



**friendship force**  
GREATER DES MOINES

The Mission of The Friendship Force of Greater Des Moines, Inc. is to create an environment where individual friendship and peace can be established across the international barriers that separate people.



## 2015 FFGDM Events

<b>March 1</b>	World Friendship Day – Children’s Poster Contest
<b>March 10</b> Tuesday	LEO Tavern Pizza & Pasta, 50 <sup>th</sup> St, West Des Moines
<b>March 24-31</b>	Outbound Exchange, FF Western North Carolina
<b>April 1</b>	FF Quad-Cities outbound mini-exchange application deadline
<b>April 19</b> Sunday	“Springfest” Social Potluck, Luther Memorial Church
<b>April 26</b> Sunday	Potential Exchange Director Conversation See article for more information
<b>May 15 – 17</b> Friday - Sunday	FF Quad-Cities outbound mini-exchange. See the article for more information.
<b>June 14</b> Sunday	Picnic Potluck at Raccoon River Park, West Des Moines (location change)
<b>July 9</b> Thursday	Wine Tasting, Wines of Iowa, Valley Junction
<b>August 9 - 15</b>	Inbound Exchange, FF Napier, New Zealand
<b>Aug 28 - 30</b>	Friendship Force World Conference in Vancouver, BC, Canada – Registration closed
<b>September</b>	Program meeting
<b>October</b>	Annual Dinner Meeting
<b>December</b>	Holiday Party

**Let’s Eat Out Italian!**

**Tuesday, March 10**  
**5:30 PM**



**Tavern Pizza and Pasta**

1755 50<sup>th</sup> Street  
West Des Moines  
(across from Lowe’s)

Brush up on your Italian.  
Share your Italian experience.

**Please RSVP by March 6<sup>th</sup> to**  
**Janette House at 537-1252**  
**or**  
**[j.house@mediacombb.net](mailto:j.house@mediacombb.net)**

## President's Message

We've started the year with a bang! We have active **Membership and Activities Committee** who have written plans for 2015 and have started implementing them. We have new **t-shirts**. We had our first **program meeting** in a long time and we've begun our commitment to quarterly **community service** activities. Although I may forget to say it to you directly, a big *thank you* to those who make all things possible for FFGDM – our member volunteers!

We recently received exciting news from the FFI. We are, for the first time since 1998, going to England. Not just England but the beautiful **Isle of Wight** (IOW). Our ED will work with the ED appointed by FF Central Iowa to put together the exchange. In other good news, our Global Exchange for August 2016, "**Farm to Table**" has been approved by FFI. "Farm to Table", which needs a better name, will be a lot of work because it is a new kind of exchange for us. It will take an ED who is interested the state's role in agriculture and Des Moines' place as an innovative and exciting 'foodie' city. If you are interested in being the Exchange Director for either exchange, please contact me for an application.

The Board recently changed the **membership application** form in a few small ways and one important way. Members, both new and renewing, can check off which tasks they wish to help with. This change is an important reminder that the club needs every member to be active in some way and at some level every year. Whether you dip your toe in the water or you cannonball and create a splash – we need you. Please read through the activities listed in this newsletter and volunteer to help with one or more. Better yet, bring a friend.

In friendship,  
Shelley Bain  
FFGDM President



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### We Have New T-Shirts!



You need a t-shirt and we have a cool one. The front has the FFGDM logo on the upper left and the back displays the flags of all the countries our club has visited. Now you can show your Friendship Force pride; wear them at FFGDM activities and community events. The shirts are also great gifts for home hosts and ambassadors.

Shirts are \$15 and can be purchased at most club activities. Generously sized Small/Medium/Large/X-Large/2X-Large/3X-Large. The shirts are 100% cotton. Contact Ron at 277-5785 for details.

**Welcome New Members!**

Alice Rasmussen, Membership

We would like to extend a welcome to our newest members, Dawn Martino, Laura Payne, and Pam Sadler. Please add this information to your membership booklets:

Dawn Martino, 1530 41st St., Des Moines, IA 50311 515-779-3232

[dawn.martino@mchsi.com](mailto:dawn.martino@mchsi.com)

Laura Payne, 2745 Forest Ave, Des Moines, IA 50312, 515-494-0738

[laurahill147@gmail.com](mailto:laurahill147@gmail.com)

Pam Sadler, 10677 Elmcrest Dr., Clive, IA 50325, 515-225-8948

[cardstrulyftheart@hotmail.com](mailto:cardstrulyftheart@hotmail.com)

Please note an email change for Luann Sampson: [lsampson4124@gmail.com](mailto:lsampson4124@gmail.com)

We have received memberships from 17 families and 36 singles. This makes a total of 70 paid members

Charlotte Buttin, Nina Steele and Penny Thomsen are joining our committee to help with new member orientation, developing ideas for member recruitment and ideas for helping current members. If you know of anyone interested in Friendship Force, please contact one of us.

2015 membership booklets will be given out at our April Springfest--so plan to attend!

**“Acquiring a Taste for Danish Hygge”!**



On February 22, our club welcomed the Danish community of Des Moines to hear Tom Forsgren, retiring director of the Global Youth Institute, speak about the 2012 GYI program in Hjørring, Denmark. We were also honored to hear comments by Lynette Rasmussen, Honorary Consul for Denmark for Des Moines. Other speakers included Claudia Holcomb representing the Danish Brotherhood, Christina Hudson representing the Danish Sisterhood, and Don Peterson representing the American Scandinavian Foundation. Coffee, tea, and delicious Danish snacks were enjoyed by all.

A big thank you to the presenters and Nancy Lundstrom who coordinated the meeting.

## Meals from the Heartland



### Spring Break Hunger Fight

**Date: Wednesday, March 18**

Two shifts available: sign up for either 10:00 to 11:30 AM or 10:30 to 12:00 AM

**Deadline to sign up: ASAP or March 7 at the latest**

**RSVP, if participating: Cookie at (515) 440-3815 or cookster50@gmail.com**

We had such a rewarding and fun time last August, we're doing it again. Our Community Service Director, Cookie Major, is signing up FFGDM members and friends to participate in the Meal from the Heartland – Spring Break Hunger Fight. Don't forget to wear your FFGDM t-shirt!

Location: The Patty Cownie Center, 357 Lincoln Street, West Des Moines, Iowa 50265

Driving directions: From 63rd Street in Des Moines, turn west on Lincoln Street, which is one block south of Railroad Avenue. Meals from the Heartland is the second driveway on the right, behind the Knapp House of Hope.



**DATE: Sunday, April 19**

**LOCATION:** Luther Memorial Church, 1201 Grandview Ave., Des Moines

**TIME:** 3:00 – Social Time

4:00 - Dinner

4:30 - Program

You're invited! The Friendship Force of Greater Des Moines will celebrate SPRINGFEST on Sunday, April 19. The theme this year is **"Springfest Travel Fair"**.

Springfest is a great time to socialize with your Friendship Force friends as well as introduce your non-member friends to our club. Join us for a few hours of fun and dinner. The program will include an update on club

activities and several members speaking about their recent travel experiences.

**COST:** \$10.00 per person payable at the door and a potluck dish that serves 10. We encourage you to make a dish from your own ethnic background and bring a notecard indicating the name of the dish and the country.

**Please RSVP, if attending, by April 15 to Carol Corrigan at 225-6121 or jecorrigan@msn.com**

We're looking forward to seeing all of you with a friend or two. Friendship and good food is always a great combination.

## Potential Exchange Director Conversation

There are at least 6 past EDs in this picture from the OK Exchange. Don't you want to join their ranks?



Exchanges are the lifeblood of our organization. Exchange Directors (ED) make exchanges happen. If you'd like to know more or you've ever thought about being an Exchange Director or Co-Exchange Director, this casual meeting is for you. We'll discuss what it means to be an ED, review exchange guidelines, discuss how our club mentors new EDs, and get tips from experienced EDs on how to run a successful exchange.

Past EDs are invited to attend and describe their experiences as an ED. If you can't attend, please send a few words of wisdom to Bev Lytle.

**Sunday, April 26**

**2:00 pm**

Aspen Ridge Club House - 9563 University Ave - Clive  
(across from Von Maur in Valley West Mall)

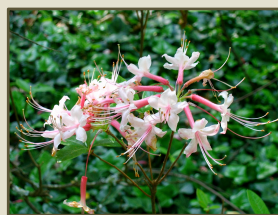
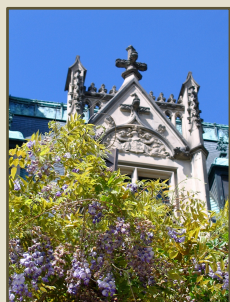
**Please RSVP, if attending, to Bev Lytle at 222-1504 or [bdlytle@gmail.com](mailto:bdlytle@gmail.com) by April 22**





## Exchanges

### Outbound Exchange Western North Carolina



March 24 – 31, 2015



The matching forms have arrived from North Carolina, which means our 20 ambassadors have their host's names. We can now make contact with them before we begin our exchange scheduled for March 24-31.

We have been informed that there will be a display from the TV show Downton Abbey at the Biltmore Estate, so we TV fans are really looking forward to seeing costumes and items from the show and that era when we visit the estate.

Our 3rd and final meeting for the 20 ambassadors will be held on Saturday, March 14 at 10:00 at Luther Memorial Church. We are looking forward to meeting new friends and seeing the Asheville, North Carolina area at the end of March.

Marla Carr and Alice Rasmussen--ED's



### Mini-Exchange with Friendship Force of Quad-Cities

May 15 – 17, 2015

Our club has been invited for a weekend exchange with home hosting to the Friendship Force Quad-Cities. Their club has planned a program that will give you the opportunity to see the city while you make new friends. We hope you will take advantage of this mini-exchange and have a fun weekend with FF Quad Cities.

**FRIDAY, MAY 15** – arrival by 6:00 pm, time with your hosts

**SATURDAY, MAY 16** - Isabel Bloom Company tour in Davenport at 10 AM, picnic lunch at Schweibert Riverfront Park in Rock Island, Lock and Dam 15 for a guided tour with a park ranger and John Deere Pavilion in Moline. Dinner that night will be with your hosts.

**SUNDAY, MAY 17** - meet at Thunder Bay Grill for lunch at 1 PM, departure after lunch.

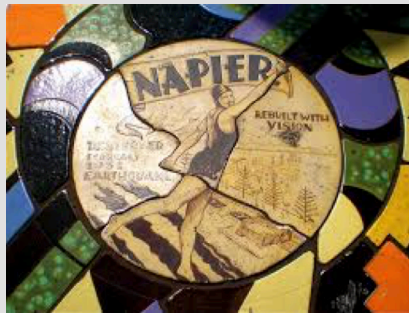
**TOTAL COST:** \$45 payable with the application. The exchange fee is \$35, which covers the planned activities, plus a \$10 administration fee. Look for the application in your inbox around March 1.

## Inbound Exchange with FF Napier NZ

**August 9 – 15, 2015**

Did you know that Napier is one of the most complete Art Deco cities in the world due to a massive earthquake in 1931? Did you know the population of Napier is about 61,100? Did you know we are expecting 18 – 20 ambassadors from Napier in August?

The Napier Planning Committee is planning a great exchange for our New Zealand friends. We are accepting applications for Home Hosts and need people to be Day Hosts, Dinner Hosts, and help with the Farewell Party.



**SMALL DINNER HOSTS** – On Tuesday, August 11, individual members will host several ambassadors, their home host, and friends or family for dinner at their home. This is a great opportunity to relax and really get to know our New Zealand friends.

**DAY HOSTS** – On Monday, Tuesday, and Wednesday, members who can escort ambassadors to the planned activities if their home hosts are not available are needed. On Thursday, August 13, members who love the Iowa State Fair and want to show it off to the ambassadors have their chance.

**FAREWELL PARTY** - On Friday, August 14, all members are invited to a potluck dinner at Simpson Barn in Johnston. On hint: there will be dancing.

**If you can help in any of these capacities or want more information, please contact Shelley at 279-8908 or [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net).**

**CHANGING THE WAY YOU  
SEE THE WORLD**

Community Cultural Events

**Field, Road, Cloud: Art and Africa** February 13 – April 19 – The Des Moines Art Center – A mix of contemporary art from Africa and the Americas, inspired by traditional African masks and artifacts from the permanent collection.

**The Pedrito Martinez Group** March 8 – The Temple Theatre – African-Cuban jazz

**Dervish** March 14, 8:00 pm – Hoyt Sherman Place – presented by the Celtic Music Association - Check [www.thecma.org](http://www.thecma.org) for ticket outlets

**“History of Golf”** March 15, 2:30 pm - Scottish Heritage Society - St Luke’s Episcopal Church, 3424 Forest Avenue, Des Moines

**St Patrick’s Day Parade** March 17, downtown Des Moines. For more information: <http://www.friendlysonsiowa.com/>

**Shen Yun** March 20 and 21 - Des Moines Civic Center Traditional Chinese music and dance

**Introduction to Japanese Language and Culture** April 11 – May 16, Saturdays - 9:30 am – 10:30 am - Des Moines Social Club. Contact [education@desmoinessocialclub.org](mailto:education@desmoinessocialclub.org)

**Brush Up Your Japanese** April 11 – May 16, Saturdays - 10:45 am - 11:45 am - Des Moines Social Club. Contact [education@desmoinessocialclub.org](mailto:education@desmoinessocialclub.org)

Drake University:  
The Principal Financial Group® for Global  
Citizenship

“The Principal Financial Group® Center for Global Citizenship (PFGCGC) educates students to function effectively in different cultural contexts, and to see their own culture from the perspective of others. The Center also works to ensure that global perspectives and issues are an

integral part of the intellectual and cultural experience of all members of the Drake community.”

PFGCGC sponsors many speakers and films that are free and open to the public. A sample is listed below. To view a complete and detailed list of Spring 2015 activities, go to their website:  
<http://www.drake.edu/cgc/eventsandactivities/>

March 25: Willy Mafuta

Topic: Religion, Race and Identity: The Role of the Churches in Post-Apartheid South Africa

Location: Meredith 101

Time: 7 - 8:30 p.m.



**Continued from The Principal Financial Group® Center for Global Citizenship**

March 30: Film: The Good Lie

Location: Sussman Theater, Olmsted Center

Time: 7:00 - 9:15 p.m.

April 2: International Film; Like Father, Like Son\* (Japan; subtitled)

Location: Aliber 101

Time: 7:00 - 9:00 p.m.

April 3: Sonia Nazario

Topic: Enrique's Journey and America's Children Immigration Dilemma

Location: Meredith 101

Time: 12:30pm-1:30pm

April 9: International Film: Departures\* (Japan; subtitled)

Location: Aliber 101

Time: 7:00 - 9:00 p.m.

April 15: Kivanc Ulusoy

Topic: Turkey's foreign policy, Middle East, energy discoveries in the Eastern Mediterranean, and/or the Cyprus issue.

Location: Meredith 101

Time: 7:00 – 8:30 p.m.

April 28: Guoguang Wu

Topic: Chinese politics

Location: Sussman Theater, Olmsted Center

Time: 7 – 8:30 p.m.

**From Friendship Force International**



Last year, our display of children's artwork at the Sochi Olympics touched thousands of hearts. This year we have an opportunity even more special: to put on a display at the World Summit of Nobel Peace Laureates in Atlanta, USA, in November.

With your help, we can give children around the world the opportunity to share their dream of peace alongside 17-year-old Malala Yousafzai and the other laureates, by sending in their artwork and peace pledges. You can make this opportunity available to the children in your community by simply passing on this information to your family, local schools, libraries and community centers. This year's theme is "My Dream of Peace." Artwork and/or peace pledges must be submitted by August 15, 2015.

For more information, please go to: [http://catalog.thefriendshipforce.org/index.php/welcome\\_news](http://catalog.thefriendshipforce.org/index.php/welcome_news)



**ACTIVITIES** – This group arranges Let's Eat Out (LEO) meals, a summer picnic, and a holiday party. What are your ideas for adding a few more activities for this year? **Please contact Karen Kilpatrick at 278-4491 or [karenkilpatrick@gmail.com](mailto:karenkilpatrick@gmail.com) to join this group.**

**MEMBERSHIP** – This group is all about recruiting new members, retaining current members, and engaging all members. It sounds like a lot of work but just a few people can knock out a plan in a couple of meetings. **Please contact Alice at [off4ever@aol.com](mailto:off4ever@aol.com) or Shelley at 279-8908 for more information.**

**NAPIER, NEW ZEALAND EXCHANGE** (August) – The Napier Planning Committee is planning a terrific exchange for our New Zealand friends. We're taking applications for Home Hosts and compiling names for Day Hosts and Dinner Hosts. **If you can help in any of these capacities or want more information, please contact ED Shelley at 279-8908 or [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net).**

## 2015 Board of Directors

Adrienne Moen Midwest Rep to FFI (515) 223-4129 <a href="mailto:adriennemoen@gmail.com">adriennemoen@gmail.com</a>	2015	Janette House Secretary (non-board) (515) 537-1252 <a href="mailto:j.house@mediacombb.net">j.house@mediacombb.net</a>	
Shelley Bain President (515) 279-8908 <a href="mailto:shelleybain@centurylink.net">shelleybain@centurylink.net</a>	2015	Beverly Lytle Exchange Coordinator (515) 222-1504 <a href="mailto:bdlytle@gmail.com">bdlytle@gmail.com</a>	2017
Cathy Eddy Newsletter Editor (515) 321-6356 <a href="mailto:ceddy@mediacombb.net">ceddy@mediacombb.net</a>	2016	Cookie Major Community Service Director (515) 440-3815 <a href="mailto:cookster50@gmail.com">cookster50@gmail.com</a>	2017
Ron Grohe Treasurer (515) 277-5785 <a href="mailto:reggsg@hotmail.com">reggsg@hotmail.com</a>	2016	Alice Rasmussen Membership (515) 289-1222 <a href="mailto:off4ever@aol.com">off4ever@aol.com</a>	2017
Carol Grimm Vice-President 278-4057 <a href="mailto:davycarol2@gmail.com">davycarol2@gmail.com</a>	2015	Susan Stroope Development & Outreach 266-1376 <a href="mailto:sustroope@gmail.com">sustroope@gmail.com</a>	2016

## March/April 2015 Newsletter – Friendship Force of Greater Des Moines



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	\$
Family Membership at \$40	\$
Newsletter mailed to you at \$10	\$
Contribution	\$
You can order a <a href="#">Name Badge with the FFI logo</a> by going to the FFI website; select MEMBER RESOURCES then select STORE.	
You can order a <b>Green Iowa-shaped Name Badge</b> here at \$15 each	\$
<b>Total Enclosed</b>	\$
If ordering a name badge (22 characters max):	
Badge 1 – name:	
Badge 2 – name:	
Select fastener type: _____ magnet or _____ pin	

Please check which activities you are interested 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"/> Graphic Arts/website | <input type="checkbox"/> Exchange Day Host    |
| <input type="checkbox"/> Photographer |   | <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.