



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

August 2025

Calendar of Events

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

**Aug 29 Fairwell for Ade-
5:00PM laide Journey**

**Sept 5 Club Zoom Trivia
7:00PM**

**Nov 9 Annual Meeting /
4:00PM Dinner Marion, IA**

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

**Feb 22- Out Going Journey
27, 2026 to Birmingham, Al**

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

**July 13- Quilting Journey
18, 2026**

**Sept 7-12 Outgoing Journey
2026 to Peru**

**2026 Incoming Journey
TBD from Utah**

President's Message

Dear Friendship Force friends,

We had a nice turnout for the General Meeting at the Coralville Library on Sunday, July 13. Connie gave us a nice update on the group of ladies from the country of Georgia through Open World. Marty, the journey coordinator, did a slide presentation on the recent journey to New Hampshire. They had a great time traveling and seeing sites in several east coast states. Thanks to everyone who baked cookies and bars for a treat.

Afterwards, 21 club members enjoyed food and beverages at Shuey's in Shueyville for a LEO. Fun time with lots of good conversations were shared by all.

Our next club event will be with our new friends from Australia. Please read the newsletter for information regarding the Farewell Dinner with the Adelaide, Australia journey group on Friday, August 29. Mark your calendar and watch for Sign Up Genesis. See you there.

Also, our Cedar Rapids/Iowa City Friendship Force Club annual meeting/dinner will be Sunday, November 9, 2025 at 4:00pm at El Vieso Mexican Restaurant at the Best Western Long Branch. Order your favorite beverages and order from the menu. Watch for Sign Up Genesis at a later date

Stay well, Stay safe and Enjoy each day.

Shirley Rosencrans, Club President



Incoming Adelaide Journey Information

August 23 through August 29, nine Adelaide ambassadors will be visiting as well as two guests from Nebraska. We have a full week planned and although you are invited to come along on any day, we need specific counts for several events in advance. The farewell dinner is **Friday August 29 at 5 pm** at Jones Park Lodge (2091 Fruitland Blvd SW). LJ is catering but some members will bring desserts. **We need a count by August 22** for the caterers.

Watch for a signup genius. The cost is \$23.

Other events:

Saturday Aug 23 – meet out ambassadors at Eagle Point Park Dubuque

Sunday Aug 24 – home hosted dinners

Monday Aug 25 – Kalona tour

Tuesday Aug 26 – Camp Courageous tour and lunch in Manchester

Wednesday Aug 27 – Iowa City day including Harvest Preserve, and tours of the Old Capital & Stanley Art Museum

Thursday Aug 28 – Cedar Rapids day including tour of Grant Wood studio, Grant Wood window, lunch at Big Grove and Czech and Slovak Museum tour. In the evening Jazz under the Stars at Noelridge Park.

Friday Aug 29 – the Farewell at Jones Park Lodge.

If you are interested in any of the other events, especially the tours, we need counts for the docents. Please text *Stephanie* 319-350-5279 or email sschulte08@gmail.com with the event & number wishing to attend. Some tours have fees.



General Meeting July 13

A general meeting of the Cedar Rapids / Iowa Friendship Force club was held on July 13 at the Coralville Public Library. Connie Williams gave a recap of the recent Open World our club hosted from the country of Georgia.

We hosted 6 women who came to learn about developing small business ventures. It was a well received experience by everyone involved. Marty Novak presented a slide presentation of our club's recent journey to New Hampshire. 12 ambassadors were on this journey. You can get the full recap of these two events in the July 2025 Newsletter.

Shirly Rosencranz and Judy Frascht-Miner give reports on the upcoming clubs activities, Thank you to all of the members who brought refreshments. After the meeting we went to Shueys Restaurant for a LEO.



Save the Date Annual Meeting



The annual meeting for the Cedar Rapids Iowa City Friendship Force Club will be Sunday, **November 9, 2025 at 4:00pm** at El Vieso Mexican Restaurant at the Best Western Long Branch. We will be holding elections for the 2026 club officers. As we get closer to the date a Sign Up Genius will be sent.



Club Zoom Trivia

The next Club Zoom trivia will be **Friday September 5 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.



Lets Go See The Sandhill Cranes in Nebraska



The club is gauging interest about a trip to Nebraska to view the Sandhill Cranes as they migrate north. They want to know approximately how many people would be interested so they can decide to rent a bus or car pool.

Please respond to
Shirley Rosencrans

319-481-7477

sarosencrans@yahoo.com

if you are interested.

It would most likely be
sometime **in the last 2
weeks in March 2026.**



Updated Club Membership List

The club's membership list has been updated including phone number changes. To view the latest version, go to the club website:

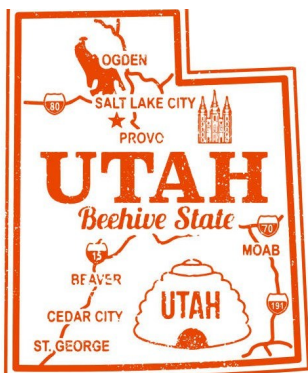
<http://www.friendshipforcecr-ic.org/member-content/> and select membership list. If you have had any changes in phone number, address or e-mail, please contact Carol Burke at jbcbuke@yahoo.com so she can update the membership list.

Committee to Meet New Members

The Friendship Force Board voted to ask about three club members to be on a committee to meet with new members to explain what FF is and how they can be involved. Carol Burke, Membership Coordinator will organize and advise the committee. The committee will only meet as needed to welcome newcomers to our organization and follow up with phone calls or texts reminding them of club activities.



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. 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.

And Jerry and Carol Burke will be the Ambassador Coordinators for Birmingham Contact, Judy Frascht-Miner jjbm526@aol.com 319-540-1701

Club Journey to Milwaukee, Wisconsin

Club members Jim & Barb Steggall, George & Stephanie Schulte, Patty Potter, Darlene Peterson, Connie Williams, Mary Stull, Diane Jeffrey, Judy Miner and Francisco and Cerlina Hsu (from Taipei, Taiwan) enjoyed a journey to Milwaukee, Wisconsin from June 22-29, 2025. Some ambassadors were able to stay with Milwaukee members they hosted in 2024 when their club visited Cedar Rapids. The journey started with a welcome party at the clubhouse at the condos where Tommy Golding and Diane Soiber live. This is where hosts and ambassadors met.

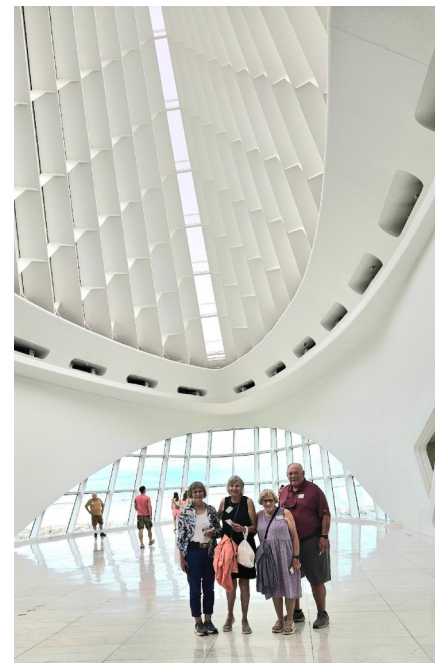


The first outing was to Wisconsin Museum of Quilts and Fiber Arts Museum in Cedarburg. The executive director gave us an overview of its exhibits which change quarterly. We viewed many types of quilts and other fiber arts. Afterwards we enjoyed lunch and free time to explore the interesting shops. The day concluded with an outdoor play, *The Inspector Calls*, at Delafield Summer Theater in Lapham Peak State Park. The next day started with a tour of the Veter-



ans Administration Grounds at Wood. We learned how the women of Milwaukee saw a need for housing of veterans after the civil war and raised \$100,000 (in mid 1860s!) The buildings have been restored and preserved and today more than 100 low-income veterans live on the site.





Afterwards we enjoyed lunch at the Public Market, a large food court that also had unique shops. We visited the Milwaukee Art Museum, starting in the Calatrava-designed Quadracci Pavilion. Bob Mitchell, a Milwaukee club member who is a long-time docent there gave us an overview of its modern art collections and a special exhibit on the works of El Greco, Velazquez and Zurbaran. In the evening, we were treated to home-hosted dinners and were able to meet more Milwaukee club members.



Friday morning was free to explore the city and visit with our hosts. Ambassadors enjoyed visiting quilt shops, touring Sprecher Brewing Company, learning to play Mexican train dominos, visiting a new children's park and strolling the river walk.



Attending Germanfest, which has been celebrated for more than forty years, was the highlight of Friday evening. At Henry Maier Festival Park, which is on Lake Michigan, we enjoyed German music, energetic dancing, great food, the glockenspiel clock with local men playing a comedy skit.



During the journey, many Milwaukee club members attended activities and served as day and dinner hosts. This journey gave us an opportunity to make new friends and renew friendships.

Global Journey Opportunities

There are a couple of upcoming Global Journeys that have openings. They are coming up quickly and are in need of more ambassadors.

First of all is a Journey to **Sri Lanka, December 2-10**. Air fare is lower than normal, you are able to book a round trip flight from Chicago for around **\$800** on Cathay Pacific!! Hurry and sign up to join this Journey while both the Journey Fees (**\$655**) and Airfare are low! When else can you say that you spent a week in Sri Lanka for less than \$1500!



Sri Lanka Wildlife #25379*

Another is a unique opportunity to experience **Armenia and Georgia**. There are currently only 4 people signed up for this journey and they have room for at least 6 more. **This journey is in September so you need to act quick.**



CR/IC just hosted a group of women from Georgia for an Open World

[Discover the Wonders of Armenia & Georgia #25309 *](#)

Journey Opportunity to Baton Rouge LA

**MILWAUKEE INVITES US TO JOIN THEM TO BATON ROUGE - SEE THEIR EMAIL BELOW -
IF INTERESTED CONTACT CHRIS VOGEL chrisvogel152@gmail.com**

Journey # 25109

Baton Rouge (BR) November 11-18th 2025

with extension to New Orleans (NO)

either BEFORE OR AFTER Baton Rouge:

BEFORE BR November 6-11 **OR**

AFTER BR November 18-22

RSVP to Cindy Hum, cindyphum@gmail.com, 414-573-6783, by **August 8.**

The Baton Rouge (BR) chapter is able to take 12-15 ambassadors.

Extension trip to New Orleans is extra. Ambassadors are responsible for this portion of the journey. FFBR members can coordinate with the New Orleans club members who can suggest places to stay and activities. We need to know how many are interested. Cindy is planning for (1 day traveling, 2 days exploring, 1 day traveling back to Milwaukee) either before or after the BR journey.

Journey information:

Estimated cost for airfare is \$250 (MKE to BTR roundtrip)

7 nights in Baton Rouge (BR) x \$25 per night plus \$15 to FFI \$190

BR journey fee \$300

Extension to New Orleans At our own cost

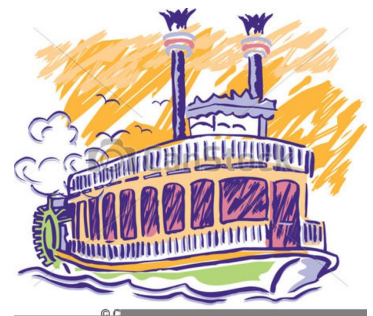
Possible Places to visit in BR

- Swamp tour, Plantation Homes tour, Capital Park Museum, Historical Museum, Old State Capitol viewing and tour, Louisiana Park Museum, Louisiana Art & Science Museum, Burden Gardens & Museum, Arsenal Park (in front of the Capitol)

Driving time from BR to NO is 1.5 hours driving. Members from BR will drive extended stay members to NO.

Places to visit in New Orleans (NO)

- Cajun music and dance, National WWII Museum, Explore French Quarter – Jackson Square, Preservation Hall (Live Jazz), Royal Street-Antique shopping, Garden District – mansions and gardens, New Orleans walking tours – Ghost, voodoo, vampire type, and Steam boat cruises



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 - GREAT TIME IN MILWAUKEE— See article

AUGUST 23-30, 2025 - INCOMING FROM ADELAIDE, AUSTRALIA. Stephanie Schulte sschulte08@gmail.com is the Host Coordinator. **Sign up for the Farewell, Friday August 29th at 5:00pm at Jones Lodge.**

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

NOVEMBER 18-24, 2025 - Outbound to Chiang Mai, Thailand - Some openings have 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 for 6 participants which will visit other parts of Thailand prior to the official journey. This is optional. Journey # 25038

FEB 22 - 27 2026 - OUTBOUND TO BIRMINGHAM, ALABAMA - Jerry and Carol Burke are the Ambassador Coordinators. Are you interested??? Contact Jerry and Carol 563-939-0190 jcburke@yahoo.com Journey # 26188

JULY 13 - 18, 2026 - Quilting Journey—Curious, contact Patty Potter!

MIDDLE/LATE MARCH - SANDCRANE ROAD TRIP TO Nebraska.

Interested contact Shirley sarosencrans@yahoo.com or Judy

SEPTEMBER 7-12 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



FRIENDSHIP FORCE - SPOKANE VISITING US IS BEING DISCUSSED

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

2025 Cedar Rapids/Iowa City FF Officers

President

Shirley Rosencrans 319-481-7477 sarosencrans@yahoo.com

Past President

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

President-Elect

Stephanie Schulte 319-350-5279 sschulte08@gmail.com

Treasurer

Tom Hess 319-213-7762 tomhess8@gmail.com

Secretary

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

Journey Coordinator

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

Activities Coordinator

Patty Potter pattyspotter1001@gmail.com 319-551-5179

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

Midwest Regional Field Representative

Connie Williams 319-361-8452 cmw1226@yahoo.com