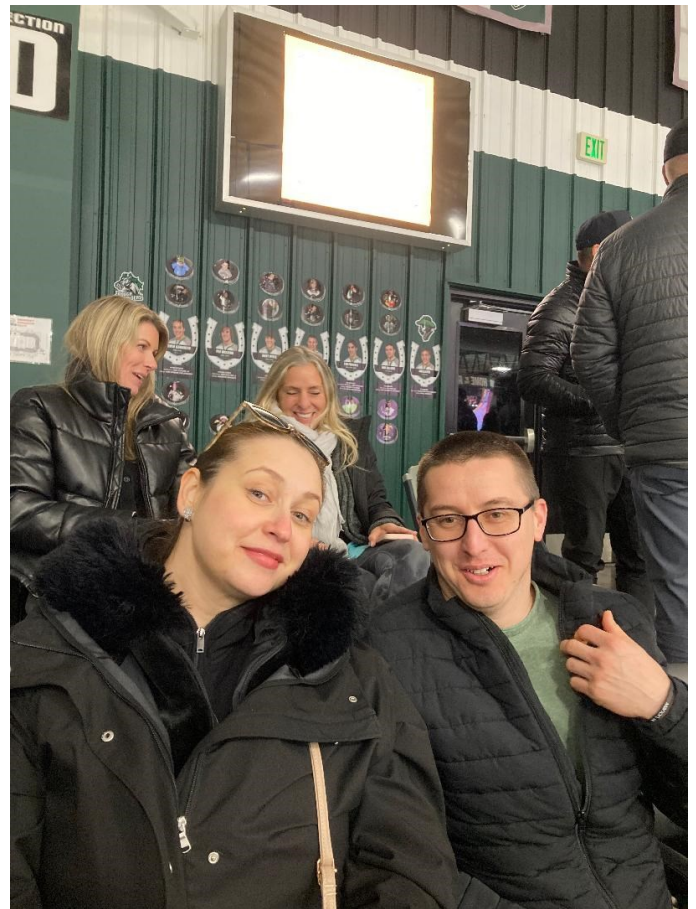
Dinner party hosted by Julia Wasson and Joe Hennager

**Friday:** Hoover Community School - Lejla Leci had a morning with teachers, students and community school director. ELL program, before/after school, food bank

Marion Economic Development Corporation, MEDCO met with rest of delegates for in-depth presentation/discussion of Marion city government and economic development initiatives

Wrap up lunch at Parlor City

Rough Riders Hockey



# 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](mailto:jjbm526@aol.com) 319-540-1701

**MARCH 15th-23rd 2024-OPEN WORLD WITH KOSOVO** — Our visitors from Kosovo were delightful and inspiring. Great job of planning Connie and other committee members!

**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](mailto:pattyspotter1001@gmail.com) or myself [jjbm526@aol.com](mailto: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. If you were signed up



please complete your paperwork and if you haven't heard anything contact Jerry and Carol Burke, [jcburke@yahoo.com](mailto:jcburke@yahoo.com) or Judy Frascht-Miner with questions [jjbm526@aol.com](mailto:jjbm526@aol.com).

**SEPTEMBER 4TH-10TH 2024 OUTBOUND TO KOSOVO-** This will be Kosovo's first time to host a journey! YEAH! If you are planning to travel, please send your 2024 Ambassador Application form to Connie Williams [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com). There are instructions on finding this form earlier in this newsletter.

**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](mailto: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

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