



friendship force
GREATER DES MOINES



FFGDM Activities

(dates and activities subject to change)

Nov 1	Annual Meeting and Election of board members
Nov 14	Board Meeting
Dec 1	Holiday Lunch at Trostel's Greenbrier
Dec 12	Board Meeting
Dec 15	2017 Dues Deadline
2017	
Jan 9	Board Meeting
Jan	LEO Brunch
Feb 12	Soup & Potato Bar Social
Feb 13	Board Meeting
April 18-25	Outbound exchange to FF Mundo Maya de Tuxtla Gutierrez, Mexico
April 30	Springfest
June 23-28	Inbound exchange from FF Louisville
Aug 24-28	40th Anniversary FFI Conference, Manchester, England
Aug 27	Sundaes on Sunday Social
Sept 13 - 18	Inbound exchange from FF Columbia-Cascade (Portland, OR)
Mid-Oct	Outbound exchange to FF Austin
Late Oct	FFGDM 40th Anniversary Party
Dec	Holiday Party

A Friendly Reminder

If you haven't paid your 2017 dues, please do so by December 15 using the form on the last page.

It will save a committee member from calling you.

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

Happy Feet Holiday Lunch



Thursday December 1

11:30 am

Trostel's Greenbrier
5810 Merle Hay Road, Johnston

Please bring new or lightly used adult socks for the Central Iowa Homeless Shelter.

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 November 28.

We will order from a select menu and receive separate tickets.

President's Message



Dear Friendship Force Members,

The Annual Meeting has come and gone and I hope those of you who attended felt part of this wonderful organization. Thank you to Nancy Lundstrom who organized the Annual Meeting and procured the always excellent Hyperion Club for us. Thank you to the Board members who are leaving at the end of the year – Ron Grohe and Susan Stroope; Ron served as Treasurer and Susan concentrated on special projects and exchanges. Marla Carr was elected to a second term and we welcome new Board members Jane Escobar, Jerry Carr, and Carol Corrigan.

The Activities Committee is meeting next week to plan for 2017; they continue to have new ideas for fun and informative activities for the club. If you have suggestions for them such as a restaurant for a LEO (Let's Eat Out), a location for a picnic, or an interesting speaker, please let Karen know.

Expect to hear more about FFI's 40th Anniversary celebrations such as the Atlantic Cruise in the spring. FFI's 40th Anniversary Conference is scheduled for Manchester, England, August 24-18. Check your calendar and travel plans because registration opens in December.

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 Adrienne Moen is gathering a committee to develop a plan for the celebration. She is particularly interested in having long-time members and past members join the committee.

Contact Adrienne at
223-4129 or AdrienneMoen@gmail.com

Annual Meeting

ANNUAL MEETING AND DINNER REPORT

The Annual Meeting commenced at the Hyperion Field Club in Johnston with a social hour of drinks and snacks in the bar. Dinner was a delicious traditional Thanksgiving celebration of turkey, dressing, potatoes, gravy, apple Waldorf salad, corn, green beans, cranberries, rolls, apple pie, pumpkin pie and whipped cream.



After dinner, John Tone introduced speaker Annique Kiel who is the Director of Global Engagement and International Program at Drake University. Ms. Kiel spoke about the programs offered at Drake that allow students to travel abroad and bring international students to campus. It was particularly impressive how Drake athletes have an educational component when they travel internationally to compete.

Treasurer Ron Grohe provided a financial report and was pleased to announce that the club's income was larger than expenses so far this year. Exchange Directors Marla Carr, Charlotte Buttin, and Shelley Bain reviewed the highlights of their exchanges and Mary Marshall spoke



about the upcoming exchange to FF Mundo Maya in April. Cookie Major reported on the success of the small fundraising project for this year and Karen Kilpatrick recited a cute poem about socks and then invited everyone to the Happy Feet Holiday Lunch on December 1. Adrienne Moen announced the welcome news that she and Nancy Lundstrom



will be co-chairs of the 40th Anniversary Celebration and they expect every member to play a role. The evening ended after we joined hands and sang Let There be Peace on Earth.

A big thank you to Nancy Lundstrom, the Annual Dinner chair, who made all the arrangements for dinner including the menu, speaker, and festive fall centerpieces.

VOLUNTEERS OF THE YEAR FOR 2016

Alice and Ken Rasmussen

This year we are presented the Volunteer of the Year Award to a couple who have worked tirelessly doing the tasks that make Friendship Force succeed. And believe it or not—they enjoy doing it. Just in the last few years they have chaired the Membership Committee, Springfest, and the all-Iowa Picnic, served as Exchange Director several times, mentored new Exchange Directors, Home Hosted for nearly every inbound exchange, served on the Board of Directors, traveled with the club, and acted as a much-appreciated advisor and sounding board for new Board members. We are honored to announce the Volunteer of the Year award goes to Alice and Ken Rasmussen.

Activities



LET'S EAT OUT AT TAVERN RESTAURANT REPORT

On September 28, twenty-seven members and friends, including 6 guests, mingled and enjoyed pizza and sandwiches. The members who recently returned from Louisville shared their favorite things about the exchange and Mary Marshall reported the progress of the outbound exchange to Mundo Maya next April. There is more information about the exchange in a separate article below. Marla Carr presented the hardest Halloween quiz ever and two of our guests scored the highest and took home the prizes.



MEALS FROM THE HEARTLAND REPORT

Thank you to all who participated as packaging volunteers during Meals from the Heartland 9th Annual Hunger Fight on September 3, 2016.

During this four day event, 4,258,224 meals were packaged. We helped to eliminate the faces of hunger in our own state of Iowa, in America and around the world.

I would like to recognize FFGDM members who joined me in making the 2016 Meals from the Heartland Annual Hunger Fight a fun and rewarding service project for our club. Jerry and Maria Carr, Pat Westphal, Ken and Alice Rasmussen, Janette House, Lenne Orona, Polly and Joe Antonelli, Connie Walters, and Mary Marshall.

Cookie Major
Service Project Coordinator



*No act of kindness,
no matter how small,
is ever wasted!*



Exchanges

FARM TO TABLE EXCHANGE A GREAT SUCCESS

The August Farm to Table Global Exchange was a great success. Many thanks to the club members who served on the planning committee, home hosted, served as small group dinner hosts or assisted in other capacities. Twelve Ambassadors (11 Americans and 1 Australian) enjoyed a busy week focused on learning about and sampling fresh, locally produced food. Activities ranking highest were the Des Moines Downtown Farmer's Market, Wallace Country Life Center, World Food Prize building and the Iowa State Fair. It was the first visit to Iowa for most of the Ambassadors and they were very happy they came. One summed up the experience at the Farewell Dinner by expressing her awe and admiration of the hard work and dedication demonstrated by the farmers operating the sustainable agriculture venues we had visited.

Carol Grant – Exchange Director



Holly, Keith, Adrienne and John



Lynne



Evelyn, Marla and Mavis



Wallace Center in Orient



Lois Reichardt



Helene and Elese



Rita, Ken and Alice



Judy Goshen



Anderson Elementary Children Gardeners

WHAT A TIME WE HAD WITH FF LOUISVILLE!

This was a wonderful exchange and we learned such interesting information about revolutionary frontier history, the Ohio River and steamboats. Not at all what we expected.

Ambassadors favorite things: 1) our wonderful hosts, 2) Churchill Downs, home of the Kentucky Derby, 3) Conrad-Caldwell House and Old Louisville and its beautiful homes and incredible architecture, 4) Bourbon Balls, 5) historic Locust Grove, 6) Welcome Party at a log cabin home with the Louisville Dulcimer band entertaining, 7) learning the importance of the Ohio River and Kentucky history, 8) the stately State Capitol, and 9) visiting not one but two old-fashioned candy companies. For me, personally, 10) drinking mint juleps while watching #10 Louisville beat #2 Florida State 63-20 (and it wasn't that close!).

The Louisville club members were warm and welcoming. We look forward to hosting them next June.

-- Shelley Bain, Exchange Director



George Rogers Clark

Kathie, Janette and Marla enjoying the Welcome Party from the front porch



Conrad-Caldwell Home and another home on St James Court in Old Louisville



Historic Locust Grove – home of George Rogers Clark





Churchill Downs Racetrack



Adrienne, Kathie and host Jeannie in the Hat Shop



5th Generation Candy Maker
at Schimpff's Candy Store



Hand-dipping salted caramels at
Schimpff's Candy Store



The Elegant State Capitol Building



Hand pouring, sealing and labeling
premium Bourbon



Buffalo Trace Bourbon Distillery Whiskey Tasting
Maria, Alice, Adrienne, John, Jerry, Francis, Kathie, Cathy



The Bourbon Ball originated
at Rebecca Ruth Candy.
Janette promised to make
some for us. Yum.

When you travel, remember that a foreign country is not designed to make you comfortable. It is designed to make its own people comfortable. -- Clifton Fadiman



FF Mundo Maya, Mexico

April 18 – 25, 2017

Optional add-on tour April 26-May 1

The outbound exchange to FF Mundo Maya is filling up with just a few openings remaining.

For more information contact
Exchange Director,
Mary Marshall at dpmmgm@msn.com.

Cost (est):
Program fee \$150
FFGDM fee: \$25
FFI fee: \$165
Total: \$340

Airfare (est): \$650-\$750
Optional Tour (est): \$1000

Board of Directors and Committee Chairs for 2017

<u>Name and position</u>	<u>Term end</u>	<u>Email</u>
Shelley Bain - <i>President</i>	2018	shelleybain@centurylink.net
Marla Carr - <i>Vice-President</i>	2019	marlakcarr@yahoo.com
Jerry Carr	2018	Jerry.Carr55@yahoo.com
Carol Corrigan	2019	jecorrigan@msn.com
Jane Escobar	2019	janeescobar@yahoo.com
Janette House - <i>Secretary</i>	2018	j.house@mediacombb.net
Beverly Lytle	2017	bdlytle@gmail.com
Cookie Major – <i>Community Service</i>	2017	cookster50@gmail.com
Alice Rasmussen - <i>Membership</i>	2017	off4ever@aol.com
Adrienne Moen - 40 th Anniversary Celebration Co-Chair		adriennemoen@gmail.com
Nancy Lundstrom - 40 th Anniversary Celebration Co-Chair		nancylundstrom@mchsi.com
Karen Kilpatrick – <i>Activities Chair</i>		karenkilpatrick@gmail.com
Susan Stroope – <i>IPR Media Project</i>		sustroope@gmail.com
Mary Marshall - <i>Mundo Mexico outbound Exchange Director</i>		dpmmgm@msn.com
Alice Rasmussen – <i>Louisville inbound co-Exchange Director</i>		off4ever@aol.com
Janette House – <i>Louisville inbound co-Exchange Director</i>		j.house@mediacombb.net
(open) – <i>Columbia Cascade inbound Exchange Director</i>		
(open) – <i>Austin outbound Exchange Director</i>		
Del Wynn - <i>Webmaster</i>		wynndl@centurylink.net

Member News

Welcome to our newest member

Patricia Headley
4141 Boyd St.
Des Moines, IA 50317
515-265-3354
guthriep41@yahoo.com

New Address & Phone

Pat Reeves
1817 Locust Ave
West Des Moines, IA 50265
515-277-5138

New Email

Steve and Ann Schodde
aschodde@uscenterfor
citizendiplomacy.org

Add to your directory

Laura Payne
2745 Forest Dr.
Des Moines, IA 50312
515-277-2525
laurahill147@gmail.com

Jane Flagler
Charlie Johnson
3100 Grand Ave. #4D
Des Moines, IA 50312
515-491-1274
janeflagler@gmail.com

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 one of the committee members listed below. We'll reach out to the interested person, answer their questions, and give them our very helpful New Member Handbook.

Alice Rasmussen	515-289-1222	off4ever@aol.com
Carol Grimm	515-278-4057	davycarol2@gmail.com
Charlotte Buttin	515-279-6542	cbuttin@gmail.com



*Friendship Force
member*

Jody Miller

*passed away in
September.*

*Our Sympathy to
her family.*



Cathy and Anna Maria Freire Endler

Where in the World is Cathy Jensen?

Anna Marie rented her apartment to Cathy and her friends while they attended the Rio Olympics and definitely helped make the Olympics a better experience.

Anna Marie founded FF Rio club 10 years ago. She would like to come to Iowa and see the bridges of Madison County and quilts. We know she could do both in Winterset.

*If you have a travel photo to share with the club,
send the photo and a description to shelleybain@centurylink.net.*

CHANGING THE WAY YOU SEE THE WORLD



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.