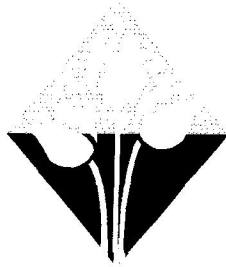


CR/IC Friendship Force UPDATE

April 13, 2002

A Word from the President Nancy Miller

Happy Spring to all of you. Mother Nature played a cruel trick on April 1st, but sunshine and warmth is on its way! This is a time of renewal – nature awakening and friends returning. Many of our club members are coming home after spending the winter months away from Iowa, and we hope to see you at our upcoming activities. Do all of you realize what a great organization Friendship Force has become, and how its mission can help our world reawaken to peace and friendship? We are a powerful force for increasing cultural understanding and world peace. Following are a few thoughts on the power of friendships whether they are made in our club, our towns, our nation or the global community: See you soon, *Nancy*



The Greek sage, Epicures wrote –“of all things that wisdom provides to make life happy, by far the greatest is friendship.”

“A friend is a present you give yourself.” -
Robert Louis Stevenson

“Friendship is the only cement that will ever hold the world together” –Woodrow Wilson

Next Meeting - April 28

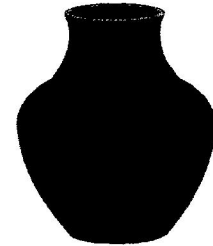
Our next general meeting will be April 28th, 1:00 P.M., at St. Andrew Presbyterian Church, 1300 Melrose Avenue, Iowa City. We will start with a potluck and then Gordon and Sheila Urquhart will tell us about their homeland, Scotland. We’ll learn more about the people and culture of Scotland. Our incoming exchange this fall will be from Scotland. Our thanks to Doris Faas for contacting the Urquharts. Dolores Kaiden will provide the raffle prize that will benefit our scholarship fund. Hope that many of you will be able to attend.

About our speakers... Gordon and Sheila Urquhart are both native Scots who have lived in the U.S. for many years. Gordon originates from the Northeast of Scotland near the city of Aberdeen where he attended Aberdeen University earning degrees in economics and agricultural economics. He is now a Professor of Economics and Business at Cornell College in Mount Vernon. Sheila was born in Haddington near Edinburgh. She emigrated with her parents at a young age. She is currently completing a degree from Cornell College. Both are very interested in the culture of their native country and especially its music. They have returned home many times to visit. Sheila is on the board of HAGGIS (Hawkeye Area Greater Gaelic Isles Society), a group dedicated to keeping the heritage of Scotland alive. Gordon led a tour group to Scotland several years ago and has bicycled along the Northwest coast.

It's Show and Tell Time

Sunday, June 9, 2002 the Cedar Rapids/Iowa City Friendship Force will meet at Hills Bank in North Liberty at 2PM for an afternoon of "Show and Tell." You are probably saying, "I did that in kindergarten." Well, it's time to do it again. The afternoon will be spent showing off all of the talented people in our club. Bring three or four items that you collect, a craft that you make, sing for us or share whatever you enjoy doing.

For example, President Nancy Miller is bringing her hand-made Bargello pillows, Vice-President Pat Klopfenstein is bringing her "Patsy" dolls, Bernita Walker is bringing Panda Bears, Shirley Rosencrans is bringing Czech pottery. Hopefully, you gardeners will bring pictures of your beautiful gardens or a sample of your flowers or vegetables. Does this give you an idea? This will be a great afternoon of seeing all the beautiful work and talent of our club members.



Interesting Web Sites

www.friendshipforce.org -find out about Friendship Force on the national/international level, and about unpublished exchange opportunities.

www.travelingamerica.com -this site has teamed up with the National Trust for Historic Preservation to offer themed driving itineraries with an emphasis on history.

www.nationalgeographic.com/travel -explores far-flung destinations and provides trip planning tools.

Questions to Ponder

How does one avoid being an "ugly American?" Anyone who travels without cultural information is ugly, and Americans aren't the only ones who do it. Learn ten phrases in the country's language such as: hello, thank you, please, but most importantly, "I'm sorry". If you travel with humor and humility, you won't make too many mistakes and you will be forgiven for the ones you do make. What topics of conversation should travelers avoid? Politics, sex, and religion, though admittedly they always seem to come up. The best approach is to be a student. Ask questions and listen.

Exchange to Edmonton Canada - June 27 to July 9
Exchange Director, Shirley Rosencrans

I have been working with Ray Smith from the Quad Cities FF Club, Clare Scott from the Edmonton FF Club, the travel company in Edmonton and of course, FFI headquarters in Atlanta. Everything seems to be on course for a great exchange to Edmonton. At this time, the Cedar Rapids/Iowa City club has 18 people and the Quad Cities club has 15 people. We still have space for two more of you wonderful people to share this exchange. If you are still thinking about it, please give me a call at 362-8500 (work) or 462-4132 (home). Final payments are due now. I will be handing out the required cancellation insurance forms at the meeting April 21. This is going to be a great exchange and I hope you are as excited as I am about meeting new Friendship Force friends in Edmonton, Canada and the Quad Cities.

Our group will leave Cedar Rapids on June 27 for a week exchange in Edmonton. It sounds like they are planning a great week for our group. Then on July 5, we leave by motorcoach for a five-day tour of Jasper, Banff, Lake Louise, the ice fields and Calgary. Sightseeing will include the Stampede, chuck wagon races, lakes and canyons.

Cultural Meeting and Dinner

The Edmonton Exchange group will be meeting Sunday, April 21, 2002, 2 to 4 pm at the Cove Restaurant located on Interstate 80 East at Exit 267 (about half way to the Quad Cities). After the meeting we will enjoy a two-meat dinner served family style with dessert. The cost is \$9.08 inclusive per person.

We will be meeting our traveling companions from the Friendship Force Quad Cities club. This will be a time of sharing and include a question and answer session. This is a very important meeting and I hope to see everyone who is going on the exchange. Please make your reservation to me by Thursday, April 18.

Thanks, Shirley Rosencrans, Exchange Director



IRIS NEWS

Colleen and Jim Nieman

Five business people from Armenia, sponsored by IRIS (Iowa Resource for International Service) visited the Cedar Rapids/Marion/ Iowa City area from March 23 to April 20. They studied U.S. business practices. Host families included Vic and Pat Klopfenstein, Gene and Lynn Mealhow, John Haack & Joan Jacob, Jim & Colleen Nieman, Clayton & Helen Ringgenberg, John & Margaret Sohm, Greg & Sally Nelson, Richard & Margaret Miller, Steve & Nancy Williams, Ken & Jill Rinkenberger

HEARTLAND REGIONAL CONFERENCE

April 6, 2002

Seven club members attended the April 6th "Heartland Conference" in Madison, WI. These include Betty Emrich, Pat Klopfenstein, Millie & Herman Knappe, Nancy Miller, Shirley Rosencrans and Bernita Walker. Chip Carter spoke on Friendship Force International. They have shared the following ideas and information from the meeting:

From Bernita Walker...Chip Carter and everyone at the FF regional conference agreed that we need new members to vitalize Friendship Force International. All club members are really a part of the membership committee. Help us to increase our membership by inviting someone to the next Cedar Rapids/Iowa City event. The hog roast this summer will be fun for everyone. Especially ask someone to meet our incoming Scottish friends. Give someone the thrill of meeting a friendly person from another country. If we really believe in the philosophy of FF, we will speak "fluent Friendship Force language". This is a phrase that Chip Carter used and it makes me feel confident it is a way to win a new member.

From Pat Klopfenstein... Regional conference was very informative for me. I came away with my head in a whirl. In the panel presentations, Jerry Fuller discussed the responsibilities of the exchange director. He explained that there should be criteria for selecting the applicants for the exchange because they are ambassadors for our country. Those accepted as ambassadors need to be informed of behaviors that are expected and they should sign a good conduct pledge. There are several especially important behaviors expected of each ambassador. These include promptness, participation in all planned functions, and NO negative discussion during the exchange

From Nancy Miller...

Janet Lorengan from Madison, WI talked about their club newsletter. Their newsletter editor is part of the communication committee. It is published 12 times a year – a week after the board meetings. They use a commercial printer. Because of the cost, photos are not used and occasionally they inset color. They solicit articles from their members after exchanges. The newsletter is sent to many people, organizations, Chamber of Commerce, Governor, etc. Mary Bryant, Lincoln NE spoke on *Finding Leaders among Your Members*. You can find future leaders by observing members who participate in an outgoing or incoming exchange. To welcome new members, give their names to board members to contact and welcome. Enthusiasm for Friendship Force is very important to develop in new members. An active member is more likely to renew his or her membership. Having a large board gives a good overview for the president. Don't ask for volunteers – call up members for specific needs.

From Betty Emrich... These are thoughts shared by Chip Carter, FFI president, in an address and in question and answer sessions. Since the events of September 11, 2001 many exchanges have been cancelled and fewer members are traveling. This is having a financial impact on the organization as 70 percent of FFI income comes from travelers. It takes 16 travelers to break even on exchanges. More than half of the clubs can only secure 12 or fewer travelers for an exchange. Now clubs are partnered to make up an exchange.

Heartland Conference continued

Club statistics and fees: there are 125 clubs in the U.S. No new ones are currently being chartered. Fewer overseas clubs are requesting U.S. exchanges. Currently the U.S. travelers are paying a \$375 fee plus \$50 for the host fee and \$25 to the traveling club. The F.F.I. Board is considering giving a tax receipt for a part of these administrative costs, which would be called a donation. The rest would be considered a service charge. In the past F.F.I. has recommended a \$25.00 fee to be sent to Atlanta for each domestic exchange traveler. They will now require this fee.

Headquarters info: a new C.E.O. has been hired and the staff has been downsized by 7 people as a cost saving measure. The remaining staff is working extra hard. Chip Carter is working diligently to get corporate funding. Former Pres. Jimmy Carter will be donating the \$100,000 fee he is to receive from some speeches. He is also writing a novel and started a Kids club. F.F.I. is partnering with Peace Corps Volunteers, Sister-Cities and Habitat for Humanity to develop some unique exchanges.

MEMBERSHIP

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.



Newsletters by e-mail

Beginning with this issue, Frank Stull will be distributing the newsletter by e-mail to members who have provided an e-mail address. If you received your copy in the mail and would like to get it by e-mail, send your e-mail address to Frank at fpstull@aol.com. If you received it by e-mail but would prefer to have it sent by regular (snail) mail, let him know. Phone 319 393-6254

Looking Back

Our February general meeting was held February 24, 2002 at the Marion Public Library. Shirley Rosencrans spoke about Edmonton, Canada, showed a video of this beautiful area that many of us will be traveling to in June. Our raffle prize was for a metal sculpture of a bald eagle, created by Max Betenbender and painted by Frank Stull. Jerry Seidl won the raffle. The proceeds are for the Scholarship Fund. Paula Pearson and Nancy Miller set up the room at the library and the cherry pie bakers were Doris Faas, Sally Nelson, Colleen Nieman, Paula Pearson and Nancy Miller.

Cedar Rapids-Iowa City Friendship Force Board for 2002

President	Nancy Miller (319) 447-1623 e-mail: svmnam@earthlink.net
Vice president	Pat Klopfenstein (319) 377-5502
Treasurer	Jerry Seidl (319) 377-5619
Secretary	Shirley Messer (319) 623-3124
Past president	Shirley Rosencrans (319) 462-4132
Membership	Bernita Walker (563) 886-3098 Chuck Thayer (319) 351-5656 Vic Klopfenstein (319) 377-5502
Exchange Directors	
Edmonton Canada	Shirley Rosencrans (319) 462-4132
Scotland	Millie & Herman Knappe (319) 365-0335 and Dick and Doris Faas (319) 857-4177
Hospitality	Joanne Smith (319) 395-9440 Clayton & Helen Ringgenberg (319) 351-3103 Paula Pearson (319) 377-8192 Sally Nelson (319) 857-5296
IRIS Representatives	Jim and Colleen Nieman (319) 396-5892
Publicity & Phone	Phyllis Seidl (319) 377-5619 Marilyn Smith (319) 365-1295 Hally Adams (319) 624-3804
Directors at large	Gerry Stoner (319) 351-9067 Rita Maher (319) 396-2189
Historian	Dolores Kaiden (319) 390-3011
Newsletter	Frank and Mary Stull (319) 393-6254

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

**Friendship Force Calendar of Events
2002**

April 25, 6 PM Rapids	Board Meeting, Country Kitchen, 3130 16 th Ave. SW Cedar Rapids
April 28, 1 PM	General Meeting, St. Andrew Presbyterian Church, 1300 Melrose Ave. Iowa City
June 27 to July 9	Outgoing exchange to Edmonton, Canada with the Quad Cities Club
June 9, 2 PM	“Show and Tell” General Meeting, Hills Bank, North Liberty
July (TBD)	Board Meeting
Late July/early August	General Meeting. and “Pig Roast” at Bettenbender’s home in Coggan. Dubuque and Quad Cities clubs will be invited
September (date TBD)	General Meeting and Sunday brunch – date/location TBA
Sept. 29-Oct. 6	Incoming exchange from Scotland
November 3	Annual Meeting at the Czech and Slovak Museum, Cedar Rapids
November 7-10	International Conference, Dallas, TX

THE FRIENDSHIP FORCE PLEDGE

As a member of the Friendship Force, I recognize that **I CAN MAKE A DIFFERENCE**. I recognize that I have a mission. The mission is to be a friend to the people of the world. As I embark on this adventure, I know that others will be watching me. I know that through my example to my own fellow citizens and the people of other nations, the cause of friendship, love and peace will be furthered. **I CAN MAKE A DIFFERENCE**.

April General Meeting
Sunday, April 28, 2002, 2 PM



It's a Potluck at
St. Andrew Presbyterian Church
1300 Melrose Avenue, Iowa City, Iowa

Program: Learn about the culture of Scotland from Gordon and Sheila Urquharts and get an update on the exchange to Edmonton, Canada

Frank & Mary Stull
The Friendship Force
5819 Golden Court NE
Cedar Rapids, IA 52402-1310