



friendship force
CEDAR RAPIDS-IOWA CITY

CEDAR RAPIDS-IOWA CITY FRIEND-
SHIP FORCE CLUB

www.friendshipforcecr-ic.org

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

June 2026

Calendar of Events

- May 28 - Incoming for Spokane**
- June 4 Journey**
- June 3 Farwell for Spokane**
- 5:30PM Journey**
- June 10 Volunteer Opportunity**
- 9:30AM Fight Hunger (page 2)**
- June 19 Zoom Trivia**
- 7:00PM**
- July 11-12 All Iowa FF Picnic and**
- Journey Quad Cities**
- July 13-18, Quilting Journey**
- August Visitors from Ghana**
- 9-16**
- August 12 SHIRLEY'S IOWA**
- ADVENTURE**
- Aug 24- Outgoing Journey to**
- Sept 9 Peru**
- September LEO**
- TBD**
- Oct 7-14, Incoming Journey**
- 2026 from Utah**

President's Message

Experience June!

June is filled with ways to keep the summer moving:

June 1 is National Pen Pal Day

June 8 is National Friends Day

June 15 is Fathers Day

All of which remind us others are so important in our lives.

And what a better way to keep others in our lives than to "drag" them along to help celebrate some of these days:

June 3 is the Farewell Party for Spokane

June 7 is National Donut Day

June 16 is National Fudge Day

June 17 is National Eat Your Veggies Day

June 18 is International Sushi Day

Enjoy June.

Stephanie

2026 CR/IC Club President



Volunteer Opportunity June 10

Hawkeye Area Community Action Program (HACAP) and Meals from the Heartland are teaming up to fight hunger in Iowa!



They have asked Friendship Force CR/IC to join them to help us fight hunger! Join us on **Wednesday June 10 9:30-11:30 AM at The Ice Arena 1100 Rockford Road SW, Cedar Rapids, Iowa**. We package meals for those in need. We can make a difference in the fight against hunger. All meals packaged will feed hungry children and families in NE Iowa.

Wear casual and comfortable clothes and shoes as you may get dusty, and you will be standing on a concrete floor. We recommend you leave your backpack, jewelry, and beverage in your vehicle. Small lockers are available for purses and wallets. You will receive a hairnet and beard net (if needed) at the Patty Cownie Packaging Center. Face masks are optional and are NOT provided. Gloves will be provided to food handlers.

They are asking for 600 volunteers and hope to package 250,000 meals!

Meals from the Heartland: <https://mealsfromtheheartland.org/>

HACAP <https://www.hacap.org/>

Please contact Lynda Bordwell at Lynda.bordwell@gmail.com or 319-560-3520 to sign up.

We will be going out for lunch afterwards!

Farwell for Spokane Journey June 3

For those who have signed up for the **Farewell Party**, it 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. Look for an article in the July newsletter on this incoming Journey.

Zoom Trivia June 19

The next Club Zoom trivia will be **June 19th 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.



All Iowa FF Clubs Gathering Hosted by Quad Cities FF Club

**All Iowa FF Clubs' Gathering:
Iowa Strong!**



- ★ Quad Cities
- ★ Cedar Rapids/Iowa City
- ★ Central Iowa (Ames)
- ★ Greater Des Moines

Date: Saturday, July 11, 2026

Location: Bettendorf Presbyterian Church at 1200 Middle Rd. just off I74.



Agenda:	11:30 am to 11:45 am 11:45 am to 12:30 pm 12:30 pm to 1:00 pm 1:00 pm to 1:30 pm	Register Eat!! *Presidents' reports and 45 th anniversary celebration Odds + Ends
Journey Agenda:	<u>Saturday:</u> <u>Sunday:</u> <u>Monday</u>	Buffalo Bill Museum Celebration Belle Dinner Cruise QC Botanical Center Hauberg Museum Small Group Dinner Backwater Gambler show Group Breakfast

**Cut off +
enclose
with
payment**

Questions: Contact Deb Steele deb.steele6@gmail.com / 563-468-1849

Deadline: Thursday, June 18, 2026!!

Name(s): _____ **Club:** _____

Email: _____ **Phone:** _____

Make checks payable to: **FFQC** in memo line write: **All Iowa Gathering**
Mail to: FFQC, PO Box 504, Bettendorf, Iowa 52722

Cost: \$20/person – All Iowa Gathering only _____
 \$110/person – Journey #26473 _____
 \$50 FFI fee – we will collect and send in to FFI. _____

3 Easy Steps to be an Ambassador after the All Iowa Gathering!!

1. Health and Mobility Form: please click on the link to view https://drive.google.com/file/d/1PwO-b5RFeumig5_BgIK2aHapyBgGXuMg/view?usp=sharing

2. Ambassador Application: please click on the link to fill out the Google Form. 2026 application: <https://forms.gle/DWQJBS3Jk56dLAq18>

The Journey Coordinator : Deb Steele

Her email is: deb.steele6@gmail.com

The Journey Number is: #26473

Be sure to forward your application to Deb.

3. Ambassador/Host Information sheet: please click on the link to fill out the Ambassador/Host Information sheet.

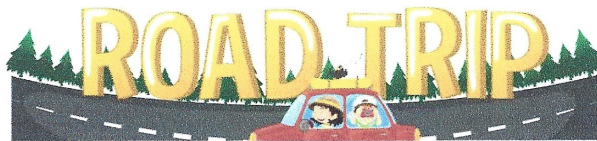
<https://forms.gle/WcyxtN4388o9hPnW6>



Friendship Force

Quad Cities

Our website: www.friendshipforceqc.com



CR/IC FF CLUB DYERSVILLE DAY TOUR

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

Look for the Signup Genius to be sent out soon.

AUGUST 2026—Ghana, Africa

We will be hosting Isaac and his teenage daughter, Shirley, from **Aug 9-16**. On an individual journey. They are from the Ghana club. Would you would like to host them for dinner, or have activities with grandkids that Shirley could watch or participate in? We'd like to give them a good taste of the Midwest and "Iowa nice"! Contact Patty Potter.

pattyspotter1001@gmail.com 319-551-5179



2027 JOURNEY MATCHES

Outbound to **Sakartvelo, Georgia** (the country) and **Baku, Azerbaijan**
Spokane, Washington.

Inbound from **New Hampshire Seacoast.**

Mary Ann and Larry Nelson will be the Ambassador Coordinators for Georgia/Azerbaijan. Other Ambassador/Host Coordinators have not been determined.

If you want to be involved in anyway with these journeys please contact Gretchen Dixon
Gretch1218@gmail.com 319-491-6123



Sakartvelo, Georgia

Baku, Azerbaijan



Spokane, Washington

Journey Calendar by Judy Frascht-Miner

2027 JOURNYS : Do you want to be involved in any of these contact Gretchen Dixon Gretch1218@gmail.com 319-491-6123

Outbound to Sakartvelo, Georgia (the country) and **Baku, Azerbaijan** and **Spokane, Washington.**

Inbound from New Hampshire Seacoast.

MAY 28 - JUNE 4TH 2026 - INBOUND SPOKANE - Our friends are here!!!! Thank You Jerry and Carol jbcburke@yahoo.com. **Please come to the Farewell.** Sign up with Shirley Rosencranz 319-481-7477 sarosencrans@yahoo.com or Connie Williams 319-361-8452 cmw1226@yahoo.com. Or a sign up genius has been sent 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 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 especially if you have children or grandchildren around the age of 13. Call Patty if interested. pattyspotter1001@gmail.com 319-551-5179

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

AUG 24 - SEPT 9, 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. 319-330-3536. Journey #26068

OCTOBER 7 - 14, 2026 - INCOMING FROM UTAH - This journey is looking small.

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 a good prospect, let us know. Nancy York and Tom Hess are Host Coordinators Contact at 319-929-8208 stampingtonancy@gmail.com and 319-213-7762 tomhess8@gmail.com. Journey # 26135



2026 Cedar Rapids/Iowa City FF Officers

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