

# CRIC Friendship Force UPDATE

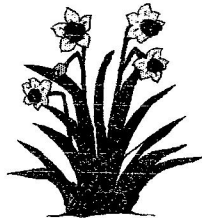
March 1, 2003

## Greetings from Your President Pat Klopfenstein

Here it is March already. Spring can not be far away. Along with spring comes the return of our club members that have been enjoying warmer weather in the southern states. Welcome Back!

Here are a couple questions that are thought provoking--maybe you know the answers?

1. Why does Goofy stand erect while Pluto remains on all fours?
2. If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from? Just wondering!



## Next Meeting—Heartland Conference April 5, 2003

The Heartland Conference is just a month away. This is a great opportunity to meet Friendship Force club members from the Midwest, exchange ideas, hear from Susan Smith, Friendship Force President and enjoy fellowship and entertainment. See page 3 for the agenda and a reservation form. See you there.

## Russian Leaders for Open World Exchange



Our incoming exchange for 2003 will be a group of Russians who are participating in a Russian Leaders for Open World Exchange in 2003. About 15 people will spend about a week in our area learning about U.S. business processes.

There is a lot to do to get ready for this event. There is an immediate need to select an exchange director. This individual will fly to Atlanta for weekend training on either April 12-13 or 26-27. After the exchange director is selected, the club needs to select a time period that we wish to host and the seminar topic around which we will build our weeklong program. The program that Sandi Dennis from the City of Cedar Rapids put together for our recent IRIS interns might be modified to a weeklong program. Vic Klopfenstein has volunteered to work with the exchange director to develop a program. Please give Pat Klopfenstein a call if you are interested in being the exchange director and/or if you have any questions. (319) 377-5502.

## March Board Meeting

Our next Board meeting will be Monday evening, March 10th, at 6 pm, at the Country Kitchen, 3130 16th Ave SW. We need to make plans for the Russian Leaders for the Open World program. This includes selecting an exchange director and beginning to plan for this event. Also at this meeting there will an update on the Heartland Conference.

**Exchange to England and Germany  
September 2003**

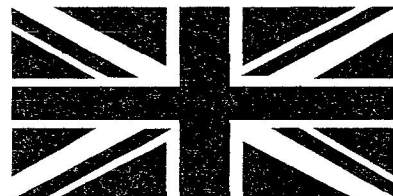


Phyllis Seidl is working on plans for our outgoing exchange in September. Ambassadors will leave the week of September 15 (exact date will be set shortly) for one week in Varel, Germany. The second week of the exchange will be in Leicestershire, England, the group we hosted in 2001. **New information:** The Varel club can host more visitors than the Leicestershire so we re checking on the possibility of some ambassadors doing only the one-week exchange to Varel. If your are interested in this, let Phyllis know. We will be sharing this exchange with Lee County (Ft. Myers area), Florida Friendship Force club. You can contact Phyllis at (319) 377-5619 or by e-mail at [seidlgerald@msn.com](mailto:seidlgerald@msn.com) to get on the exchange contact list. After the dates and price has been set, she will contact everyone who has expressed interest.

**June Meeting**

On Sunday, June 8 at 1:15 p.m. a general meeting, which will be a potluck dinner, will be held at the Marion First United Methodist Carnegie Center's upper level room. This building is the former Marian Carnegie Library located at the corner of 7th Ave and 13th Street in downtown Marion. Please use the door on 13th street. There is an elevator just inside the door. Bring a dish to share and your own table service. Beverages will be provided. Guests are welcome. It was great to see so many guests at our last meeting in Iowa City.

Our club member, Margaret Miller, will be our speaker. A native of England, she has returned to her "Motherland" many times since she moved to the United States. She will share cultural information on and practical suggestions to make our outgoing exchange to England in September successful.



**PEACE COOKIE RECIPE**

This recipe is courtesy of the Friendship Force Club of Dayton, Ohio. Make a batch and enjoy.

½ cup butter or margarine	To sooth old wounds between nations
1 cup brown sugar	Like the good earth we need to preserve
1 egg	From which life is given, not to be taken by war
5 TBS milk	For the children, the same all over the world
1 tsp vanilla	Some of us are vanilla
1-1/4 cup oats	One of many grains harvested to feed the hungry of the world
¾ cup sesame seeds	For the many seeds of good will that can blossom into peace
¾ cup raisins	Grapes dried in the sun. After nuclear war, could there be nuclear winter & no sun for years?
1-1/4 cups flour	Wheat sheaves tied, united as nations by strings of hope for peace
½ tsp salt and soda	Season your lives with loving kindness
1 tsp cinnamon	Spice up your life with the hope of peace
Chocolate chips	Some of us are chocolate. We need all colors
Mix well. Drop by spoonfuls onto greased cookie sheet. Bake 10-12 minutes at 350°. Enjoy the "taste of peace."	



### Let's Eat Out (LEO)



Nancy Miller has suggested that our club try **LEO**, (Let's Eat Out). Members get together to enjoy good food and conversation. There will be no business meeting. Nancy has agreed to organize the first one. It is the day after Income Tax day, on April 16 at 6:30 pm at the Brown Bottle in North Liberty. You will need to call Nancy a (319) 393-3580 by Wednesday April 14 with your reservation

### Home Hosting an IRIS Intern

Charlie and Pat Kress share their thoughts on their first experience hosting an IRIS intern.

“For the week of Feb. 8-16, we hosted Uli, a 33-year old city press representative from Stara Zagora, Bulgaria. This was our first experience in the IRIS program, and we were looking forward to it. Before she came, we did research on her country, so we would have some knowledge of her background and culture. Charlie printed many photos from the Internet, framed them and hung them in our guest room so she would feel at home.

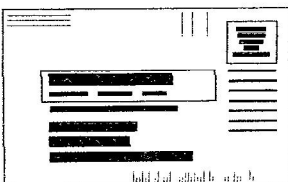


From our limited travel experiences of the past (England, China), we knew that we in the United States have a high standard of living. It was interesting to see her reaction to things we take for granted: for example, a house, clothes dryer and garbage disposal. She lives in a one-bedroom apartment on the eighth floor with her husband, two children and a mother-in-law. To her, our American homes were huge. However, she was very proud of her city (8,000 years old), her country, and her culture.

She spoke excellent English, so we were able to communicate very well. I doubt if I could learn another language as quickly as she did.”

### Membership Details

If you'd like to become a member or renew your membership, here's how you do it. Dues are \$32 for a family and \$27 for a single. This includes the Friendship Force magazine. You can send your payment to Jerry Seidl, FF treasurer, 7709 Princeton Dr. NE, Cedar Rapids, Iowa 52402. To find out if you've paid dues for 2003, check the mailing label on this newsletter.



#### Changes of Address

If you have a change of mailing or e-mail address, contact Frank Stull at [fpstull@aol.com](mailto:fpstull@aol.com) or (319) 393-6254,

**2003 Board of Directors**

- President** Pat Klopfenstein (319) 377-5502 [vklopfenstein@worldnet.att.net](mailto:vklopfenstein@worldnet.att.net)
- Vice President** Sally Nelson (319) 857-5296 [nelsmaddie@aol.com](mailto:nelsmaddie@aol.com)
- Secretary** Joanne Smith (319) 395-9440 [jmariesm@msn.com](mailto:jmariesm@msn.com)
- Treasurer** Jerry Seidl (319) 377-5619 [seidlgerald@msn.com](mailto:seidlgerald@msn.com)
- Past Presidents** Nancy Miller (319) 393-3580 e-mail: [namrabbit@mchsi.com](mailto:namrabbit@mchsi.com)  
Shirley Rosencrans (319) 462-4132 or (319) 362-8500 (work)
- Directors at Large** Doris & Dick Faas, (319) 857-4177, [ddffarm@att.net](mailto:ddffarm@att.net)  
Margaret Miller (319) 364-2135
- Membership** Richard Miller (319) 364-2135  
Kenny & Janis Schmitz (319) 396-4450, [schmitzkenneth@mcleodusa.net](mailto:schmitzkenneth@mcleodusa.net)  
Dick & Veryl Hansen (319) 393-9534, [culhansen@juno.com](mailto:culhansen@juno.com)
- Exchange Director (England & Germany)** Phyllis Seidl (319) 377-5619, [seidlgerald@msn.com](mailto:seidlgerald@msn.com)  
7709 Princeton Drive NE, Cedar Rapids, IA 52402
- Hospitality** Paula Pearson (319) 377-8192, [pm0828@aol.com](mailto:pm0828@aol.com)  
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Pat & Charles Kress (319) 377-5055, [chaskress@mchsi.com](mailto:chaskress@mchsi.com)
- IRIS Representatives** Jim and Colleen Nieman (319) 396-5892, [nieman/jim@mcleodusa.net](mailto:nieman/jim@mcleodusa.net)  
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- Publicity & Phone** Rita Maher (319) 396-2189, [rmscruffy@aol.com](mailto:rmscruffy@aol.com)  
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Margaret Nelson (319) 393-1209, [ronnmarg@aol.com](mailto:ronnmarg@aol.com)
- Historian** Dolores Kaiden (319) 390-3011, [dmkaiden@aol.com](mailto:dmkaiden@aol.com)
- Newsletter** Frank and Mary Stull (319) 393-6254, [fpstull@aol.com](mailto:fpstull@aol.com)
- Heartland Conference Committee** Betty Emrich, (563) 886-2349  
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Jill Rinkenberger, (319) 377-5077 [krinken@aol.com](mailto:krinken@aol.com)  
Margaret Miller (319) 364-2135

Feel free to contact any board member with questions or to volunteer your talents.

**Friendship Force Calendar of Events  
2003**

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|--------------------------------------|---|
| Mon., March 10 - 6 pm.               | Board Meeting, Country Kitchen, 3130 16th Ave SW CR   |
| Sat., April 5<br>Conference: 8:30 am | Heartland Conference,<br>Longbranch Hotel and Convention Center, 90 Twixt Town<br>Road NE, Marion   |
| Wed, April 16 - 6:30 pm              | LEO (Let's Eat Out) at Brown Bottle, North Liberty  |
| Sat, June 8 - 1:15 pm                | General Meeting, Potluck at First United Methodist Carnegie<br>Center, 1295 7 <sup>th</sup> Avenue, Marion<br>Speaker: Margaret Miller, cultural information on England |
| July (date to be determined)         | LEO (Let's Eat Out)   |
| August (date to be determined)       | General Meeting Picnic – "It's a Small, Small World"  |
| September/October                    | Outgoing exchange to Liecestershire, England<br>and Varel, Germany  |
| November 2, 6 pm                     | Annual Meeting at the Marion Heritage Center, 590 10 <sup>th</sup> Street,<br>Marion  |

**The Friendship Force**

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