



friendship force
GREATER DES MOINES



FFGDM Activities

July 6 Mon	Wine Tasting rsvp deadline
July 9 Thur	Wine Tasting at Wines of Iowa (p.1)
July 13 Mon	Board Meeting
July 14 Tue	Bastille Day Bash (p. 5)
July 15 Wed	Meals from the Heartland rsvp deadline (p. 4)
July 25 Sat	Napier activities rsvp deadline (p. 3)
Aug 1 Sat	All-Iowa FF Picnic rsvp deadline
Aug 8 Sat	All-Iowa FF Picnic (p. 5)
Aug 9 – 15	Napier NZ exchange (p. 3)
Aug 14 Fri	Napier Farewell Party (p. 1)
Aug 17 Mon	Board Meeting
Aug 29 Sat	Meals from the Heartland (p. 4)
Sept 18 - 22	Austin inbound exchange (p. 4)
Oct 26 Mon	Annual Dinner & Meeting
Oct 30 – Nov 7	Open World – Media delegation from Russia

Join us for a wine tasting at -

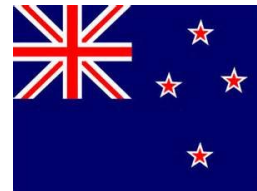


Thursday, July 9
5 pm

234 5th St, West Des Moines
(Valley Junction)

It is also Farmers Market night so expect opportunities to shop, eat and listen to this week's Music in the Junction band – Brother Trucker.

Please **RSVP by July 6** to Cathy Jensen
skyhicathy@Q.com or 964-2069.



Napier New Zealand Farewell Party

August 14
5:45 pm

All FF Greater Des Moines members and friends are invited to the Farewell Party at Simpson Barn in Johnston. Please bring a dish that will serve 10 - 12 people. Non-alcoholic beverages and wine will be available but you are welcome to bring the beer or a wine of your choice.

Your friends who are interested in learning about Friendship Force are welcome – *the more the merrier*.

The evening will include Square Dance lessons and the chance to show Iowa hospitality to our friends from New Zealand (and Tasmania, Ontario, and Tennessee).

We hope you can come.

For information about other exchange activities you may join, see the article on page 3.

Directions:

Simpson Barn at 6169 Northglenn Dr, Johnston

Take Merle Hay Road north to Northglenn Drive. This is the location of the Urbandale Public Library. Turn right, drive past the library to the parking lot, the Barn is north of the parking lot.

President's Message



Thank you to everyone who volunteered to participate in the Napier exchange, recent LEOS, and to plan the Annual Meeting in October. I'm thrilled and grateful to announce that the Napier exchange has several first time home hosts. They'll have a wonderful time getting to know their ambassadors and the members of our club.

It was a challenge to find homes to host the 20 Napier ambassadors. It has been a long time since we've hosted such a large exchange and many of our members were travelling or have downsized to smaller homes. If you know someone who might home host for us, whether a club member or not, please let us know. A big thank you to John Tone who found the final home host we needed.

Two new developments are an easy 4-night inbound exchange with **FF Austin** and an exciting **Open World** with a delegation of Media professionals from Russia.

Why not volunteer as a planning committee member, a home host or day host for either or both of these. You can always give me a call at 279-8908 to discuss the possibilities.

Please feel free to contact me or any Board member if you have comments or suggestions on how to improve our club. Also, members are welcome to attend Board meetings which are held the second Monday of the month; the next is Monday, July 13 at 5:00 pm in the Conference Room at the Urbandale Library.

In friendship,
Shelley Bain
FFGDM President



A picture that always makes me smile.

WHERE CAN YOU HELP?

Contact one of the Board members to discuss the possibilities.

NEWSLETTER EDITOR – The newsletter editor creates and distributes the newsletter from information submitted by committee chairs.

PUBLICITY – This person sends information about our activities to the media and interested organizations.

FF AUSTIN EXCHANGE – Need Exchange Director, Home Host, Day Host, planning committee.

OPEN WORLD – Need Exchange Director, Home Host, Day Host, Dinner Host, planning committee.

Exchanges

You Can Join Napier Exchange Activities August 10 - 15

The following exchange activities are open to all members. If interested, print this page and send it with your selections and your check, made out to FFGDM, to Shelley Bain at 1008 38th St, Des Moines, IA 50311 **by July 25**. Reservations are required.

Name(s) _____			Phone _____		
Date	Description	Time (approx.)	Cost per person	# people	Total Cost
Mon - Aug 10	Des Moines City Hall Tour	10:00 am	none		
	Iowa State Capitol Tour	11:00 – 12:00	none		
	Lunch at the State Capitol	12:00 – 1:00	\$10		
	<i>Please select your lunch choices below:</i>				
	La Mie Sandwich Box - sandwich, side (small house salad or small fresh fruit) and cookie				
	avocado on ciabatta with fresh pesto, sprouts, lettuce and cream cheese				
	french ham & brie on baguette with lettuce & dijon				
	turkey club on ciabatta with swiss, bacon, lettuce & mayo				
	chicken salad on croissant with tarragon, celery, walnut & cranberries				
	Plus, select small house salad				
	or small fresh fruit				
	La Mie Salad Box - includes ciabatta roll & cookie				
	apple avocado + mesclun greens, almond, carrot, feta, cranberries				
	greek + romaine hearts, tomato, artichoke, capers, feta, hummus, red onion, egg				
	albacore tuna + mesclun greens, sprouts, tomato, avocado, onion, egg				
	smoked salmon + romaine hearts, capers, onion, tomato, egg				
	spinach + turkey , avocado, carrot, roasted beets, egg				
Tues - Aug 11	World Food Prize Hall of Laureates tour	9:00 am	none		
	Des Moines Art Center tour	11:00 am – Noon	\$2		
	Pizza Party lunch	12:15 – 1:30 pm.	\$10		
	ACCI (bonobos) tour	2:15 – 4:00 pm	\$15		
Wed - Aug 12	Sticks Studio tour	10:00 – 11:00 am	none		
	Lunch in Valley Junction	11:00 am – 1:30 pm	On own		
	Salisbury House and Garden tour	2:00 – 3:30 pm	\$10		
Fri - Aug 14	Farewell Potluck at Simpson Barn	5:45 pm	Potluck		
				Total	

Here Come the Texans!

September 18 - 22



Mark your calendar! Seven members of FF Austin and eight members of FF San Antonio will visit our club for a four night exchange September 18 – 22 after visiting FF MN/Twin Cities.

It is a great time to visit Greater Des Moines with the World Food & Music Festival and the Valley Junction Fall Arts Festival occurring that weekend. We are accepting applications until August 1 for an Exchange Director and will also need home hosts and day hosts.



Community Service Project



Saturday AM August 29

(two hour commitment)

Contact Cookie Major at cookster50@gmail.com
or 515-306-8215 by July 15

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

Meals from the Heartland's 8th Annual Hunger Fight held in August is fast approaching. This will be the 2nd year Friendship Force members, family and friends will participate as a team to help alleviate hunger. What a great way to promote our organization within the community. Meals from the Heartland is a non-profit organization composed of volunteers who package meals for delivery to hungry children and families around the world as well as right here in central Iowa and elsewhere in the U.S. The Meals from the Heartland vision is to alleviate life-threatening hunger through; education, engaging, and feeding. The food packages, formulated by a nutritionist, contain rice, soy protein, dried vegetables, vitamins, and minerals. Donations are critical for this organization's success in providing meal distribution to people in need around the world.

All FFGDM members, family, and friend are invited to participate as a team at Hy-Vee Hall in downtown Des Moines for Meals from the Heartland 8th Annual Hunger Fight. We will volunteer for a two hour commitment. Our volunteer time slot will be announced later.

Organizers of this event need to know the number of participants from our group who will be volunteering and their names. If you do not want to package food, they are looking for floor support and event greeter volunteers. Please consider participating in this enjoyable and rewarding experience. WE NEED EVERYONE AND WE ARE COUNTING ON YOU!

Friendship Force volunteers do not necessarily have the time, but we have the heart.

Cookie Major
FFGDM Community Service Chair Person

More Fun!



BASTILLE DAY BASH

Tuesday, July 14

The Alliance Française of Central Iowa, the Des Moines Sister Cities Commission, and the local group of Francophones et Français invite you and your family and friends to help us celebrate France's national holiday and Des Moines' relationship with our French sister city, Saint-Etienne on Tuesday, July 14, 2015, 6-9 PM, at the Birdland Park Ding Darling Shelter, 2100 Saylor Road, Des Moines. It's north of Lutheran Hospital.

The celebration will include a pétanque tournament (sort of like outdoor bowling), music and dancing, a little ceremony and a lot of food. The Alliance will provide roast pork, baguettes and cheese, soft drinks and eating utensils. We hope you'll bring your enthusiastic selves and a side dish to share. There will be a prize for the best French dish.

The shelter is air conditioned and has modern restrooms. You may bring beer or wine. Please call 277-5741 to tell us you plan to come, so we'll be sure to have plenty to eat.

The four Friendship Force clubs in Iowa - Cedar Rapids-Iowa City, Greater Des Moines, Central Iowa and Quad Cities – are holding an All-Iowa Club Picnic. The picnic is hosted this year by FF Cedar Rapids-Iowa City.



All Iowa FF Club Picnic

Noon

Saturday, August 8

Noelridge Park Pavilion on the Lagoon
4900 Council Street NE * Cedar Rapids, IA 52402

The picnic will be catered at approximately \$10 per person.

Please RSVP, if attending, by **August 1** to Carol at 278-4057 or davycarol2@gmail.com.
Please let her know if you can drive or if you prefer a ride.

Activities Reports



Annual Potluck Picnic



The Annual Potluck Picnic was held Sunday, June 14, at Raccoon River Park. Members of our club and FF Central Iowa enjoyed friendship and some delicious picnic fare. The constant rain storms couldn't dampen our spirits!

Thanks to Elese Johnson and Janette House who served as hosts and helped to set up the picnic.

Following the picnic, we enjoyed a wine and chocolate tasting at Jasper Winery. We were delighted to get to know our friends from the Central Iowa club and look forward to visiting Ames next year.



Let's Eat Out German

Sixteen club members enjoyed German-inspired food and beer at Hessen Haus on May 13.

The German word quiz was challenging to some but others were good guessers.

We also discovered that Stiegl Grapefruit Radler beer is a favorite of several club members.

Danke to Cathy Eddy, who lived in Germany for several years and helped with pronunciation, and to Kathie Swift for organizing the evening.

Wherever you go, go with all your heart. - Confucius

Exchange Report

Quad-Cities Mini-Exchange Report

May 15 - 17, 2015

Thirteen ambassadors from our club went on a mini-exchange to the Quad Cities and a few of our ambassadors sent comments based on their individual experiences which summarize the wonderful time.

Mary Marshall: I enjoyed my stay in the Quad Cities. We were able to see a lot of areas on Saturday and having never been there to explore, it was good that we were able to see so much in the short time we were there.

I also enjoyed my free time with my host family. My favorite part was when they showed me the model railroad they had helped put together. They started a club in their club house with the blessing of the administrator. The railroad club meets every week and builds everything you see from scratch. They had so much enthusiasm for model railroading that I could not help but get enthusiastic as well. Once a month they hold an open house and many of the residents bring their grandkids who love it.

Janette House: Our hosts, the Herman's lived on the Rock River so time was spent watching the river traffic, peaceful and quiet. Saturday night they took us to Circa'21, dinner playhouse where The Church Basement Ladies in the Last Potluck Supper was playing. A very pleasant evening.

Adrienne Moen: I really enjoyed seeing "up close" the barges as a tow going through lock no. 15. They were empty from coal and headed south to fill and return north. It was like summer that day with a temp of 83 degrees. I also really enjoyed meeting so many from their club and working with them on the upcoming 2016 FF Regional Conference. One added point: I learned that the Mississippi River ran east and west through the Quads--what a surprise when one's mind has thought north and south for years.



Midwest Leadership Conference Report

Friendship Force Midwest Leadership Conference: Success Strategies for Our Future

April 30 to May 2

Hosted by Friendship Force of Cedar Rapids/Iowa City

by Marla Carr



Will Friendship Force still be alive and kicking in ten more years? If it is, it will be up to the members who are active now. That's basically what I gleaned from this conference. The conference was my first experience at any type of regional gathering, and I learned a lot and thoroughly enjoyed it. The clubs represented were Ames, Cedar Rapids, Chicago, Des Moines, Lincoln, Madison, Milwaukee, Northern Illinois, Omaha, the Quad Cities, St. Louis, and the Twin Cities. As always, there were many friendly people that had lots of good ideas and suggestions.

All clubs were encouraged to have a strategic plan in place soon with some short-term goals as well as long-term goals. The Strategic Plan Overview was presented by Matthew Nidek from FFI and Dave Kalan from the FFI Board of Directors. They also talked about NextGen programming which will be exchanges that appeal to everyone, but especially those in their 20's and 30's. The exchanges need to be shorter and packed with more physical or hands-on activities. Many clubs shared what they were doing to try and attract new and/or younger members. Some were using Facebook, Twitter, Meetup, Themed Exchanges, Community Involvement, LEO'S (Let's Eat Out), and monthly breakfasts with a meet and greet topic for discussion.



There were break-out sessions to discuss clubs' strengths and weaknesses as well as ways to increase membership. The largest club there was Lincoln with over 200 members. They have a detailed plan for membership including a spreadsheet to record who was asked and when and what their responses were. Extensive tracking and follow-up are involved to insure success.

On our arrival to Cedar Rapids, Shelley Bain and I went to the home Mary and Frank Stull, our hosts for the conference. Thursday evening was spent networking and eating at the Prairie Oak Lodge at Squaw Creek Park in Marion. We had appetizers and wine followed by a potluck.

The conference itself was held at the Human Services Campus in Cedar Rapids that had very nice facilities. On Friday afternoon, our host Mary gave us a tour of some of the highlights of Cedar Rapids. Friday evening included a visit to the historic Brucemore Mansion with drinks and out-of-this-world appetizers.

Adrienne Moen, our Midwest Region Representative and former FFGDM club president, was essential in the planning of this very successful conference and also chaired it. The next time you see her, tell her thanks for getting involved and for promoting Friendship Force in the Midwest.

Memorial



Our sympathy to Elaine Bredesky and children upon the passing of long-time FFGDM member Lou Bredesky.

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.

NEWS!! Please add our newest member to your directory. A warm welcome to **Patricia Westphal**!

New member	Patricia Westphal	4425 Kingman Blvd	Des Moines, IA 50311	(515) 277-5741 WestphalP@central.edu
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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

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

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

open 2016

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



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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.