



friendship force
CEDAR RAPIDS-IOWA CITY

CEDAR RAPIDS-IOWA CITY FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

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Cedar Rapids- Iowa City Friendship Force

May 2024

Calendar of Events

- May 3** **Hike at Turkey**
10:00AM **Creek Nature Pre-serve**
- May 8** **LEO Phong Lan**
5:30PM **Restaurant**
- May 31** **Hike at Harvest**
10:00AM **Preserve**
- June 29** **All Iowa Picnic**
11:30AM
- July 19-23** **Inbound from Mil-
waukee WI**
- July 22** **Farewell Dinner**
Milwaukee
- 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 Milwau-
kee**

President's Message

The Caitlin Clark effect is real. That's not news to people who make their living studying the economic and social impact of various phenomena. It HAS been news within my close circle of friends. Several of us who heretofore have cared not a whit about sports found ourselves glued to our televisions to watch Clark and the rest of her amazing teammates. In conversation, we rehash key moments of the games. We're looking forward to more Iowa games as well as WNBA contests. Dozens of times we've turned to one another and said, "Can you believe we're talking about sports?" We've caught ourselves watching additional games not associated with Iowa. We know some of the other teams' players' names, interesting tidbits about them, how tall or even how old they are. Lately, I've watched some NBA games and even Sumo wrestling championships. Sumo wrestling! This behavior has caught us so off-guard, we've often exclaimed "Who are we?!" It's been such a good reminder that not only are we capable of learning something new and unfamiliar, it's often a thoroughly good time.

Each new person and experience we allow into our lives gives us the opportunity to enjoy life more. And so it is with Friendship Force. How often this past year I have learned something on a FF hike, a home hosted dinner, a tour with FF ambassadors, or a presentation at a potluck in which I've received the same jolt of adrenaline as watching one of Caitlin Clark's stunning three-pointers. The people of Friendship Force are a fascinating bunch who continue to surprise and delight. If you haven't come to an activity in a while, please do so. Who knows what you'll discover?

Nancy York 2024 Club President

LEO MAY 8

The next LEO will be **Wednesday, May 8 at 5:30 pm** at **Phong Lan Restaurant, 216 8th St SE, Cedar Rapids**. They serve Vietnamese rice and noodle dishes and are vegetarian friendly. There is on-street parking along 8th Street SW, 2nd Avenue or 3rd Avenue as well as in a small parking lot next to the restaurant. You'll receive a Sign Up Genius invite so you can make a reservation.



Lin-Mar Diversity Fair



Our club was invited to participate in the Diversity Fair at Lin-Mar High School on April 18. We enjoyed the student presentation boards, food and music. Thank you to Patty Potter, Mary Stull, Laura Thomas, Jean Thomas and Nancy York for representing Cedar Rapids-Iowa City Friendship Force

If you know of other opportunities to showcase the Friendship Force to the community, contact Mary Stull, mcdstull@aol.com, 3196 721-0399.

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 **May 10**. The fun begins at **7:00 PM**. Look for the email link to join in.



Hiking Club News

Greetings nature lovers and hikers, Please mark **Friday, May 3** on your calendars for a hike at **Turkey Creek Nature Preserve, 2545 Sugar Bottom Road, part of the Bur Oak Land Trust.**

There we will meet Meredith, AmeriCorps Program Director at 10am. Meredith will give us a tour of the area and answer questions. Afterwards we will find a nearby place for lunch.



Remember to dress for hiking, bring water, insect repellent and sunscreen. You may also want to donate to the Bur Oak Land Trust.

Big thanks to Nadine Stark for arranging this hike!!



On **May 31 at 10am** we have an opportunity to explore **Harvest Preserve, located at 1045 Scott Blvd, Iowa City.** Julie Decker will guide us through this 100 acre outdoor sanctuary filled with outdoor art and walking trails. The trails are wood chips and easy to walk on, but you may want to bring walking sticks. Do bring water, insect repellent and sunscreen. Harvest Preserve has a per person fee of \$5 for this opportunity. We can stay as long as we want or go have lunch and come back afterwards.

Christine Allen will need a count of how many are attending. She will send you the gate code to allow you to park within the preserve. Please contact her with your plan to attend by May 28, callenivy@gmail.com or 319 330-3536. We have a rain date of June 3.

Thank you Christine for arranging this hike!

On April 15 five hikers enjoyed hiking and finding wildflowers at Palisades Kepler State Park. This was a pop up hike, quickly planned between spring storms. Wildflowers identified were Spring Beauty, Dutchman's Breeches, Violets, Mayapple and Shooting Star. Afterwards the hikers enjoyed an equally spontaneous lunch at Plantiful Pantry, a new vegan restaurant in Mount Vernon.



Join us at the 2024 All Iowa Picnic

Hosted by



friendship force
CEDAR RAPIDS-IOWA CITY

When: Saturday, June 29, 2024, 11:00 am.

Where: Homestead Welfare Club, 4215 V Street, Homestead, IA 52236
(rain or shine)

Meal catered by Ox Yoke Inn.

Menu: grilled brats and chicken breasts, sauerkraut, potato salad, baked beans, lemonade and iced tea and dessert bars

Cost: \$18

You will enjoy a relaxing afternoon of camaraderie, games, sharing stories and learning about other clubs' activities. Homestead is one of the seven Amana Colonies. Enjoy the many delights this area has to offer—or make it a weekend!

All-Iowa Friendship Force Picnic Reservation

Paid reservations are due **Friday, June 14**

Please print

Name(s) _____

Club _____

Email _____

Phone _____

Check if requesting a Vegetarian Meal _____

\$18 per person # of persons _____ Total amount enclosed \$ _____

Make checks payable to: **FFCR-IC** and mail to:

FFCR-IC Picnic, PO Box 1001, Cedar Rapids, IA 52406-1001

Questions: (319) 481-7477—Shirley Rosencrans

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 for Edmonton and Connie Williams 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)

FFI Volunteer Task Force.

Are you getting emails from International? You can sign up to receive them and you will then get the Friendship Force International FFI Newsletter. Stay information will all of the opportunities Friendship Force Presents. In the April editions you will learn about a new group of volunteers to help promote Friendship Force. The following is an excerpt from the April Newsletter.

In 1979, Friendship Force's early growth as an organization prompted us to recruit our first group of 50 volunteers to further the mission - and we haven't stopped growing since.

In recent years, Friendship Force has hit an inflection point again - and we now turn to you, our members and biggest supporters, for your input on which club issues matter most to you.

To keep up with changing times, FFI has identified and put in play more than 30 different initiatives based on the 2024-2026 strategic plan. We will need YOUR help and feedback to help us realize success, which is why we are launching our new FFI Volunteer Task Force.

If you are interested you will need to follow the link in the Newsletter.



friendship force
international

Journey Calendar by Judy Frascht-Miner

MATCHES FOR 2025 - SNEAK PREVIEW 2025 - At this point it looks like we will be traveling to **Thailand** and **New Hampshire**. And that we will be hosting **Adelaide, Australia** and **Peru**. More specific information should be coming soon. BE WATCHING!!! These will be great chances to see old friends and make new friends. Let me know your interest in being involved with these future journeys. Judy Frascht-Miner jjbm526@aol.com 319-540-1701

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. Come to the **Farewell Dinner, Monday July 22nd**. Volunteers for home hosted dinners on July 21st are still needed. pattyspotter1001@gmail.com or myself jjbm526@aol.com if interested.

AUGUST 19-26 2024 Outbound to Edmonton — Jerry and Carol Burke are the Host Coordinators. Preparations are being made. If you were signed up please complete your paperwork and if you 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! There will be 7 travelers and they are busy making arrangements. Connie Williams cmw1226@yahoo.com is the Host Coordinator.

SEPTEMBER 29-OCTOBER 7th 2024 Incoming from Oregon's Mid -Willamette Valley— We have a planning committee hard at work. We need home host and dinner host volunteers for this incoming Journey. Contact Judy Frascht-Miner, jjbm526@aol.com



OCTOBER 9-12TH— Outbound to Milwaukee. Postponed.

2024 Cedar Rapids/Iowa City FF Officers

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