



friendship force
GREATER DES MOINES



2017 FFGDM Activities

(dates and activities subject to change)

Sept 2	Meals from the Heartland, 9:30 am
Sept 10	40 th Anniversary Committee Meeting
Sept 11	FFGDM Board Meeting, 5 pm
Sept 14	Australia and New Zealand Journey Informational Meeting, 7 pm
Sept 20	LEO at The Tavern, 6 pm
Sept 30	All-Iowa FF picnic in Quad-Cities
Oct 9	FFGDM Board Meeting, 5 pm
Oct 12-17	Outbound journey to FF Austin
Oct 29	FFGDM 40th Anniversary Party
Nov 13	FFGDM Annual Meeting at Paglia's Pizza, 6 pm
Dec 1	Happy Feet Holiday Lunch at Trostel's Greenbriar
2018	
Apr 20-22	FF Multi-Region Conference in Greater Cincinnati
June	Outbound Journey to Central Virginia
Aug	Inbound Journey from Central Virginia
Oct	Outbound Journey to FF Perth and FF Auckland North Shore

All-Iowa Friendship Force Picnic



Saturday, September 30

Noon – 4 pm

Hosted by Friendship Force of the Quad-Cities

More information will follow via email.



Tavern Pizza and Pasta Grill

1755 50th Street

West Des Moines

(across from Lowe's)

Wednesday, September 20

6:00 pm

Join us for pizza (on your own) and conversation with your Friendship Force friends. We'll also hear about upcoming journeys 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 17.

President's Message



Dear Friendship Force Members,

This is the last newsletter before the **40th Anniversary Celebration** so I hope you've figured out that this party IS A BIG DEAL. I know the date is boldly written on your calendar and the Save the Date postcard is prominently displayed on your refrigerator. Let's make this a great party and make sure FFI President & CEO Jeremi Snook enjoys his visit to our wonderful city.

A heartfelt welcome to the many new members we acquired over the summer; we hope you will be actively engaged in our club. And a loud shout out to those of you who recruited them. The "Bring 3 Friends New Member Project" ends October 1 so there is still time for you to recruit a new member or two.

In July, the Board reviewed the **2017 Goals** at the half-way point and we're pleased that we're meeting or exceeding the 'measurables' for the first three.

Goal 1: Create 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.

Goal 3: Create new types of inbound exchanges.

Unfortunately, the final goal (Goal 3) hasn't gotten off the ground. We need a couple of volunteers to coordinate this effort. Could that be you?

The **Iowa Public Radio Project** is in the can thanks to Cookie Major who pulled it together for us. As a result, we're running ads on IPR from mid-August to mid-October to increase our visibility in Central Iowa. We've also completed the redesign of the **club website** which is easier to navigate and keep up to date.

Finally, Beverly Lytle and Carol Corrigan are spearheading new **Board member recruitment**. Three members will roll off this year so we are looking for a few good people who are enthused about the organization, interested in participating at a higher level than a regular member, and would enjoy taking on a task or chairing a committee. We are particularly interested in those who could bring fresh eyes to the club and offer new ideas.

We have a lot of talented people among our membership, we just need to shine a light on that talent. Let Beverly (bdlytle@gmail.com) or Carol (jecorrigan@msn.com) know if this is you.

In friendship,
Shelley Bain
FFGDM President

Club Activities



Sunday
October 29

4 – 7 pm

Des Moines Golf
& Country Club
1600 Jordan Creek Pkwy
West Des Moines, IA 50266

IT'S PARTY TIME

CELEBRATING 40 YEARS OF GOODWILL & FRIENDSHIP

CALLING ALL MEMBERS and COMMUNITY CITIZENS: Yes, we want everyone onboard because we have a lot to celebrate this year with the founding of our ORGANIZATION, our LOCAL CLUB, and forging thousands of friendships all over the world.

PLEASE mark your calendars and watch for your INVITATION in the mail, during September, for our BIG BASH at Des Moines Golf & Country Club. SUNDAY, October 29, from 4-7:00 pm, will be a time to greet current friends, an opportunity to make new friends, and experience a wonderful, uplifting evening.

Our SPECIAL GUEST, Jeremi Snook, President/CEO of Friendship Force International, will be unveiling the future of Friendship Force with his inspiring presentation. There will be FUN and SURPRISES for ALL; so DON'T miss this "once in a lifetime" event.

We still need help from several members; so please contact Nancy or Adrienne at nancylundstrom@mchsi.com or adriennemoen@gmail.com. Our next planning committee meeting is Sunday, September 10 at 2:45 pm at the Clive Public Library, 1900 NW 114th St in Clive. 114th St = 50th St in West Des Moines.

SUMMER PICNIC

Thanks to Nancy Lundstrom who organized a wonderful potluck picnic for the club on July 9, complete with sunny skies and a light breeze. It was held at Cottonwood Recreation Area in a very nice shelter near the river.



GLOBAL GREENS FARMERS MARKET

Members and friends met at the Global Greens Farmers Market on August 5 for an interesting tour of this project of Lutheran Services of Iowa to benefit the refugee community. It's a small market with heirloom tomatoes, new potatoes, purple carrots, and hard-to-find, high-demand crops, such as African dried corn, isogo, and lenga lenga. Our members enjoyed talking to the vendors (some in beautiful African dresses and head wraps), lively music, and convenient parking. The market runs through Saturday, October 28 at 3200 University Avenue in Des Moines from 9 am to 1 pm. Thanks to Ron Rowland for coordinating this effort.



SUNDAES ON SUNDAY

The club said goodbye to summer at 'Sundaes on Sunday' on August 27 at Crowne Point in Johnston. Just like when we were kids, we shared favorite toppings and summer vacation stories. Thanks to Karen for organizing this fun activity and everyone who brought delicious items to share.

YOUNKERS "COMMUNITY DAYS" BOOKLETS

by Cookie Major, Fundraising Coordinator

As members of Friendship Force of Greater Des Moines, we need to participate in activities and exchanges to keep our club strong and active so we can be successful now and in the future.

Our club is selling "Community Days" booklets. These booklets are filled with numerous special offer coupons that can be used in most BON*TON stores such as Younkers. The coupons are valid Wednesday, November 8 through Saturday November 11 and our club keeps 100% of the proceeds from the sale of the booklets. You purchase each book for \$5, then you keep one for yourself and gift or sell the rest to neighbors, friends, family, co-workers, church members, or other organizations you belong to.

You can contact me to purchase these booklets or pick them up at the September 20 LEO at The Tavern. Don't forget your cash or checkbook. What a great way for our club to make money!

I have a great deal for you! If you purchase 5 booklets (\$25) from me at the same time, I will give you an extra \$5 booklet free. That's 6 booklets for \$25.00! The club will make \$30.

We will also have assigned spots to sale booklets inside Younkers at Valley West Mall. Those dates will be determined later. I hope many of you can help sell the booklets to customers shopping at Younkers. My email is cookster50@gmail.com.

FFGDM is your club! It is up to all of us to help our club prosper.

In friendship,
Cookie

Journey Reports

REFLECTIONS OF MUNDO MAYA JOURNEY

APRIL 18 – MAY 4

by Lenne Orona

Tuxtla Guterrez, in the state of Chiapas, is an easy destination to get to. Definitely not the tourist mecca -- a young, noisy, cluttered, industrial city whose planners are just thinking about developing expansion guidelines for the city. If you drive in the city you will find streets of dirt, gravel, cobblestone, and pavement; when traveling in city buses can be challenging, many take vans. The closest hotel from the airport is about 30 minutes away...your best friend will be a handheld fan. Like any city, it has its parks, museums, and other entertainment venues but on a much smaller scale. There didn't seem to be a real "tourist" area so you were in the "real" part of town all the time.



Mariachi Band at Farewell Party



Headless saints at Iglesia San Sebastian, Comitan



Parque de La Marimba

The history of the indigenous cultures is one of the biggest draws. If you want to learn more about the Mexican people, their economy, their ancient history, Mayans, Aztecs and Olmecs, this most southern state of Mexico is where you want to travel.



Church at San Juan Chamula, a mayan village in Chiapas. The town was the staging ground of the Zapatista rebels in the 1990s.



Beautiful Comitan de Dominguez town center with its flat top trees and bougainvillea.

Oh, yes, and then there are the Tamales...a staple of Chiapas that come in as many varieties as you can imagine. Served for breakfast, lunch, and dinner in simple presentation to formal. Elote (corn) was my favorite. Fresh fruit such as mangos, bananas, and pineapples are readily available at every meal. I had a great cuisine experience - not always knowing what I was eating but enjoying it all. Eating fresh cut pineapple chunks from a roadside vendor while driving in the hot humid countryside was one of the best experiences. We drank bottled water but ate the fresh fruit without incident. Mexican food is generally not prepared hot to the taste – but the sauces they add can cause the heat.



The Grijalva River and Sumidero Canyon



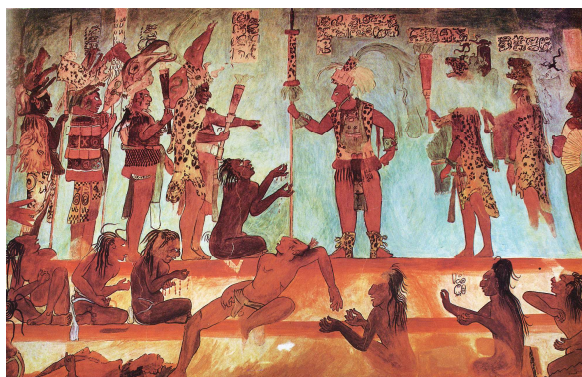
Artist in Chiapa de Corzo



Dance students at Santo Domingo de Guzmán in Chiapa de Corzo

For the most part, our hosts spoke very little English but Google Translate helped us communicate easily. Google Translate is a phone app that can be downloaded to a smart phone and used even when WiFi is not available. Our Host Coordinator, Ismael Aguilar Vázquez, opened his home to us for both the welcome and farewell party with the Home Hosts and other club members sharing traditional Mexican fare. The FF Mundo Maya members were warm, welcoming, and understood we were there to learn about our neighbors to the south. From the moment they picked us up at the airport until they sent us on our way we were treated very warmly.

After our home hosted journey, six of us took a great eco-tourism tour through the jungles to visit the ancient Mayan ruins. We challenged ourselves to make the best of extreme heat in accommodations without air conditioning to enjoy waterfalls, river excursions and ruins.



Temple of Murals at Bonampak



Palenque Ruins, UNESCO Heritage site

Shelley's memories ... My fondest memories of the journey to Tuxtla are the small things. Dancing at Marimba Park; going to a surprise 48th anniversary party complete with a Mariachi Band; telling CeCe she'd be arrested in Iowa for drinking, talking on the cell phone and driving all at the same time and her response "but we're not in Iowa, we're in Mexico!"; my host Lupita who used the emergency flashers instead of turn signals when turning a corner; the enthusiasm of our airport welcome; the excellent food – chicken at a roadside grill, tamales, crema, black beans, queso fresco and the sweetest pineapple imaginable; dance students improving their posture by

dancing with open bottles of beer on their heads; Deb, my roommate from Virginia; Mexican beer; playing cards in the evening at the eco-camps; Rum Popo; the beautiful traditional flowered dresses; Lupita's daughters and charming grandson; the indispensable hand fans we found in our welcome bag; surviving the heat without AC; fresh churros from a nearby bakery; bougainvillea in colors we can only dream of; and seeing a tapir on a river cruise.

The FF Mundo Maya members treated us like members of their family. We were lucky to have been matched with them.

LOUISVILLE JOURNEY TO DES MOINES JUNE 23 - 28, 2017

by Alice Rasmussen and Janette House
Host Co-Coordinators



On Friday, June 23, four ambassadors drove to Des Moines from Louisville with no problem. Four other ambassadors were to arrive at the airport at 9:00 am, but because of the storm that backed up flights in Chicago, they arrived here at 2:30 pm instead!

Saturday was a beautiful spring day so a great day to be outside. Des Moines' Farmers Market was on the program for the morning. Comments about lots of people and lots of dogs were heard. In the afternoon the program was the Des Moines Arts Festival. Besides seeing all the beautiful art downtown, there was also a great view of the Pappajohn Sculpture Park. If there was time, the Artfest Midwest at the State Fairgrounds was another place to visit. The evening found all the hosts, ambassadors and some small dinner hosts at the Rasmussen's for a picnic. Lots of visiting and eating went on outside and then we all went inside to sing along with Claudia Holcomb at the piano.

Sunday, a Wish Day, found all the hosts and ambassadors spending the day doing suggested activities or spending time together doing an interest of the ambassadors. We took the Kinbergers to a breakfast and church service in the park, walked the bridge at Grey's Lake and relaxed with wine at Jasper Winery. That evening all the hosts and ambassadors were invited to small dinners at a club member's home. The Rasmussens and Kinbergers were invited to the home of Adrienne Moen for snacks and drinks served on the patio and a beautiful meal served in her lovely home.

Monday, another gorgeous day, we had a choice of going to Marshalltown and Gladbrook, Pella, or Greenfield and Winterset. Many enjoyed the character of Pella and several found the Matchstick Museum in Gladbrook awesome. Our ambassadors chose the Aviation Museum in Greenfield and the wonderful sights around Greenfield and Winterset.

September - October 2017 Newsletter – Friendship Force of Greater Des Moines

Tuesday, June 27, we started our last day of activities at the World Food Prize Hall of Laureates with a very information filled tour. Our guide told us that an announcement had just been made telling the world the name of the 2017 World Food Prize winner was Akinwumi A. Adesniea from Nigeria. After lunch, we went to the Iowa State Capitol for another very informative tour. We had a little bit of time for an East Village walk and then off to our Farewell party at Sorriso Grill. Some of our club members and guests took part in a skit adapted from the Little Red Riding Hood story. We closed the evening singing "My Old Kentucky Home", "We're From Ioway" and "Let There Be Peace on Earth". Then came the hugs, good-byes, and promises to "see you again."

Wednesday our ambassadors departed. The four who came by car left in the morning. The Kinbergers and Rasmussens spent the day enjoying what Pella had to offer. We had bologna sandwiches, bought Dutch letters and candy, shopped, and took the tour to the top of the Vermeer Mill. Janette House, Carol Corrigan and two ambassadors visited Salisbury House, lunched at La Mie and shopped in Valley Junction. The last of the ambassadors left about 6:30 pm to fly back to Louisville.

As we had journeyed to Louisville last year, we already knew we would have a great group of ambassadors coming to Des Moines. We did have a good time and many laughs. Again, new friendships were made and we hope to see them again.



September - October 2017 Newsletter – Friendship Force of Greater Des Moines



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.

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

NEW ZEALAND FRIENDSHIP LASTS

by Shelley Bain

My first Friendship Force exchange, and first time out of the country, was to the Friendship Force of the Kapiti Coast in New Zealand in 1987. The Exchange Director was Lucy Gutankauf. On that exchange I met long-time member Elaine Bredesky who was as welcoming then as she is today. The first exciting thing to happen is that we deplaned in Tahiti after flying over many uninhabited islands that were little more than white sand beaches.

My host was Connie Summersell who lived in Paraparaumu Beach (known locally as “Pram Beach”) and we corresponded until her death many years later. Connie was the widow of the police chief and her childhood dream was to travel the world. Ironically, she never acquired a passport and never left New Zealand, not even to visit family in Australia. Her home, built around a lovely walled garden, sat on a hill overlooking the Tasman Sea where we walked the beach every morning of my stay.

It was commonly said at the time that New Zealand then was like Great Britain 20 years earlier. Connie and her friends reminded me so much of my grandmother and her sisters that I felt at home immediately. We enjoyed her incredible garden, took tea and cakes with her friends, and shared our life stories. She slapped my hand when I grabbed the dashboard while she drove. Of course, I thought she was turning in front of oncoming traffic because it was my first experience with left-side driving.

A favorite memory was when I returned from a cold and dreary day of getting lost in Wellington, getting lost is something I am prone to do, and Connie picked me up at the train station. She was excited to get home because she had prepared a lovely Pavlova and “American” pizza, with corn, because I was from Iowa. Both were delicious! She also took me to the grocery store where she pointed out the flavored popcorn and commented that it was strange that in America “you eat at the cinema”. She also introduced me to Anzac Biscuits; a crunchy cookie with an important story.

Visiting New Zealand and staying with Connie was the perfect first exchange. It gave me the travel bug that continues to this day. Thank you to Connie, New Zealand and Friendship Force for this wonderful experience.

Perhaps travel cannot prevent bigotry, but by demonstrating that all people cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends.

--- Maya Angelou

FF Perth and FF Auckland 2018

WE'RE GOING TO AUSTRALIA AND NEW ZEALAND!



October 2018 sounds like a long way off but It's time to start planning the outbound journey to FF Perth (in West Australia) and Auckland North Shore (on the north island of New Zealand). We're holding an informational meeting **for all interested members and potential members** on Thursday, September 14, 7:00 pm at the Urbandale Public Library Room B.

Bring your questions as well as your ideas. We need to get a feel for what you want to include such as a few days of independent travel, a short city state, or an escorted tour. RSVPs or questions can be directed to Shelley at shelleybain@centurylink.net or 515-279-8908.

Member News



WELCOME TO OUR NEW MEMBERS

New members will have a green badge until they order and receive their permanent FFI badge. Guest will have a yellow badge. Please make them feel welcome.

Rosemary Fritzjunker
1124 49th St. Unit #1
West Des Moines, IA 50266
515-267-1220
rofriz39@gmail.com

Linda Krypel
3716 River Oaks Drive
Des Moines, Iowa 50312
515-279-0329
Linda.Krypel@Drake.edu

Jaey and Brenda Sedlacek
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Gary and Mary Giesler
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515-276-0741
pppteacher@msn.com

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John and Patrice Sayre
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patrice.sayre@iowaregents.edu

Winnie Williams
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Urbandale, IA 50322
515-278-8106
winiwilliams@aol.com



In Memory

Former members
Martha Morgan
and
Peggy Phares
and
Bette Walter Jones
passed away recently.

Our sympathies to
their families and
friends.

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 - <i>Nominations Committee</i>	2019	jecorrigan@msn.com
Jane Escobar	2019	janeescobar@yahoo.com
Janette House - <i>Secretary</i>	2018	j.house@mediacombb.net
Beverly Lytle – <i>Nominations Committee</i>	2017	bdlytle@gmail.com
Cookie Major – <i>Community Service, Fundraising Coordinator</i>	2017	cookster50@gmail.com
Alice Rasmussen – <i>Membership Committee</i>	2017	off4ever@aol.com
Adrienne Moen – <i>Past President & Regional Representative</i>		adriennemoen@gmail.com
Adrienne Moen - <i>40th Anniversary Celebration Co-Chair</i>		adriennemoen@gmail.com
Nancy Lundstrom - <i>40th Anniversary Celebration Co-Chair</i>		nancylundstrom@mchsi.com
Karen Kilpatrick – <i>Activities Chair</i>		karenkilpatrick@gmail.com
Cookie Major – <i>IPR Media Project</i>		cookster50@gmail.com
Shelley Bain – <i>Austin Journey co-Coordinator (outbound)</i>		shelleybain@centurylink.net
Jane Escobar – <i>Austin Journey co-Coordinator (outbound)</i>		janeescobar@yahoo.com
Alice Rasmussen – <i>Central Virginia Journey Coordinator (outbound)</i>		off4ever@aol.com
(open) - <i>Central Virginia Journey Coordinator (inbound)</i>		
Shelley Bain – <i>Perth and Auckland Journey Coordinator</i>		shelleybain@centurylink.net

Friendship Force Regional Conference

Friendship Force 2018 Super Conference

GREAT LAKES * MIDWEST * SOUTHWEST

APRIL 20-22, 2018



Radisson Hotel Cincinnati Riverfront
668 W. 5th Street
Covington, KY 41011

Please join the Friendship Force of Greater Cincinnati for a multi-region FF Super Conference.

Arrive at 2:00 pm on Friday for the “Executive Board” meeting and depart on Sunday at 11:00 am after the “Farewell Breakfast.” The clubs of Kentucky, Ohio and Michigan are planning many special activities. Louisville and Dayton will have home hosting before and Cincinnati is planning home hosting after. Cincinnati was once called the “Queen City of the West.” Come and see all the special attractions in both Cincinnati, Ohio and Covington, Kentucky.



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 \$12	\$
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.