



friendship force
GREATER DES MOINES

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



FFGDM Activities

May 13 Wed	LEO at Hessen Haus (page 2)
May 15 – 17	FF Quad-Cities outbound exchange
June 14 Sun	11:30 am Annual Picnic (this page)
June 14 Sun	3:00 pm Wine Tasting at Jasper Winery (this page)
June 27 Sat	2:00 pm FF Napier Home, Day and Dinner Hosts Meeting (page 3)
July 9 Thur	6:00 pm Wine Tasting, Wines of Iowa, Valley Junction
August 8 Sat	Noon Iowa FF Picnic, Cedar Rapids
August 9 - 15	Inbound Exchange, FF Napier, New Zealand (page 3)

Jasper Winery

Sunday, June 14

3:00 – 4:00 pm



Wine & Chocolate Pairing — The wine and chocolate pairings begin with education on tasting wine as well as how to taste chocolate.

The tasting includes four chocolates from Chocolaterie Stam paired with four Jasper Winery wines.

Cost is \$15/person.

RSVP, if attending, **by June 8** to Janette at 515-537-1252 or j.house@medicacombb.net.



Annual Potluck Picnic

Sunday, June 14

11:30-2:30 (eat at 12:30)

Biddle Shelter, Raccoon River Park
(near the Nature Lodge)

Food, Fun, Fellowship!

FF Central Iowa (Ames) will be our guests.

Bring a dish to share.

Drinks, plates and tableware will be provided.

RSVP, if attending, **by June 8** to Janette at 515-537-1252 or j.house@medicacombb.net.

←===== Followed by a Wine & Chocolate Tasting.

President's Message



Thank you to everyone who attended Springfest on April 19 and to Carol Corrigan and Karen Kilpatrick for coordinating it; Elaine Bredesky and Jody Miller for kitchen help; Carol Grimm, Mary Marshall, Kathie Swift and Alice Rasmussen who presented. Thank you, too, to the members who signed up for a committee - every member can make a difference by volunteering just a few hours a year.

If you didn't sign a volunteer sheet at Springfest, this newsletter provides many opportunities for you to do so. The more involved you are, the better your member experience and the stronger our club becomes.

Good news about 2016 International Exchange Directors! The co-EDs for the Isle of Wight outbound exchange are Charlotte Buttin and Mary Marshall. The ED for the global 'Farm to Table' inbound exchange is Carol Grant. If any of them call and ask you to help, please say YES.

In friendship,
Shelley Bain
FFGDM President

Where can you help?

NEWSLETTER EDITOR – The newsletter editor creates and distributes the newsletter from information submitted by committee chairs. Contact Shelley at 279-8908 or shelleybain@centurylink.net.

NOMINATIONS COMMITTEE – The committee that interviews potential Board members who are elected at the Annual Meeting. Contact Shelley at 279-8908 or shelleybain@centurylink.net.

ANNUAL MEETING COMMITTEE - The committee that arranges for a venue and speaker for the Annual Meeting in October. Contact Adrienne at 223-4129 or adriennemoen@gmail.com.

PUBLICITY – This person sends information about our activities to the media and interested organizations. Contact Shelley at 279-8908 or shelleybain@centurylink.net.

Let's Eat Out **German!**



Wednesday, May 13

6:00 pm

Hessen Haus

**101 4th Street
Des Moines**

RSVP, if attending, by May 10 to Kathie Swift at 279-6166.

Bring a friend or two!

Parking: The lot adjacent to Hessen Haus and the lot at 4th & Court are free. There is also the Science Center ramp (charge) one block away. Carpooling is recommended to save parking spaces.

Exchange Reports

Napier New Zealand August 9 - 15

The Planning Committee is looking forward to meeting our guests from New Zealand and hope you are as well. There will be more information in the July-August newsletter about the activities all members may participate in.

SMALL DINNER HOSTS – On Tuesday, August 11, individual members will host several ambassadors, their home hosts, and friends or family for small dinner parties. This is a great opportunity to get to know our New Zealand friends. It is also a good way to introduce your friends to Friendship Force. We need 1 additional dinner host. Contact Shelley at 279-8908 to volunteer.

Home, Day and Dinner Hosts Meeting
Saturday, June 27
2:00 pm
Urbandale Library

Please come if you can!

We'll take pictures of the home and day hosts for the program booklet.

Activity Reports



Though the rain was falling outside, spring was in full bloom indoors for our 2015 Springfest Travel Fair and Potluck Dinner! Our program centered on stations representing four types of exchanges of Friendship Force - domestic (Western North Carolina), international (Costa Rica), humanitarian (Guatemala) and language-learner (Mexico - Spanish).

Members and guests rotated through each station listening, asking questions, learning with and from each other! Also stressed were the benefits of becoming familiar with the Friendship Force International website, where much information on exchanges is available.

After our “traveling”, we enjoyed our special and delicious potluck with its variety and emphasis on dishes that came from our own nationalities or background, complete with labels! During this time, conversation continued related to the exchanges we had just vicariously experienced! Signing up for upcoming activities and a drawing for fun prizes rounded out our day of friendship!



Pictures continue...



Chuck and Ron pitching club t-shirts



New member Orientation



Mary, Claudia, Polly and Carol



Charlotte, Ken and Kathie



Elese and her guests



Carol and Carol



Jody and Eileen in the kitchen

There are no strangers here; only friends you haven't yet met.

-- William Butler Yeats



Meals from the Heartland

HELP FEED THOSE WHO ARE LESS FORTUNATE –

ASK YOURSELF - WHY NOT ME?

During the 2014 Spring Break Hunger Fight held March 18 - 20 there were 3,500 volunteers who helped the Meals From The Heartland Organization reached their one million meal goal. They couldn't have reached this milestone without each person's efforts.

Our group of eleven helped packaged the 1,002,510 meals. Our efforts took only a couple of hours of our time. We helped make a huge impact on alleviating hunger both locally and around the world. This event took place at their new location in West Des Moines at the Patty Cownie Center, 357 Lincoln St. Thank you to all who volunteered for this Friendship Force Community Service Project. WE DID IT! Our FFGDM will again participate in the Meals From The Heartland signature event, their 8th Annual Hunger Fight which will be held August 26-29 at HyVee Hall in downtown Des Moines. This event is their largest meal packaging event of its type in the United States. Watch for details in future newsletters to sign up. We will again sign up for a 2 hour timeslot. I hope all Friendship Force members, family and friends will consider volunteering for this great event.

No act of kindness, no matter how small, is ever wasted!

- Cookie Major, FFGDM Community Service Chair Person



Let's Eat Out Italian!



On March 10, twenty travelers met at The Tavern in West Des Moines for a visit to Italy, the country of spaghetti, parmigiana- reggiano and pizza.

We started our evening with a little mixer, "Guess who I am, what I am or where am I" all having to do with Italy. We were visited by Sophia Loren, Pope Francis, Michelangelo and the cities of Milan and Naples.



We ordered dinner and then played a "do you know your Italian" word game. Surprisingly, there were more Italians in our group than I thought there would be. A bottle of wine was given as a grand prize to the word game and several minor prizes were also won. Then we all said "Buona note" and made our way home.

Exchange Report



Western North Carolina Exchange Report

March 24 – 31, 2015

Twenty ambassadors from our club went on the exchange to WNC and this journal, written by the ambassadors and based on their individual experiences, summarizes the wonderful time we had with our new friends.

Tuesday -- Carol Corrigan and Jane Flagler

We arrived at the Des Moines Airport on a rainy Tuesday morning, baggage in hand and ready to travel to Asheville, NC. After boarding the plane, we were informed the rain had turned to freezing rain and our plane needed to be de-iced before we could leave. After about 1/2 hour, the de-icing completed, we were finally on our way. Our hosts were waiting for us with smiling faces and ready to transport us to their homes. Tuesday evening was spent having dinner with our hosts and getting acquainted. Our week adventure had begun!

Wednesday -- Karen and Chuck Kilpatrick

Our splendid introduction to Asheville began with a narrated trolley tour! Along the route, we were treated to informative and often humorous stories about this historical area and its sights. New terminology was added to our vocabulary, such as pebble dash--the stucco like covering of many of the historical buildings, including the Biltmore. After a delicious lunch at the historic Pack Tavern, we then toured the Mills River Sierra Nevada Brewery, the 3rd largest craft brewery in the U.S. From the hops room to the giant copper clad brew and mash kettles, this state of the art, environmentally sustainable facility was a behind the scenes look at the way craft beers are produced.

Thursday – Charlotte Buttin and Carol Grimm

Beautiful furnishing, gorgeous costumes, featured in the "Downtown Abbey" TV show, awesome gardens and interesting history all add up to make "The Biltmore" a unique and wonderful experience. For 2 hours, we toured many of the rooms, listening through our headphones to descriptions of the lives of the Vanderbilt family. We had a yummy lunch at the Stable Cafe which actually had been the home for their horses. After lunch we drove to Antler Village and sampled wines at the winery. Then it was off to the exhibition "the Biltmore Legacy" which describes the lives of the family at home and in their travels. This day ended with a delightful "storytelling" experience at the Reuter Center, part of UNC Asheville. We listened to seven local storytellers share stories of strong women who have been important in their lives.

Friday -- Marla and Jerry Carr

A backstage tour of the Flat Iron Play House began another day of discovering the attractions of the Asheville area. We toured the set shop where they built all their own backdrop scenery. The orchestra loft was above the theater instead of in a pit. After the theater tour, we enjoyed a Mexican lunch at Sol Y Luna. We then went to the Folk Art Center of the Blue Ridge Mountain Parkway to view artists' work. There were gorgeous pieces there. In the evening, we had dinner at our hosts' home. Several other club members joined us for chili before we attended the Wizard of Oz. The musical included 39 local youth. It was very professional and well done by the cast.

Saturday -- Claudia Holcomb and Diane Roberts

We had a 45 minute drive to reach the River Arts District of Asheville. We visited the working Wedge Studios of Michael Hoffman (handbuilt porcelain), Stephen St. Claire (painting plus special finishes), and Philip De Angelo (paintings with textured finishes.) Then we visited the Jonas Gerard Fine Arts Studio (portraits, modern art, textured finishes.) We met the artist in each studio and watched them work. After lunch we were off to a guided tour of Asheville's Urban Trail. This was a walking tour of downtown Asheville which covered about 1.7 miles of walking in the wind, cold and drizzle! Asheville is known as the "food city" and "beer city". That evening we were hosted at another FF couple's home where we enjoyed pot roast.

Sunday -- Janette House and Beverly Lytle

We started our day with a church service at our hosts' home church. We then went to the Arboretum where we ooh'd and aah'd over the orchids. They were so BEAUTIFUL. A beautiful blue orchid has found a home in Iowa. We then ate lunch at the Savory Thyme Cafe in the Arboretum, looked around some more and then were on our own. We stopped at The Shops of Southern Highland Craft Guild store in the Biltmore Village. It was our turn to take our hosts to dinner and the Tupelo Honey Cafe was their choice. We ate fried green tomatoes, a southern fried pork chop, southern fried chicken, smashed sweet potatoes, shrimp and grits. Definitely a southern supper! We walked into the restaurant and who should we see but Jane Flagler and her hosts.

Monday -- Elese Johnson and Ron Grohe

Ron started the day eating French toast and Elese baking banana bread at 5 am. Afterwards we drove to Flat Rock and took a tour of the estate of the famous author of prose and poetry, Carl Sandburg. After lunch we drove to Dupont State Forest where we hiked and saw waterfalls and a large covered bridge. We hiked to Triple Falls and to High Falls and back, a total of about 3 miles. It was picturesque and enjoyable. That evening we drove to Crowfield's (comparable to Crown Point in Johnston) for our farewell dinner with the NWC club. We enjoyed the dinner and music by vocalist, and very accomplished guitar player, Ellen Traka.

Tuesday -- Adrienne Moen and John Tone

March 31 was our departure day from the Asheville area. Some ambassadors departed by car early in the morning, and the rest of us took various flights from the airport. We started our day by gazing at the beautiful Blue Ridge Mountains from the deck of our hosts. The weather was absolutely perfect. We arrived at the airport where everything was a breeze and said our goodbyes with heartfelt hugs. In the process of boarding, we found Susan Stroope, Carol Corrigan and Jane Flagler. We connected in Atlanta before heading to Des Moines. As we look through some of our gifts and momentos from our exchange, the warmth and friendship from our new friends was the best thing to bring home.



Mike Hoffman's dog



Walled garden at Biltmore



View of the Blue Ridge Mountains

Pictures continue...



Beverly and Janette



St Laurence Church



Carol and Karen



Triple Falls



Stephen St. Claire's dog



Mike Hoffman's studio

Membership

Membership Committee

The 2015 membership directories were given out at Springfest. If you were not able to attend, Alice Rasmussen will have them at the next functions, so please ask her for your copy. This is the last printed directory as next year they will be emailed to members.

NEWS!! Please add our newest member to your list. **A warm welcome to Donna Smith!**

Please update your directory:

New member	Donna Smith	1000 SE 11 th St – Unit 4209	Grimes, IA 50111	515-520-1572 djsmith72@gmail.com
Email change	Mary Mulligan			mmm@goldfieldaccess.net
Address change	Paul and Cheryl Odekirk	4710 Mills Civic Parkway - Unit 501	West Des Moines, IA 50265	

Merchandise

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 in Small /Medium /Large /X-Large /2X-Large /3X-Large The shirts are 100% cotton.

Contact Ron at 277-5785 for details.

Lapel Pins



Iowa flag lapel pins make great small gifts for your hosts or when you host ambassadors on exchanges.

Pins are \$3.00 each.

Friendship People Notecards



The front depicts people of different nationalities and the inside is blank. The notecards are great for all your correspondence.

\$10 for a pack of 10 notecards.

FREE File Cabinet

FREE 4-drawer file cabinet available, all you have to do is pick it up. Contact Adrienne at 223-4129 for details.

2015 Board of Directors

Adrienne Moen 2015
Midwest Rep to FFI
(515) 223-4129
adriennemoen@gmail.com

Shelley Bain 2015
President
(515) 279-8908
shelleybain@centurylink.net

open 2016

Ron Grohe 2016
Treasurer
(515) 277-5785
reggsg@hotmail.com

Carol Grimm 2015
Vice-President
(515) 278-4057
davycarol2@gmail.com

Janette House
Secretary (non-board)
(515) 537-1252
j.house@mediacombb.net

Beverly Lytle 2017
Exchange Coordinator
(515) 222-1504
bdlytle@gmail.com

Cookie Major 2017
Community Service Director
(515) 440-3815
cookster50@gmail.com

Alice Rasmussen 2017
Membership
(515) 289-1222
off4ever@aol.com

Susan Stroope 2016
Development & Outreach
(515) 266-1376
sustroope@gmail.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	\$
Family Membership at \$40	\$
Newsletter mailed to you at \$10	\$
Contribution	\$
Total Enclosed	\$

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"/> 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.