



friendship force
GREATER DES MOINES



FFGDM 2016 Activities (dates and activities subject to change)

Sept 12	Board Meeting
Sept 14 - 19	FF Louisville outbound exchange
Sept 16 – 19	FFI Conference in Marrakesh, Morocco
Sept 28	LEO at Tavern Pizza and Pasta Grill
Oct 10	Board Meeting
Nov 1	Annual Meeting and Election of board members
Nov 14	Board Meeting
Dec 1	Holiday Lunch at Greenbrier
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 24-28	40th Anniversary FFI Conference, Manchester, England
Sept 13 - 18	Inbound exchange from FF Columbia-Cascade (Portland area)
Mid-Oct	Outbound exchange to FF Austin
Late Oct	FFGDM 40th Anniversary Party

A Friendly Reminder

All members are welcome to attend FFGDM Board Meetings. They are held at the Urbandale Library the second Monday of the month from 5 – 7 pm.

Contact Janette House prior to the meeting to confirm the meeting details and to receive an agenda.



Tavern Pizza and Pasta Grill

1755 50th Street

West Des Moines

(across from Lowe's)

Wednesday, September 28

6:00 pm

Join us for pizza (on your own) and good conversation with your Friendship Force friends. We'll also hear about the Louisville exchange and the latest club news.

Don't forget to bring a friend or two, who might be interested in Friendship Force.

Please RSVP, if attending, to Karen at 278-4491 or karenkilpatrick@gmail.com by September 25.

President's Message



Dear Friendship Force Members,

I hope you have enjoyed the summer, it's been a busy time for our club. We hosted the Iowa Friendship Force Clubs picnic on July 17 with a well-received Olympic theme thanks to the brilliant idea of Cathy Jensen. Alice Rasmussen's team did an excellent job planning the games and we were thrilled to have former Olympian Natasha Kaiser-Brown as a surprise guest.

We just completed our final exchange of the year, Farm to Table, with Carol Grant as Exchange Director. This was a complicated theme exchange and Carol's first experience as ED. She surpassed all expectations and created an exchange that was highly praised by the ambassadors and enjoyed by the hosts and other members of our club who participated. Congratulations, Carol, for a job well done. Look for a report and pictures in the next newsletter.

Have you made a contribution of your time and skills to the club this year? Please look over the opportunities below and see how you can help the club grow. We need every one of you to offer your skills and ideas.

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

40th Anniversary Committee

Our club will celebrate its 40th 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

Join the Board of Directors

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...

Leave your name and phone number with Beverly Lytle at bdlytle@gmail.com and she'll call you back.

Activities

Olympic Picnic

Sunday, July 17

Who in our club has been to many Olympics and, of course, also just returned from Rio? Cathy Jensen! At our All Iowa Olympic Picnic she displayed her many Olympic T-shirts and many other memorabilia from her Olympic experiences. Natasha Kaiser-Brown, who ran the 4x400 in Barcelona, was able to stop by and talk to us about her running and receiving a silver medal there in 1992.

The picnic was held July 17 at Ding Darling Shelter at Birdland Park. Sixty-six attended. This number included members from all the 4 Friendship Force clubs in Iowa. (There were 27 from our Greater Des Moines club at the picnic.) We had good food and participated in games to try and win gold, silver and bronze "medals".

A lot of friendships were renewed and hopefully new friendships were made. Next year the All Iowa Picnic will be hosted by the Quad Cities club.

Committee members who helped make the picnic a success: Cathy Jensen, Elaine Bredesky, Marla Carr, Karen Kilpatrick, Shelley Bain, Janette House, and Carol Grimm. Thanks, also, to everyone that attended - -and the ones who pitched in afterwards to do the clean up work.

Picnic Chair
Alice Rasmussen





Exchanges

Isle of Wight Exchange Report

The Isle of Wight cooperative exchange with FF Central Iowa (Ames) is complete and the reports are fabulous! What better way to hear about the exchange than through the ambassadors' daily journals. If you'd like to read the whole journal that includes the post-tour, contact Mary Marshall at dpmgm@msn.com. A big thank you to the lead ED, Diane Oppedal from Ames, and our co-EDs, Mary Marshall and Charlotte Buttin. Happy reading!

Saturday 6/18/16. Mary Marshall (Des Moines)

Seven people from Ames arrived bright and early at the Des Moines airport via shuttle bus. All 9 of us traveling on United met up and had no problem getting through security. Adrian and John were also traveling from the Des Moines airport via Delta. They were to arrive in Heathrow an hour after the United plane.



While at the Chicago airport some enjoyed getting Chicago hot dogs and Chicago deep dish pizza. Rose Schultz met us in Chicago. She flew from Tulsa. We were now 10 of our group of 22.

On our way to Heathrow our plane was diverted to Newark, NJ due to a generator failure. Our pilot was given an option of going back to Chicago or to Newark. We are glad he chose Newark! After 3 hours on the ground we were back in the air at 9:39 Eastern time.

We were very excited to see Shelley, Nancy, Adrienne and John, waiting for us at Heathrow airport when we landed along with our drivers who would take us to Portsmouth where we then took a Hovercraft over to the Isle of Wight. Did you know that the first Hovercraft was made on the Isle of Wight?

Once over to the island we were met by our respective hosts. Sunday evening some of us went to Quarr Abbey to hear a concert of Palestrina, Faure, Jenkins, and other composers. The music was magical! The ED from the Isle of Wight, Eric Johnson, was in the chorus. Then home and early to bed ready for our wonderful week on the Isle of Wight.

Sunday 6/19/16. Shelley Bain (Des Moines)

The day started very early for Nancy Jones and I who left our dorm room at the London School of Economics, at 5:30 AM to meet the main group at the Heathrow terminal 3. After a time, the drivers of the transport to Portsmouth appeared and we discovered the 5:55 AM flight from Chicago was three hours late.

Finally, everyone was in the two vans and we drove to Portsmouth where we boarded a hovercraft to the Isle of Wight. The hovercraft was a new experience for many of us. The rest of the day was free time with our host.

Nancy and I and our home host Sandra Cruickshank, hosted FFIOW members Irene Burkett, FFIOW host Christine Priest, and FFCI ambassadors Peggy Faden and Karen Wilson. Dinner was delicious roasted leg of lamb, roasted potatoes, parsnips, carrots, broccoli, garden peas, and broad beans. Dessert was pink gooseberry bramble with custard sauce and cream fraiche. We had a lovely time getting to know each other.

Monday 6/20/16. Mitch and Nancy Mitchell (Milwaukee)

Forget jet lag, members from both sides of the pond met at Biddlesford Farm to devour a hot English breakfast. No need for lunch after sausage, bacon, ham, scrambled eggs, roasted tomatoes, toast, baked beans, and mushrooms.

Then off to Queen Victoria's summer home, Osborne House, ambassadors explored her many rooms, art collection, and gardens. A short walk to the children's Swiss Chalet was well worth it for a peek into the lives of her nine off-spring. A hike to the beach revealed the Queen's bathing machine and an ice cream shop.

Tuesday 6/21/16. Dorothy Dake (Ames)

Yarmouth bus station provided a sunny and convenient rendezvous point for FF hosts and ambassadors. Many rode the open top bus to Fresh Water Bay, where high clay cliffs and rocky outcroppings led to Alfred Lord Tennyson's memorial. A short walk to Dimbola Lodge rewarded travelers with an exhibit of Julia Cameron's dramatic photography, dating back to the mid 1800's.

Back on the bus FF folks climbed to vistas overlooking the chalky white Needles, an ideal picnic spot. The scenic bus ride back to Yarmouth included a view of Tennyson's home and the multi-colored sand cliffs of Alum Bay. Most took time to check out the narrow streets of Yarmouth and step into St. James' Church or Yarmouth Castle, built by King Henry VII to protect against French invaders.

Sue Fisk baked a perfect end to afternoon festivities with a cream tea served at her beautiful farm.



Wednesday 6/22/16. Lynda and Rob Polain (Adelaide, Australia)

With so much to see and do on the Isle of Wight it wasn't difficult to plan activities for free time with our hosts and our day commenced with a visit to Shanklin, a traditional seaside resort with sandy beaches and high sandstone cliffs. Along the esplanade we found a variety of amusements, hotels, restaurants, cafes and pubs.

After checking out the Lidl Supermarket we headed for Godshill, a town which derived its name from the medieval All Saints Church which was originally planned to be built at the bottom of the hill. Mysteriously, on three successive nights, stones were removed from the sight and taken to the top of the hill where the Church now stands. It was believed that God wanted the Church to be built on the top of the hill, hence its location and name. We loved this quintessential English village with its thatched roof cottages and traditional tea rooms. Our journey continued on through Newchurch, a name derived from the new Church built in 1087 by Norman

monks. From here it was only a short distance, through very narrow lanes, to reach the Garlic Farm where we learnt about garlic; its derivation, how it is grown and how to use garlic in cooking. There was a vast array of products containing garlic, from chutney to ice cream. We enjoyed a cuppa here, without the garlic.



Our next stop was the Arreton Barns Craft Village to view the Shipwreck Museum. This amazing collection of treasures from the deep, including diving equipment, ship models and tragic stories of shipwrecks around the Isle of Wight was all collected and collated since the 1960's by Martin Woodward, a professional diver. A film explained the development of the museum and the work of Martin Woodward. It was interesting to hear of all the local shipwrecks and there are indeed more than 4000 recorded.

We returned home for lunch then joined the other hosts and ambassadors for a historic walk, led by Adrian Searle, along the Ryde seafront. We started at the long pier built in 1814 and learnt how horse-drawn trams would convey passengers from the pier head to the Esplanade. In the stretch of water named the Solent, we saw the four forts built in the 1870's to protect the Solent and Portsmouth from enemy forces. Our group stopped at the memorial and plaques to commemorate the ship, HMS Sirius, which sailed as a naval consort for the First Fleet.

Our final destination on our long walk was the Bird Sanctuary but there were few birds to observe at that time of day. A little wearily, we headed back along the foreshore to a restaurant, The Captain's Table, where we all enjoyed a drink and a huge plate of fish and chips before heading home after another Intensive and enlightening day on the Isle of Wight.

Thursday 6/23/16 Will and Karen Mickelson (Cedar Rapids)

The day began with us meeting at Bowls of Warners for a morning of Lawn bowling. This traditional English game is usually played on a well-groomed lawn outdoors. We played indoors due to weather. We started with an introduction to the game followed by a practice period where we learned the art of bowling. The ball is approximately three lbs. and it has a natural tendency to curve due to it being heavier on one side than the other. The game is played with four players on each team, each player rolls two balls with the object being to stop the ball nearest the white target ball.

We all enjoyed a buffet luncheon at the facility before proceeding to the Bembridge Lifeboat Station. England has many such stations that augment the British Coast Guard Service. The stations are staffed primarily by volunteers although the boat captain is usually a salaried position. The boats are ready for launch and typically get launched within 10 minutes of an alarm and include the most modern electronic equipment.

We ended our day of touring with an optional stop at the Bembridge windmill. It is similar in design to the better known Dutch windmills. This windmill required that the user rotate the upper part when the wind changes to keep the windmill facing into the wind.



This was an historic day and long awaited day for Britain: 'Brexit', the day that the voters decided to exit the European Union. The result surprised many people because polls had shown that the country would remain in the EU by a very close vote.

Friday 6/24/16 Kueier Chung (Ames)

A nice day! No rain.

After an early morning stroll in the Queens Road All Saints' Church neighborhood, Bob and I joined our hosts Eric and Shirley for a very nutritious English breakfast—oatmeal, cereal, yogurt, prunes, apricots, flat peaches, orange juice, tea, and coffee. The table topics centered on the referendum held the day before. Eric had stayed up late that night, then got up at 4:30 this morning to find out the result. He was disappointed that 52% voted to leave the European Union. Before heading out for the day's tours, we watched on TV Prime Minister David Cameron announce that he was stepping down.

During the morning visit at Carisbrooke Castle, I enjoyed spending some time in the geometric Princess Beatrice Garden and walking on the magnificent medieval castle walls. Like many others, we waited in a long queue to watch the royal employee Jack the donkey walk on a big wooden wheel to draw a bucket of water from the well. Nobody wanted to lose the opportunity of witnessing such a scene of toil.

After a delightful outdoor lunch at the Priory, we visited the Kingston Rectory. They had an old English garden with a variety of gorgeous flowers, and wildflower meadows with fat hens roaming in the paths. Despite hostess Louise's warning of rabbit holes, I fell in one when looking back to talk to Diane. Luckily the thick grass made the ground soft and rescuer Bob was quick in action. I was not hurt. Nevertheless, the little playhouse—Wendy House there—kept me wondering if Alice had made her way to the Wonderland as I did. The outdoor teatime refreshed us with English delights, of which pink rose petals cake and multicolored hummingbird cake were most exotic.

Oh, talking about cakes. We were invited to have dinner at the "Lighthouse" of Oliver and Martin in Bembridge Village, where we had bowled on the indoor greens the previous day. The Lights served us a traditional English dinner with three kinds of sausage. There Bob and I lost our status as the best hosts John had had by serving three kinds of gelato when he stayed with us in Ames a year ago. He now gave the title to the Lights for their homemade ice cream on top of three other delicious desserts.

Saturday 6/25/16 Nancy Jones (Topeka)

On our last full day on the Isle of Wight we were treated to very informative talk at the Brading Roman Villa by Eric Johnson, also the IOW ED. It was fascinating to hear him describe the ancient ruins that were found by a farmer, William Munns in 1879. A retired military man named John Thorp excavated the ruins just outside of Morton, IOW, in a process that lasted until 1891.



Eric enthusiastically described what the villa and village looked like during the Roman era and what kinds of activities likely took place there. The Romans conquered the island in 43 A.D. and the first building was built shortly after. The villa is thought to have been finished in its entirety by the third century A.D. Eric pointed out where artifacts were found and told us about what life was probably like at that time. After the talk and the opportunity to look at the different exhibits, we gathered in the restaurant that was connected to the museum for

a nice lunch of soup and sandwiches. It was at the restaurant that Shelley tipped a lunch server to figure out which lego package contained a Queen figure. He was right! After lunch hosts and ambassadors had free time and our host for the day, Christine Priest, took us to several places on the island before we headed to Ryde for a parade. Unfortunately, a storm moved in and the parade was cancelled but we were able to wander around the downtown area after getting an ice cream by the prom.

It rained off and on before the farewell dinner but as we gathered at a church for our last time together, a double rainbow could be seen. Eric Johnson and Steve French along with a third fellow whose name I did not know, played pop & rock music for the group as people mingled, took pictures and talked about the week.

My host, Sandra Cruickshank, and Shirley Johnson, along with several members of the FF IOW, prepared a wonderful buffet feast of meat, chicken and salmon, salads and vegetables and, of course, dessert.

Following the meal we had a trivia quiz that was quite competitive. Our Australian ambassadors performed a skit about the Australian language and one of our own, Peggy Faden from Ames, performed a song. Lastly, Eric and Steve serenaded us with a number of familiar songs that had us singing along, tapping our feet and swaying to the music.

The evening ended after both EDs, Diane and Eric, shared their praise and gratitude for the hard work in putting the exchange together and the success of the week.



Dinner and Annual Meeting

November 1, 2016

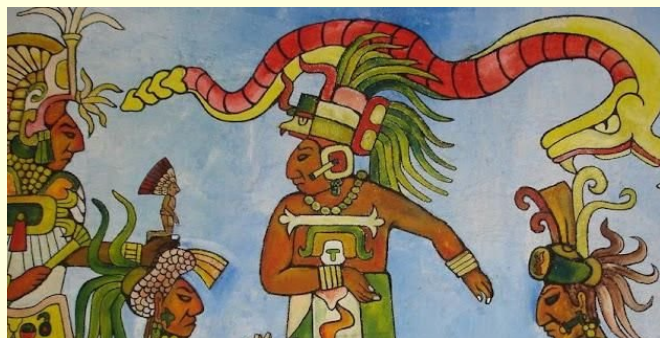
Hyperion Field Club
7390 NW Beaver Drive
Johnston, IA 59131

5:30 pm Social Time
6:30 pm Dinner

Your invitation will be mailed
in early October.

FF Mundo Maya

April 2017
(second half of the month)



Good news! We've heard from the co-Eds from FF Mundo Maya de Tuxtla Gutierrez, Mexico (FFMM), and they are expecting our club and FF Central Virginia (FFCV) in the second half of April for 7 nights. They can host up to 20 ambassadors.

More good news! Mary Marshall has agreed to be the Exchange Director. Once the dates have been confirmed, Mary will send an email notification to all members asking for applications.

Even more good news! Based on the experience of FF Canadian Capital Region, who visited FFMM earlier this year, the hosts were wonderful and they had a great time.

Stay tuned!

Membership Committee Report

Do You Know a Potential Member?

If you discover someone interested in learning more about Friendship Force--or someone who has heard about us and would like to join, please call or email the committee members listed and they will contact them. We will answer questions and give them our very helpful New Member Handbook.

Alice and Ken Rasmussen 515-289-1222
off4ever@aol.com

Carol Grimm 515-278-4057
davycarol2@gmail.com

Charlotte Buttin 515-279-6542
cbuttin@gmail.com

Welcome Nikki! Our Newest Member



Nikki Hubbard
3535 SE 1st Ct.
Des Moines, IA 50315
515-284-5661
nihubbard@aol.com

Roster Changes

Change Of Address

Carol Grimm
1121 Rosewood Dr.
Altoona, IA 50009
(phone and email not changed)

Change of address and phone

Landwehr, Roger and Doris
4210 Hickman Apt. 251
Des Moines, Iowa 50310
(515) 633-2653
(email has not changed)

The world is round so that friendship may encircle it.
- Pierre Teilhard de Chardin

MEMBER DIRECTORY

Members received,
via email, an updated
2016 Member
Directory a few days
ago.

If you need a
directory emailed,
contact 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)

Karen Kilpatrick – Activities Chair
Susan Stroope – IPR Media Project
Carol Grant – Farm to Table Global Exchange Director
Shelley Bain – Louisville outbound Exchange Director
Nancy Lundstrom – Annual Meeting Chair
Mary Marshall - Mundo Mexico outbound Exchange Director
Alice Rasmussen – Louisville inbound co-Exchange Director
Janette House – Louisville inbound co-Exchange Director
(open) – Columbia Cascade inbound Exchange Director
(open) – Austin outbound Exchange Director
(open) – 40th Anniversary Celebration co-Chairs
Del Wynn - Webmaster

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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	\$
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.