



friendship force
CEDAR RAPIDS-IOWA CITY

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

www.friendshipforcecr-ic.org

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Cedar Rapids- Iowa City Friendship Force

July 2024

Calendar of Events

President's Message

- July 12** **Club Zoom Trivia**
7:00PM
- July 19-23** **Milwaukee WI in-**
 coming Journey
- July 22** **Farewell Dinner**
 Milwaukee
- August 8** **LEO at Prairie Moon**
5PM **on Main**
 Prairieburg, IA
- August** **Outbound Journey**
19-26 **to Edmonton, CA**
- Sept 4-10** **Journey to Kosovo**
- Sept 30 -** **Incoming Journey**
Oct 7 **Willamette Valley**
- Oct 7-9** **Super Regional**
 Conference Milwau-
 kee
- April 2025** **Out going Journey**
 to Thailand
- June 2025** **Out going Journey**
 to New Hampshire
- August** **Adelaide Australia**
2025 **incoming Journey**

Happy Fourth of July! A good friend who is a voracious reader invited me to join her book club. Though I've resisted most invitations because I like to choose what I read and I'm not the speediest reader, I succumbed when she said the genre was the one I prefer. Two months later, it was my turn to choose the book, and—thoroughly delighted--I'm chuckling, underlining, making notes, and reading passages aloud to my spouse. Two weeks before the meeting date, my friend described it as a slog. Another group member, a former French professor, proposed something lighter for the next month. Still another, a former English professor, suggested a comedic film as a diversion instead of a book. I'm now wondering if the rest of the group will regret my inclusion. How could we be so different? Because we ARE different, though we all like reading, even the same genre of books, and even share the same political views. There's still a lot of variation, and that's what makes for an interesting discussion.

All of which made me reflect on Friendship Force. We meet people from all over the world. We all like to travel, socialize, eat, play, and find out what's going on in other necks of the woods. We enjoy and have in common many of the very same things. But we're not going to agree on everything. What we can do is listen, learn, experience, and try to understand other points of view. We may still decide it's not what we choose for ourselves, but we're going to know a lot more than when we came to the party.



If you tell me you've learned all you care to learn, well, I'd be surprised, and a little sad. But so far that's not happened. What I have found in FF is people who are curious about the world, its people, where, and how they live. True to their name, they are friendly, kind, fun-loving, easy-going, and for new leaders who don't know exactly what they're doing, forgiving.

As I look to the future, it's both the kind of person I want to be as well as the kind of people with whom I hope to always be surrounded. We'll still have our individual differences, but that's going to ensure we'll continue to have interesting things to talk about. Every time I'm with this group, I learn something new. The day that doesn't happen, I'll know it's because I wasn't paying attention. As we celebrate the July 4th holiday may we also celebrate the curiosity of everyone willing to try something new, look at the world in a different way, and listen to someone who lives in circumstances not like ours. FF enriches my life. I hope it does the same for you.

In friendship,

Nancy York 2024 Club President

LEO August 8

Calling all tenderloin lovers!!! The Cedar Rapids/Iowa City Friendship Force Club will be holding a LEO at the **Prairie Moon on Main** in Prairieburg on **Thursday August 8**. We will gather at **5PM**. In 2020 the Iowa Hog Producers voted the tenderloin at Prairie Moon on Main the best in the State. Come on out and check it out for yourself. ***As always, bring a friend or two so you can show them what a fun group we are.***

There will be a **covered outdoor seating** area. **Dress accordingly.**

We will have send out a Sign Up Genesis with a reservation deadline of Saturday, August 3.



Farewell Dinner for Milwaukee Journey

July 22

Our club will be hosting a split incoming journey for the Milwaukee FF Club with the Quad Cities FF Club July 19-23. There will be a farewell dinner on **Monday July 22** at Lowe Park in Marion. The cost will be \$25 and there will be a vegetarian option. **It will begin at 6:00PM.**

Look for the Signup Genius which will be coming out shortly.



friendship force
GREATER MILWAUKEE

Club Zoom Trivia



The next Club Zoom Trivia is set for **July 12** starting and will start at **7:00PM**. Tune in to test your knowledge of interesting and unusual pieces of information. It is always a fun time.

Look for the Zoom link in your email and click on to join in on the good times.

Hiking Club

A message from Jean Thomas:

Attention hikers! You are not forgotten. We will squeeze in a planning meeting sometime during this very busy month.



All Iowa Picnic

Our club played host to the other 3 FF clubs in Iowa on Saturday June 29. We meet at Homestead Welfare Club and had a lunch catered by the Ox Yoke Inn. Gale Bray gave a wonderful presentation on the history of Amana. Each club shared what is going on with their group and we played a few games. Everyone seemed to enjoy the day.



The following is a message from Shirley Rosencranz.

Hi all,

A big thank you for everyone who helped in any way for a successful All Iowa picnic today. Thanks to those who arrived early to setup; Patty for the ingenious bingo game and Marty for the Amana trivia game; Nancy for being the MC; Connie for picking up the balloons; Gayle for the talk on Amana history; Frank for hauling beverage coolers; Tom for hauling home the garbage and being behind the scenes doing lots of little things that no one noticed; those that brought desserts; and all the other things it took to make a successful day. I WANT TO ESPECIALLY THANK THOSE WHO STAYED TO CLEAN UP, fold tables and chairs, and pick up all the garbage. I know at the end of an event everyone is ready to go home, but all these things are necessary to close the event. As we have all said many times, it takes a village to be successful.

Everyone stay well, stay safe and God bless.

Shirley

Incoming from Oregon's Mid -Willamette Valley

September 29 to October 7

Health issues have caused us to lose some ambassadors. If you know anyone you have met on your travels, who may want to visit Cedar Rapids-Iowa City, please contact them to see if they would like to join this journey. If you know anyone contact Judy Frascht-Miner, jjbm526@aol.com

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
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
May	Planning for Succession	Panel	5/9/2024, 2:00 p.m. EST
June	Matching Process	Kimberly	06/10/2024, 8 pm 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

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

Journey Calendar by Judy Frascht-Miner

MATCHES FOR 2025 - SNEAK PREVIEW 2025 - For Outbounds we are in contact with **Thailand** (April 2025 ?) and **New Hampshire** (June 2025 ?). And for Inbounds we will be hosting **Adelaide, Australia** (August 2025 ?). 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 — Come to the **Farewell Dinner Monday July 22nd**. A Sign-Up Genius will be coming out very soon. The journey will be divided between Quad Cities and Cedar Rapids-Iowa City. Patty Potter is our Host Coordinator. Contact 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. Looking forward to a GREAT trip!



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- Health issues have caused us to lose some ambassadors. If you know anyone you have met on your travels, who may want to visit Cedar Rapids-Iowa City, please contact them to see if they would like to join this journey. If you know anyone 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!!!

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