



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

September 2025

Calendar of Events

- Sept 5** **Club Zoom Trivia**
7:00PM
- Sept 25** **LEO River Bend**
4:30PM **Bar & Grill**
- 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**
 Memphis TN
- July 13-** **Quilting Journey**
18, 2026
- Sept 7-12** **Outgoing Journey**
2026 **to Peru**
- Oct 7-14,** **Incoming Journey**
2026 **from Utah**

President's Message

Dear Friendship Force friends,

We have been fortunate to host the Adelaide, Australia Friendship Force Club this past week. I was a dinner host for Janine McEgan and Christine Davies of Australia, Jerry & Carol Burke their hosts and Esther Hudson. We had an enjoyable evening sharing stories, some wine and dinner.

I just returned home from the farewell dinner for the Adelaide, Australia journey. What a nice turn out from our club members. Stephanie Schultz, the journey coordinator, did a great job. Also, a big thank you to Judy Miner, the host families, day hosts, dinner hosts, drivers and all the planners. Like Judy says, "It takes a village with everyone working together." Many new, lasting friendships have been made. We also had three new members to our club who attended their first FF get together. Our club is lucky to have an active, participating membership.

We will be having a LEO on Wednesday evening, September 24, at River Bend Bar & Grill in Manchester at 4:30pm. Share a ride with FF friends. We look forward to seeing you there. If the weather cooperates, we will sit outside on the deck overlooking the Wapsipinicon River. Watch for a Sign Up Genius.

As the weather cools down and the leaves begin to turn their brilliant fall colors, take time to enjoy those days before the snow flies.

Stay well, Stay safe and Enjoy each day.

Shirley Rosencrans, Club President



LEO at River Bend Bar & Grill

We will be having a LEO (**lets eat out**) on Wednesday evening, **September 24**, at River Bend Bar & Grill 123 S Franklin St, in Manchester at **4:30pm**. Share a ride with FF friends. We look forward to seeing you there. If the weather cooperates, we will sit outside on the deck overlooking the Wap-sipinicon River. Watch for the Sign Up Genius.



New Board Positions

As the seasons change, so do the positions on the FF CR-IC board. Shirley Rosencrans will become Past President and Nancy York will leave. I will be taking Shirley's place. Tom Hess has agreed to stay on as treasurer as has Patty Potter for Activities coordinator. Judy Frascht-Miner is giving up the journey coordinator. She has been in that position for quite a few years and will be willing to help the next candidate. Secretary & Membership are also available according to Nadine Stark and Carol Burke. Communications is looking for someone with website skills. If that is your area of expertise, please let us know. For any other position, we would be glad to get suggestions also.

Please contact Stephanie Schulte at 319-350-5279 or sschulte08@gmail.com if interested in any of these positions. We need willing participation in the officer's rolls in order to keep the club thriving.

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.



Adelaide Journey August 2025

What fun we had re-connecting to our friends from Adelaide and making new ones. Milwaukee generously met us in Dubuque with our ambassadors from Adelaide. Since our club had just been visiting them, it was great seeing them again. After lunch with all three



groups,

we did some touring of Dubuque. The week began with small dinner hosting on Sunday, Kalona on Monday, Camp Courageous and Manchester on Tuesday, Wednesday we toured Iowa City, Thursday was Cedar Rapids and Jazz Under the Stars and



Friday we had a farewell dinner. On Wednesday, Sharre and Judy from Nebraska came to share our journey as they also had gone to Adelaide

with our club. Oh my gosh what a delightful time we had each day getting to learn about our area in view of our guests eyes.

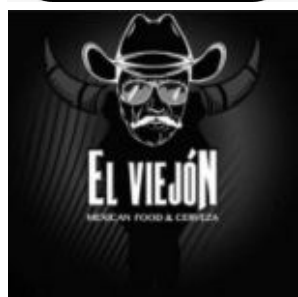


Lyn, Zita, Lesley, Carolyn, Warren, Annette, Milton, Chris and Janine were full of energy and enthusiastic about every day. This journey also gave us a chance to learn more about our own club. Thank you to everyone that set up the journey, hosted, day hosted, dinner hosted and kept me on track.





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** 90 Twixt Town Rd, Cedar Rapids, IA 52402 . We will be holding elections for the 2026 club officers. As we get closer to the date a Sign Up Genius will be sent.

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:

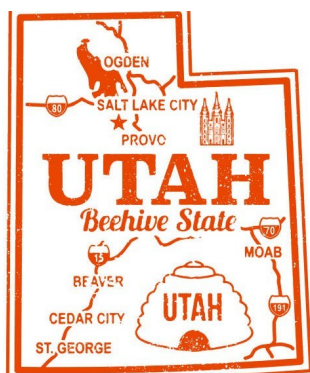
<http://www.friendshipforcecr-ic.org/member-content/> and select membership list. If you have had any changes in phone number, address or e-mail, please contact Carol Burke at jbcbuke@yahoo.com so she can update the membership list.

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 I may not know your availability yet, if you are at all interested let me know. Dates and plans are being set. If the stars don't align, we can take you off a list.

Consider being a leader for a Journey. Utah incoming in October 2026 needs a Host Coordinator. The Host Coordinator receives assistance with costs for the week. Also you don't



Peru National Symbols Clipart



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

Journey Calendar by Judy Frascht-Miner

I have decided to step down from the Journey Coordinator position.

Are you interested in doing this? It is a wonderful opportunity to be in contact with people all over the world. The board is considering different options for this position. It can be one person or a couple of people working together. And of course I will be glad to help. Don't be shy and talk to Stephanie or myself if interested.

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

Patty Potter is the Ambassador Coordinator if you have questions, pattyspotter1001@gmail.com 319-551-5179. Mary Ann Nelson and Judy are planning an add on for 6 participants which will visit other parts of Thailand prior to the official journey.

jjbm526@aol.com 319-540-1701 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 jbcburke@yahoo.com Journey #

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

MIDDLE/LATE MARCH 2026- SANDCRANE ROAD TRIP to Nebraska. Looking for someone to organize this. Probably a small group. **How about you?** Interested contact Judy jjbm526@aol.com 319-540-1701.

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. Ad on options are being looked into. Journey #26068

FRIENDSHIP FORCE - SPOKANE VISITING US IS BEING DISCUSSED

OCTOBER 7 - 14, 2026 - INCOMING FROM UTAH - Looking for a Host Coordinator to lead and put together a planning committee. Contact Judy. Journey # 26135

TRAVEL SAFE!!!

2025 Cedar Rapids/Iowa City FF Officers

President

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

Past President

Nancy York 319-929-8208 stampingtonancy@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

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Activities Coordinator

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