



friendship force
CEDAR RAPIDS-IOWA CITY

CEDAR RAPIDS-IOWA CITY FRIENDSHIP FORCE CLUB

www.friendshipforcecr-ic.org

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

July 2026

Calendar of Events

**July 11-12 All Iowa FF Picnic and
Journey Quad Cities**

July 13-18, Quilting Journey

July 16 LEO at Daisy's Garage
5:30PM in Marion

July 18 CR Kernels Baseball
6:30PM Game

July 31 Club Zoom Trivia
7:00PM

August Visitors from Ghana
9-16

August 12 SHIRLEY'S IOWA
ADVENTURE

August 15 General Meeting
Anamosa Community
Center 4-7PM

**Aug 24-
Sept 9** Outgoing Journey to
Peru

September LEO TBD



President's Message

Happy Semiquincentennial America!

We are celebrating the 250th anniversary of the Second Continental Congress adopting the Declaration of Independence. I remember when I could recite the Declaration. But that was back in school. Now I see how it has affected the way we live. When traveling overseas, often I hear how impressed others are with the way the citizens of the United States live, our freedoms and our ability to vote and accept what the majority selected. Do we always agree? No. Do we wish things could be different or better. Sure, but overall, our country has lasted 250 years with the freedom to speak, travel and accept other's ideas. Friendship Force reminds me we are fortunate to be able to continue what was started so long ago.

Stephanie

2026 CR/IC Club President

Lets Eat Out July 16 5:30PM

Let's Eat Out **Thursday July 16th. 5:30 pm**
at Daisy's Garage, Marion. Come meet the
quilters who are here on a journey
coordinated by Patty Potter.

A SignUp Genius has been sent. Please
respond so we know how big of a group we
have to give to the restaurant.



Fighting Hunger In Iowa

On June 10 Jim Seggall, Nancy York, Patty Potter, Lynda Bordwell, John Miner and Judy Frascht-Miner from our club joined hundreds of other volunteers from other clubs and businesses to package meals for those in need. We met at the Ice Arena in Cedar Rapids to put together Taco Mac food packages for Hawkeye Area Community Action Program (HACAP) and Meals from the Heartland. These high protein food packages will be distributed locally and internationally for hungry children and families.



Filling the bags



Measuring the bag weight

Our line ran with the same type of efficiency as our club operates and filled several cases. Afterwards we went to lunch at The Sunshine Bliss. Please consider volunteering for future service projects the club will be organizing. Thanks goes to Lynda Bordwell for setting this up!!!

CR Kernels Baseball Game July 18



The CR/IC FF Club is putting together an evening out at the ballpark with the **Cedar Rapids Kernels on July 18. The game starts at 6:30.** A Signup Genius has been sent be sure to look for and **respond by July 12** so we know how many tickets to reserve.

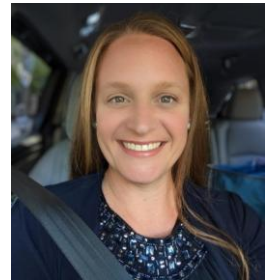


General Meeting August 17 4-7PM

There will be a General Meeting of the CR/IC FF Club on **August 17 at the Anamosa Community Center.** It will be a potluck supper and a presentation by our two guests from Ghana. They are a father and daughter who will be spending a week with our club. Look for the Signup Genius for this event.

New Journey Coordinator for CR/IC FF Club

My name is Gretchen Dixon. I have been a member of friendship Force for almost a year after years and years of my parents "asking" me to join. I grew up traveling since most of my family did not live in Iowa. Down to St. Louis, over to Ohio, out to the East Coast and later the West Coast. To visit aunts and uncles and cousins! I have been to Canada, Mexico, France, and the Caribbean. My first journey with FF was to Thailand and it was wonderful! I am married to Nick and we have four children, Bridget 16, Genevieve 13, Reagan 9, and Daniel 5. When I am not taking care of my children, husband and house I love to be in the garden! I am also interested in many crafts but nature has taken over as my main hobby. I am excited to begin being journey coordinator and getting to know more of you as we travel near and far!



We are starting to coordinate with going to Spokane, Azerbaijan and Georgia and hosting New Hampshire if anyone wants to be apart of any of these journeys please let me know. gretchen1218@gmail.com

Spokane Journey

From May 26 to June 4, Spokane, WA journeyed to the Cedar Rapids/Iowa City Club. The week started with a tour of Cedar Rapids organized by Nancy York. We visited the Grant Wood studio and the Veterans Memorial window in addition to a tour of Cedar Rapids. The African American Museum and History Center



were other stops. The day ended with the welcome party at the Wickiup Conservation Park where we enjoyed dinner hosted by Shirley Rosencrans. Another highlight of the evening was the gathering of all the members who had

journeyed to Australia and New Zealand. In addition to our own members, guests from northern Iowa, Arkansas, Nebraska, and Spokane were able to join us.

On Saturday the group journeyed to Iowa City where cohosts Christine Allen and Connie Williams led a tour of the Harvest Preserve after which they had lunch downtown and then toured the Stanley Museum of Art.

Sunday was a free day during which hosts and guests could explore whatever they chose. A peony farm, Backbone State Park, Amish territory, and the Frank Lloyd Wright house were some of the places visited.





Monday was Kalona Day hosted by Jim Stegall. Everyone enjoyed the talk led by a former Mennonite gentleman, the Kalona Museum, dinner at a Mennonite home, and a visit with the buggy maker and casket maker. Many also stopped at the creamery for a treat on the way home.



Tuesday was Camp Courageous Day hosted by Jerry Burke. A golf cart tour of the facility followed an interesting talk by the new administrator. Next, we visited the Field of Dreams where those who wanted to could try



their skill hitting the baseball on the famous diamond. Then a member of the Ghost Players gave an interesting talk about the history of the movie site. The day concluded with a stop at



the Camp Courageous Garage Sale in Manchester and information about Manchester and the white water park.

The week ended with another Cedar Rapids Day hosted by Nancy York and Shirley Rosencrans. This time we visited Bruce more, the Mother Mosque, and then had lunch and toured Kirkwood Community College, including the Katz Family Healthcare Simulation Center. The Farewell Party was held that evening at Clarke Alumni House at Coe College.

Friendship Force 50 Stories for 50 Years

As a Friendship Force member have you found FF exciting? How about unusual? Did you experience something new? Made lifelong friends? Seen changes that surprised you? Found a new point of view that you ended up enjoying? If so, we're looking for your stories. Think about those stories that you've shared with your family, coworkers, friends, neighbors- anyone who would listen to your experiences. We want to hear them.

In celebration of its 50th Anniversary in 2027, Friendship Force International has a new project called **50 Stories for 50 Years**. It will be a collection of personal experiences from Friendship Force members around the world. The goal is to capture the moments **of cultural exploration, connection and genuine friendship** that this organization has made possible and to share them as a tribute to what our members have experienced and created over the past five decades.

We are asking for club members who would be interested in contributing a personal story, which doesn't need to be anything grand or polished, just real. **It could be something about a meaningful exchange with a host family, a moment that changed how you see the world, a long-lasting friendship or whatever has stayed with you.**

Some suggestions:

- *You can write as little as you'd like, but keep it to a maximum of 2 pages

- ***Focus on one particular story, BUT it can be about anything meaningful to you. This could be a story from your first trip, the first time you hosted, a time you stayed with a host family, an outing you did with your club, a moment from a memorable meal or outing on a journey, etc.**

- *Share your name, your club and how long you have been an FFI member.

If you have a story in mind and want assistance in putting it into text, give me a call (319 721-0399) and I can work with you. Send completed stories to Mary Stull at mcdstull@aol.com

Thank you for being part of our club and the Friendship Force community and for helping make 50 years of friendship worth celebrating. We will compile and share our club stories. Feel free to reach out with any questions.

In Friendship,

Mary Stull mcdstull@aol.com or 319 721-0399

German Student Intern Seeks Host Family

A German student who is doing an internship at Washington High School (CR) this fall has reached out to Friendship Force through our club website and our Facebook page. She is seeking a host family for her stay. See below for more details on her background and goals.

If anyone is interested, you can reach out to her directly. You can also contact **Mary Stull** at mcdstull@aol.com **319-393-6254**

I am with the Goethe-Institute Germany. The exact program is called "SCHULWARTS" (a program for International internships for student teachers). I will be in Cedar Rapids for an internship at the Washington High School. **September 14 to December 16.**

The Goethe-Institut focuses primarily on teaching German as a foreign language and on international cultural exchange. It is the Federal Republic of Germany's cultural institution operating worldwide. I am a student from Germany. I am studying primary/elementary school with the subjects German and Math.

During my stay, I will be observing and teaching German as a foreign language and working closely with students and teachers. I am very excited about this opportunity and about experiencing American culture and everyday life.

I am currently looking for a host family who might be willing to welcome me into their home during my internship. I am happy to contribute financially toward housing and living expenses. As a student, however, I do have a limited budget, so I would appreciate discussing any costs in advance to make sure they are manageable for both sides. If possible, I would also be interested in the option of sharing, borrowing, or renting a car, as transportation would make it easier for me to get to and from school and explore the area during my stay. My contact person at the school already found a host family for me,

but the costs in that family are pretty high and I wanted to see if I may find a better option. Something a bit more affordable.

A little about me:

- I am 23 years old and will turn 24 during my stay.
- I enjoy going for walks and spending time outdoors.
- I love crocheting, knitting, and other creative hobbies.
- I like going to the gym when I can.
- I enjoy reading books, watching movies and TV shows, and learning about different cultures.
- I am responsible, respectful, tidy, and easy to get along with.

I would love the opportunity to become part of a local family for a few months and to share a little bit of German culture in return.

I also do have a US-American boyfriend that is stationed near my hometown in Germany. So I am not only interested in learning a lot about teaching, but also in learning as much as possible about the US, it's culture, Lifestyle and anything else. I want to find out, if the US could be a possible future home for me, since that could be a reality I may have to face soon. Being in a relationship with a Military person you will never know. Therefore I am really excited and open-hearted to experience the US and everything that comes with it!

Thank you so much for your help, and I look forward to meeting new people in Cedar Rapids! I want to say sorry for my English. I am trying my best here. HaHa

Lara-Sophie lara-sophie02@web.de

Zoom Trivia July 31

The next Club Zoom trivia will be **July 31st 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.



The Board is asking for your input!!!!

We are doing an assessment of our club and want as much input as we can get. On June 24th an email was sent to all active members of the CR/IC FF Club that contained a **SWOT worksheet**. The purpose is to establish priorities for strategic planning. Inputs will be tabulated and the top opportunities will be identified. Action plans will be developed for the top priorities.

Please take a little time to complete the attached worksheet. It is important for club growth!!

Please return your completed worksheet to Jim Steggall at steggall.jim@gmail.com or mail to **3324 Riverbend Dr NE, Cedar Rapids, IA 52411** by July 7, 2026

SWOT WORKSHEET

NAME _____

CLUB _____

STRENGTHS- internal, what we're good at

WEAKNESSES- internal, what we struggle with

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

OPPORTUNITIES – external – what could help us

THREATS – external – what could hurt us

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

OUR #1 PRIORITY (circle below)

-Membership and recruitment

-Host families and /or journeys

-Leadership, succession and/or burnout

-Mission, identity and relevance

-Something else entirely _____

ONE SPECIFIC 90 DAY ACTION WE
COULD TAKE- _____

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 **A Signup Genius will be sent.**

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 and 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
gretchen1218@gmail.com 319-491-6123



Sakartvelo, Georgia

Baku, Azerbaijan



Spokane, Washington

Journey Calander by Judy Frascht-Miner

2027 JOURNEY'S : Do you want to be involved in any of these contact Gretchen Dixon getchen1218@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 - Thank You Jerry and Carol and all of the committee members that helped make this journey a success!

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. **The quilting visitor will be at our July 16th LEO.** Hope you can come meet them. 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 **Issac and Shirley will speak at our General meeting August 15th.**

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 tying up loose ends for the journey. 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 - Unfortunately this journey has been cancelled, due to their club losing many members.

AUG/SEPT 2027 - OUTBOUND TO GEORGIA/AZERBAIJAN - Mary Ann and Larry Nelson are the Ambassador Coordinators. Initial Contacts have been made and more specific information will be coming. If you are interested in joining this journey contact the
Nelsons. mrsmanelson@yahoo.com or mrlwnelson@gmail.com

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