



**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

**June 2025**

### Calendar of Events

### President's Message

**June 13-21** Open World from Georgia (the country)

**June 28** All Iowa Picnic Des Moines

**June 23 1:00PM** Board Meeting

**July 11 7:00PM** Club Trivia

**July 22-26** Out Going Journey to Milwaukee

**Aug 23-30** Adelaide Australia incoming Journey

**Nov 18-24** Out going Journey to Thailand

**April 24-26 2026** North American Conference

**2026 June or July** Quilting Journey

**2026** Outgoing:  
Journey Opportunities **Birmingham, Al**  
**Peru**  
Incoming:  
**Utah**

Dear Friendship Force friends,

I would like to thank all the club members for all their get well wishes, prayers and good-bies. This knee replacement surgery has been an adventure beyond my expectations. So, take care of those hips and knees!!

As we enter the summer season, there will be many activities for our club members to participate in. Be sure and read the newsletter carefully for details.

Don't forget to sign up and send in your registration with payment of \$20.00 per person for the All Iowa Club Picnic in Des Moines Saturday, June 28 Iowa Machine Shed.

Stay Well, Stay Safe and Enjoy each day.

*Shirley Rosencrans*

Club President

## Club Zoom Trivia

Club Zoom trivia will be **Friday July 11 at 7:00PM** .  
As usual an email with the Zoom link will be sent.  
Come join the fun. It is always a learning experience.  
Looking forward to seeing you there.



## 2026 Journeys - PERU, UTAH, BIRMINGHAM

It's time to think ahead to 2026. If you are interested in any of these journeys, now is the time to let me know. Even though we don't have specific details yet and you don't know your availability yet, if you are at all interested let me know. If the stars don't align, we can take you off a list.

**Consider being a leader for a Journey.** Birmingham outgoing needs an Ambassador Coordinator. *A perk to being an Ambassador Coordinator is some financial support for your travel expenses.* Utah incoming needs a Host Coordinator. *The Host Coordinator receives assistance with costs for the week. Also you don't do this alone, a committee is formed.* Christine Allen has already agreed to be our Ambassador Coordinator for Peru.  
Contact , Judy Frascht-Miner [jjbm526@aol.com](mailto:jjbm526@aol.com) 319-540-1701

## Cedar Rapids Freedom Festival - Fundraiser Opportunity

For the past several years the CR/IC FF Club has provided volunteers to the Cedar Rapids Freedom Festival. This is a great way to get some exposure for the club and to make a little money. Our club receives \$25 for each shift worked. **Patty Potter is the club's contact person she is looking for a few more volunteers for Dock Dogs.**

June 27th (4-7PM 2 spots)

June 28th (12:30-4:30PM 2 spots)

June 29th (1-5PM 2 spots)

Dock Dogs is usually a sit down job, easy and enjoyable.

**Contact Patty Potter** [pattyspot-ter1001@gmail.com](mailto:pattyspot-ter1001@gmail.com) 319-551-5179 to sign up



# All Iowa FF Picnic June 28



## All-Iowa Friendship Force Gathering

**Saturday, June 28**

11:30 am Social

Noon – Welcome

Lunch/Program

**Machine Shed Restaurant**

**11151 Hickman Rd, Urbandale, IA 50322**

**\$20.00 per person**

Cost includes buffet, beverage, tax, tip, and all program costs.

In honor of the Des Moines Art Festival, we are asking artistic and crafty members of Iowa FF Clubs to offer an item for the silent auction.

All proceeds will benefit The Food Bank of Iowa.

Please bring cash or your checkbook.

For more information about the Des Moines Arts Festival go to

<https://www.desmoinesartsfestival.org/> or <https://www.facebook.com/DesMoinesArtsFestival/>



All-Iowa Friendship Force Gathering Reservation

**Paid reservations due Friday, June 20**

Make checks payable to FFGDM and mail to

Ginny Renda, 2821 Wolcott Ave, Des Moines, IA 50321

## Announcements from FF International

There are currently *3 openings* for *Regional Support Managers* - Asia/Japan; Canada, UK, French-speaking countries; New Zealand. If you have connected along the way with adventurous people who are looking for part-time employment, have them contact FFI.

Nationwide Insurance is *not renewing* it's contract with Friendship Force for *travel insurance*. FFI is shopping for new carrier. *If you bought a Nationwide policy for an upcoming journey, you're still covered.*

## Opportunity To Host Iraqi Youth July 14-27

Our club have been asked by Amy Alice Chastain at [Global Ties Iowa](#) about the possibility to host Iraqi and American youth (this group will have 9-10 Iraqi and 2-3 American teens) this July 14-27. They are still seeking to secure homes for 7 students.



IYLEP refers to [Iraqi Young Leaders Exchange Program](#), a high school and undergraduate student program sponsored and funded by the U.S. Embassy, Baghdad and U.S. Department of State, [Bureau of Educational and Cultural Affairs](#). Iraqi students are selected by the U.S. Embassy through a competitive application process. U.S. students also apply to participate in the month-long leadership program and are selected by World Learning staff.

During the program, high school students aged 15-17 develop leadership skills, learn about U.S. history and culture, and build a network of emerging leaders.

***If you are interested in hosting one of these students,  
contact Amy Alice Chastain [amy.chastain@globaltiesiowa.org](mailto:amy.chastain@globaltiesiowa.org)***

## Opportunities to meet the Open World Delegates from Republic of Georgia

**Sunday, June 15** (Father's Day), 1pm Kernels Game

**Party Package:** The package includes a club ticket (box seat) to the game and a food and drink package.

**COST / \$26.00 per person**

**FOOD & BEVERAGES INCLUDED** | one sandwich (hamburger, hot dog, brat, or cheeseburger), popcorn or chips, and a beverage (soda, beer, or bottled water)

Please RSVP to Connie Williams, [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com) or 319-361-8452 **BEFORE JUNE 5.**

**Friday, June 20 Farewell Dinner**

Catered picnic dinner at Coe College Alumni House at 5pm. **Cost \$20 per person.** Cash Bar.

Please RSVP to Connie Williams, [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com) or 319-361-8452 **BEFORE JUNE 5.**

If you would like to volunteer to day host/drive during the week of June 13-21, please contact **Connie Williams.**





## Hike to MacBride Nature Rec Area



On Thursday, May 1 seven hikers enjoyed a guided two and a half hour hike at the Macbride Nature Recreation Area. Tamra Elliott, MRNA Land Manager took us on an extremely educational journey through the old growth forest as we learned to read the many elements of the forest's history and what it needs to thrive. Afterwards all enjoyed lunch and reminiscing at Solon's Big Grove. It was a great way to kick off the hiking season!!

If you are interested in joining us or have an idea for a hiking experience please contact Jean Thomas, 319 830-5092.



## May 4 LEO at Lubben Winery

Sunday May 4th was a beautiful Sunday Day. Around 20 Members of the CR/IC FF Club gathered at Lubben's Winery just north of Anamosa. We enjoyed the nice spring weather on their outside deck. It was a nice chance to catch up with FF friends and enjoy some good food and wine. Look for more opportunities to find other fun gathering place in future club LEOs (**Lets Eat Out!**)





# 2026 North American Reginal Conference Memphis TN

## Festival on the Mississippi

The 2026 North American Reginal Conference has been announced to be in Memphis Tennessee on April 24-27. FFI has put together three events for one incredible experience. The enrichment of **attending a reginal conference**, **a pre-cruise hotel stay at Elvis's Graceland** and **a Mississippi Rive cruise from Memphis to New Orleans on American Splendor Paddlewheeler**. The Festival on the Mississippi has been assigned a journey #26256. You can access all the details and information through your FF Portal. Information about the reginal conference will be available at a later date.

**SAVE THE DATE!**

April 24-27, 2026

Memphis, Tennessee

**2026  
North American  
Reginal  
Conference**



**Elvis Presley's  
Graceland**



# Journey to FF Greater Harrisburg PA in October

FF Greater Harrisburg is hosting an inbound journey with FF San Antonio this **October (10/7-14)**. San Antonio may only have a few ambassadors and we will need to seek additional ambassadors, (10 to 12 additional). Looks Great!

If you are interested please contact Lisa Cordell <[lisacordell@embarqmail.com](mailto:lisacordell@embarqmail.com)>

## The following is the planned Itinerary,

**Tues 10/7** - arrive by plane/train/car: dinner w/hosts (get settled in for Day 1 of our Program)

### **Weds 10/8 - Harrisburg Day:**

11:30 Guided tours of the beautiful PA Capitol building. Group pic on the interior stairs

12:30 lunch at the capital cafe, AT OWN COST

1:30-3/3:00 Join local historian at the capital fountain for a walking tour around the Capital campus, Harrisburg train station and Salem United Church of Christ.

3:30 Tour of Fort Hunter Mansion along the beautiful Susquehanna River

5:00 Welcome dinner at the Fort Hunter Centennial Barn with FFGH members

### **Thurs 10/9 - Carlisle Day:**

9:30 Morning social with tea/scones at Moreland Garden Inn Bed & Breakfast

10:30 walk to Dickinson College, chartered in 1783 for a tour of the exterior campus by a retired professor

Lunch at local high school or Plan B local restaurant (\$20 built in for this cost)

2:00 Tour and make a craft at Meadowbrook gourds, a locally owned business. Enjoy the beautiful sunflower fields

EVE: Light dinner with hosts

### **Friday 10/10 - Hershey Day:**

10:00 Experience the history of the 4\* Hotel Hershey tour, built during the Great Depression.

11:30: Hershey Chocolate World: see how the 'Great American Chocolate Bar' is made and enjoy the ultimate chocolate shopping experience :)

1:30: lunch at Funks Restaurant AT OWN COST

2:30 Tour of Lebanon Bologna in Palmyra

Afternoon flex with options of Antique Barn, Hershey Outlets, downtown shopping, Antique car museum.

EVE: Light dinner for ambassadors/hosts at the home of FFGH club member in Hershey

### **Saturday 10/11 - Gettysburg**

10:30 Dobbin House (circa 1776) tour w/Underground RR exhibit

11:30/12 lunch at Dobbin House

1:30 Gettysburg Battlefield Visitor's Center for movie/Cyclorama

2:30 Gettysburg Battlefield Highlights Driving Tour w/ local historian (Civil War battle July 1-3, 1863)

EVE: Dinner hosting at homes of other FFGH m

Tuesday 10/14: ambassadors depart On May 21, 2025, embers

### **Sunday 10/12: FREE DAY :**

## Share Your Story—It Could Change the World

I'm gathering stories—and I'd love to hear yours.

I have a new project which is all about spotlighting surprising, powerful connections between people from different backgrounds, beliefs, or walks of life. Whether it's a friendship that defied the odds, a conversation that changed everything, or a moment of unexpected understanding, these stories have the power to open minds and bring people together.

Why now? Because many of us are saddened, frustrated, and confused about what is happening in the world. We all need reminders of what's possible. In a time when division grabs the headlines, your story could be the spark that inspires someone to reach out, listen more deeply, or rethink an old assumption about how the world works.

So please, Friendship Force friends, if you have a story to share, please contact me. You can write your own story and send it, or we can talk on the phone and I'll help shape it with you. Together, we can shine a light on the human connections that still make this world a hopeful place.

Let's show what's possible when we lead with curiosity, respect, and heart.

With warmth, ***Ed Ekis***

Send your story to Ed or request a phone call before the end of June

[editor@friendshipforce.org](mailto:editor@friendshipforce.org)

Ed and his wife Nancy have been active members of Friendship Force since 2006, have forged incredible relationships with people of diverse backgrounds all over the world, and have many grand stories of bonding and cultural insights which they share to the delight of others. Ed served on our Board of Directors for two years beginning in 2012, and left to focus more on family concerns.





# Journey Calendar by Judy Frascht-Miner

**"2026" JOURNEY'S ARE DECIDED!!!!!!**

**WE HAVE AN INBOUND FROM UTAH AND OUT BOUNDS TO LIMA, PERU AND BIRMINGHAM ALABAMA.** Initial contacts are being made.

**Now is the time to express interest (this is not a commitment)**

If interested in any way in these journey's contact me. [jjbm526@aol.com](mailto:jjbm526@aol.com)

**MAY 28-JUNE 4, 2025 - OUTGOING TO THE NEW HAMPSHIRE SEACOAST** – In Progress!

**JUNE 13-21, 2026 - OPEN WORLD WITH GEORGIA** - The topic is "Women in Business" Join in the Farewell. Contact Connie William [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com)



**JULY 22-26, 2025 - SHORT OUTGOING TO MILWAUKEE** – Preparations are being finalized. Questions, contact Connie Williams [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com) 319-361-8452. Journey # 25351

**AUGUST 23-30, 2025 - INCOMING FROM ADELAIDE, AUSTRALIA.** Stephanie Schulte is the Host Coordinator for this journey. Hope you have been in contact with your Australia friends. Can you dinner or day host? Contact Stephanie Schulte [sschulte08@gmail.com](mailto:sschulte08@gmail.com). She and her committee are pulling everything together. We have invited individuals from the other clubs that traveled with us to join the fun. Journey # 25054

**OCTOBER 7-14 - OUTGOING TO HARRISBURG** with San Antonio. See article with itinerary in Newsletter. Contact Lisa Cordell <[lisacordell@embarqmail.com](mailto:lisacordell@embarqmail.com)

**NOVEMBER 18-24, 2025 - Outbound to Chiang Mai, Thailand -**



**Some openings have just become available.** If you would like to join this journey contact Patty (Ambassador Coordinator) [pattyspotter1001@gmail.com](mailto:pattyspotter1001@gmail.com) 319-551-5179 or me [jjbm526@aol.com](mailto:jjbm526@aol.com) 319-540-1701. Mary Ann Nelson and Judy are planning an add on which will visit other parts of Thailand before the official journey. This is separate from the journey and optional. Journey # 25038

**JUNE OR JULY 2026 - Quilting Journey—Curious, contact Patty Potter!**

## **2025 Cedar Rapids/Iowa City FF Officers**

### **President**

Shirley Rosencrans 319-481-7477 [sarosencrans@yahoo.com](mailto:sarosencrans@yahoo.com)

### **Past President**

Nancy York 319-929-8208 [stampingtonancy@gmail.com](mailto:stampingtonancy@gmail.com)

### **President-Elect**

Stephanie Schulte 319-350-5279 [sschulte08@gmail.com](mailto:sschulte08@gmail.com)

### **Treasurer**

Tom Hess 319-213-7762 [tomhess8@gmail.com](mailto:tomhess8@gmail.com)

### **Secretary**

Nadine Stark 319-530-6535 [cnwstark@gmail.com](mailto:cnwstark@gmail.com)

### **Journey Coordinator**

Judy Frascht-Miner 319-540-1701 [jjbm526@aol.com](mailto:jjbm526@aol.com)

### **Activities Coordinator**

Patty Potter [pattyspotter1001@gmail.com](mailto:pattyspotter1001@gmail.com) 319-551-5179

### **Communications**

Mary Stull 319-393-6254 [mcdstull@aol.com](mailto:mcdstull@aol.com)

### **Membership**

Carol Burke 563-929-6067 [jbcburke@yahoo.com](mailto:jbcburke@yahoo.com)

### **Directors at Large**

Joan Lacayo 319-551-4725 [jmtlacayo@gmail.com](mailto:jmtlacayo@gmail.com)

Sharon Bowers 319-533-2462 [sharonbowers533@gmail.com](mailto:sharonbowers533@gmail.com)

### **Midwest Regional Field Representative**

Connie Williams 319-361-8452 [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com)