



friendship force  
GREATER DES MOINES



### FFGDM Activities

as of 1/1/16

(dates and activities subject to change)

Jan 11	Board Meeting, 5 pm, Urbandale Library
Jan 16	LEO at Jethro's , 10 am
Jan 20 – Feb 1	FF Santa Barbara outbound exchange
Feb 8	Board Meeting, 5 pm
Feb 16	LEO at Maxie's, 5:30 pm
March 1	FFI World Friendship Day
March 14	Board Meeting, 5 pm
March	Activity TBD
April 11	Board Meeting
April 17	Springfest Celebration
April 28 – May 1	Midwest & Great Lakes Regional Conference – hosted by FF Quad-Cities
May 9	Board Meeting
May 13 - 18	FF Western NC inbound exchange
June 5	Sundaes on Sunday Social
June 13	Board Meeting
June 18 – 26	FF Isle of Wight outbound exchange
July 11	Board Meeting
July 15 - 17	FF Quad-Cities inbound mini-exchange
July 17	Iowa FF picnic, Ding Darling Shelter at Birdland Park
Aug 8	Board Meeting
Aug 15 - 22	Farm to Table: Culture & Cuisine global inbound exchange
Sept 12	Board Meeting
Sept 16 – 19	FFI Conference in Marrakesh, Morocco
Oct 10	Board Meeting
Oct 24 or 31	FFGDM Annual Meeting
Nov 14	Board Meeting
Dec	Holiday Party
Dec 12	Board Meeting
Fall 2017	FFI Conference in Manchester, England

### Let's Eat Out *Breakfast*

Saturday, January 16

10:00 am



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 marlacarr@yahoo.com by Thursday, January 14.



Is your resolution to get more involved in Friendship Force in 2016?

Check out the possibilities on page 2.

**President’s Message**



Dear Friendship Force Members,

Thank you to the many members and friends who participated in club activities in 2015. We hope you continue your participation in 2016 because we have an exciting year ahead of us.

Thank you, also, if you have paid your membership dues for the year. Starting this year, a member directory will no longer be printed except for those few members who do not have an email address. Most members will receive the directory as an email attachment that can be printed or saved on your personal computer. Look for that email in mid-January.

We enter 2016 with two board vacancies; if you want more information about how you can join the Board and what that entails, please let me know.

In friendship,

*Shelley Bain*

FFGDM President

shelleybain@centurylink.net or 279-8908



**Activities Committee**

This fun committee plans activities such as LEOS (Let’s Eat Out), Springfest, Sundaes on Sunday, and the Holiday Party.

Contact Karen at 278-4491 or karenkilpatrick@gmail.com.

**Springfest Committee**

Our annual welcome to Spring!

Contact Elese at 689-4612 or gram.elese@gmail.com.

**FF Western North Carolina inbound exchange**

Help plan an interesting exchange for our friends from North Carolina. If you went to WNC last spring, this is your opportunity to give back.

Contact Marla at 238-6372 or marlakcarr@yahoo.com.

**FF Quad-Cities inbound exchange and All-Iowa Picnic**

Our exchange with FF Quad-Cities will conclude with the Iowa FF Picnic on July 17. Rumor has it the picnic theme will be the Summer Olympics.

If you can help plan the exchange and/or the picnic, game ideas are especially welcome, contact Alice at off4ever@aol.com.

**Activities**

**Jingle Bell Lunch a Success**



Twenty-six members enjoyed a delicious lunch, a White Elephant exchange, and each other's company at the annual Jingle Bell Lunch at Greenbriar Restaurant in Johnston on December 2.

Outgoing board members Adrienne Moen and Carol Grimm were thanked for their service to the club and presented with a gift of wine in appreciation.

Thank you to Karen for coordinating lunch.

**Let's Eat Out Dinner**

Tuesday, February 16  
5:30 pm



1311 Grand Avenue  
West Des Moines

Come for the friendship, the food, and a brief update on the 2015 Friendship Force Conference.

If attending, please contact Janette at 515-537-1252 or [j.house@mediacombb.net](mailto:j.house@mediacombb.net) by February 12.

**Around the World in Film**



WDM Library Community Room  
4000 Mills Civic Pkwy  
West Des Moines

6:30 – 9:00 pm

January 12, February 15, March 8,  
April 12, May 10

“Around the World in Film” is a film series designed to bring award-winning foreign films from the past 50 years to library patrons.

Call the library at 222-3400 for details.

**Board of Directors and Committee Chairs**

- |  |  |
|--|--|
| Shelley Bain - <i>President</i>                              | <a href="mailto:shelleybain@centurylink.net">shelleybain@centurylink.net</a> |
| Marla Carr - <i>Vice-President</i>                           | <a href="mailto:marlakcarr@yahoo.com">marlakcarr@yahoo.com</a>               |
| Ron Grohe - <i>Treasurer</i>                                 | <a href="mailto:reggsg@hotmail.com">reggsg@hotmail.com</a>                   |
| Janette House - <i>Secretary</i>                             | <a href="mailto:j.house@mediacombb.net">j.house@mediacombb.net</a>           |
| Beverly Lytle  | <a href="mailto:bdlytle@gmail.com">bdlytle@gmail.com</a>                     |
| Cookie Major   | <a href="mailto:cookster50@gmail.com">cookster50@gmail.com</a>               |
| Alice Rasmussen  | <a href="mailto:off4ever@aol.com">off4ever@aol.com</a>                       |
| Susan Stroope  | <a href="mailto:sustroope@gmail.com">sustroope@gmail.com</a>                 |
| (open)   |  |
| (open)   |  |
| Karen Kilpatrick – <i>Activities Chair</i>                   | <a href="mailto:karenkilpatrick@gmail.com">karenkilpatrick@gmail.com</a>     |
| Elese Johnson – <i>Springfest Chair</i>                      | <a href="mailto:gram.elese@gmail.com">gram.elese@gmail.com</a>               |
| Marla Carr – <i>Western North Carolina Exchange Director</i> | <a href="mailto:marlakcarr@yahoo.com">marlakcarr@yahoo.com</a>               |
| Mary Marshall – <i>Isle of Wight co-Exchange Director</i>    | <a href="mailto:dpmmgm@msn.com">dpmmgm@msn.com</a>                           |
| Charlotte Buttin – <i>Isle of Wight co-Exchange Director</i> | <a href="mailto:cbuttin@gmail.com">cbuttin@gmail.com</a>                     |
| Carol Grant – <i>Farm to Table Global Exchange Director</i>  | <a href="mailto:carol.grant@mchsi.com">carol.grant@mchsi.com</a>             |
| Alice Rasmussen – <i>Quad-Cities Exchange Director</i>       | <a href="mailto:off4ever@aol.com">off4ever@aol.com</a>                       |
| Nancy Lundstrom – <i>Annual Meeting Chair</i>                | <a href="mailto:nancylundstrom@mchsi.com">nancylundstrom@mchsi.com</a>       |

## Regional Conference



# Building Bridges

## Midwest – Great Lakes Regional Conference

April 28 – May 1, 2016

*Final details and registration will be sent to FFGDM members via email as soon as they are available.*

The Friendship Force of Quad Cities club is looking forward to hosting you at the Midwest-Great Lakes Regional Conference next year, April 28 - May 1, 2016. This conference is in a great place - Davenport, Iowa.

Our Midwest Regional Representative, Adrienne Moen, is hard at work planning conference workshops and presentations; and yes, you are encouraged to communicate to her the topics of concern to you and your club (adriennemoen@gmail.com). She also would like to hear your success stories.

FFQC is also busy planning optional activities unique to our location, like a paddle boat cruise on the mighty Mississippi River! Did you know that the Mississippi River valley is one of the major flyways for migrating birds? Imagine seeing white pelicans gleaming in the sunlight with black tipped wings, or watching a bald eagle soaring overhead. We have great bicycle trails along the river, too.

Check out the conference hotel venue! The brand-new Holiday Inn and Suites is the Quad Cities' newest upscale full service hotel with easy interstate I-80 access. On-site is the Quad Cities' newest hot spot, The Jbar, featuring award winning craft cocktails and martinis, locally brewed craft beers and wines by the glass. The hotel is bursting with amenities sure to have your experience relaxing and comfortable. A sparkling indoor heated pool, relaxing whirlpool spa, fitness center, complimentary high-speed wireless Internet access, and a Business Center with complimentary faxing, printing, and copying. It's conveniently located near Davenport's newest shopping complex, Elmore Marketplace.

This is an important conference, providing your club opportunities to learn how to shape the future of Friendship Force, to share your knowledge with others, and make or renew friendships with other attendees. This is for you!

Linda Shearer  
FFQC Communications Committee Chair  
d23shearer@aol.com

FFGDM Members,

Our club goal is for 8 members to attend this conference. Not only is it an easy drive to the Quad-Cities, it is a great opportunity to make new or renew friendships, learn new skills and use those skills to help build our club. We'll need a member to coordinate carpooling to the conference so if you plan to attend, please think about volunteering when you receive the registration email.

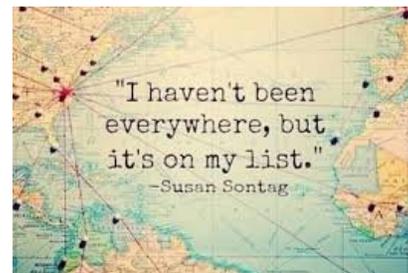
**“Be not inhospitable to strangers, lest they be angels in disguise.”**

– attributed to George Whitman, a variation of a biblical passage

## Travel Opportunities



Want to Travel More in  
2016?



FFI and FF clubs offer many ways for you to travel when you can't travel with your club.

A separate email "Finding Exchanges on the FFI Website" is being sent to all FFGDM members. It includes instructions, with pictures, that will guide you through the FFI website so you are aware of all your travel opportunities, such as:

**Adelaide and Tamworth, Australia** (FF Austin) - February 29 to March 15 / **Horowhenua, New Zealand and North Moreton, Australia** (FF Minnesota) - March 5 – 19 / **Adventure: New Zealand** - March 12 to 23 / **Novruz Festival** in Azerbaijan and **Spring in Georgia** - March 6 to 25 / **Discover the Outback** - March 28 to April 11 / **Explore China** (FF Dallas) - April 2 to 14 / **Itanhaém and Santo Angelo, Brazil** (FF Lower Colombia) - April 7 to 28 / **Tere-Rio and Ribeirao Preto, Brazil** (FF Cincinnati) - April 8 to 28 / **Dominican Republic** (Fathom Cruises) - April 24 to May 1 / **Sochi, Russia and Izmir, Turkey** (FF Northern Illinois) - April 21 to May 7 / **Viva Cuba!** (Fathom Cruises) - May 1 to 8 / **Old World Prague & the Blue Danube** (Grand Circle Cruise Line) - May 23 to June 3 / **Fortaleza and Belem, Brazil** (FF Santa Barbara) - June 4 to 18 / **Sao Paulo and Curitiba, Brazil** (FF San Francisco Bay Area) - June 4 - 18 / **On Island Waters** (FF Whidbey Island) - June 6 to 12 / **Calgary Stampede** and Southern Alberta Heritage - June 26 to July 13 / **Friendship In Action in Kenya** (FF Lincoln) - July 18 to 30 / **Panama Canal Cruise** - July 23 to August 4 / **Belgian Beer Tour** - August 10 to 24 / **The Prairies to the Rockies** (FF Edmonton) - August 18 to 30 / **Peaks to Plains** - September 9 to 21 / **Niagara Food and Wine** - September 27 to October 4 / **Crazy for Quilting** (FF Central Iowa and FF Cedar Rapids) - September 30 to October 9 / **Discover Israel** (FF Chicago) - October 26 to November 6 / **Wintertime on the Seine** (Grand Circle Cruises) - December 7 to 14.

### Impact Travel with Fathom Cruises and FFI

Fathom™ is a new kind of cruise that combines your love of travel with your desire to make a difference! Impact travel with Fathom™ provides the opportunity to build community with likeminded travelers, become immersed in another culture, and work alongside its people to create enduring social impact. Every Fathom™ journey is based on the sincere belief that the person-to-person connection is among the strongest catalysts for transformation. The 704 passenger Adonia ship will become your home for 7 days, where you'll create lifelong friendships.



#### Dominican Republic

April 24 to May 1, 2016

Make the most out of your sail days by attending on-board activities including a Story Capture Workshop, a session on "Empowering the Next Wave of Travelers", and a guided reflection entitled "Envisioning and Understanding Your Future Impact Story". Participate in On Ground Impact Activities where you will work alongside established impact partners and local residents on local residents on projects as varied as:

- Reforestation efforts
- Bringing clean drinking water to local communities
- Improving English skills to help create new employment opportunities
- Participating with women's co-ops in efforts to improve the economic well-being of Dominican families.



### Viva Cuba!

May 1 to 8, 2016

Attend on-board discussions where you will learn about Cuba and how to make the most of your visit. Participate in a variety of cultural exchange activities that will allow you to spend time doing meaningful work with local Cuban communities. You'll have the opportunity to interact, one on one, with the artists, musicians, small business owners, students, health workers and others who make up the fabric of Cuban society. Visits include: Walking tour of Old Havana, Cienfuegos/Trinidad, and Santiago De Cuba.

If you have any questions about Fathom, contact Laura Romero at [laura@thefriendshipforce.org](mailto:laura@thefriendshipforce.org) or call 404-965-4353.

To make your deposit or reservation directly with Fathom, call 1-855-9FATHOM or 206-626-8300.

When calling please let them know your group ID: Dominican Republic: TNH-D636 or Cuba: TN7-D639

### It's a Match!

We are looking forward to finding out what our club's international match is for 2017 and whether it will be a co-operative exchange, as the Isle of Wight exchange is this year. The plan is for Kristin Harrison, FFI Exchange Matching and Programming Manager, to contact all FF clubs on or around January 15 so we hope to know by the LEO on January 16.

Our club is still looking for a domestic outbound exchange for the fall of 2016 or sometime in 2017. Domestic exchanges are arranged by the clubs, not FFI, and can be a challenge to arrange. Stay tuned for developments on both fronts.

VOLUNTEERS  
don't necessarily  
have the time;  
they just have  
the heart!



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## Membership Report

### Thank You for Renewing Your Membership

For those of you who paid by mail or at our annual dinner on October 26--thank you. If you have not, complete and mail the form at the end of this newsletter. We look forward to a great 2016, so please renew and join us.

### We Are Pleased To Welcome Our Newest Members !



John Norwood  
1611 Green Branch Cir  
West Des Moines, IA 50265  
515-277-2609  
[jjnorwood@hotmail.com](mailto:jjnorwood@hotmail.com)

Michael and Ronda Davis  
3509 154th St  
Urbandale, IA 50323  
515-518-2914  
[rondamike@msn.com](mailto:rondamike@msn.com)



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# 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.