



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

June 2024

Calendar of Events

President's Message

- June 29** **All Iowa Picnic**
11:30AM

- July 12** **Club Zoom Trivia**
7:00PM

- July 19-23** **Inbound from Mil-**
 waukee WI

- July 22** **Farewell Dinner**
 Milwaukee

- August** **Outbound Journey**
19-26 **to Edmonton, CA**

- Sept 4-10** **Journey to Kosovo**

- Sept 30 -** **Incoming Journey**
Oct 7 **Willamette Valley**
 OR

- Oct 7-9** **Super Regional**
 Conference Milwau-
 kee

My friend calls it move-lock: that feeling of temporary paralysis when there are too many things to do, twenty-five places to be, and a boatload of decisions to be made. From the outside, it must look like a cross between stupor and terror. The cure for move-lock is to just pick something—anything—to get the process going. The rest will likely sort itself out. A couple hours later, things have calmed down enough to make you think everything is possible after all.

No doubt about it, summer is a busy time for a lot of us: there are the kids and grandkids, vacations, neighborhood cookouts, and more. You may think there's no way to squeeze in time for Friendship Force. Do you have time to go out to dinner? Why not join us for a LEO (Let's Eat Out)? Do you feel you're unable to home host this time? Maybe you can host dinner for 2 of our guests and 2 other FF members. Not much of a cook, you say? Takeout is fine. It's the sharing of a meal that's important. Perhaps you can be a day host: drive our inbound journey guests & accompany them to the day's activity. Bring a dessert to our picnic. Serve on a short-term committee when someone from FF calls for help. Volunteer at the Freedom Festival with other Friendship Force members and earn a few extra dollars for our club. FF is about connecting with people. Even when you've been in FF for many years, there's always something new to be gained from the experience. It's one of the reasons we joined.

I am well-acquainted with move-lock and understand its remedy. Meeting new people and discovering new information about those I already know revs my engine. I can think of no better group to get it started than Friendship Force.

Nancy York 2024 Club President

Please Note!!!!!!

**Everyone needs to fill out the form and
send a check to the PO Box By June 14**



friendship force
CEDAR RAPIDS-IOWA CITY

When: Saturday, June 29, 2024, 11:00 am.

Where: Homestead Welfare Club, 4215 V Street, Homestead, IA 52236

(rain or shine)

Meal catered by Ox Yoke Inn.

Menu: grilled brats and chicken breasts, sauerkraut, potato salad, baked beans, lemonade and iced tea and dessert bars

Cost: \$18

You will enjoy a relaxing afternoon of camaraderie, games, sharing stories and learning about other clubs' activities. Homestead is one of the seven Amana Colonies. Enjoy the many delights this area has to offer—or make it a weekend!

All-Iowa Friendship Force Picnic Reservation

Paid reservations are due Friday, June 14

Please print

Name(s) _____

Club _____

Email _____

Phone _____

Check if requesting a Vegetarian Meal _____

\$18 per person # of persons _____ Total amount enclosed \$ _____

Make checks payable to: **FFCR-IC** and mail to:

FFCR-IC Picnic, PO Box 1001, Cedar Rapids, IA 52406-1001

Questions: (319) 481-7477—Shirley Rosencrans

Amana Heritage Society

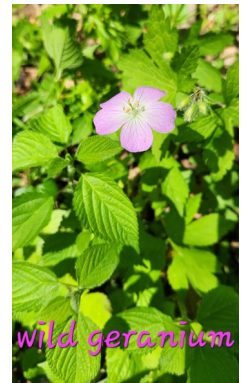
If you are looking to make it a full day in Amana on the day of the All Iowa Picnic on June 29, there will be a garden walk from 9 am to 3 pm and a Garden Party from 5-7 pm. The Garden Party will take place at the Amana Heritage Museum located at 705 44th Ave, Amana. Many people in Amana are serious gardeners, and South Amana is known for its flower gardens.



Hiking Club News



On May 3rd the hiking group toured Burr Oak Nature Preserve in Iowa County. Here are some pictures from that outing. Thanks to Nadine and Jean for arranging it and getting a guide.



May 31 we explored Harvest Preserve in Iowa City. Thank you Christine for making arrangement to get us access to this fascinating place.



Volunteer for Freedom Festival

The CR/IC FF Club will be volunteering again for the Cedar Rapids Freedom Festival. This is an opportunity for the club to make some money, have exposure in the community and have some fun. Patty Potter is leading the clubs participation. We have the opportunity to help out in the following activities.

The Cardboard Boat Regatta on June 8, from 9-1. There is Dock Dogs on June 28 from 12:30-3:30. There is the bike ride on June 23 from 8-1(that's working the bike ride, not riding in it.)

We have one or two slots left for each of these.

Email Patty pattyspotter1001@gmail.com for whichever one you are interested in and include Your tee shirt size as all volunteers must wear the volunteer tee shirt.



Club Zoom Trivia

Do you find random facts fascinating? We're here to help you sharpen your skills and level up your knowledge on everything from entertainment and movies to history, sports and geography. Club Trivia will be held again on **July 12**. The fun begins at **7:00 PM**. Look for the email link to join in.



Training Opportunities for Club Leadership and Members

Are you looking for a chance to learn about opportunities to find out more about what Friendship force is about and how to participate in all facets of the organization? Over the course of this year, FFI is offering training for new members and seasoned members alike. There will be a time for Q & A in each session. ***If there is a topic that you missed, don't worry. There is a link to take you to a recording of that topic and you can view it whenever you want.***

Following are the topics and dates that are planned

Month	Topic	Presenter	Date and Time
Jan	New Club Leader Orientation	Allison Lindsey	1/30/2024, 2:00 p.m.
Feb	New Member Orientation	Allison Lindsey	2/12/2024, 1:00 p.m.
Feb	MyFF/Help Center Navigation	Kerstin	2/20/2024, 2:00 pm EST
Mar	Journey Coordinator Training	Hemily	03/18/2024, 2:00 p.m EST
Apr	Planning Special Journeys	Hemily/Vicki Vance	04/15/2024, 2:00 p.m EST
Apr	New Member Orientation	Taryn	4/23/2024, 1 pm EST
May	Planning for Succession	Panel	5/9/2024, 2:00 p.m. EST
June	Matching Process	Kimberly	06/10/2024, 8 pm EST
June	New Member Orientation	Allison Lindsey	6/20/2024, 7 p.m.
July	New Member Orientation	Olga	07/25/2024 1pm EST
Aug	New Member Orientation	Taryn	8/27/2024, 12 pm EST
Sept	MyFF/Help Center Navigation	Kerstin	09/2/2024 1pm EST
Sept	Recruiting new members	Olga	09/25/2024 1pm EST
Oct	New Member Orientation	Allison Lindsey	10/17/2024, 1 pm EST
Nov	New Club Leader Orientation	Allison Lindsey	11/7/2024, 1:00 pm EST
Dec	New Member Orientation	Allison Lindsey	12/5/2024, 1:00 pm EST

[Click here to access the registration link for each session.](#)

Journey Calendar by Judy Frascht-Miner

MATCHES FOR 2025 - SNEAK PREVIEW 2025 - It appears we will be traveling to **Thailand** and **New Hampshire**. And that we will be hosting **Adelaide, Australia** and **Peru**. More specific information should be coming soon. BE WATCHING!!! These will be great chances to see old friends and make new friends. **Let me know your interest in being involved with these 2025 journeys, traveling, hosting, or planning.** Judy Frascht-Miner jjbm526@aol.com 319-540-1701

JULY 19-23-2024— Shared Inbound from Milwaukee — The Quad Cities along with us, Cedar Rapids-Iowa City, will host Milwaukee. The journey will be divided between the two locations. Patty Potter is our Host Coordinator. Come to the **Farewell Dinner, Monday July 22nd**. Call pattyspotter1001@gmail.com or myself jjbm526@aol.com with questions

AUGUST 19-26 2024 Outbound to Edmonton — Jerry and Carol Burke are the Host Coordinators. Plane tickets are bought. Host assignments have been made and initial introductions are being made. Contact Jerry and Carol Burke, jbcburke@yahoo.com or Judy Frascht-Miner with questions jjbm526@aol.com.



SEPTEMBER 4TH-10TH 2024 OUTBOUND TO KOSOVO— This will be Kosovo's first time to host a journey! YEAH! There will be 7 travelers and they are busy making arrangements. Connie Williams cmw1226@yahoo.com is the Ambassador Coordinator.

SEPTEMBER 29-OCTOBER 7th 2024 Incoming from Oregon's Mid - Willamette Valley— We have a planning committee hard at work. We need home host, day host and dinner host volunteers for this incoming Journey. If you are interested in helping in any way contact Judy Frascht-Miner, jjbm526@aol.com

2025 JOURNEY'S - Initial Contacts have been made with **Thailand** and **Australia**. More information will be coming!! Stay Tuned!!!



2024 Cedar Rapids/Iowa City FF Officers

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