



**friendship force**  
CEDAR RAPIDS-IOWA CITY

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

[www.friendshipforcecr-ic.org](http://www.friendshipforcecr-ic.org)

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Cedar Rapids- Iowa City Friendship Force

**May 2026**

**Calendar of Events**

- May 15**      **Club Zoom Trivia**  
**7:00PM**
- May 29**      **Welcome for Spokane**  
**5:00PM**      **Journey**
- May 28 -**      **Incoming for Spokane**  
**June 4**      **Journey**
- June 3**      **Farwell for Spokane**  
                 **Journey**
- July 13-18,**      **Quilting Journey**  
**2026**
- August 12**      **SHIRLEY'S IOWA**  
                 **ADVENTURE**
- Aug 22-23**      **Outgoing Journey to**  
**2026**              **Peru**
- September**      **LEO**  
**TBD**
- Oct 7-14,**      **Incoming Journey from**  
**2026**              **Utah**

**President's Message**

Welcome May!

It is hard to believe we are close to the end of the school year and the beginning of summer. With all the April rains, I am not keeping up with the weeds that are growing profusely. Now may our friendships grow the same way. In this month, we have zoom trivia and the incoming group from Spokane. If you haven't yet tried trivia, sit in with us on the 15th. We have 25 questions and it takes about an hour. Don't know trivia, then you can compete with Judy and I to see who gets the least answers correct. What is amazing is the variety of topics and the unusual answers to questions you never even considered asking.

Be sure to read the rest of the newsletter as we have many events for you to consider and seeing each other on a regular basis is how we keep our friendships growing.

*Stephanie*

*2026 CR/IC Club President*



## Welcome and Farwell for Spokane Journey

The Cedar Rapids/Iowa City FF Club is inviting all our club members to the **Welcome Potluck** for the Washington/Idaho Journey on **Friday, May 29**, at **Wickiup Hill**. There will be a presentation by the director at 5:00pm with the potluck to follow at 5:30pm. Our club will provide broasted chicken, table service and beverages. All attending need to bring a hot dish, salad or dessert. ***A Sign Up Genius will be sent out.*** We look forward to you joining us in welcoming our Friendship Force friends from the states of Washington and Idaho. Contact Shirley Rosencrans at 319-481-7477 with questions.

The **Farewell Party** will begin at 5:30pm on Wednesday, **June 3rd**, at the **Clarke Alumni House on Coe College Campus**. Parking is in lot beside the building, please don't park in the horseshoe drive. Cost is \$25 per person for dinner & dessert. ***RSVP through Sign-up Genius by May 25.*** Cash bar available. All are invited, bring a friend! Contact Connie Williams at 319-361-8452 mobile, should you have questions.

## LEO April 29

We had a great turnout at the Leo in North Liberty at the **Copper Boar** on April 29. There will be another one in **September**.

Look for the information in future newsletters.



## 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](mailto:srosencrans@yahoo.com)



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

## Birmingham Journey April 2026



Nine Cedar Rapids/Iowa City Friendship Force members and one from Des Moines journeyed to Birmingham, Alabama on April 6. After several flight delays, we finally arrived there in late afternoon and evening. After a welcome dinner we got settled in with our hosts.

Our first visit on Monday was to the Vulcan Park Museum for a guided tour that explained the importance of iron ore and coal to the development of Birmingham. We also

took an elevator to the top of the Vulcan statue which is the tallest cast iron statue in the world, that was made for the St Louis World Fair. In the afternoon we visited Barber Motor Sports Museum which featured over 1000 motorcycles of every vintage and style.

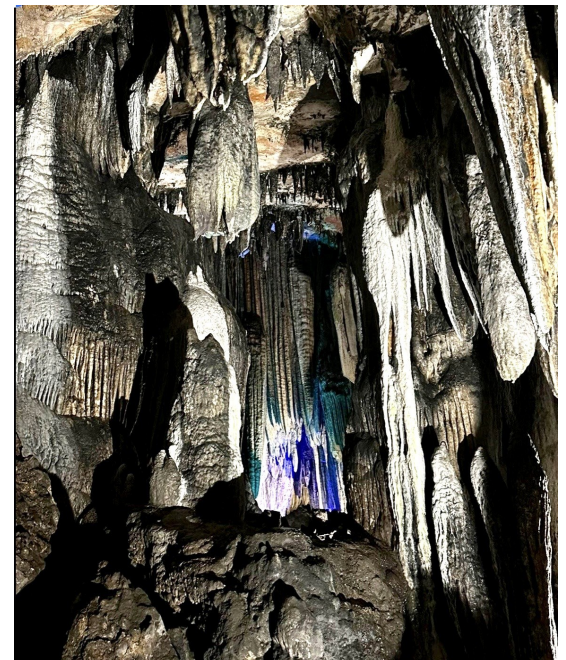


Wednesday found us at the 16th ST. Baptist Church for a guided tour. This is the church where 4 little black girls were killed in a bombing during the civil rights movement. Next, we visited the Civil Rights Museum across the street. The day concluded with a tour of the Alabama Theater, similar to our Paramount Theater.





Thursday took us out of Birmingham to the Sylacauga Marble Festival where we watched sculptures being created by local artists. We also visited the marble mines. The Sylacauga mine and one in Italy are the only two marble mines in the world to have this quality of white marble. The afternoon tours included a visit to a grist mill, covered bridge, and Majestic Caverns. That evening we enjoyed small group dinners with club members.



Friday, we concluded our visit with a tour of the Birmingham Museum of Art, lunch on our own, and some free time. The farewell dinner was held at the Fishmarket Restaurant.



We offer our sincere thanks to the Birmingham club for showing us a wonderful time in their beautiful city.

## Pinicon Ridge Hike

On April 16 eight hikers met at Pinicon Ridge Park, near Central City. A ranger shared some of the park history along with a description of its amenities. After hearing about the various hiking trails the group walked to the upper part of the park to Woodpecker Hill. This 1.7 mile trail wound through the woods and over streams with a generous amount of wildflowers on both sides of the trail. Several of the group also enjoyed the view from the 65 foot observation tower. After hiking the group enjoyed lunch at Daisy's Garage in Marion. It was a great way to start the day!



Woodpecker Trail



## North American Conference April 24-26, 2026

The North American Conference was held in Memphis TN this year. Connie Williams, Judy Frascht-Miner, Christine Allen, Patty Potter, Jerry & Carol Burke and I all attended with about 170 others from Canada, Mexico, England, South America and the States. There were tours offered before, in-between and after the workshops. The informational part of the conference was held on Saturday and Sunday with a celebration dinner on Sunday evening. I am highlighting some of the ideas presented.

1. New website—this was presented at our conference and was developed to help connect the website and the brochures to better present new funding opportunities. To continue to survive, we need to expand our income and funding is one way. A cohesive look helps that request.
2. New director of technology, Dan McKeon, started in Sept and is working to get our website up to date, as well as working correctly. He is part-time but he will be consistent and understands what we want. Previously we hired companies to help us, and they got part-way and then quit. That gave us a patchwork system which as we all know didn't work from our perspective.
3. As we translate in different languages, change of verbiage was needed. Some major examples are communities instead of clubs and building global unity one friendship at a time instead of peace, and world of friends not world of peace. Clubs and peace were not translating correctly into other languages and words that portrayed a similar message were found.
4. Also, we are becoming a movement instead of just a travel organization. This will help broaden our appeal to both funders and partners.

5. Working more on building partnerships with like non-government organizations like sister cities, etc. and pivoting more to education as we have set standards from our journeys and hope to spread what we practice. With these two ideas, again we will broaden our appeal to others who might be interested in building global unity but not necessarily hosting or being hosted in family situations.
6. Working on better fundraising by tapping into people and companies who want to help with our movement.
7. Without an increase in fees, International would not have made their budget. It didn't cover last year's decrease but kept them even this year.



Here are the field representatives for the various districts at the North American Friendship Force Conference including our clubs Connie Williams, second from the right.

## Travel with Another FF Club

Don't forget you can travel with other Friendship Force Clubs. Recently CR/IC FF Club member Christine Allen traveled to Japan with the Des Moines and Minnesota Clubs.

***Check out the International FF website for opportunities.***



## Journey Calendar by Judy Frascht-Miner

**2027 JOURNYS** - We received information that our 2027 journey's will be Outbound to Sakartvelo, Georgia (the country) and Baku, Azerbaijan along with a second outbound to Spokane. We also have an inbound from New Hampshire Sea-coast. We don't have specific details or contacts yet. I will keep you posted as we know more.

**APRIL 6-11, 2026 - OUTBOUND TO BIRMINGHAM, ALABAMA** - Wonderful trip full of Southern Charm!!!! See Article

**MAY 28 - JUNE 4TH 2026 - INBOUND SPOKANE** - Jerry and Carol Burke, Host Coordinators and committee members are working on the last details. Contact Jerry and Carol if you want to attend any activities! [jcburke@yahoo.com](mailto:jcburke@yahoo.com). **Please come to the Welcome and Farewell.** Sign up with Shirley Rosencranz or Connie Williams. A sign up genius will be coming out

**JULY 13 - 18 2026 - QUILTING JOURNEY** - This is a Special/Global Journey, which is posted on the International Website and open to applicants from across the world. It will be exciting to see where our guest will be coming from. Consider being involved? Contact Patty Potter [pattyspotter1001@gmail.com](mailto:pattyspotter1001@gmail.com) 319-551-5179.

**AUGUST 2026—Ghana, Africa** - Special inbound individual journey. A father and his 13 year old daughter will be visiting for a week. Patty Potter will be Home Hosting. She will need help with Day Hosting and Dinner Hosting. Call Patty if interested.

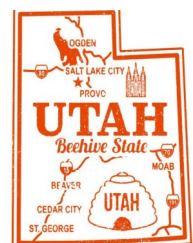
**AUGUST 12 2026—SHIRLEY'S IOWA ADVENTURE** - See article

**AUG 24 - AUG 28TH 2026 - OUTBOUND TO LIMA PERU** - Christine Allen is the Ambassador Coordinator who is already busy negotiating plans. 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](mailto: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 [stamping-nancy@gmail.com](mailto:stamping-nancy@gmail.com) and 319-213-7762 [tomhess8@gmail.com](mailto:tomhess8@gmail.com). Journey # 26135



# 2026 Cedar Rapids/Iowa City FF Officers

## **President**

Stephanie Schulte 319-350-5279 [sschulte08@gmail.com](mailto:sschulte08@gmail.com)

## **Past President**

Shirley Rosencrans 319-481-7477 [sarosencrans@yahoo.com](mailto:sarosencrans@yahoo.com)

## **President-Elect**

Patty Potter [pattyspotter1001@gmail.com](mailto:pattyspotter1001@gmail.com) 319-551-5179

## **Treasurer**

Tom Hess 319-213-7762 [tomhess8@gmail.com](mailto:tomhess8@gmail.com)

## **Secretary**

Jean Thomas 319-830-5092 [jeanthomas521@gmail.com](mailto:jeanthomas521@gmail.com)

## **Journey Coordinator**

Judy Frascht-Miner 319-540-1701 [jjbm526@aol.com](mailto:jjbm526@aol.com)

## **Activities Coordinator**

Sandra Meyer [meyersandra57@yahoo.com](mailto:meyersandra57@yahoo.com)

## **Communications**

Mary Stull 319-393-6254 [mcdstull@aol.com](mailto:mcdstull@aol.com)

## **Membership**

Barb Steggall [bjsteggall@gmail.com](mailto:bjsteggall@gmail.com) 319-361-2876

## **Directors at Large**

Lynda Bordwell [lynda.bordwell@gmail.com](mailto:lynda.bordwell@gmail.com) 319-560-3520

Marilyn Bengé [mbenge@investam.com](mailto:mbenge@investam.com) 319-540-2114

## **Midwest Regional Field Representative**

Connie Williams 319-361-8452 [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com)