



friendship force  
GREATER DES MOINES



2017 FFGDM Activities  
(dates and activities subject to change)

March 9	LEO at China One - Celebrate the Year of the Rooster – 6 pm
March 13	FFGDM Board Meeting, 5 pm
March 26	<i>Aebleskiver Brunch, 10:30 – 12:30 at Luther Memorial Church</i>
April 2	Journey Coordinator training, 1 pm
April 2	Springfest – Let Your Story Be Heard with Claudia Frazer, Crown Point in Johnston, 2-4 pm
April 10	FFGDM Board Meeting, 5 pm
April 18 - May 3	Outbound journey to FF Mundo Maya de Tuxtla Gutierrez, Mexico
May 4	LEO at LaFeria Restaurant – Celebrate Cinco de Mayo – 6 pm
May 8	FFGDM Board Meeting, 5 pm
May 13	<i>Brazilian Ball hosted by CultureAll</i>
May 16-22	Language Learners from Japan
June 12	FFGDM Board Meeting, 5 pm
June 23-28	Inbound journey from FF Louisville
July 10	FFGDM Board Meeting, 5 pm
July TBD	<i>Celebrate Bastille Day</i>
July 23 or 30	Picnic at Jester Park – 12:30 pm
August 14	FFGDM Board Meeting, 5 pm
Aug 24-28	40th Anniversary FFI Conference
Aug 27	‘Say Goodbye to Summer’ Sundaes
Sept 11	FFGDM Board Meeting, 5 pm
Sept 13 - 18	Inbound journey FF Columbia-Cascade
Sept 30	All-Iowa FF picnic in Quad-Cities
Oct 9	FFGDM Board Meeting, 5 pm
Oct 12-17	Outbound exchange to FF Austin
Oct 29	FFGDM 40th Anniversary Party
Nov TBD	FFGDM Annual Meeting
Nov 13	FFGDM Board Meeting, 5 pm
Dec TBD	Happy Feet Holiday Lunch



Sunday, April 2  
2:00 – 4:00 pm

Crown Point  
6300 Pioneer Parkway \* Johnston

Let Your Story Be Heard:  
Preserving Memories

FFI and our club are collecting memories of Friendship Force experiences as part of our 40<sup>th</sup> Anniversary.  
Come and learn how easy it is to record your Friendship Force memories, as well as your family memories, for future generations to cherish.

Instructor Claudia Frazer is Professor of Librarianship and Director of University Archives and Special Collections at Cowles Library, Drake University. She is passionate about creating oral histories. Claudia has presented sessions to audiences at the Oral History Association and has taught college students how to prepare questions for a meaningful interview.

Members are asked to bring an appetizer for 15 to share. Beverages will be provided.

If attending, please RSVP by Wednesday, March 29, to Karen at 278-4491 or karenkilpatrick@gmail.com

## President's Message



Dear Friendship Force Members,

We've started 2017 with a bang. The **Activities Committee** under Karen Kilpatrick's leadership, has developed a full year of diverse and interesting activities that we hope will encourage your participation. Our goal is that most activities have an international aspect, allow time for socializing, and include an update of club activities and how members can get involved. Karen could use two or three new members for her committee to share the responsibility. The **Membership Committee**, under Alice Rasmussen's leadership, has done a good job welcoming new members. She would like one or two new members to help her out. The **Board of Directors** held a retreat to assess the status of the club and set goals for 2017, you can read about those in the next article. The **40<sup>th</sup> Anniversary Committee**, co-chaired by Adrienne Moen and Nancy Lundstrom, has an ambitious plan for a great party that you will all love to be part of. The planning for the **Japan English Language Learners** journey in May is well underway and will be a lot of fun! Finally, think about writing a short article about your Friendship Force experience under the title "**Stories of Friendship**". Our second installment is an article written by long-time member Linda Robel.

The FFGDM Board set goals for the club at their retreat in January. The goals will only be met with the assistance of active members. That means all of us because every member has a role to play to make this club successful.

- Goal 1... Create a membership recruitment plan to recruit new active members.
- Goal 2a... Create a media plan, including radio, print, and social media, to increase our presence in the community.
- Goal 2b... Implement the Iowa Public Radio Project started last year.
- Goal 3... Create new types on inbound exchanges.

I am certain you have ideas about these goals and what you can do to help achieve them. If not, a good start would be to join the Activities Committee, Membership Committee or a Journey Committee, and volunteer to take on a small task. If you think you can't do it, you are wrong! Take a baby step and raise your hand!

Finally, **thank you** for all the members who are actively involved in the club. You are greatly appreciated!

In friendship,  
*Shelley Bain*  
FFGDM President

**40<sup>th</sup> Anniversary Celebration**



Sunday  
**October 29**  
4 – 7 pm  
Des Moines Golf &  
Country Club

**FFGDM 40<sup>th</sup> ANNIVERSARY CELEBRATION**

Hello FF members and friends,

It's almost spring, we hope, and we need to put some spring in our step as we work together to put on a PARTY like none before. We have much to celebrate with our Des Moines Club holding the distinction of producing the first Friendship Force JOURNEY, (new word), after Atlanta, due to the initial leadership of our forward-thinking Iowa Governor 40 years ago. Peace and goodwill between Iowans and the rest of the world was certainly an impactful push in the 1970's. We continue that endeavor and want to spread the mission to all our friends, neighbors, and Iowans this year, leading to our GRAND CELEBRATION on Oct. 29. We need ALL your support RIGHT NOW to assist us with our important event this fall and to make sure that no one misses celebrating our accomplishments around the world, all in the simple fashion of FRIENDSHIP. We will have surprises galore; so PLEASE contact ADRIENNE or NANCY as soon as you read this newsletter so we can proudly work together toward success.

Remember: 40 years, 40 weeks, and 40 new members if we have some SPRING in our step.

Adrienne at: [adriennemoen@gmail.com](mailto:adriennemoen@gmail.com) or Nancy at: [nancylundstrom@mchsi.com](mailto:nancylundstrom@mchsi.com)

**Journeys**



**ENGLISH LANGUAGE LEARNERS FROM JAPAN**  
MAY 16 – 22

The ELL-Japan Planning Committee has great ideas on how to engage the Japanese ambassadors in conversation and learning activities. It helps to have several former teachers, including ESL teachers, among our ranks.

We would like the entire membership to be involved in this Journey. We need: Home Hosts, Day Hosts, Small Group Dinner Hosts, and Welcome Party helpers. If you'd like more information or to volunteer, contact Shelley at 279-8908 or [ShelleyBain@centurylink.net](mailto:ShelleyBain@centurylink.net).

Look for a special member email in April detailing the activities open to all members.

**LOUISVILLE INBOUND JOURNEY**  
JUNE 23 - 28

Our friends from Louisville will be in town during Des Moines Art Week, June 23-28, so we hope they like Art! We plan to reciprocate the wonderful time we had with them in Louisville.

If you can help, contact Alice at [off4ever@aol.com](mailto:off4ever@aol.com) or 289-1222.

**AUSTIN  
OUTBOUND  
JOURNEY**

**OCTOBER 12-16**

Taking applications for  
the waitlist.

## 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](mailto:off4ever@aol.com).

## LEARNING LESSONS IN GERMANY

By Linda Robel

The first time I went on a Friendship Force trip was to Germany in 1982. There were 240 people on board a plane from Des Moines to Berlin. A newly-formed club of 77 participants deplaned in Berlin and 77 Germans boarded our plane for the return to Des Moines where they met the FFGDM club members who home hosted them.

We were to spend two weeks with our German hosts, most of whom we had corresponded with prior to our departure. My American friend was worried for me that I would not have suitable accommodations as I had acknowledged on my application that I was a farmer. She assumed that all farms had outhouses in other countries. I was assigned to a German farm family.

I assured my friend that I would be fine. I was not opposed to using an outhouse; I had used one before. However, she insisted on arranging a plan by phone that would bring her immediately to me if I found my conditions not acceptable as she assumed her accommodations would be.

We arrived in Berlin. The German man who was pairing ambassadors and home hosts, pointed at my name badge, "Robel", and then pointed to his own, they were the same. Wow! How about that – all the way to Germany to find someone with my husband's family name. He called out my name and Gertrude stepped forward to claim me. Another WOW! Because it was a great pairing. She was smiling pleasantly, I knew I would like her. We soon left for her home.

Getting out of her car, I saw an immense two-story home and beautiful grounds. She had told me she lived on a farm – a farm of two acres! Her father was a steel manufacturer in Berlin during WWII and had sent Gertrude, her mother and sister to the farm for safety. The farm was on the 'outskirts of Berlin' and within a block of the Berlin Wall.

*Continued...*

After leaving my suitcase in a very large bedroom, she showed me the bathroom. It contained a modern stool with a water closet above, a sink and a four-footed tub. There were luxurious towels and carpet.

Gertrude was a gardener like me. The next morning, we walked in the garden on 'the farm'; it was all flowers, no tomatoes, or other vegetables. The house had been used by the Soviets and the Germans as housing because it was so large. She, as a sixteen-year-old, had escaped the amorous attention of the Soviet soldiers by hiding in the garden. Later, when the Germans occupied the house, she was again forced to hide in the garden.

She survived the occupation of Berlin by serving as a housemaid for American officers. She was well educated and spoke English.

We talked constantly. I am from a German family and we discovered we shared a lot of traditions and ideas of farm life. One day I was showing her pictures of my family – a son, a daughter, and my husband. She said, "Your daughter looks just like your husband, but your son doesn't look like either one of you. Doesn't that bother your husband?" At first, I didn't comprehend what she meant and I must have looked bewildered. Finally, I said, "I don't know, I'll have to ask him when I get home." I smiled. I got it. "That would bother a German man" she replied. That was how I learned to laugh and accept the differences in cultures.

Another lesson came when my friend, who had proudly announced upon our arrival that she was going to stay with "a doctor's family in the city", called daily to see if you could stay at Gertrude's. She had only a sofa to sleep on within the doctor's apartment. It was a small room with a Great Dane as a companion who often welcomed her with liquid kisses, a lot.

I have learned so much – so many things from others I have met. Gertrude and I have gone to many places together since 1982 but the most important thing I know is that everyone everywhere is the same. We all want peace and happiness for ourselves and our children.



### Bring 3 Friends New Member Project

Our mantra is "Bring a Friend" and we seriously hope you do. The best way to bring new people into the club is for members to personally ask friends and acquaintances to attend a club activity and learn about Friendship Force. Current members are our best sales people!

As an incentive, any member who brings 3 new members into the club between March 1 and October 1 will be entered in a drawing for a complimentary ticket to the 40th Anniversary Party or a 2018 membership. What a deal!

An easy way to promote the message of Friendship Force is to forward this newsletter to your friends and invite them along to our next activity. Couldn't get easier!

**Club Activities**



**Olga Sparks**

On February 12, thirty hungry members enjoyed a Baked Potato Bar and then heard a very interesting presentation by interpreter Olga Sparks.

Olga shared how she came to the US and how she founded her company *Interpretive and Translation Services*. She served as interpreter for our Open World of young Russian journalists in 2015. Thank you Olga!



*Join us for a LEO to celebrate the*

**Year of the Rooster**

March 9

6:00 pm

China One Buffet

4804 SW 9th St in Des Moines

If attending, rsvp by March 6 to  
Karen at 278-4491 or  
Karenkilpatrick@gmail.com

Don't forget to bring a friend.



*Join us for a LEO to celebrate*

**Cinco de Mayo**

May 4

6:00 pm

LEO at LaFeria Restaurant

4450 E University Ave

Pleasant Hill

We'll hear from our ambassadors who recently returned from FF Mundo Maya and we'll also have a fun Spanish lesson.

If attending, rsvp by May 1 to Marla at  
[marlakcarr@yahoo.com](mailto:marlakcarr@yahoo.com) or  
238-6372.

**Member News**



A very warm welcome to our newest members:

**Ann Rowland**

**Ron Rowland**

**Johnathan Yentis**

**Tammy Yentis**

Please make them feel welcome at the next club activity.



Friendship Force Greater Des Moines founding member

*Cay Gilchrist* passed away in January

Past President

*Ruth Starkey* passed away in February

Former member

*Ruby Murray* passed away in February

Our sympathies to their families.



## WHERE IN THE WORLD IS...MARY MARSHALL?

These pictures are from my trip to Thailand. I went with John Shors an author who is originally from Des Moines.



We visited three areas of Thailand: Bangkok, Chiang Mai, and Railey Beach.

The first thing we learned in Bangkok was that the beloved King Bhumibol Adulyadej had passed away in October at the age of 88. There were shrines in his memory everywhere. We visited the Buddhist temple of Wat Pho where we viewed the Reclining Buddha, the largest in Thailand at 151 feet long and 49 feet tall.

In Chiang Mai we visited Wat Chedi Luang temple ruin, from the 14th and 15th century, and attended Zabb E Lee, a Thai cooking school. The director was a marvelous teacher and we each made our own meal that was delicious. I hope to be able to replicate now that I am home. We also visited Patara Elephant Rescue farm where we fed, rode, and washed the elephants. An amazing day and the handlers and elephants were very patient with us.

Our last stop was Railey Beach, we took a plane, bus, golf cart, and long-tail boat to arrive at our destination. The weather was beautiful - wonderful temperatures and no humidity – a great way to end a wonderful trip.



## OUR CLUB HAS NEW LAPEL PINS AND NEW MEMBERSHIP BROCHURES

Check out our new cloisonné pins which feature the gold dome of the State Capitol. They will be given to visiting ambassadors but they are also excellent thank you tokens to give to Home Hosts, Small Group Dinner Hosts and Day Hosts when you travel on an outbound Friendship Force Journey. Janette House will have pins, notecards, and t-shirts at club activities so you can stock up in anticipation of your upcoming travels.

## Message from Friendship Force International



friendship force

INTERNATIONAL

Experience different views.  
Discover common ground.

### ADDITIONS TO THE FRIENDSHIP FORCE DICTIONARY

We want to share with you some minor changes made in the terms used to describe some Friendship Force program experiences.

With the goal of opening our mission to more potential members around the world, we want to use terms that more accurately describe and reflect the FFI experience. Don't worry - it's still the same FFI you know and love, but now you'll be able to explain it better!

#### Journey

We often hear that calling our travel and hosting programs “exchanges” is confusing, since the word no longer directly explains the programs we offer. While they are cultural exchanges, our programs are rarely reciprocal trips as originally developed, where one group directly “exchanges” with another. At FFI headquarters, we strongly feel that a more transformational term - “journey” - is better suited to the amazing programs our members plan and experience. Additionally, market research conducted on FFI’s behalf in eight countries revealed that the phrase “journey” best described Friendship Force programs and activities. You will see this new term (planning a “Journey” instead of an “Exchange”) used throughout our new website and in FFI communications and materials from here on out!

#### Ambassador Coordinator and Host Coordinator

In line with our incorporation of the word “journey,” we also have altered the term Exchange Director to now be called “Ambassador Coordinator” and “Host Coordinator.” Not only does the term “coordinator” translate well into the many languages spoken by our members worldwide, but we also believe it reflects the variety of work that our dedicated ambassador and host leaders undertake in planning a Friendship Force Journey.

#### Mission - Focused Itineraries

For each Journey listed on the catalog, there will be an expanded Itinerary section highlighting the mission of FFI and especially our people-to-people focus of travel and hosting. We want to encourage new members to participate by giving them more clarity about what to expect on a Friendship Force Journey.

These itineraries are not meant to be exceedingly detailed or sightseeing-focused, but to indicate the time our ambassadors have with hosts, with the group in general, and possibly on their own. In order to overcome the misconception that we might be “just another travel club,” we want to demonstrate how our hosts and ambassadors have ample time to share meals, make connections, and go off the beaten tourist path together. These itineraries will all have a caveat that they are subject to change, as flexibility is an important part of being a good FF ambassador. Overall, we strongly believe this will allow for more effective recruiting, clearer communication, and a continued focus on our mission throughout each Friendship Force Journey.



**2017 FFDGM 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 <sup>th</sup> Anniversary Celebration Co-Chair		adriennemoen@gmail.com
Nancy Lundstrom - 40 <sup>th</sup> Anniversary Celebration Co-Chair		nancylundstrom@mchsi.com
Karen Kilpatrick – <i>Activities Chair</i>		karenkilpatrick@gmail.com
open – <i>IPR Media Project</i>		
Mary Marshall - <i>Mundo Mexico outbound Exchange Director</i>		dpmmgm@msn.com
Shelley Bain – <i>All Japan English Language Learners Exchange Director</i>		shelleybain@centurylink.net
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
Jane Escobar and Shelley Bain – <i>Austin outbound Exchange Directors</i>		janeescobar@yahoo.com
Del Wynn - <i>Webmaster</i>		wynndl@centurylink.net

**Community Events for You**

Danish Brotherhood Lodge #15

**Aebleskiver Brunch**

Served with Sausage, Applesauce,  
Fruit Salad, Juice & Coffee

Sunday, March 26, 2017

10:30 am to 12:30 pm

Luther Memorial Fellowship Hall

1201 Grandview Ave

Adult \$6.00

Children/Students (over 5) \$4.00

Des Moines European Heritage Association

*French Dinner*

The Des Moines European Heritage Association is hosting a three-course French dinner at Le Jardin on Wednesday, March 22. Chef Tag Grandgeorge will talk about his French experiences and how they influenced the food.

The cost is \$35 per person (plus beverages, tax and gratuity). A portion of the proceeds will benefit the Des Moines European Heritage Association. Call Le Jardin at 515-255-5787 to reserve a table. Only 44 seats available.



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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.