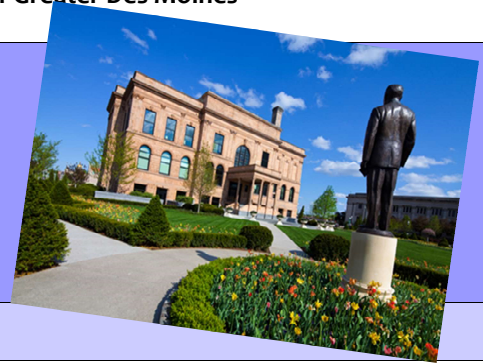




friendship force
GREATER DES MOINES



2017 FFGDM Activities (dates and activities subject to change)

July 10	FFGDM Board Meeting, 5 pm
July 14	Bastille Day Potluck hosted by Alliance Francaise
July 23	FFGDM Club Picnic
Aug 5	Global Greens Farmers Market and coffee at Palmer's on Ingersoll
Aug 14	FFGDM Board Meeting, 5 pm
Aug 24-28	40th Anniversary FFI Conference in Manchester, England
Aug 27	'Say Farewell to Summer' Sundaes on Sunday
Sept 11	FFGDM Board Meeting, 5 pm
Sept 13 - 18	Inbound journey FF Columbia-Cascade
Sept 30	All-Iowa FF picnic in Quad-Cities
Oct 9	FFGDM Board Meeting, 5 pm
Oct 12-17	Outbound journey to FF Austin
Oct 29	FFGDM 40th Anniversary Party
Nov TBD	FFGDM Annual Meeting
Nov 13	FFGDM Board Meeting
Dec TBD	Happy Feet Holiday Lunch

2018

Apr 20-22	FF Multi-Region Conference in Greater Cincinnati
Oct TBD	Outbound Journey to FF Perth and FF Auckland North Shore

WHERE SHALL WE JOURNEY IN 2019?

Our club will submit our 2019 journey request to FFI in early fall. Come to the picnic and let us know what country you would like to travel to in 2019.



Summer Potluck Picnic

for members and friends

Sunday, July 23

12:00 – 3:00 pm (eat at 12:30)

Cottonwood Recreation Area

Picnic Site #4

7400 NW 37th Street, Ankeny

The shelter is covered and close to parking and restrooms. It is south of Saylorville Dam.

Bring a dish to serve 12 or more.
Drinks and table service will be provided.

Questions? Contact Nancy at 515-289-2800.

President's Message



Dear Friendship Force Members,

The two months since the last newsletter was published have been exciting times for our club. We completed an outbound journey to Chiapas, Mexico, an inbound journey of Japanese English Language Learners, and an inbound journey from Louisville, Kentucky. *Look for FF Mundo Maya and FF Louisville journey reports in the September-October newsletter.* We look forward to summer and some less demanding activities. Summer will also allow us time to reflect on whether we are meeting our 2017 goals and discuss what kind of journeys we should plan for the next few years.

I hope you took a few minutes to read the FFI 2016 Annual Report. It was attached in an email from FFI, sent June 3; if you did not receive it, let me know and I'll forward it to you. The report contains information all FF members should find interesting, especially as you talk to friends and associates about joining our club. It includes the number of people who traveled with FF, 2016 journeys, and even a list of all FF clubs.

It is not too early to think about our outbound journey to FF Perth (Australia) and FF Auckland North Shore (New Zealand) in October 2018. My first journey was to Kapiti Coast (NZ) and I'm excited to return to that incredible country along with another favorite – Australia. Think about joining me and other club members as we travel to these beautiful and interesting countries.

In friendship,
Shelley Bain
FFGDM President



BRING 3 FRIENDS NEW MEMBER PROJECT

Our mantra is “Bring a Friend” and we seriously hope you do. The best way to bring new people into the club is for members to personally ask friends and acquaintances to attend a club activity and learn about Friendship Force. Current members are our best sales people!

As an incentive, any member who brings 3 new members into the club between March 1 and October 1 will be entered in a drawing for a complementary ticket to the 40th Anniversary Party or a 2018 membership. What a deal! An easy way to promote the message of Friendship Force is to forward this newsletter to your friends and invite them along to our next activity. Couldn't get easier!

Club Activities



Sunday
October 29
4 – 7 pm
Des Moines Golf
& Country Club



FFGDM 40TH ANNIVERSARY CELEBRATION

Dear Members,

We continue to strive toward our Oct. 29 Celebration of the 40th year for our organization, club, and lots of new, ACTIVE, members. This is extremely important if we are to remain a vital club in the Midwest. So, if we don't have your name and what you can do to help us, PLEASE contact Nancy Lundstrom or Adrienne Moen as soon as possible.

Jeremi Snook, FFI President and CEO, will join us at this special occasion and I know you will feel the energy and competence he brings to the organization. The following are areas of need; so please volunteer. AND, one of the most important items listed is "two names of people we can invite".

1. TWO names of people we can invite from each member—ASAP.
2. Home hosts for one night only, October 29.
3. Help with decorations at the Des Moines Golf and Country Club.
4. Silent auction items.
5. Transportation for those who need a ride October 29.

Printed invitations will be sent to everyone. We have a lot to accomplish in less than four months, and if we all work together, we will reap the benefits of a top notch club.

We will expect to hear from you at: adriennemoen@gmail.com (223-4129) or nancylundstrom@mchsi.com (289-2800)-----THANK YOU IN ADVANCE

--- Adrienne and Nancy



BASTILLE DAY BASH (potluck)

Friday, July 14 * 6 – 9 pm

The Alliance Française of Central Iowa and the Des Moines Sister Cities Commission invites Friendship Force members and friends to help celebrate France's national holiday at the Birdland Park's Ding Darling Shelter, 2100 Saylor Road, Des Moines.

The celebration will include a pétanque tournament (sort of like outdoor bowling), music and lots of food. The Alliance will provide roast pork, baguettes, iced tea, soft drinks, water and table service. We hope you'll bring your enthusiastic selves and **a side dish to share**. There will be a prize for the best French dish.

Come at 6:00 to have time to chat with friends. There will be a brief program and we'll eat about 6:30. You may bring beer or wine but try to avoid glass containers. If attending, **please call Pat at 277-5741** so we'll be sure to have plenty to eat, but walk-ins will be welcome.



‘SAY FAREWELL TO SUMMER’ SUNDAES ON SUNDAY

Sunday, August 27
3:00 – 5:00 pm

Crown Point Community Center
6300 Pioneer Pkwy, Johnston

Join your Friendship Force friends for a cool summer activity – Sundaes on Sunday. The Activities Committee will provide the ice cream, you bring your favorite topping to share such as caramel sauce, coconut, sautéed apple slices, pecans, bananas, etc.

Bring a friend or two!

If attending, RSVP by **August 23 to Karen at 278-4491**
or karenkilpatrick@gmail.com



CINCO DE MAYO LEO

Twenty-six members and guests celebrated an early Cinco de Mayo on May 4 at LaFeria restaurant in Pleasant Hill. Although we couldn't have the planned Spanish lessons, everyone enjoyed the good food, lively conversation, and excellent margaritas.

Mary Marshall and Shelley Bain, who returned that morning from the journey to FF Mundo Maya in Chiapis, shared a few tales of their adventures in the Mexican jungle.

GLOBAL GREENS FARMERS MARKET and Coffee at Palmer's Deli

Saturday, August 5
9:30 am

Global Greens Farmers Market
3200 University Ave * Des Moines



LSI's (Lutheran Social Services) Global Greens is an agricultural program that coordinates land access, production education and business development training for refugees in the Des Moines metro who want to reconnect with the land. Join us at this small market to hear more about Global Greens and then join us for coffee at Palmer's Deli at 2843 Ingersoll Avenue. If attending, **let Ron know at ronann74@gmail.com**.

Stories of Friendship



STORIES OF FRIENDSHIP ARE STORIES OF PEACE



They are stories of our experiences that have helped eliminate the barriers that separate us, bringing us closer together.

Whether it is short or long, funny or moving, from three weeks or thirteen years ago, please send your story to Alice Rasmussen at off4ever@aol.com.

AROUND THE WORLD IN HATS

by Beverly Lytle

I have traveled around the world in Hats. My love of Traveling and Hats has been a fun exciting opportunity for me. Friendship Force has given me the incentive to meet new people, explore new countries, cultures, food, clothing and hats.

In the last FFGDM letter you read about Linda Robel's trip to Berlin. I was on that same trip and met Linda in Berlin. So you can make great new friendships with folks in your own community by traveling. Our organization gives everyone a fantastic chance to be a part of this great big small world.

My second trip was a 2-week jaunt to Japan. The plane took off from LAX airport and landed in Osaka, Japan. It was a very long trip which included crossing the International Date Line and seeing the sun rise and set three times. After landing we changed planes and flew to the city of Fukuoka on the island of Kyushu. It was there that I met my first host family. The husband, a flight chief with JAL Airlines; wife, old fashioned Japanese house wife and two daughters. They were a warm loving family and treated me as one of their own best friends. There were many firsts on this trip: sleeping on a traditional Japanese mat on the floor, wearing a kimono with wooden Japanese shoes, bowing many times, and visiting a Shinto Shrine. I was also invited to a family Tea House for a traditional tea ceremony. It was a whirl wind week that I shall never forget.

The second week we flew to Ehime Prefecture on the island of Shikoku. There my host family lived in the middle of a cemetery in a Temple. The father worked in temple, his wife cleaned the temple and the house, their 2 sons were away at college and their daughter was a high school senior. Japanese tradition says the woman walks behind the man. I went in the front door and left my shoes on the step when I got there. After that we 3 women used the back door and the back stairway. It was at their house that I learned to use the "squat pot" upstairs where my room was located. The family stayed on the first floor and we 3 women ate in the kitchen. The husband always ate in his study. It was a very interesting week. Quite different from my first week.

I loved Japan and learning about their people, traditions, food and culture. Yes, I bought hats ---3 while in Japan.

Member News



Welcome our newest members

Linda Appelgate

2835 46th St.
Des Moines, IA 50310
515-255-2029
appelgate@hotmail.com

Carmie Renda

2821 Wolcott Ave.
Des Moines, IA 50321
515-287-3999
c.renda@mchsi.com



In Memory

Former members
Nancy C. Koons
and
Bill Selby
passed away in May.

Our sympathies to their families and friends.

Journey Reports

ENGLISH LANGUAGE LEARNERS FROM JAPAN MAY 16 – 22

Fourteen Ambassadors from several Japan FF clubs traveled to Omaha and Des Moines with the purpose of improving their English Language skills. Our week was a success, with new friendships blossoming between the ambassadors and hosts and the ambassadors leaving with improved language skills.

Each ambassador was given a notebook with the program schedule, the background of their activities and word lists to practice with their hosts.

The week started when we joined the Omaha club and the ambassadors for lunch at Larsen's pub in Elk Horn. Their first Des Moines activity was making a Danish Star and touring the Danish Museum of America.



Mayor Frank Cownie welcomed the ambassadors to Des Moines at the Welcome Potluck that evening.

The ambassadors enjoyed bowling, ice cream, Neal Smith Wildlife Refuge (where the bison cooperated by strolling within 10 feet of the road), Des Moines Farmers Market, and the World Food Prize Building, among other activities. They passed on Living History Farms due to the weather.

Taeko Watanabe and Kazumi Fukuda came prepared with sheet music for "America the Beautiful" and "The Star Spangled Banner". There were nine of us gathered together singing songs around the piano with Claudia playing for other songs such as "The Song of Peace". They were wonderful ambassadors and we can all follow their example of grace, kindness and gratitude.

- Bill and Marilyn Gift



The week ended with a Farewell Dinner at Toad Valley Golf Club where ambassadors received an Iowa flag and a farewell gift of Stam's Chocolates. The home hosts received a Japan flag and a set of magnets in Japan patterns.

This journey was a community activity with Chicako Brown (Japan-American Society of Iowa) serving on the Planning Committee and gracious Home Hosts, some of whom are not members of our club, taking part with enthusiasm. Also, thank you to the generous people who Day Hosted, Dinner Hosted and served on the Planning Committee. Thank you to one and all!





WHERE IN THE WORLD ARE PAT HEADLEY AND CAROL GRIMM?



Pat Headley and Carol Grimm recently traveled with FF Quad Cities on a journey to New Zealand. It was Pat's first Journey with Friendship Force...

Our three-week trip started in Napier where we toured the Art Deco City and visited the Faraday Center, a hands-on science and technology museum. At the Gannet Colony we learned about the courting ritual of the gannets.



Apparently, the male bird brings seaweed to the female who carefully arranges it on the nest then poos on it, a sign of affection.

In Levin, we attended a Maori welcoming ceremony and greeting where people place left hands on each other's shoulder, shake hand with your right hand, and touch noses with each other. The inside of the Rangiatea Church is rich with Maori symbols.

In Nelson we visited a goat farm, wild mushroom farm, the Rosarie Flower Farm and the WOW museum; also known as the World of Wearable Art. The goats were friendly and curious, the wild mushrooms were amazing, and as was the mushroom soup they served. The flower farm grew roses, lilies, and hops. The WOW museum was full of artistic wearable art that could be made out of any material, as long as it's wearable.



--- Pat Headley

TRAVELING IN UNCERTAIN TIMES

"Remember what Bilbo used to say: It's a dangerous business, Frodo, going out your door. You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to." – JRR Tolkien

Unlike Bilbo, Friendship Force members love to travel. If world news has you concerned, the article "7 Keys to Traveling Without Fear Despite Terrorist Attacks" by Wendy Perrin may help.... <http://www.wendyperrin.com/7-keys-traveling-without-fear-despite-terrorist-attacks/>

2017 FFGDM Board and Committee Chairs

<u>Name and position</u>	<u>Term end</u>	<u>Email</u>
Shelley Bain - <i>President</i>	2018	shelleybain@centurylink.net
Marla Carr - <i>Vice-President</i>	2019	marlakcarr@yahoo.com
Jerry Carr - <i>Treasurer</i>	2018	Jerry.Carr55@yahoo.com
Carol Corrigan	2019	jecorrigan@msn.com
Jane Escobar	2019	janeescobar@yahoo.com
Janette House - <i>Secretary</i>	2018	j.house@mediacombb.net
Beverly Lytle	2017	bdlytle@gmail.com
Cookie Major – <i>Community Service</i>	2017	cookster50@gmail.com
Alice Rasmussen - <i>Membership</i>	2017	off4ever@aol.com
Adrienne Moen - 40 th Anniversary Celebration Co-Chair		adriennemoen@gmail.com
Nancy Lundstrom - 40 th Anniversary Celebration Co-Chair		nancylundstrom@mchsi.com
Karen Kilpatrick – <i>Activities Chair</i>		karenkilpatrick@gmail.com
Cookie Major – <i>IPR Media Project</i>		cookster50@gmail.com
Shelley Bain – <i>Columbia Cascade Journey Host co-Coordinator</i>		shelleybain@centurylink.net
Pat Headley – <i>Columbia Cascade Journey Host co-Coordinator</i>		guthriep41@yahoo.com
Shelley Bain – <i>Austin Ambassador co-Coordinator</i>		janeescobar@yahoo.com
Jane Escobar – <i>Austin Ambassador co-Coordinator</i>		janeescobar@yahoo.com
Del Wynn - <i>Webmaster</i>		wynndl@centurylink.net

Community Events for You

SCOTTISH ALE TASTING AND SUMMER PARTY

Saturday, July 15
7:00 pm

Join us for our 8th annual Scottish Ale Tasting. The musicians of Celtic Jam will join us again this year. There will be plenty of good company, good food and non-alcoholic beverages. Don't forget your lawn chair.

Tasting reservations—\$20 ppn / Non-Tasting reservations—\$10 ppn.

Paid reservations are required by July 11.
Questions: Isabella at 278-2067

ITALIAN-AMERICAN HERITAGE FESTIVAL OF IOWA

Friday July 28 11am-1am
Saturday July 29 10am – 1am
Western Gateway Park
Downtown Des Moines

Admission is free before 5:00 PM on both days with a food/monetary donation to the Food Bank of Iowa. After 5:00 PM on both days, admission is \$5.00 (for adults and children 12 and older).

www.italianfestivalofiowa.com



friendship force
GREATER DES MOINES

MEMBERSHIP APPLICATION

FFGDM membership dues cover a calendar year, January 1 through December 31.

Mail membership application and check to:
FFGDM, PO Box 13136, Des Moines, IA 50310

Name(s) _____

Street _____

City _____ State _____ Zip _____

Phone _____ Email _____

Individual Membership at \$30	\$
Newsletter mailed at \$12	\$
Contribution*	\$
Total Enclosed	\$

Please check which activities you can participate in. *Check as many as you like.*

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> Activities | <input type="checkbox"/> Community Service | <input type="checkbox"/> Exchange Planning |
| <input type="checkbox"/> Membership | <input type="checkbox"/> Fundraising | <input type="checkbox"/> Exchange Home Host |
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Website | <input type="checkbox"/> Exchange Day Host |
| <input type="checkbox"/> Photographer | <input type="checkbox"/> Communications | <input type="checkbox"/> Exchange Dinner Host |
| <input type="checkbox"/> Other: _____ | | |

* Friendship Force of Greater Des Moines is a 501(c) 3 nonprofit organization.
Your contribution may be tax deductible to the extent allowed by law.