



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

July 2025

Calendar of Events

President's Message

- July 11** **Club Trivia**
7:00PM
- July 13** **General Meeting**
1:30 PM **Coralville Public**
 Library
- July 21** **Board Meeting**
1:00PM
- 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-** **North American**
26 2026 **Conference**
- 2026** **Quilting Journey**
June or
July
- 2026** **Outgoing:**
Journey **Birmingham, Al**
Opportu- **Peru**
nities **Incoming:**
 Utah

Dear Friendship Force friends,

I would like to thank all the club members who participated in any way during the recent Open World with the country of Georgia: Host families, Day hosts, Dinner hosts, Drivers and Planners. Many hands and minds working together for a successful week.

I attended the Farewell Dinner for the Georgia group and I got to hear each lady express their thoughts and gratitude about their experiences here in Iowa. They were all so kind, thoughtful and gave a "moving" farewell with tears. Thanks, for all your hard work, Connie. Thanks for a great turnout from club members for the farewell.

Looking forward to seeing everyone at the ***General Meeting on Sunday, July 13 at the Coralville Library from 1:30 - 3:30pm.*** Come and reconnect with Friendship Force friends.

Stay well, Stay safe and Enjoy each day.

Shirley Rosencrans

Club President

General Meeting July 13

There will be a **General Meeting** of the Cedar Rapids/Iowa City Friendship Force Club on **Sunday, July 13, 2025** from **1:30-3:30pm** at the **Coralville Public Library** located at **1401 5th Street, Coralville, IA**. There is underground parking with an entrance that leads directly into the meeting room. The Library has asked that we **do not** park in the two rows of parking closest to the Library entrance.

Come hear Marty Novak report on their journey to New Hampshire and Connie Williams report on the Open World group from the country of Georgia.

Anyone willing to bring cookies or hand held bars for the General Meeting on please call Patty Potter 319-551-5179 or send an email pattypotter1001@gmail.com Thank you for helping out.

Catch up on all the incoming and outgoing journeys with our club for 2025 and 2026. See you there!



After the meeting please join us for Supper (LEO) at Shuey's Bar & Grill in Shueyville located at 1158 Club Rd NE Cedar Rapids, IA 52333 .

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.



Journey Opportunity to Richmann VA

WANT TO JOIN THE AMES CLUB ON A JOURNEY TO RICHMOND VA IN SEPTEMBER 2025! THEY WOULD LIKE TO KNOW BY JULY 4TH.

The Ames FF Club has 4 openings for their Sept 2025 journey to Richmond VA. Tentative costs are Ambassadors \$300 to our club plus the fees to FF HEADQUARTERS (\$190 ?) Flights are about \$304 for a round trip ticket on Economy. The contact person in Ames is Alta Byg 515-450-8397 jabyg@msn.com

An Email from Judy Frascht-Miner was sent on June 21 with all of the information and a link to the Ambassador Application. **Please let them know by July 4 if you are interested.**

Journey to the New Hampshire Seacoast 2025



Twelve ambassadors visited the New Hampshire Seacoast club from May 28 to June 4, 2025. After a few travel glitches, all arrived on May 28. Some of us were met at the Boston Logan airport by 2 of their members who live nearby. We travelled by bus to Dover NH, where we were met by our hosts. As we do here, each day took us to a dif-

ferent location, with the main difference being that during those days, we visited 3 different states - New Hampshire, Massachusetts, and Maine. We spent our first day in Dover NH, which is where their club is based. Following days were spent in Concord NH (the capitol); at the seacoast (where Judy and Stephanie were the only ones brave



enough to wade in the chilly Atlantic); Maine (historical visit including Fort McClary, Nubble Lighthouse, and Kennebunkport); Lakes and Mountain Day (incredible scenery and Castle in the Clouds Mansion, and the Wright Museum about life in the US during WWII); and our final day back in Maine for the farewell gathering, where

we were treated to boat rides and a clam/lobster bake. So much was packed into our week. This short article does not come close to describing the beauty and history of this state.



Open World Republic of Georgia Delegates

June 13-21, 2025

We were fortunate to host business leaders from the Republic of Georgia through Open World.

Rima (facilitator), Mzia, Nino, Tamar, Salome, Mariam and their interpreter, Shalba, They met small business leaders and toured small businesses and agri-tourism sites throughout Cedar Rapids, Marion and Iowa City from June 13 to June 21. Thank you to host families: Ron and Margaret Nelson, Mary Ann and Larry Nelson, Patty Potter and Mary and Frank Stull. It took a village to create such an interesting, informative, entertaining and challenging program.



Thanks to those who helped with the program: Connie Williams (coordinator), Vic and Bonnie Klopfenstein, Jean Thomas, Christine Allen, Rosie Russell, Gayle Bray, Judy Frascht-Miner and Jim Steggall. Dinner hosts Emily and Corey Schneller and their children, Julia Wasson and Joe Hennager and Joanie Lacayo provided another aspect of our Iowa culture.

The first two days provided cultural immersion by visiting Uptown Marion Market & meeting with former Marion Mayor Dr. Victor Klopfenstein and Mrs. Bonnie, a living history of community service and leadership. They also attended a Kernels baseball game and got acquainted with their hosts.



The program included:

- NewBo City Market exploring how local markets can support entrepreneurship and serve as incubators for small businesses including women- and minority-owned businesses.
- NewBoCo on building startup ecosystems and entrepreneurial mindsets, and a visit to a family-owned, Woofables, a model of values-based business.
- deNovo Agency where creativity meets strategy in the digital space.
- A powerful session with Mayor Tiffany O'Donnell, also CEO of Women Lead Change, reminding them that women's leadership drives inclusive development.
- Kirkwood Community College & The Hotel at Kirkwood, learning how vocational education meets real-world business in hospitality and tourism.
- National Czech & Slovak Museum, preserving identity through culture and history.
- MERGE Iowa City & 1 Million Cups, a live startup pitching session with vibrant discussion, great networking, and community-driven innovation.
- Greater Iowa City Inc. on regional collaboration and support systems for business growth.
- 10,000 Villages, learning about fair trade models and exploring potential future collaboration to bring Georgian crafts and social enterprise products to international markets.
- Beadology & Get Fresh Café, stories of women-owned business models built on values, sustainability, and local empowerment.

- Walker Homestead, agritourism, sustainability, and rural entrepreneurship in action.
- Cedar Ridge Winery, ShopHop Inc., and Calyx Creek Lavender Farm and Amana Colonies exploring branding, niche markets, and rural business success.
- Grant Wood Area Education Agency, powerful experience sharing about inclusion, disability services, and education.
- Children's Museum, inclusive design and absolutely amazing educational engagement



Newbo Market



View from Pickle Palace



Children's Museum, Iowa City



Walker Homestead Farm & Winery



Meeting baby chicks at Schnellers



Touring Cedar Ridge



Woofables



Beadology

A frequently heard comment was “we have so many ideas in our heads from these experiences.” The facilitator, Rima, noted that every day brought new lessons in community-driven business, sustainable practices, inclusive leadership, and the power of local initiatives. The farewell dinner at Coe College Alumni House was the perfect closing moment — full of warmth, reflection, and renewed purpose. It was a reminder of the friendships formed and the bridges built.



Nino, Mary Ann, Larry and Tamar



Margaret, Salome and Ron



Rima, Frank, Mary and Mzia



Goodbye at the airport



At the farewell dinner at Coe College, delegates, host families and program hosts.

Open World from Connie Williams

Thanks to Rima, the facilitator of this Open World for her wonderful play-by-play of the week.

This Open World adventure went by quite smoothly, thanks to all of our Friendship Force club members! Everyone who worked with the program was great!

Thank you to Christine Allen, who planned and ran the Iowa City days with the help of Rosie Russell and Gayle Bray.

Thank you to the host families: Mary Ann & Larry Nelson, Margaret & Ron Nelson, Mary & Frank Stull and Patty Potter. You personalized the delegates stay with lots of individual attention, transportation and friendship! And thanks to Judy Frascht-Miner for placing the delegates with their new families, everyone was where they should be!

Thank you to event hosts, dinner hosts, day hosts & drivers: Jean & Dean Thomas, Vic & Bonnie Klopfenstein, Audrey Bradford, Joanie Lacayo, Emily & Corey Schneller, Julia Wasson, Jim Steggall, Nancy York, Tom Hess, Myron Williams, John Miner, Jocko Hinderks, & Russell Ganim. And thanks to all who attended the Farewell Dinner!

I would also like to thank our new friends at the businesses we visited. If you have the opportunity, please frequent their establishments.

Shalva Bibilashvili - Interpreter

Ashley Vanorny - Cedar Rapids Councilwoman

Alex Taylor - NewBoCo

Sarah Blais - NewBo Market

Teresa Ross - NewBo Vendor

DiModa & Joy Boutique in Marion

Dillon at BENZ

Andrea Siebenmann - National Czech & Slovak Museum

Jen Neumann - deNovo Creative Marketing Agency

Tiffany O'Donnell - Cedar Rapids Mayor

Mary Van Houton & Jacquie Bohr - The Hotel at Kirkwood

Ashton Johnson - Cedar Ridge Winery & Distillery

Connor Gast - 1 Million Cups

Nancy Byrd, Mary Willie, Lexie Rudolph, Jesse Wallace - Greater Iowa City

Jeff Capps - Children's Museum

Laura Taylor - Woofables

BLiz Preciado Genell - 10,000 Villages, Iowa City

Wendy Zimmerman - Get Fresh Cafe

Karen Kubby - Beadology

Bob & Kristy Walker - Walker Homestead

Colleen Herlocker - ShopHop Inc

Julie King - Grant Wood AEA

Julie Stow - Cedar Rapids Tourism

Calyx Creek Lavendar Farm

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 319-540-1701

All Iowa Picnic 2025

Ginny and I thank everyone who helped make the FF All-Iowa picnic a success, 60 attended Thanks, also, to those who donated items, bid on items or made cash donations, raising \$469 for The Food Bank of Iowa.

We look forward to seeing you next year in the Quad-Cities.

In friendship, Shelley Bain and
Ginny Renda



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. 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

JULY 22-26, 2025 - SHORT OUTGOING TO MILWAUKEE— Almost time to go! Connie Williams cmw1226@yahoo.com 319-361-8452. Journey # 25351

AUGUST 23-30, 2025 - INCOMING FROM ADELAIDE, AUSTRALIA. Stephanie Schulte sschulte08@gmail.com is the Host Coordinator. Are you interested in Day Hosting or Dinner Hosting? Home Hosts are busy contacting their guests. Journey # 25054

SEPTEMBER 2025 - GO TO RICHMOND, VA with the Ames FF Club.

OCTOBER 7-14 - OUTGOING TO HARRISBURG with San Antonio. Contact Lisa Cordell <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 319-551-5179 or me 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 optional. Journey # 25038



SPRING 2026 - OUTBOUND TO BIRMINGHAM, ALABAMA - Looking for an Ambassador Coordinator. How about you!!! Contact Judy. Journey # 26188

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

SEPTEMBER 2026 - OUTBOUND TO LIMA PERU - Christine Allen is the Ambassador Coordinator who is already busy negotiating plans. If interested contact Christine callenivy@gmail.com. 319-330-3536. Journey #26068

2026 DATE NOT DECIDED YET- INCOMING FROM UTAH - Looking for a Host Coordinator to lead and put together a planning committee. Contact Judy. Journey # 26135

2025 Cedar Rapids/Iowa City FF Officers

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