



friendship force
GREATER DES MOINES



FFGDM Activities

(dates and activities subject to change)

2017

Jan 9	Board Meeting - 5 pm
Jan 7	LEO Brunch at Drake Diner - 9:30 am
Jan 14	Board Retreat – 9:30 am
Jan 21	<i>Celebrate Robert Burns Birthday with the Scottish Heritage Society</i>
Feb 12	Baked Potato Bar Social – 1 pm
Feb 13	Board Meeting – 5 pm
March 1	World Friendship Day
March 9	LEO at China One - Celebrate the Year of the Rooster – 6 pm
April 2	Springfest – 2–4 pm with appetizers and International table games
April 18-25	Outbound exchange to FF Mundo Maya de Tuxtla Gutierrez, Mexico
May 4	LEO at LaFeria Restaurant – Celebrate Cinco de Mayo – 6 pm
May 13	<i>Brazilian Ball hosted by CultureAll and the Brazilian Cultural Center</i>
May TBD	Language Learners from Japan
July 14	<i>Celebrate Bastille Day with Alliance Francaise and DM Sister Cities</i>
June 23-28	Inbound exchange from FF Louisville
July 23 or 30	Picnic at Jester Park – 12:30 pm
TBD	All-Iowa FF Picnic in Quad Cities
Aug 24-28	40th Anniversary FFI Conference
Aug 27	'Say Goodbye to Summer' Sundaes
Sept 13 - 18	Inbound exchange from FF Columbia-Cascade (Portland, OR)
Oct TBD	Outbound exchange to FF Austin
Oct 29	FFGDM 40th Anniversary Party at the Des Moines Golf and Country Club, 4 – 7 pm
Dec TBD	Happy Feet Holiday Lunch – 11:30 am at Trostle's Greenbriar

Let's Eat Out!

drake
diner
Only one original

1111 25th St, Des Moines

Saturday, January 7
9:30 am

Start your Saturday with breakfast at the Drake Diner. The students are still on holiday break so come and enjoy pancakes, eggs, bacon, coffee, good conversation and a brief update on Club activities for 2017.

If attending, please RSVP by Thursday, January 5, to Karen at 278-4491 or karenkilpatrick@gmail.com

A Friendly Reminder

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

President's Message



Dear Friendship Force Members,

It is finally here – the year Friendship Force of Greater Des Moines celebrates its 40th Anniversary. The co-chairs of the planning committee, Adrienne Moen and Nancy Lundstrom, will expect nearly every member to play a part in the celebration. Look for the **40** icon in this newsletter and those following in 2017, to read the latest update. Also, think about writing a short article about your Friendship Force experience under the title “Stories of Friendship”. We start the “Stories of Friendship” series with an article written by long-time member Elaine Bredesky.

In friendship,
Shelley Bain
FFGDM President

40th Anniversary Celebration



40TH ANNIVERSARY CELEBRATION

“Back to the Future”, “Some things old are new again”, “two score and more”, these sayings should be familiar to all of us. . .as well as celebrations, festivals, galas and anniversaries! It’s now 2017 and FFGDM will be “celebrating” 40 years of making friends around the world. . .that is a Fact!



Save the date Sunday, October 29, 2017. . .for sharing great experiences with your friends of Friendship Force of Greater Des Moines and guests! Plan on fabulous friendships renewed, flavorful foods, flourishing décor, folklore of countries, fascinating speakers, featured highlights of the past and fresh ideas for the future! Join us, invite your friends. . .watch and listen for a variety of advertising from now until the big day just a short “40+ weeks” away. . .share this special day with others who would benefit by learning, experiencing and exploring the Friendship Force of Greater Des Moines!



Sunday, October 29, 2017. . .4 – 7 pm at Des Moines Golf & Country Club

If you are interested in contributing in any way to this event, contact Adrienne Moen, 515-223-4129 or Nancy Lundstrom, 515-289-2800.

Stories of Friendship



STORIES OF FRIENDSHIP ARE STORIES OF PEACE



They are stories of our experiences that have helped eliminate the barriers that separate us, bringing us closer together.

For almost 40 years, the Friendship Force has brought tens of thousands of people together from all corners of the world with one goal - friendship. For many, their experiences with Friendship Force have created lifelong friends and lifelong memories. We invite you to share your story to be archived in the annals of our organization and to be shared, possibly, with the world.

It isn't our name, our mission, or our organizational structure that draws people to Friendship Force - it is our stories. Perhaps hearing about a Friendship Force experience was even what encouraged you to take part.

Whether it is short or long, funny or moving, from three weeks or three years ago, please send your story to Alice Rasmussen at off4ever@aol.com.

ORDINARY CONCEPT, EXTRAORDINARY RESULTS

by Elaine Bredesky

When Friendship Force asked me to write about my early memories, I eagerly accepted because connecting with this group has been such a positive experience in my life.

We started home hosting in 1979 and welcomed people from Dublin, Ireland, and Newcastle, England, when our motto was: "A world of friends is a world of peace."

Hosting gave us an opportunity to explore other countries without leaving home, offering an inside view of what life is like in other parts of the world. In 1979, it also provided our neighbors a chance to be ambassadors to Ireland when we agreed to serve as host. At that time, ambassadors had to provide a home host for the people from Ireland before they left, because when the 250 U.S. ambassadors got off the plane in Ireland, it would depart directly back to Des Moines with 250 Irish ambassadors that we would be waiting to host.

In 1980, my late husband Lou and I took our first trip with Friendship Force to Cardiff, Wales. On July 28, 1980, there was a DC-8 plane with 254 ambassadors from the Des Moines Area going to Wales and another group of ambassadors there waiting to be directly loaded in the same plane to come back to Des Moines.

Jim Wise served as our flight director, with Ed Mann as his assistant and Betty Roberson as flight coordinator. Our group consisted of five ambassadors under 10 years old, 17 teens, 17 people age 20-30, 33 people age 30-40, 36 people age 40-50, the largest group (72) age 50-60, 43 people age 60-70, and nine over 70 years old.

By the end of our week in Wales, we felt like the world was a little smaller. We had experienced the Friendship Force magic of discovering that lasting friendships can be established by spending a few days together in our homes.

It was such an ordinary concept, yet with such extraordinary results. Through the years that followed, we can proudly say we have friends all over the world, several with whom we continue to correspond and many others who have visited us in our home. I feel that Friendship Force has made a difference in improving relations of peace, one person and one family at a time.

Activities



HAPPY FEET HOLIDAY LUNCH

On December 31, thirty-one members enjoyed a fun Holiday Party at Trostel's Greenbriar while making the holidays a little bit warmer for the men and women at the Central Iowa Homeless Shelter. Lunch organizer, Karen Kilpatrick, was thrilled to see 254 pairs of socks donated.



*Janette House
Nancy Lundstrom
Karen Selby
Elaine Bredesky
Alice Rasmussen
Ken Rasmussen
John Cook
Joyce Cook*

One activity involved listing the many uses of socks; the winning table found 38 uses, some reflecting an unusual knowledge of crime and murder. Gene Lucht won the best socks contest and Mike Davis shared his experience on his first FF exchange – a global to Costa Rica in November.

We were pleased to see our two newest members Pat Headley and Deanna Agan, being made welcome. Thank you to Karen for organizing the lunch and Jeanette House who provided the delicious Bourbon balls.



Exchanges



FF Mundo Maya, Mexico

April 18 – 25, 2017, extension April 26 – May 2

There are 2 positions still open.

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

LANGUAGE LEARNERS FROM JAPAN - CALLING ALL 'SHINICHI' (親日)

Do you have an interest in Japanese culture or want to learn more about Japan? We've got a deal for you!

Our club has agreed to host a Language Learners group from Japan the third week of May 2017. It is common for the FF clubs in Japan to send members to English-speaking countries to improve their English language skills. They engage in hands-on learning experiences with the home and day hosts that include such activities as cooking, games, culture and crafts. The good news is that we don't have to re-invent the wheel as we have excellent guidelines and examples of activities from a recent LL exchange in New Zealand.



This will be a different exchange than we have done recently; it will be less touristy, more fun, and an opportunity to make life-long friends. We are very interested in involving 'shinichi' (Japan culture lovers) from the community as well as FF members. If you know of people who have a connection to Japan, please let me know their contact information so they can be invited to participate.

We need: Exchange Director(s), Planning Committee members, Home Hosts, and Day Hosts. If you'd like more information or to volunteer, contact me at ShelleyBain@centurylink.net until an ED is selected.

WHERE IN THE WORLD ARE RONDA AND MIKE DAVIS?

Ronda and Mike are experienced travelers but the Global Exchange to Costa Rica was their first Friendship Force Exchange. As Mike reported at the Holiday Party, they had a great time and liked traveling with Friendship Force members from other clubs and countries.

If you haven't already, check out the FFI website for global exchanges or club exchanges that are open to all. You'll have a wonderful experience and meet many new people, not just the host club but among your fellow ambassadors.



2017 Board and Committee Chairs

<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 - <i>Treasurer</i>	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
(open) – <i>All Japan English Language Learners Exchange Director</i>		
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
Marla Carr – <i>Columbia Cascade inbound Exchange Director</i>		marlakcarr@yahoo.com
(open) – <i>Austin outbound Exchange Director</i>		
Del Wynn - <i>Webmaster</i>		wynndl@centurylink.net

Member News



Deanna Agan
1407 SW Leland Ave
Des Moines, IA 50315
(515) 285-2337

Roger Nowadzky
3006 46th St
Des Moines, IA 50310
(515) 278-8877
nomadintl@aol.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

2017 Member Roster

Look for the 2017 FFGDM Membership Roster in your email or mail box in early February. It will include all members who have paid their 2017 dues.

Community Events for You



CONVERSATIONS & COFFEE

Forest Avenue Library * 1326 Forest Avenue
Tuesdays 12:30 pm to 1:30 pm

This is an opportunity to help English learning improve their language skills. Volunteers are invited to share their local knowledge in English conversation and light refreshments. The program is open to all levels of English speakers and activities will be provided to prompt and encourage conversation. For additional information, contact Philip Delgado at pcdelgado@dmpl.org.



GERMAN LANGUAGE SCHOOL

Sponsored by DM European
Heritage Association

Registration deadline is
January 11, 2017

Classes are Saturdays
9:30 am – 11 am
January 21- May 13

Central Presbyterian Church
3829 Grand Avenue
Des Moines

Costs:

K-6 \$160/semester, sibling 20%
discount (\$128/semester)
Preschool ages 2-5
\$100/semester, 20% sibling
discount (\$80/semester)

Contact
languages.dmeha@gmail.com



RUNA

Saturday, January 14

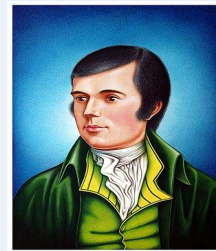
8:00 pm / doors at 7:00 pm

Holy Trinity Parish Hall
2926 Beaver Avenue
Des Moines

Advance Tickets: \$25
Day of Show Tickets: \$30

Information:
cathrynleng51@gmail.com

Runa is a Celtic music band
that combines the traditional
music of Ireland and Scotland
with modern music such as
folk and jazz.



Scottish Heritage Society
invites you to

ROBERT BURNS NIGHT

To celebrate the birthday of the
national poet of Scotland

Saturday, January 21, 2017

5:45 pm: Check-in
6:15 pm: Haggis Ceremony, Light Buffet
7:00 pm: Highland Dancers, Scottish Trivia,
Poetry, and Music

St Luke's Episcopal Church
3424 Forest Avenue * Des Moines

\$15 member / \$20 guest / children free.
RSVP with payment by January 14 to Cathryn
Lang at 1216 41st St, Des Moines, IA 50311.

More information:
cathrynleng51@gmail.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	\$
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.