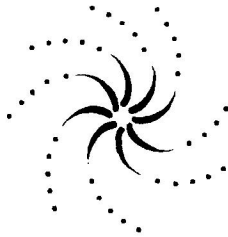


CRIC Friendship Force UPDATE

September 6, 2002

A Word from the President

Nancy Miller



Happy "almost autumn". It's beginning- a golden haze is appearing on the tips of the trees. The warm days and cool nights are welcoming us all. Take time to enjoy this beautiful season.

I must share happy and sad news. Millie Knappe lost her courageous battle with cancer. We send our sincere condolences to Herman and his family. Stephen and I remember the lovely dinner we had at their home last year after day hosting their English ambassadors. The Knappe's gardens are beautiful!

Another member, Charlotte Olson, has come back after a fall last December. Her address is Village Ridge @ Marion, 365 Marion Boulevard, Room 224, Marion, IA. We welcome Charlotte – hope to see you soon!

Much is happening in our club. The June "Show & Tell" meeting was so much fun with everyone sharing their hobbies and interests. Next came our exciting exchange to Edmonton, Alberta, Canada. Hats off to our hard-working exchange director, Shirley Rosencrans, for a job well done! Some of our members have written about their experiences on the exchange. In August we had a very successful "pig roast". Max and Donna Betenbender hosted seventy-seven people from our club, Dubuque and the Quad Cities. Their home and yard was a perfect setting. Thank you very much Max and Donna, and thanks also to Pat Klopfenstein for organizing all the reservations.

Lastly, but most important, is our upcoming Scottish Exchange. Please take the time to read all of the details. I hope many club members will attend the activities beginning with the Klopfenstein's "Welcoming Potluck" on September 27th, and ending with the "Farewell Banquet" at the Indian Creek Country Club on October 2nd. Doris and Dick Faas, along with the Knappe's, have worked hard on this exchange. Stephen and I have joined the Faas's now as co-exchange directors.

A closing thought:

Many people will walk in and out of your life.
But only true friends will leave footprints in your heart.

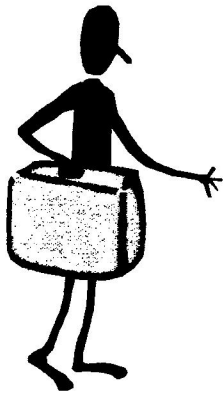
To handle yourself, use your head
To handle others, use your heart.



See you at the "Scottish" activities. Nancy

Incoming Scotland Exchange September 26 to October 3, 2002

Ten ambassadors are arriving from Scotland!!! See the next page for a list of activities we have planned for our guests. Please join in the fun whenever you can. Contacts: Dick & Doris Faas 857-4177 or Steve and Nancy Miller. (319) 393-3580



Host family

Steve & Nancy Miller
Ron & Joyce Swanson
Richard and Marjorie Ferris
Morris & Bernita Walker
John & Cheryl Elliott
Dick & Doris Faas
Richard & Margaret Miller, home host and J & J Sperry, day host for Marie Husbands

Guest

May Ruddy, Drew Goodwin
Donald Greirson
Jimmy & Tina Graham
Lilis Oldham
Janet Keay
Arrick & Nan Wilkinson

An **orientation meeting** for host families will be September 10, 6:30 pm at Faas' home, 2511 140th Street NW, Swisher, IA phone: 857-4177

For last minute information, contact Dick and Doris Faas or Steve and Nancy Miller. If you would like an opportunity to get acquainted with some of our guests, you could invite the ambassador and host family to your home for an informal meal or get together. Feel free to contact any of the host families to extend an invitation.

2003 Exchanges

We've been advised of a match for an outgoing exchange in fall 2003 to Leicestershire, England (the group we hosted in 2001) and Varel, Germany, in northern Germany near Bremen. We will share this exchange with the Fort Myers, Florida Friendship Force Club. The board is currently accepting applications for the club's exchange director. More details as the exchange develops.



An incoming exchange match has not been made yet. Our club indicated that we would welcome an exchange from any country.

Board Activities

- ❖ Shirley Rosencrans, Colleen Nieman, Phyllis Seidl, Pat Klopfenstein, and Dolores Kaiden will serve on a nominating committee that will develop a slate of officers for the 2003 year. If you are interested in a leadership position or committee work next year, please contact them. See back page for phone numbers.
- ❖ The IRIS program will place three city government interns in eastern Iowa after January 2003.
- ❖ The board approved payment of the registration fee of \$395 each for president, Nancy Miller and vice president, Pat Klopfenstein, to represent our club at the national conference in Dallas in November 2002.

Scotland Exchange Schedule

We have a full schedule for our guests. Please join these activities whenever you can:

Thursday, Sept. 26th we will meet our Scotland ambassadors in Dubuque.

Plans are underway to meet our Scotland guests and their host families at the Mississippi waterfront about 11AM. After a day of activities in Dubuque, we will attend a potluck supper hosted by the Dubuque Friendship Force. Then ambassadors will go to Cedar Rapids to meet their new host families. The Dubuque Club needs to make reservations for our lunch in Dubuque. Please send reservations and a check for \$6.50 each to Steve and Nancy Miller, 4618 Chestnut Ridge Court NE, Cedar Rapids, IA 52411.

Friday, Sept. 27th will be Cedar Rapids Day. Ambassadors will tour sights in Cedar Rapids. Friday night all members of the Cedar Rapids/Iowa City FF are invited to meet and greet our Scotland Ambassadors at a pot luck supper at 6:30 pm at Vic and Pat Klopfenstein's at 5540 Hunters Ridge CT, Marion. Please bring a dish to share. Drinks and paper products will be provided.

Saturday, Sept 28th will be a host day. (Ideas for activities will be provided if the hosts would like them)

Sunday, Sept. 29th is a host family day. **Optional** activity: 6-9:30 night of dancing at the Ponderosa Ballroom, Walford

Monday, Sept.30th Farm Day and a visit to West Branch.

Tuesday, Oct. 1st Iowa City Area Day including a trip to the Wilson's Apple Orchard at 1:30 pm.

Wednesday Oct. 2nd Cedar Rapids Day. Meet at the Cedar Rapids Museum of Art at 10 am followed by lunch at noon at Gringos. 6 PM Farewell Dinner (see details below).

Thursday, Oct. 3 Time to pack and do last minute shopping. Airport Farewell about 3-3:30 PM. Ambassadors depart for Chicago at 5:09 PM

FAREWELL BANQUET

When: Wednesday, Oct. 2nd

Where: Indian Creek Country Club

Time: Cocktail Hour—6-7PM (cash bar)

A sit down Dinner at 7 PM

Menu: Chicken, Baked Potato, Salad, Vegetable, Rolls, Dessert, & Beverage

Cost: \$15. per person. (Cost includes gratuity.)

All reservations must be postmarked by September 20th.

Number attending _____ x \$15.00 = _____ amount enclosed

Name(s)

Please make your checks payable to "Cedar Rapids-Iowa City Friendship Force" and send to Carol McGregor, 1501 Quail Ridge Court SW, Cedar Rapids, IA 52404, Phone: 319-396-4500

Looking back, or is it looking north

On the exchange to Edmonton, Canada in July, seven ambassadors were traveling on their first Friendship Force exchange. All had been hosts to Friendship Force guests so it is interesting to hear their thoughts on being a first time participant.



Oh Canada! From John Haack

My College Edition of Webster's New World Dictionary has many meanings for the word EXCHANGE. As I reflect back at the week we spent in Canada I wonder how I will ever be able to: give or receive equivalent or similar things, or provide a reciprocal giving or even come up with a substitute or alternative exchange like ours to Canada.

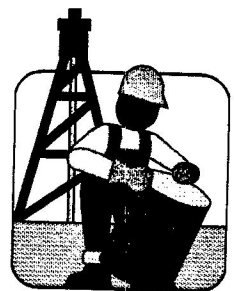
Our hosts from Edmonton greeted us and treated us like kings and queens. They opened their hearts, homes and cabins to us. They kept us on the go with visits to their world-class park system, museums and cultural centers. They made sure we would maintain our Iowa body weight and return home with thoughts of what diet to implement as soon as we land in Cedar Rapids.

I learned to appreciate the loony and the twony, walks at 10:00 P. M. in the daylight and what 13 people paddling in the same canoe can do. I admired with envy the green canopy the blocks of elm trees provided in Edmonton. Their public buildings, pools and fountains impressed me very much. Even more impressive was how they were used and enjoyed by all.

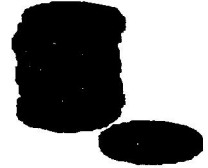
Edmonton's cultural diversity was obviously an asset to the area. Edmonton's people are very gracious and proud. They worked hard for what they have. For all of our hosts to share a week with us in the manner in which they did was magnificent. Oh Canada, you and your people are great! As was our side trip to Jasper, Banff & Calgary! What a great first Friendship Force trip! John Haack

From Joan Jacob

For our introduction to Friendship Force travel, we decided the distance and COMMON LANGUAGE made Canada a perfect choice. Happily arriving without incident, we were quickly enamored by the Canadian hospitality and culture. Learning about the economy of Edmonton was especially interesting, as we viewed the primary agricultural crops of wheat and canola (with its beautiful yellow fields) and the petrochemical industry with Luduc's oil rigs, the oil sands and exposure to this industry-specific vocabulary. After a full day of 'touring', it was fun to relax on the chesterfield, enjoying our Caesars and hoping we didn't become too fuzzy (actually I think Greg and John enjoyed the Molson more).



With the dawn of a new day, we donned our tilleys and headed to Ft. Edmonton for a history lesson about the Hudson Bay Company, as well as the First Nation aboriginal and meti peoples. Later, we dined on donairs, timbits and nanaimo bars (ask Sally Nelson or me for the recipe). Although we were disappointed that we were unable to attend a curling event, as it is only played in winter, we were fascinated by tales of the action of the skipper, sweep, etc. At the world-famous Edmonton mall we were careful not to confuse our loonies and toonies (or is it twonies?). Of course, what can be a more regal sight than that of the RCMP? Then, too, the magpies and Clark's nutcracker were fun to watch. We soon discovered our hosts were much more knowledgeable about the United States than we were of Canada, with many owning park models or condos in the states. All in all, it was a truly memorable adventure. Ah, glorious Canada, eh? *Joan M. Jacob*



From Jim and Colleen Nieman



This was our first Friendship Force trip. We found the group travel to be a fun way to develop new friends. Our Canadian host was a delightful lady and the Edmonton club kept us on the go. We really like the small host dinners. The Banff and Jasper National Parks were magnificent. Standing on a glacier in July will be remembered for a long time. *Jim and Colleen Nieman*

Jerry Seidl wrote:

I thought of writing about the Calgary Stampede, the rugged Canadian Rockies, the skylines of Edmonton and Calgary or the green belt in the middle of Edmonton, a city of nearly a million people. But those are tourist events... anyone can experience them.

On a Friendship Force exchange you meet the people. Not tour guides or trinket vendors but friends as if for 200 years. They took us orphans in like their own relatives or school mates of long ago. We hiked and canoed together. We celebrated Canada Day together. We meditated together with our host – I've never seen 23 minutes of silence go so quickly! We agonized with our host over whether the Edmonton City Council would approve the sale of property by a charity on whose Board she served. It was approved, the charity needed the money and we celebrated. On our first Friendship Force Exchange I learned what FFI is really all about.



Phyllis Seidl wrote

Finally we were going on an exchange! Our first E-mail from our host left me wondering where we were staying. Pearl (our host) and I both do volunteer work, but her comment "we just moved into a new continuing care center in March" had me confused. Whatever it was I knew we would roll with it. Turns out she doesn't live there, she's a volunteer there. Needless to say we had several good chuckles over this.



Pearl and Vivian were wonderful hosts - Vivian provided our wheels and Pearl was the navigator. We visited the sites from the old, Fort Edmonton, to the new, Winspeare Music Center and the world's largest shopping and entertainment center. But the real fun was sharing each other's company and our funny idiosyncrasies - checking out second hand stores, Jerry repairing Vivian's car and photographing a dozen old "onion" churches. And we did tour the Allen Gray Care Center, which is an important part of Vivian's and Pearl's lives. Vivian and Pearl were human dynamos.

Sandwiched between the tourist activities and special picnics and potlucks, were the exchange of recipes, walks in the park, etc. For my first FF exchange, I certainly experienced what Friendship Force is. How many on this trip can say they had a Reiki massage by their host?

26th Annual International Conference
November 7-10, 2002

Nancy and Steve Miller and Vic and Pat Klopfenstein will be attending the international conference in Dallas in November. They hope that many of you will want to travel to the heart of Texas and enjoy the gracious hospitality of the Friendship Force of Dallas and Fort Worth. This 26th Annual Conference will take a fresh look as we grapple with a rapidly and dramatically changing world. There will be plenty of opportunities to meet old friends, share ideas and experiences and enjoy the mix of cultural festivities that have been planned. Post conference options include:

- Friendship Force Homestay November 10-14, 2002
- Texas Tour November 10-15, 2002
- Mexico Tour November 11-18, 2002



Conference registration fees (not including hotel): \$420

Conference registration Package, including hotel: \$575

You can access all of the conference information at www.friendshipforce.org. At the top of the first page **click on** "My Friendship Force", then **click on** the Link to the Dallas Conference on the left side of the page.

Cedar Rapids-Iowa City Friendship Force Board for 2002

President	Nancy Miller (319) 393-3580 e-mail: svmnam@earthlink.net Nancy and Steve Miller have a new address: 4618 Chestnut Ridge Court NE, Cedar Rapids, IA 52411.
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	Dick and Doris Faas (319) 857-4177 and Steve and Nancy Miller (319) 393-3580
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.

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.

September 6, 2002

**Friendship Force Calendar of Events
2002**

Sept. 26-Oct. 3 Incoming exchange from Scotland See Page 3 for full list of activities.

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November 3, 5:30 P.M. Annual Meeting at the Czech and Slovak Museum, Cedar Rapids

November 7-10 International Conference, Dallas, TX

The Friendship Force

Frank & Mary Stull
5819 Golden Court NE
Cedar Rapids, IA 52402