



friendship force  
GREATER DES MOINES



**FFGDM 2016 Activities**  
(dates and activities subject to change)

July 11	Board Meeting
July 14	Bastille Day, sponsored by Alliance Francaise, at Ding Darling Shelter at Birdland Park
July 17	Iowa FF picnic, Ding Darling Shelter at Birdland Park
Aug 8	Board Meeting
Aug 15 - 22	Farm to Table inbound theme exchange
Sept 12	Board Meeting
Sept 14 - 19	FF Louisville outbound exchange
Sept 16 – 19	FFI Conference in Marrakesh, Morocco
Oct 10	Board Meeting
Oct TBD	Annual Meeting and Election of board members
Nov 14	Board Meeting
Dec TBD	Holiday Party
Dec 12	Board Meeting
2017	
April	Outbound exchange to FF Mundo Maya de Tuxtla Gutierrez, Mexico
June 23-28	Inbound exchange from FF Louisville
Aug 24-27	40th Anniversary FFI Conference, Manchester, England
Sept	Inbound exchange from FF Columbia-Cascade (Portland area)
TBD	Outbound exchange to FF Austin and FF San Antonio
Oct	FFGDM 40th Anniversary Party

Iowa Clubs Friendship Force

# Olympic Picnic

**Sunday, July 17**  
**12:00 noon – 3:30 pm**

**"Ding" Darling Shelter House**  
2100 Saylor Road  
Des Moines

Lunch served at 12:30 pm

\$15.00 per person  
RSVP, if attending, by July 11 to 289-1222 or  
off4ever@aol.com

Send your check, made payable to FFGDM, to:  
Alice Rasmussen, 1090 NE 60th Avenue,  
Des Moines, IA 50313

Come to play games, win prizes and meet other  
FF members in Iowa.

## President's Message



Dear Friendship Force Members,

The outbound exchange to the **Isle of Wight** is complete and we look forward to the **Farm to Table** theme exchange in August. Look for reports on both exchanges in the September-October newsletter.

As we look toward 2017 and our **40<sup>th</sup> Anniversary**, it is very clear we need a full Board of nine members who are actively engaged and provide leadership to our club. We will elect three Board members at the Annual Meeting in October, if you are interested in joining the Board or want more information, please let me know.

I hope to see many of you at the **Iowa Friendship Force Clubs picnic** on July 17. Alice Rasmussen and her committee are planning a fun time and good food as we mix and mingle with our friends from FF Central Iowa, FF Quad-Cities and FF Cedar-Rapids/Iowa City.

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

### 40<sup>th</sup> Anniversary Committee

Our club will celebrate its 40<sup>th</sup> Anniversary in 2017 and we need co-chairs and a committee to develop a plan for the celebration. We are particularly interested in having long-time members and past members join the committee.

Contact Shelley at 279-8908 or shelleybain@centurylink.net

### Farm to Table: Culture and Cuisine

Sign up for exchange activities when you receive a separate email later this month.

Contact Carol at 226-9844 or carol.grant@mchsi.com

### Be a Board Member

We will elect 3 people to the Board at the Annual Meeting in October.

If you are interested in serving and would like more information, let one of the current Board members know.

## Activities



Over forty members celebrated Spring at Springfest on April 17. A social time of wine and cheese gave members the chance to meet and greet old and new friends before a catered lasagna dinner.

The program included members who shared 10 favorites things about their recent exchanges: Sharon and Jerry Dunkin participated in their first exchange - to Santa Barbara, Shelley Bain spoke about the Garden Exchange in Oregon, Beverly Lytle spoke about the Discovery exchange to France and Spain, and Charlotte Buttin shared her experiences in India.

Thank you to Elese Johnson and her committee Kathie Swift, Karen Kilpatrick, Chuck Kilpatrick, Alice Rasmussen, Ken Rasmussen, Pam Sadler, Dee Willemsen, Elaine Bredesky, Marla Carr, Jerry Carr and Janette House who pulled everything together to make it a fun day.



## Sundaes on Sunday

Nineteen members celebrated an early summer on June 5 at Sundaes on Sunday.

The Activities Committee provided the ice cream and the members provided a delicious array of toppings and brownies. Thanks to Karen and Chuck Kilpatrick for coordinating this new and fun activity.



## BASTILLE DAY BASH

Thursday, July 14 \* 6 – 9 pm

The Alliance Française of Central Iowa invites you and your friends to help celebrate France's national holiday at the Birdland Park's Park Ding Darling Shelter, 2100 Saylor Road, Des Moines.

The celebration will include a pétanque tournament (sort of like outdoor bowling), music, 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.

**RSVP** - Please call 277-5741 to tell us you plan to come, so we'll be sure to have plenty to eat.



## Exchanges

### FF Western North Carolina Inbound

Our friends from FFWNC visited in May and our club was proud to show off Des Moines. Exchange Director Marla Carr and her committee created a varied and interesting program that was much appreciated. The ambassadors' favorites included the State Capitol, Terrace Hill, Downtown Farmers Market, Sticks Factory, and Jordan House.

The ambassadors' very favorite thing about Des Moines was the outstanding hospitality they felt from our home, day and dinner hosts. Thank you to everyone who made that happened.

At Sticks



Touring World Food Prize Hall of Laureates



Touring Terrace Hill





Touring Meals from the Heartland



Our women of achievement - Karen McDonald and Marla Carr



FF Louisville, KY  
September 14 – 19, 2016  
outbound

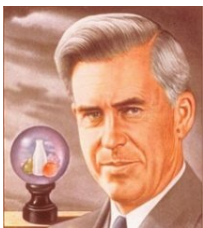


Sorry, but this popular exchange is full at 14 ambassadors and there is a wait list of four members.

FF Mundo Maya  
April 2017  
outbound



Our club **plans** to travel to FF Mundo Maya de Tuxtla Gutierrez, Mexico with FF Central Virginia. Thank you to those patient members who have expressed an interest and are waiting to hear the dates of the exchange. You will be informed as soon as we receive the dates. If you are interested, contact Shelley at [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net) or 279-8908.



## Farm to Table: Culture & Cuisine Theme Exchange

August 15 – 22



Our first theme exchange is almost here and we are excited! If you can help with any of the following tasks, please contact Exchange Director Carol Grant at [carol.grant@mchsi.com](mailto:carol.grant@mchsi.com): Day Host, Small Dinner Host, Welcome Party set up on August 15, or Farewell Party set up on August 22.

Some of the program activities for this exchange are open to all FFGDM members so look for an email in mid-July detailing how you can further participate.

**CHANGING THE WAY YOU  
SEE THE WORLD**

## Club Reports

### Member News

#### Membership Fee Change

The FFGDM Board of Directors voted to eliminate the 'family' category of membership so we are in sync with FFI's new policy of 'individual' members only. This policy will take effect when members renew for 2017.

Membership will be \$30 per person from which our club sends \$15 to FFI.

#### New Members

A warm welcome to our latest members:

Craig and Sue Dawson  
213 13th St SW  
Altoona, IA 50009  
262-339-7580  
sue1dawson66@gmail.com

#### Roster Changes

Change of phone number:

Beverly Lytle  
515-292-1554

### MEMBER DIRECTORY

Members received a 2016 Member Directory earlier this year.

We'll email an updated directory as needed. If you need a directory emailed, contact Alice at [off4ever@aol.com](mailto: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](mailto:shelleybain@centurylink.net)  
[marlakcarr@yahoo.com](mailto:marlakcarr@yahoo.com)  
[reggsg@hotmail.com](mailto:reggsg@hotmail.com)  
[j.house@mediacombb.net](mailto:j.house@mediacombb.net)  
[bdlytle@gmail.com](mailto:bdlytle@gmail.com)  
[cookster50@gmail.com](mailto:cookster50@gmail.com)  
[off4ever@aol.com](mailto:off4ever@aol.com)  
[sustroope@gmail.com](mailto:sustroope@gmail.com)

Karen Kilpatrick – *Activities Chair*  
Marla Carr – *Western North Carolina Exchange Director*  
Mary Marshall – *Isle of Wight co-Exchange Director*  
Charlotte Buttin – *Isle of Wight co-Exchange Director*  
Alice Rasmussen - *Iowa FF Picnic Chair*  
Carol Grant – *Farm to Table Global Exchange Director*  
Shelley Bain – *Louisville outbound Exchange Director*  
Nancy Lundstrom – *Annual Meeting Chair*  
(open) – *Mundo Mexico Exchange Director*  
Janette House and Alice Rasmussen – *Louisville inbound co-Exchange Directors*  
(open) – *40<sup>th</sup> Anniversary Celebration co-Chairs*  
Del Wynn - *Webmaster*

[karenkilpatrick@gmail.com](mailto:karenkilpatrick@gmail.com)  
[marlakcarr@yahoo.com](mailto:marlakcarr@yahoo.com)  
[dpmmgm@msn.com](mailto:dpmmgm@msn.com)  
[cbuttin@gmail.com](mailto:cbuttin@gmail.com)  
[off4ever@aol.com](mailto:off4ever@aol.com)  
[carol.grant@mchsi.com](mailto:carol.grant@mchsi.com)  
[shelleybain@centurylink.net](mailto:shelleybain@centurylink.net)  
[nancylundstrom@mchsi.com](mailto:nancylundstrom@mchsi.com)  
[j.house@mediacombb.net](mailto:j.house@mediacombb.net)  
[off4ever@aol.com](mailto:off4ever@aol.com)  
[wynndl@centurylink.net](mailto:wynndl@centurylink.net)

**“We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open.” — Jawaharal Nehru**



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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 ( <i>eliminated with 2017 memberships</i> )	\$
Newsletter mailed at \$10	\$
Contribution	\$
Total Enclosed	\$

Please check which activities you can participate 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.