



friendship force
GREATER DES MOINES



FFGDM Activities

(dates and activities subject to change)

March 1	FFI World Friendship Day
March 14	Board Meeting, 5 pm
March 18 - 22	Open World - <i>cancelled</i>
March 20	"Growing Up in Northern Ireland"
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 inbound exchange
Sept 12	Board Meeting
Sept 16 – 19	FFI Conference in Marrakesh, Morocco
Sept TBD	Outbound exchange to Louisville, KY
Oct 10	Board Meeting
Oct 24 or 31	FFGDM Annual Meeting
Nov 14	Board Meeting
Dec TBD	Holiday Party
Dec 12	Board Meeting
2017	Outbound exchange to San Antonio
2017	Inbound exchange from Brazil
2017	Outbound exchange to Mexico
2017	Inbound exchange from Louisville
Fall 2017	FFI Conference in Manchester, England

Celebrate St Patrick's weekend with the Scottish Heritage Society....



Growing Up in Northern Ireland

Sunday, March 20
2:30 pm

St Luke's Episcopal Church
3424 Forest Avenue
Des Moines

The presenter, Angela Allen, is a member of the Irish Clan and will speak on growing up in Northern Ireland.

Refreshments will be served.

For more information call
Isabella Hurless-Banks at 515-278-2067.



President's Message



Dear Friendship Force Members,

I hope you are enjoying the final days of winter as we turn the corner toward the promise of spring. As the newsletter indicates, the winter hasn't kept our club down and we continue to be very busy. There are plenty of opportunities for everyone to participate. All members were mailed a survey earlier this month to help the Board determine the future of the club. Please complete and return your survey by March 10. This is important, please don't set it aside and forget about it.

I am happy to announce that Janette House was elected to the Board of Directors where she will continue to serve as Secretary. We have one open position on the Board; call me if you are interested.

Thank you to Marla Carr for organizing the brunch at Jethro's in January. Marla found a fun Boomer Quiz which the group enjoyed, especially my quiz partner Polly Antonelli and me – we received a perfect score and without cheating! Thank you also to Janette House who organized the February LEO dinner at Maxie's. This dinner gave members a chance to catch up with club activities and each other. A good time was had by all.

For our March activity, we accepted an invitation from the Scottish Heritage Society to celebrate St Patrick's weekend at their meeting on Sunday, March 20. Please plan to attend and wear something **green**.

In friendship,
Shelley Bain
FFGDM President



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 Elise at
689-4612 or
gram.elese@
gmail.com.

FF Western North Carolina inbound exchange

Home, Day hosts and Dinner Hosts are needed.

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

FF Quad-Cities inbound exchange and All-Iowa Picnic

Alice is organizing the picnic but we need a couple of people to coordinate the activities and home hosting for this 2-day exchange.

Contact Alice at
off4ever@aol.com.

Activities



Sunday, April 17

Luther Memorial Church
1201 Grandview Avenue, Des Moines

3:00 - Social time and wine & cheese

3:45 - program

4:30 - dinner with your choice of vegetable or meat lasagna

Cost: \$15 payable at the door

You're invited! The Friendship Force of Greater Des Moines will celebrate SPRINGFEST on Sunday, April 17. The theme this year is **"Planting Seeds of Adventure"**. 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.

COST: \$15.00 per person payable at the door. Please RSVP, if attending, by April 12 to Janette House at 515-537-1252 or j.house@mediacombb.net or Else Johnson at 515-689-4612 or gram.else@gmail.com.

We look forward to seeing all of you. Please remember to wear your name badge!

building bridges



Midwest - Great Lakes Regional Conference

April 28 - May 1, 2016
FF Quad-Cities

We would like to coordinate carpooling and accommodations where possible. If attending, please let Shelley know at (515) 279-8908.

LEOs at Jethro's and Maxie's

Marla Carr was host to fourteen members for breakfast at Jethro's BBQ in January and Janette House was host to nineteen members who dined at Maxie's in February.

If you would like to 'host' a LEO, please let Karen know at karenkilpatrick@gmail.com.



"Much of the vitality in a friendship lies in the honoring of differences,
not simply in the enjoyment of similarities." – Unknown



We Have our Exchange Matches for 2017

Outbound – Mundo Maya de Tuxtla Gutierrez, Mexico. This is a cooperative exchange with FF Central Virginia and is tentatively scheduled for April.

Inbound - Florianopolis, Brazil. The time of this exchange is being negotiated.

Come to Springfest to hear more.

MEMBER DIRECTORY

Members received the 2016 Member Directory by email in mid-January.

Please check your copy and let me know if any of the information is incorrect. We'll email an updated directory as needed. Alice at off4ever@aol.com

Board of Directors and Committee Chairs

Shelley Bain - *President*
Marla Carr - *Vice-President*
Ron Grohe - *Treasurer*
Janette House - *Secretary*
Beverly Lytle
Cookie Major
Alice Rasmussen
Susan Stroope
(open)

shelleybain@centurylink.net
marlakcarr@yahoo.com
reggsg@hotmail.com
j.house@mediacombb.net
bdlytle@gmail.com
cookster50@gmail.com
off4ever@aol.com
sustroope@gmail.com

Karen Kilpatrick – *Activities Chair*
Elese Johnson – *Springfest Chair*
Marla Carr – *Western North Carolina Exchange Director*
Mary Marshall – *Isle of Wight co-Exchange Director*
Charlotte Buttin – *Isle of Wight co-Exchange Director*
Carol Grant – *Farm to Table Global Exchange Director*
Alice Rasmussen – *All-Iowa Picnic Chair*
Nancy Lundstrom – *Annual Meeting Chair*

karenkilpatrick@gmail.com
gram.elese@gmail.com
marlakcarr@yahoo.com
dpmmgm@msn.com
cbuttin@gmail.com
carol.grant@mchsi.com
off4ever@aol.com
nancylundstrom@mchsi.com

Community



Celebrating CultureALL's 10th Anniversary

Join the celebration of Iowa's rich and diverse cultures to commemorate 10 years of CultureALL's efforts to make Central Iowa a more inclusive, globally-minded and vibrant community.

Multicultural, fun-filled night * Vibrant Bollywood-style fashion *
Electrifying East-West fusion music and dancing *
Indian-inspired appetizers, sweet delicacies and cash bar *
Enchanting Indian shopping bazaar *
Live classical sitar performances

Tickets are \$65 at <http://www.cultureall.org/bollywood-ball.aspx>

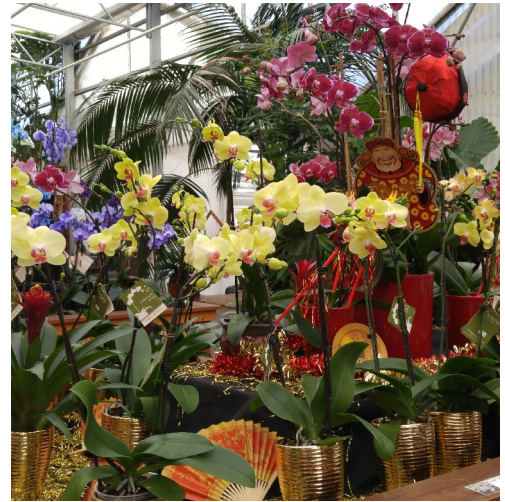
FF Santa Barbara Exchange with FF MN-Twin Cities

Five members of our club were fortunate to travel with ten members of FF MN-Twin Cities on an exchange to Santa Barbara in late January. We found the Santa Barbara club to be very active and very welcoming. The busy week included tours of the Court House, the Historic Santa Barbara Mission, Direct Relief Headquarters which sends medicine to people in need all over the world and the Salt Water Nature Park - a sanctuary for over 200 bird species. We also visited Seaside Gardens which promotes the use of drought-tolerant plants, East Beach Grill for the popular grilled banana pancakes, Carpinteria Farmers Market, Carpinteria Seal Sanctuary, Coronado Monarch Preserve in Goleta and the Reagan Presidential Library.

The five members were Beverly Lytle, Carol Grimm, Sharon Dunkin, Jerry Dunkin and Shelley Bain. It was the first outbound exchange for Sharon and Jerry and they had a wonderful time. We hope you enjoy these pictures...



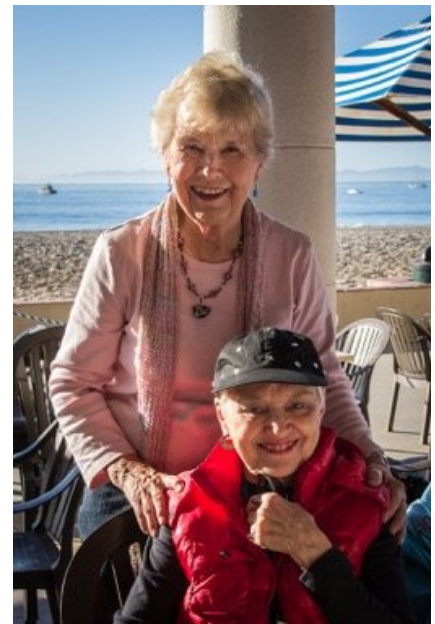
Painted carving above the entrance to the Santa Barbara Public Library



Orchid display for Chinese New Year



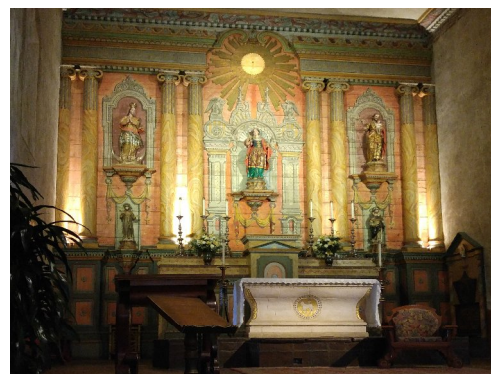
Santa Barbara Courthouse mural



Beverly and her host who is originally from Des Moines



Sharon and Jerry at the Santa Barbara Mission



Santa Barbara Mission



Reagan Library



Beverly and Carol



Building in downtown Santa Barbara

Membership Report

We Are Pleased To Welcome Our Newest Member



A big welcome to Darlene Blake who is the newest member of our club. Darlene is chair of the Des Moines Sister-Cities Commission.

Members, please add her information to your membership list.

Darlene Blake
2906 Rose Avenue
Des Moines, IA 50321
515-280-3993
darleneblake@hotmail.com

**CHANGING THE WAY YOU
SEE THE WORLD**