



friendship force
CEDAR RAPIDS-IOWA CITY

Calendar of Events

- April 6 - 11, Out Going Journey to 2026 Birmingham, Al**
- April 16 Club Hike to Pinicon 10:30AM Ridge County Park**
- April 24-26 North American 2026 Conference Memphis TN**
- April 29 LEO Copper Boar 5:00PM North Liberty**
- May 15 Club Zoom Trivia 7:00PM**
- May 28 - Incoming From Spo- June 4 kane**
- July 13-18, Quilting Journey 2026**
- August 12 SHIRLEY'S IOWA AD- VENTURE**
- Aug 22-23 Outgoing Journey to 2026 Peru**
- September LEO TBD**
- Oct 7-14, Incoming Journey from 2026 Utah**



**CEDAR RAPIDS-IOWA CITY
FRIENDSHIP FORCE CLUB**

www.friendshipforcecr-ic.org

Follow us on Facebook:
Cedar Rapids- Iowa City Friendship Force

April 2026

President's Message

Welcome to April!

My Dad used to say "Spring is sprung, the grass is riz, everywhere the flowers is". I looked this up just to see if I found anything & amazingly, there is a poem that starts with the first two phrases and listed as anonymous. The sentiment is still there as we are in spring and the flowers are starting to evolve. Our club is doing much the same as we are getting busier with an outgoing trip to Alabama, a conference in Memphis and a LEO in North Liberty. As I listened to other Midwest clubs comment on their loss of members, I can't help but admire our group who seems to be as active as ever and if not growing, we are evolving. I am proud to be president of this group.

Stephanie

2026 CR/IC Club President

Join CR/IC FF Club for a Hike April 16

Good morning hikers, please join us for our season's first hike on **April 16**. It will be at **Pinicon Ridge County Park**, just west of Central City. It is a turn to the west off Hwy 13 onto Maine Ridge Road, followed by a right hand turn into the park. We will meet near the playground parking lot around **10:30am**. Please bring shoes or boots appropriate for the weather, insect repellent and consider a hat and hiking poles. There are restrooms located in the park. **Rain date will be April 17**. Please call or text Jean Thomas 319 830-5092 with questions. See you there!



LEO April 29 Copper Boar in North Liberty

We are heading to North Liberty for our next LEO (lets eat out). It is set for the **Copper Boar at 575 Cameron Way, North Liberty, IA**. The fun starts at **5:00PM on April 29**. Feel free to bring friends to show them how much fun we are to hang with. There will be a signup Genius sent so we can give the restaurant a heads up as to how many will be attending.



Check out their website and menu at: <https://copperboar.com/>

Zoom Trivia May 15

The next Club Zoom trivia will be **May 15 at 7PM**. 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.



CR/IC FF CLUB DYERSVILLE DAY TOUR

Shirley Rosencranz has put together a day trip for our club members to be held on **August 12**. Here is your chance to explore some of the sites and attractions in our own back yard.

The day will begin with a guided tour of **Farm Tek** located at **1440 Field of Dreams Way, Dyersville, IA**. Meet in their parking lot at **10:00AM. (Free)**



We will then motor to **St. Xavier Basilica** 104 3rd Street SW, Dyersville for a guided tour at **11:30AM**. There will be a **\$5.00** fee for the tour to be collected on the day of the tour.

Lunch is scheduled after the Basilica tour at **Textile Brewing**, 146 2nd St SE, Dyersville, IA



The day will end at the **National Farm Toy Museum** 1110 16th Avenue, Dyersville. There is a **\$5.00** admission fee.

Contract Shirley Rosencranz you are interested or if you have any questions. 319-481-7477 srosencrans@yahoo.com



There is a Dairy Queen across the street for those that want a treat for the ride home.

Sandhill Crane Journey with the Lincoln Nebraska FFC

March 9th club members Christine Allen, Lynda Bordwell, Judy Frascht-Miner, John Miner and Marty Novak along with Jane Escobar and Elese Johnson from Des Moines and David Motherwell, Judy Neary and Doris Yohe from St Louis traveled to Lincoln Nebraska. There we joined the Lincoln FFC on a Journey to the Sandhill Crane Capital of the world.



We started out by touring the Nebraska Educational Television studios and saw a “NET produced documentary film

Crane Song”. The Welcome was at a Lincoln favorite chicken restaurant, Lee’s Chicken. Guest speaker a NU professor gave a presentation of the history of the Sandhill Cranes and why the Platte River and Nebraska are so important to the migration of these majestic birds.





The Lincoln club had planned for us to have viewing blinds at the Crane Trust Tuesday evening to watch the cranes come in to roost and at Rowe Sanctuary Wednesday morning to wake up and fly off to the surrounding fields to feed during the stay in Nebraska. Between and around these breath-taking events we toured some outstanding local museums that highlighted Nebraska and its history. They included the Stuhr Museum, Archway, Museum of Nebraska Art and the Edgerton Explorit Center. We also toured and had lunch at the Mennonite Village in Henderson, NE. It was interesting to see how this Mennonite Village compared to what we show visiting groups when we take them to Kalona.



Special thanks to Christine Allen for being the CR/IC Journey leader and Arlene Rea, Eloise Hiatt and Judy Keetle from Lincoln who planned and organized this memorable journey.



Although it was short, lasting friendships and memories were made.



FF CR/IC World Friendship Day

Rory Jones-White a senior at Coe College joined us as our speaker for World Friendship Day, March 1, 2026. She grew up in Minneapolis, MN and showed an early talent for learning foreign languages. Her parent enrolled her in a Mandarin speaking school, where she spoke Mandarin exclusively at school until 4th grade! She continued speaking and learning Mandarin through 8th grade. After graduation from high school, Rory attended Coe College in Cedar Rapids, IA.

As a Junior with Coe college, she travelled to Southern China living in Guangzhou in the province of Guangdong, where she found the weather very hot and humid. She found her own way through the school and continued her studies of Mandarin. She met many people along her travels, and asked and received help along the way. She loved meeting new people, and wants to pay it forward to foreign students and individuals in Cedar Rapids, and wherever she goes.



She plans to graduate in May and is considering a teaching job in Japan, teaching English. We wish her the best of luck in her travels, and know she will be successful where ever she goes!

Thank you, Rory!



Journey Calendar by Judy Frascht-Miner

MARCH 9TH-13TH 2026- SANDHILL CRANE JOURNEY WITH NEBRASKA - GREAT JOURNEY - Thanks Christine!!!! See Article.



APRIL 6-11, 2026 - OUTBOUND TO BIRMINGHAM, ALABAMA



Everyone is packing and preparing to leave Monday!!! If you are going on the journey make sure you have your medical information for Jerry and have had contact with your host. Contact Jerry and Carol 563-939-0190 with questions. jbcburke@yahoo.com Journey # 26188.

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

NORTHERN IDAHO - Jerry and Carol Burke are the Host Coordinators. A committee is busy finalizing the itinerary. Contact Jerry and Carol if willing to be involved or want to attend any activities! jbcburke@yahoo.com



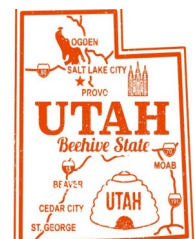
JULY 13 - 18 2026 - QUILTING JOURNEY - This is a Special/ Global Journey, which means it is posted on the International Website and is open to applicants from across the world. **We need a couple home host for this journey. If you can do it, let us know.** It will be exciting to see where our guest will be coming from. Consider being involved? Curious, contact Patty Potter pattyspotter1001@gmail.com 319-551-5179.

AUGUST 12 2026—SHIRLEY'S IOWA ADVENTURE - See article

AUG 24 - AUG 28TH 2026 - OUTBOUND TO LIMA PERU - Christine Allen is the Ambassador Coordinator who is already busy negotiating plans. It is full right now. Two add-ons are being planned with this journey, a boat trip down the amazon and a trip to Cusco. Everyone is excited. Any questions contact Christine callenivy@gmail.com. 319-330-3536. Journey #26068



OCTOBER 7 - 14, 2026 - INCOMING FROM UTAH - This journey is in Limbo. The Utah club's membership reduced significantly at the beginning of the year. We are looking for clubs or individuals who would like to join Utah in their journey to Iowa. If you know anyone that would be good to contact in this regard let us know. Nancy York and Tom Hess are Host Coordinators Contact at 319-929-8208



A Message from FF International

Dear Friendship Force Clubs,

In February 2025, the Board of Directors announced an important shift in our brand focus — one that more clearly presents Friendship Force as a global movement that anyone, anywhere, can be part of.

This shift is intended to more firmly anchor Friendship Force in our mission of peace through friendship by elevating the role we play in citizen diplomacy and by highlighting the everyday impact our members make through their commitment to this mission.

As part of this evolution, we have also acknowledged an important reality: to secure Friendship Force's future and ensure our ability to grow over the next 50 years, we must engage in more intentional and broader outreach — particularly to prospective donors — so that our work is properly resourced and sustainable.

Before sharing the details of this updated brand, I want to emphasize something important:

Friendship Force is not a font.

It is not a color palette.

It is not a logo or a style of photography.

Friendship Force is defined by the words we use, the actions we take, and the commitments we all make every day to advocate for peace through friendship. The brand standards and marketing materials are simply tools to help us more clearly and consistently share that mission with the world.

Please be aware of the following two important points relating to these updated brand standards.

First, while Friendship Force is introducing a refreshed brand aligned with our mission and future direction, clubs are not required to adopt this new brand at this time. The brand standards, logos, and fonts introduced in 2021 remain fully approved for continued use.

Second, for clubs that do choose to incorporate this updated look and feel, a variety of tools are already available — and more will continue to be released throughout the year.

These tools are designed to support you while honoring the individuality and history of each club. Friendship Force's strength comes from the diversity of its clubs and the brand updates aim to support local storytelling — not replace it. You are welcome to use these resources as you see fit.

In connection with this brand update, we are also launching a Club Marketing Kit. The first installment will be sent to all clubs at the end of February, with new tools released every two months thereafter. These resources are designed to support club recruitment, retention, and local outreach efforts. More information about this initiative will be shared in the coming weeks.

As always, the Friendship Force International staff team stands ready to support you and your club in any way we can. Your Regional Support Manager remains your primary point of contact for questions or assistance.

Thank you for all that you do to bring peace to the world — one friendship at a time.

Jeremi Snook, President & CEO Friendship Force International



**Friendship Force
International**

2026 Cedar Rapids/Iowa City FF Officers

President

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

Past President

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

President-Elect

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

Treasurer

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

Secretary

Jean Thomas 319-830-5092 jeanthomas521@gmail.com

Journey Coordinator

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

Activities Coordinator

Sandra Meyer meyersandra57@yahoo.com

Communications

Mary Stull 319-393-6254 mcdstull@aol.com

Membership

Barb Steggall bjsteggall@gmail.com 319-361-2876

Directors at Large

Lynda Bordwell lynda.bordwell@gmail.com 319-560-3520

Marilyn Bengé mbenge@investam.com 319-540-2114

Midwest Regional Field Representative

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