



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

November 2025

Calendar of Events

- Nov 9** **Annual Meeting /**
4:00PM **Dinner Marion, IA**
- Nov 18-24** **Out Going Journey**
 to Thailand
- Dec 5** **Club Zoom Trivia**
7:00PM
- Feb 22-27,** **Out Going Journey**
2026 **to Birmingham, Al**
- March 9-** **Nebraska Sandhill**
13 **Crane Journey**
- April 24-** **North American**
26 2026 **Conference**
 Memphis TN
- May 28 -** **Incoming From**
June 4 **Western Washing-**
 ton/North Idaho
- July 13-** **Quilting Journey**
18, 2026
- Sept 7-12** **Outgoing Journey to**
2026 **Peru**
- Oct 7-14,** **Incoming Journey**
2026 **from Utah**



President's Message

Dear Friendship Force Friends,

This will be my last newsletter as President of the CR/IC City Friendship Force Club. It has been a busy and rewarding year. I want to thank the Board for their constant support and help. When anything needed to be done, someone willingly stepped forward. Please consider helping Stephanie Schulte, President Elect, with board positions open for 2026.

Also, I want to thank all the club members who generously gave of their time, talent and treasure this past year. Whether it be hosting an incoming journey, going on an outbound journey promoting the FFI mission, taking part in our LEOs and hiking club, cooking and baking for our pot-lucks, or any other act of kindness no matter how large or small. Like Judy says, "It takes a village to accomplish our goals."

We had a wonderful turnout of 28 of our Friendship Force Club members and guests for the LEO at Daisy's Garage on October 15. We all enjoyed good food, good service, good conversations and lasting friendships.

Looking forward to seeing all of our club members at the Annual Meeting/ Dinner on Sunday, November 9 at 4:00pm at El Viejo Mexican Restaurant at the Best Western Longbranch Hotel, Marion. Watch for Sign Up Genesis. There will be a General Meeting following dinner with reports from the Board members, voting on new board members for 2026, and a presentation on the upcoming changes happening at FFI which will include all the clubs worldwide. Remember Wayne Smith and President Jimmy Carter's mission for starting Friendship Force International: "A World of Friends is a World of Peace." If we ever needed an organization that promotes friends and peace, our country and world is in dire need now. Our club needs you as members of Friendship Force International to be ambassadors of good will to promote the mission.

Stay well, Stay safe, Enjoy each day

Shirley Rosencrans, Club President

Annual Meeting November 9



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. A Sign Up Genius has been sent.

Nominations for 2026 Board of Directors

Fellow Friendship Force members:

The nominations process continues for positions on the 2026 Board. There are still several openings to fill in advance of the Nov. Annual Meeting. The positions that are open include *President-elect, Journey Coordinator, and Director at Large*. The Treasurer, Secretary, Communications and Membership positions are either remaining the same or accepted. Also if there is anyone that knows social media, your help will be appreciated in our communications.

Yes it takes time and yes it requires you to think about the future of our club. Filling these positions is critical to the continued success of our Club in 2026. 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.

FFI Fees for 2026

In 2027, FFI celebrates its 50th year. Friendship Force International asks for your support in a renewal initiative we'll explain and discuss at our annual meeting.

The mission of Friendship Force International is to promote global understanding and goodwill by bringing people from different cultures together through citizen diplomacy and homestay programs. While the mission of citizen diplomacy remains the primary focus, economic and political issues have made it difficult for FFI to operate on the journey fee driven budget now in place. Covid also played into this, as no income came from journeys at that time. The past two years have had a deficit budget and reserves have been used to meet expenditures. During that time, club members were paying \$30 for their membership fee to FFI. Out of the \$45 Cedar Rapids-Iowa City club charged per year, \$30 was sent to International with \$15 remaining with our local club.

The FFI Board of Directors and FFI Advisory Board have been working with Jeremi, Allison, Taryn, Debbie and Dana (the 5 full time staff) for the past year and a half to revisit and revamp FFI structure. We wish to survive our 50th anniversary and beyond, promote global participation and continue to promote our message of citizen diplomacy at a time when it's truly needed. To do this, our members need to provide more income so that FFI will not be running in the red. The new fee for each club member will now be \$100. This will now be paid directly to FFI. Cedar Rapids-Iowa City club will continue to charge the \$15 per year per member.



friendship force
international

Birmingham in February 22-27, 2026



We have 2-4 openings for this journey. Birmingham, AL is located at the foothills of the Appalachian Mountains. Birmingham was born out of the iron and steel industry. The city is well known for its role in the Civil Rights movement. Modern Birmingham is a much different place brimming with entertainment, the arts, outdoor recreation

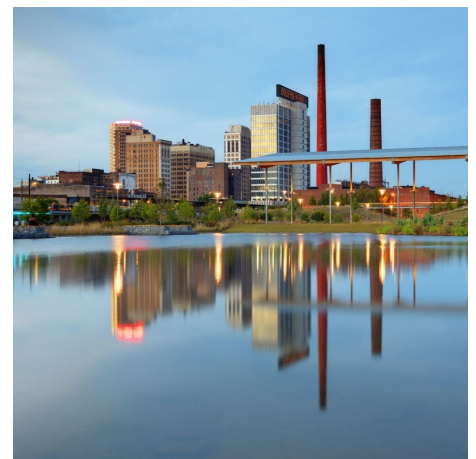


and world class cuisine. Several local chefs have received or have been nominated for national awards, even the James Beard Foundation Award. It is home to art galleries, golf courses, antique shops, and trendy malls. There are many family green spaces such as Railroad Park. With a mild climate



nearly year round, outdoor activities abound for citizens and visitors alike. The city is also home to the Birmingham Barons Baseball team. The health industry is now the largest employer with the University of Ala-

bama in Birmingham at the top of the list. Birmingham is a city with lots of history but with a modern and safe environment. Many suburbs surround the city giving the metropolitan area a population of approximately 1.2 million. Birmingham was chosen to host the World Games July 7-17, 2022.



Bellevue State Park Hike October 20



We had a small group for our club fall hike outing to Bellevue State Park on October 20, but it was a gorgeous day.



We started out at the butterfly garden where there were colorful specimens still fluttering around. We then proceeded to hike through the beautiful woods for about an hour and a half. The colors were just starting to turn. We finished up at the Mississippi River overlook. Afterwards we went to Richman's Café for

lunch. Hopefully we will be able to schedule more of these fun outings to other interesting parts of our own back yard. Look for information in future newsletters.



Club Zoom Trivia December 5

The next Club Zoom trivia will be **Friday December 5th 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.



October LEO at Daisy's Garage—Marion



We had a great turnout for our October LEO at Daisy's Garage in Marion. LEO's are a great way to stay connected to the club and share what we do with our friends. We will be having more of them throughout the year.



Look for information in upcoming newsletters. We also send out Sign-Up Genius notices.

2026 JOURNEYS-PERU, UTAH, BIRMINGHAM & SPOKANE

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 you 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.

Please read the Journey Coordinator's page in this Newsletter. Contact Judy Frascht-Miner jjbm526@aol.com 319-540-1701

Don't forget to go to the International Member Portal to check out Special/Global Journeys and other Club Journeys that are looking for additional individuals to complete their roster. If you have questions about the Portal contact Jerry Burke jbcburke@yahoo.com.

Friendship Force North American Regional Conference 2026 Memphis, USA

**Experience the spirit of Friendship Force in Memphis—
networking, discovery, and community at the
2026 Regional Conference.**

[Early bird registration discount until November 10!]

April 24 - 27, 2026 · Hyatt Centric Hotel

The registration for the North American Regional Conference is now open. **Open up your member's Portal to access the registration information.** There you will be able to see the agenda, speakers, hotel information and sign-up for the special excursions. Check with other club members to see about car pooling and possible room sharing. It looks to be a great event.



Journey Calendar by Judy Frascht-Miner

We are looking for a Journey Coordinator? It is a wonderful opportunity to be in contact with people all over the world and be in the know of what's happening.

NOVEMBER 18-24, 2025 - Outbound to Chiang Mai, Thailand - Patty Potter is



the Ambassador Coordinator. Packing to leave soon! If you have questions contact pattyspotter1001@gmail.com. Journey # 25038

FEB 22 - 27 2026 - OUTBOUND TO BIRMINGHAM, ALABAMA -

Jerry and Carol Burke are the Ambassador Coordinators. **There are a couple of openings** and they are accepting applications now. Are you interested??? Contact Jerry and Carol 563-939-0190 jbcburke@yahoo.com Journey # 26188.



MARCH 9TH-13TH 2026- SANDHILL CRANE JOURNEY WITH NEBRASKA

Christine Allen is the Ambassador Coordinator. It is limited to 10 and is presently full. There is a waiting list. Have Questions, contact Christine callenivy@gmail.com 319-330-3536 .



JULY 13 - 18 2026 - QUILTING JOURNEY– This is a Special/Global Journey, which means it is posted on the International Website and is open to applicants from across the world. It will be exciting to see where our guest will be coming from. How about home hosting? Curious, contact Patty Potter pattyspotter1001@gmail.com 319-551-5179.

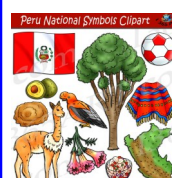
MAY 28 - JUNE 4TH 2026 - INCOMING FROM WESTERN WASHINGTON/

NORTHERN IDAHO - Jerry and Carol Burke will be the Ambassador Coordinators. Volunteer to help. A committee will be formed soon!

jbcburke@yahoo.com



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

OCTOBER 7 - 14, 2026 - INCOMING FROM UTAH - Nancy York and Tom

Hess will be Host Coordinators putting together a planning committee.

Contact Tom and Nancy. 319-929-8208 stampingtonancy@gmail.com

and 319-213-7762 tomhess8@gmail.com. Journey # 26135



2025 Cedar Rapids/Iowa City FF Officers

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