



friendship force
GREATER DES MOINES



FFGDM Activities

Dec 2	Jingle Bell Holiday Lunch
2016	
Jan 16	Let's Eat Out
Jan 20 – Feb 1	Outbound exchange to FF Santa Barbara
April 28 – May 1	Midwest Regional Conference – hosted by FF Quad-Cities
May 13 - 18	Inbound exchange from Western North Carolina
June 18 - 26	Outbound exchange to the Isle of Wight
TBD	Quad-Cities inbound mini-exchange and Iowa FF picnic
August 15 - 22	Farm to Table: Culture & Cuisine global inbound exchange

Volunteer of the Year 2015 Carol Grimm

The club presented Carol Grimm with the Volunteer of the Year Award at the Annual Meeting. Carol has been invaluable as a Board member for 6 years and served as Treasurer and Vice-President. Among her other contributions, she's chaired the Nominations Committee, participated in Community Service projects, was ED for the Oklahoma inbound and outbound exchanges, home hosted, dinner hosted, engaged the club in her humanitarian exchange to Guatemala and made the club proud by chairing the Open World program of Young Russian Media professionals. We wish we could clone her!

Join Friendship Force of Greater Des Moines
for a festive and fun holiday lunch!

Jingle Bell Lunch



Wednesday December 2

11:30 am

Trostel's Greenbriar
5810 Merle Hay Road, Johnston

If you choose, bring a wrapped "white elephant" gift (\$5 - \$10) to exchange. You'll bring a gift and take one home!

So....bring your merriest self and plan to have a grand time with your Friendship Force Friends!

Bring a friend if you like!

RESERVATIONS REQUIRED... to Karen at 278-4491 or karenkilpatrick@gmail.com by Sunday, November 29.

We will order from a select menu with separate tickets.

President's Message



Dear Friendship Force Members,

Thank you to the many members and friends who participated in the **FF Austin exchange**. It was a success for the ambassadors who travelled to Des Moines for 4 nights after spending the previous 4 nights in the Twin Cities. As with the last exchange, we had non-members who stepped forward to host for us - Bill and Ruth Sheehan. Thanks to Bill and Ruth as well as Marla Carr, who recruited them.

Seventy two members and guests attended the **Annual Dinner** on October 26. Thank you to Adrienne Moen and her committee of Laura Payne and Cheryl Oderkirk who did an outstanding job making the dinner even more popular than last year's. We were honored to have Dr. Yogesh Shah, Associate Dean of Global Health at Des Moines University, as our speaker.

If you attended the **Business Meeting** at the Annual Meeting, you are aware that the Nominations Committee was unable to field a full slate of three nominees so we will enter the new year with a Board of 7 instead of the usual 9. Two board members are leaving after completing two terms - **Adrienne Moen** and **Carol Grimm**. We are grateful to have had such hard-working and productive board members as Adrienne and Carol. We will miss their contributions to the Board but hope they will stay involved with projects that interest them. I was elected for a second term. Please contact me if you are interested in joining the Board.

Membership renewal is underway. Please renew, especially if you are interested in being active in the club and helping it go forward by serving on a committee or taking on a special task. When you renew, don't forget to indicate which tasks you will help with. Everyone has a role to play, what is yours?

In friendship,
Shelley Bain
FFGDM President



Activities Committee – This fun committee plans LEOS (Let's Eat Out), Springfest, Summer Picnic, and the Holiday Party. Contact Karen Kilpatrick at karenkilpatrick@gmail.com.

Activities

Let's Eat Out Breakfast

Saturday, January 16
10:00 am

Jethro's BBQ
Jambalaya

9350 University Avenue
West Des Moines
(south side of University Avenue)

Think about inviting a friend who might be interested in joining Friendship Force and meeting some of our members in this casual setting.

If attending, please contact Marla at 515-238-6372 or marlakcarr@yahoo.com by January 14.



friendship force
QUAD CITIES

All-Member Midwest Regional Conference

April 28 - May 1

EXCITING NEWS! Host club, FF Quad Cities, will welcome members from 20 clubs in 9 states - the Great Lakes Region will join the Midwest region for this all-member conference. Conferences are a great way to learn new skills, make new friends and share ideas - so mark your calendar now.

Open World Report



The Young Russians Were Here!

By Carol Grimm, Program Coordinator

On Beggars Night, Friday, October 30, a group of Russian delegates from the Open World Leadership Program landed in Des Moines and proceeded to captivate the hearts and minds of the members of FFGDM, as well as much of the media in Des Moines before they had to leave early the morning of November 7.

Five young professionals employed in Russian media spent a week talking with, asking questions of and sharing their own expertise around Des Moines. They toured the news room of the Des Moines Register; spoke with correspondents from Iowa Public Television and Radio; visited the Capitol and City Hall; met with staff from Senator Grassley and Senator Ernst offices; enjoyed a day in Ames with students and faculty at Iowa State University as well as an afternoon visiting a journalism class at Drake University. Some of the delegates got to “do the route” of the Des Moines Marathon with the race director, and one of the delegates was part of a local TV news team for an afternoon. They were accompanied by the Russian director of all the Open World Leadership Programs in Russia who served as their facilitator.

While they were here, they were honored at a welcome party hosted by Ken and Alice Rasmussen, entertained at an open house at Adrienne Moen's home and bid a tearful farewell at a dinner at the Hyperion Field Club. They also visited a local “haunted house”, met a group of Des Moines YPs on Court Avenue and went SHOPPING. Chuck and Karen Kilpatrick, Mary Marshall and Carol Grimm were the fortunate ones to host them in their homes.

It had been 12 years since the last Open World delegation was hosted by FFGDM. Let's not wait so long for the next one.



Welcome Party at the Ken and Alice Rasmussen's



Meeting Jeb Bush and the media crush



Yelena, Mary, Anastasya

DELEGATES:

YELENA FEDOSEYEVA
MAKSIM POLYKOV
YURIY DYUSTER
ALEKSANDR SAYGIN
ANASTASYA SOBINYAKOVA

FACILITATOR: ALEKSANDR KHILKOV

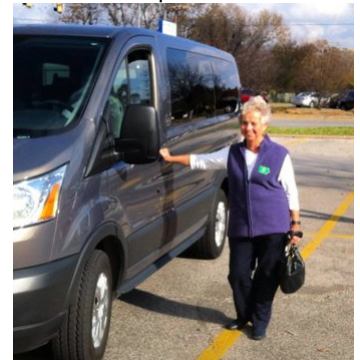
INTERPRETER: OLGA STARK



State Capitol



With Rep Jake Highfill and the Governor's Communications Director Ben Hammes



Carol Grimm



World Food Prize Hall of Laureates



Chris Burch of the DM Marathon. Interpreter Olga Sparks in green.



Drake University School of Journalism



Anastasya with Rep David Young



Yuri at the State Law Library



With Rep Jake Highfill and the Governor's Communications Director Ben Hammes



With DM Young Professionals



Working with radio professionals



Hanging out in Carol's kitchen

"Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends."

- Maya Angelou

Exchange Report

FF Austin & FF San Antonio Exchange September 18 - 22

We said good bye to the 15 ambassadors from FF Austin and FF San Antonio at a Farewell Potluck on Monday, September 21. Not only did we get to know the ambassadors, but because they were from two clubs, they got to know each other as well. The highlights for the ambassadors were the World Food Prize Hall of Laureates, Terrace Hill, the World Food and Music Fest and shopping in Valley Junction.

Thank you to our hosts...Home Hosts: Mary Marshall, Alice and Ken Rasmussen, Karen and Chuck Kilpatrick, Marla and Jerry Carr, Sharon and Jerry Dunkin, Doris and Roger Landwehr, Pat Westphal, and Bill and Ruth Sheehan. Day Host: Polly Antonelli. Dinner Hosts: Laura Payne, Cheryl and Paul Oderkirk, Lavone Mann, Carol and Jerry Grant, Pat Westphal, and Isabella Hurless-Banks.



Farmers Market



Chinese Pagoda



Looking for bison



Terrace Hill Garden



Lavone Mann's small group dinner



Farewell Potluck
at Crown Point

FFI 2015 Conference Report

Vancouver FFI Conference

By Shelley Bain

Thank you to FFGDM for allowing me to attend my first FFI Conference in Vancouver. It was an interesting experience and well worth the time. I attended four workshops but the plenary sessions were the most valuable – the early sessions set the tone for the conference and the later sessions drove home the message that we must change and grow to survive as an organization.

Cecile Latour, FFI Board Chair, presented conference participants with two immediate needs and challenged all clubs and members to help achieve two goals.

Goal 1: Retooling - Retooling the FFI website and the data management system that must come with it. Members who use the website are probably aware of its limitations but the data management system behind it is outdated and could crash at any times. So, Goal 1 is to raise \$40,000 before the end of 2015, for a one-time retooling project of the website and data management system.

Goal 2: More Global and Themed Exchanges - Since global and themed exchanges are the ones gaining in popularity, it makes sense to have more of these exchanges. FFI is calling for clubs to develop more ideas for these exchanges and calling for more members to be Exchange Directors (EDs) to lead them. The time frame for this goal is 24 months, or until the end of the 2017 exchange cycle.

In Vancouver, 126 people pledged to help fundraise more than \$5000 and offered to conduct 53 global exchanges.

Our club pledged \$1000 to the retooling effort. If you would like to contribute as an individual, please see the information on the right.



"It Starts with Me"

☐ I commit to working towards one of these goals to help ensure Friendship Force International grows into a stronger, more vibrant organization:

GOAL 1: I will raise or personally donate \$50 for a new database and website development by December 31, 2015.

Make check payable to FFI and mail to our Treasurer Ron Grohe at FFGDM, P. O. Box 13136, Des Moines, IA 50310.

GOAL 2: I will create and lead a fun global special exchange in 2016-2017 and be open to new ambassadors and hosts. The exchange can be NextGen, humanitarian, multi-club, tandem, theme, part home-hosted/part non-home hosted, or whatever model works best for the target group.

Share your ideas with Shelley at shelleybain@centurylink.net.

New FFI CEO



New FFI CEO – Jeremi Snook

Cécile Latour, Chairperson of the FFI Board of Directors, announced that the FFI board has appointed Jeremi Snook as FFI's sixth President and CEO, effective November 9, 2015. *"Those on the Search Committee who have met him believe that he has the vision and management skills to lead FFI to the stability and sustainability we want for the organization...Most importantly, he has the values to embrace the mission that matters enormously to all of us. ... I know that you will join me in welcoming Jeremi Snook to Friendship Force and give him the support he will need to grow our mission and our membership".*

FFI 2016 Conference

 <p>JOIN US FOR THE 2016 WORLD CONFERENCE IN Marrakesh, Morocco September 16 to 19, 2016</p>	<p><i>Join us for our very first FFJ World Conference in Africa!</i></p>
---	---

Conference Highlights

- Centrally-located accommodations at the Kenzi Farah hotel with its cooling pools and traditional hammam, nestled in 3 hectares of lush palm groves
- Meet FFI's new President and CEO, Jeremi Snook, at his inaugural conference
- Learn what other clubs are doing with Friendship Force global club updates
- Expand your Friendship Force knowledge in a variety of workshops, interactive presentations and leadership training
- Exchange ideas with friends from around the world to build a bright future
- Enjoy delightful music and dance performances, representing the different regions and traditions of Morocco
- Learn to cook a traditional tagine or how to make argan oil
- Try a morning belly-dancing class
- Some workshops, breaks and meals outside under the palm trees (weather permitting)
- A sumptuous Moroccan feast in the 11th century Medina on our optional evening out
- Travel the world all in one night at our World Bazaar, under the stars in the hotel gardens
- Optional half day tours include navigating the maze of souks and the lively Medina, horse drawn carriage rides through Marrakesh's impressive gardens, watching the sunrise from a hot-air balloon, a historical journey through the old city and her monuments, 18 holes for the golf enthusiast, riding a mule up to a stunning perched lunch spot in the Atlas mountains, and - for the adventurous - a chance to zipline across a 700 foot gorge!
- FFI's traditional "World of Friends" gala banquet
- High-profile keynote speaker: "Muslim Women in a Changing and Emerging Morocco"
- Join an exciting pre- and/or post-conference tour around Morocco
- Participate in a post-conference homestay tour program courtesy of The Friendship Force in Morocco

Further details and registration open in December

Debbie Powell, World Conference Director, dpowell@thefriendshipforce.org

"Once the travel bug bites there is no known antidote, and I know that I shall be happily infected until the end of my life" — Michael Palin

Membership Report

It Is Time To Pay 2016 FFGDM Membership Dues!!!

It is the time of year to renew your memberships for 2016. For those of you who paid by mail or at our annual dinner on October 26--thank you. Please complete and mail the form at the end of this newsletter if you have not paid your dues for 2016. We look forward to a great 2016, so please renew and join us.



We Are Pleased To Welcome These New Members To Our Club!

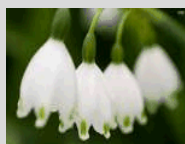
Conrad and Rosemary Jungmann
33713 Rockwood Ln
West Des Moines, IA 50266
515-229-5421
jungmannr@gmail.com

Carole Tweedy
495 S 51st Unit 19
West Des Moines, IA 50265
515-267-1180
ceatweedy@yahoo.com

Connie Walters
5298 Meredith Dr
Des Moines, IA 50310
515-971-1916
yourfriendconnie@gmail.com

Directory changes

Cookie Major--6050 Bradford Lane, Johnston, 50131 Phone: 515-306-8215
Francis and Nan Keith--2808 E 16th St Apt. 1 Des Moines, 50316 Phone: 515-360-9011



In Memorium

Our sympathy to Pat Sink and family upon the passing of her husband and FFGDM member Jack Sink. Also to Laura Payne upon the passing of her husband Herbert Hill.

2015 Board of Directors

Adrienne Moen, Regional Rep	2015	Janette House, Secretary	
adriennemoen@gmail.com		j.house@mediacombb.net	
Shelley Bain, President	2015	Beverly Lytle	2017
shelleybain@centurylink.net		bdlytle@gmail.com	
Carol Grimm	2015	Cookie Major	2017
davycarol2@gmail.com		cookster50@gmail.com	
Ron Grohe, Treasurer	2016	Alice Rasmussen	2017
reggsg@hotmail.com		off4ever@aol.com	
Marla Carr	2016	Susan Stroope	2016
marlakcarr@yahoo.com		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"/> 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.