



**The Friendship Force
of Cedar Rapids - Iowa City**

1996 Officers

May, 1996

President

Betty Emrich

MEET YOUR VICE PRESIDENT

Vice President

Kenneth Schmitz

Kenneth Schmitz is now happily retired after thirty years of employment with Firestone. Janis, his wife, will retire this June from the Cedar Rapids School system after thirty-seven years of teaching. They both look forward to spending more time traveling.

Treasurer

Anne Parton

Secretary

Doris Faas

Kenneth has belonged to the CR/IA City Friendship Force for ten years. He has served the organization as secretary, director at large, chairman of several committees and as host of FF members from England, Isle of Wight, Germany, Belgium and the Ukraine. Next year he will lead our group as president.

Past President

George Mulligan

Committee Chairs

Activities

Gerry Stoner

Kenneth and Janis have seven children and four grandchildren. The children live in Pennsylvania, Florida, Oregon and Cedar Rapids. This gives them many places to visit and many phone calls.

Historian

Doris Faas

Hospitality

Margaret Stokely

When Kenneth and Janis are not traveling, Kenneth is involved with golf and gardening.

Membership

Kenneth Schmitz

GENERAL MEETING JUNE 2

Newsletter

Bernita Walker

PALISADES KEPLER STATE PARK LODGE

Publicity

Paula Pearson

4-8:00 p.m.

Pot luck

Telephone

Anne Parton

Bring a prospective member

Directors at Large

Rita Maher

Shirley Messer



The Friendship Force
of Cedar Rapids - Iowa City

Message from your President---

Thanks to all of the Cedar Rapids/Iowa City Friendship Force Club Members who worked at the Heartland Conference, April 28th. It would not have been a success without all of your efforts.

The exchange to Indonesia June 24th has been cancelled. We had only eight paid travelers. This was not a sufficient number. It was too late for those that could have traveled in May to join the St. Louis F.F. Club trip to Indonesia.

The Greater Des Moines Club is investigating the possibility of planning another trip to Indonesia.

I am looking forward to seeing you at the June 2nd membership picnic at Palisades-Kepler State Park, 700 Kepler Drive, Mt. Vernon, IA. We will have a brief board meeting at 4:00 p.m.. All CR/IC FF members are welcome to attend. We will be discussing our incoming exchange with Herne, Germany, August 2nd. Exchange Director, Bernita Walker, and her Assistant Director, George Milligan, will be setting up hosts and committees.

Plan to enjoy the picnic, program and activities planned by Kenny Schmitz and the membership committee from 5-8 p.m. Please bring prospective members and table service for them. Coffee, ice tea and lemonade will be provided.

There are many activities and beautiful spots at the park. Come early if you enjoy camping, fishing, boating or hiking. There are 76 campsites, 45 with electrical hookups.

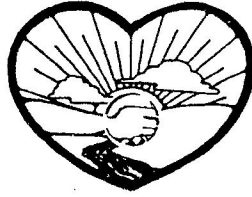
We will be hosting twenty-one guests from Sao Paulo, Brazil, Sept. 26-Oct. 3rd. Madeline Sullivan will be the exchange director and Margaret Stokley will be her assistant director. We have already received letters from the Sao Paulo F. F. Club. They are eagerly looking forward to coming to Iowa. They will be traveling from Colorado to Iowa then to the northeast.

Madeline and Margaret will be signing up prospective hosts and committees. Please let them know what you can do to help and whether you can host.

Shirley Messer and her committee are investigating the possibility of an Inter-Club visit. They have sent letters of inquiry to Arizona, Connecticut, and Washington.

Please keep in mind the Friendship Force International Conference in Montreal, Canada, October 24-27, 1996. Eleven members have expressed an interest in attending. It will be an interesting, fun time. Home hosting will not be available because the Canadian clubs are just newly organized.

Watch for festivals and other clubs exchanges that may be of interest to you.



HEARTLAND REGIONAL FRIENDSHIP FORCE REPORT

Thank you! Thank you! Thank you! To all who attended and to those who worked at the Friendship Force of the Heartland Conference, Sunday, April 28, 1996 at Little Amana, Iowa.

We had a total of 81 in attendance. We were sorry that several had illness or other complications which prevented their attendance. Ten registrations were returned.

Harriet Kuhr brought 112 items from Atlanta valued at \$864 to sell. Atlanta FF contributed a cap, mug, photo album and a heart shaped key tag to be used for door prizes. (Total in gifts \$24.50.) Harriet returned 35 items worth \$463 to Atlanta. We sold 59 items valued \$264 and the CR/IC FF kept 28 items valued \$137 for resale.

Our registered guests appreciated the opportunity to purchase items and we appreciated Harriet for bringing them.

Our special thanks also go to Harriet for speaking to the group, answering questions, and for presenting at two of the workshops. It gave us a special insight into Friendship Force International activities, a current up-date of news from Atlanta and an opportunity to learn more about Bridgebuilders.

Special thanks to the five Iowa FF Clubs for providing door prizes and samples of articles they have used as gifts to give to hosts or to present to guests.

Thanks to the Seven Villages Restaurant, the Little Amana Winery, The General Store and the Woolen Shop for the door prizes they provided.

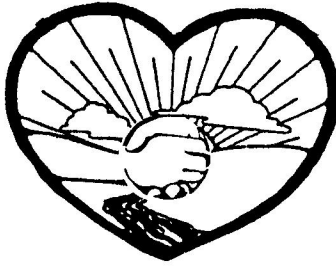
Thanks to Irene Steward and the Marshalltown FF Club for providing entertainment and supervising the display tables.

Thanks to Addy Gard and the Dubuque FF for recording workshops and for Addy presenting at two workshops and assembling the evaluations. All attendees will receive a summary of the workshops and additions or corrections of the registered attendees.

Special thanks to Paul Joslin of the Greater Des Moines FF for his contributions to the planning and to the program and for securing former Governor Robert Ray as our speaker.

Special thanks to Ted and Elaine Pfeiff from the Quad Cities FF for their hand made gifts to be used for door prizes and Ted's initial endeavors for this event and for his organization of program details.

Extra special thanks to Judy McNamara for her gifts of note pads to all, her work on the logo and printing the programs. Judy is a valued member of the Quad Cities FF. The conference committee greatly appreciated her efforts for this event.



Extra special thanks to Frank and Mary Stull of the Cedar Rapids/Iowa City FF for home hosting Harriet Kuhr. They met her at the airport and returned her there with the supplies from Atlanta. Mary presented at two workshops and Frank unpacked, repacked inventoried items, hung up banners etc.

Betty Emrich and Bernita Walker of the Cedar Rapids/Iowa City FF contributed to the original planning, contracted with the Holiday Inn for meeting rooms, food, display areas etc. Bernita wrote a Friendship Force song and secured shirts with the conference logo. Betty sent conference information to all Iowa clubs and to all clubs in eight states in the Heartland region.

Special thanks to each presenter, moderator, panelist, presider, entertainer, and to each worker at registration, hosting, sales and display tables, decorations and door prizes. This event could not have occurred without your help.

A preliminary review of the survey by Betty Emrich indicates an interest in continuing the Regional Conference. Addy Gard's evaluation summary will give us much more guidance for the future.

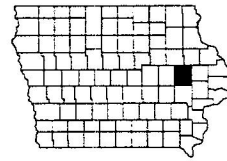
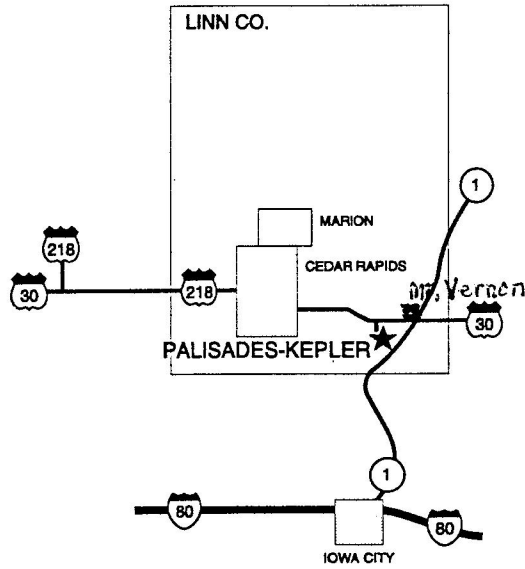
A complete financial report will be furnished when all bills are in and payments made for phone, postage and printing.

"A World of Friends Is A World of Peace"

**The Friendship Force
of
The Heartland**

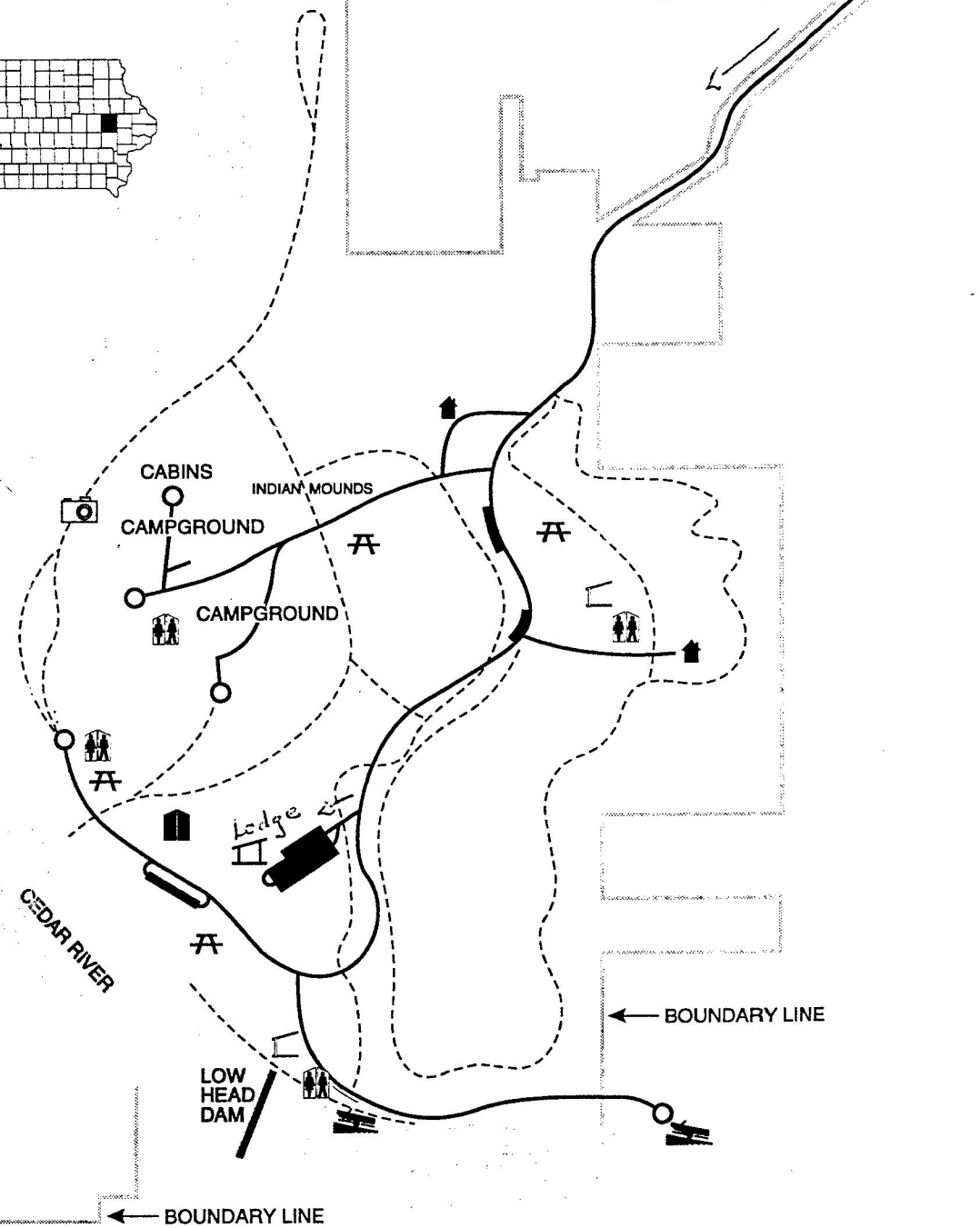
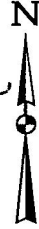


- 🏠 PARK OFFICE
- 👤 ASST. RANGER
- 🍷 PICNIC AREA
- 📷 SCENIC VIEW
- 🚻 REST ROOM
- 🏠 LODGE
- 🏠 SHELTER
- 🚤 BOAT RAMP
- HIKING TRAIL

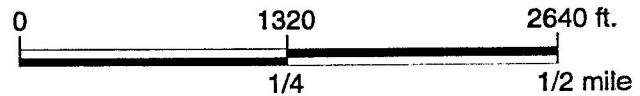


← To Cedar Rapids
 Highway 30
 → To Mt. Vernon

Picnic Sun. June 2, 1996
 Board Mtg. 4 P.M.
 All Members Welcome
 Program, Picnic and
 Activities 5-8 p.m.
 Bring Covered Dish
 and table Service
 Invite prospective
 New Members



PALISADES DOWS STATE PRESERVE



PALISADES-KEPLER STATE PARK

Palisades-Kepler State Park lies along the beautiful Cedar River in Linn County. The 840-acre park has dramatic river bluffs, deep ravines, majestic hardwood trees, a large variety of wildflowers and an abundance of wildlife. Palisades-Kepler State Park is also important for its prehistoric past. A molar tooth of a mammoth was once found here and the exposed rocks along the Cedar River are laden with fossils of millions of years of history. The presence of Indian mounds reminds us that this was a favorite haunt of Native Americans hundreds of years ago.

HISTORY

In the late 1890s, James Sherman Minott acquired 160 acres of timberland on the Cedar River and built a spacious inn for the accommodation of visitors. He also established a boat rental and sold lots for the building of summer cottages. Many people took advantage of this and soon the population of the area numbered over 200. Afternoon outings on the Cedar River, capped by a quiet dinner at the combined log cabin restaurant, general store, and hotel, were common in the early 1900s. Noted American poet Carl Sandburg was a yearly visitor to the "Palisades" during the 1920s and 30s.

In 1922, Palisades-Kepler State Park was established. Much of Minot's original land had been acquired and the State Board of Conservation had taken special notice of the unique bold cliffs and proclaimed that "these palisades lining the Cedar River are quite special." In September of 1928, the Board of Conservation accepted the gift of property from the estate of Louis H. Kepler, essentially doubling the size of the park. The Board added his name to the park name. Since that time, almost 700 acres have been added to Palisades-Kepler.

In July 1934, a Civilian Conservation Corps company was established at Palisades-Kepler.

Three barracks and a mess hall were built; then, work started on the building of many park facilities. The roads, hiking trails, entry portals, lodge and other timber and stone structures remain to give the park much of its rustic character. The C.C.C. camp of 200 young men closed in 1941.

PICNICKING

Palisades-Kepler State Park is a beautiful place for a family cookout. Picnickers can enjoy themselves, while at the same time, enjoying views of the beautiful Cedar River and the tree-lined bluffs along it. A picnic shelter is available and may be reserved for a fee through the park ranger.

CAMPING

The campground at Palisades-Kepler is a fine place for a weekend outing or a two-week vacation. It has 76 campsites, 45 with electrical hookups. Modern shower and restroom facilities are available, as well as a trailer dump station. Camping permits are obtained by self-registration at the campground.

LODGE

The enclosed shelter or lodge at Palisades-Kepler is a beautiful stone structure built in the 1930's by the Civilian Conservation Corps. It makes a fine setting for group events such as wedding receptions and family reunions. Reservations must be made through the park ranger.

CABINS

Palisades-Kepler has four rustic family cabins available for weekly rentals. The cabins, which can accommodate up to four persons, feature a shower, restroom, stove, refrigerator, dishes and cooking utensils. Cabin users must provide their own bedding, towels and other camping items. Reservations must be made through the park office. The cabins are a great place for an economical family vacation.

FISHING AND BOATING

The Cedar River offers some excellent fishing for a variety of species, including channel catfish, bass and bluegills. Anglers often try their luck by boat or along the shore above and below the old dam on the Cedar River. A modern boat-launching ramp provides convenient river access.

HIKING

Palisades-Kepler is a wonderful place to hike. On the trails, walkers can often see a variety of wildlife, including white-tailed deer and wild turkeys. Many species of trees, shrubs and flowers are also present along with innumerable species of songbirds.

NEIGHBORING TOWNS

Mount Vernon, home of Cornell College, is located 4 miles east of the park. Cedar Rapids is located 12 miles west of the park. Both cities provide a variety of shopping, recreation and church opportunities.

EQUAL RECREATIONAL OPPORTUNITIES

All persons are entitled to full and equal enjoyment of the recreational opportunities, privileges and advantages available in Iowa's great outdoors. The lodge breezeway and rest room are accessible to persons of varying abilities.



Iowa Department of Natural
Resources
Wallace State Office Building
Des Moines, Iowa 50319-0034



Membership Challenge

Friendship Force Friends,

We have a challenge for you. Bring a guest or a prospective member to our Friendship Force picnic at Palisades Park on Sunday, June 2, 1996 from 4 to 8 pm. Every prospective member's name will be put in the hat for a drawing of a free membership. A 1997 membership will be awarded to the person who signs up the most new members by September 1, 1996. If each member would sign up one new member, we could double our membership. We need your help.

GOOD LUCK AND DO YOUR BEST!

A handwritten signature in cursive script that reads "Kenneth L. Schmitz". The signature is fluid and stylized, with a large initial 'K'.

Membership Chairman

Dates to Remember:

August 3-10	Our guests from Herne, Germany are here!
Sept 26-Oct 3	Incoming exchange from Sao Paulo, Brazil
October 24-27	Twentieth International FF Conference Le Centre Sheraton Hotel Montreal, Quebec
October 1-10	India Festival
November 18 ----	Chiang Mai Thailand Festival



THE FRIENDSHIP FORCE OF
CEDAR RAPIDS/IOWA CITY
PO BOX 28
TIPTON IOWA 52772