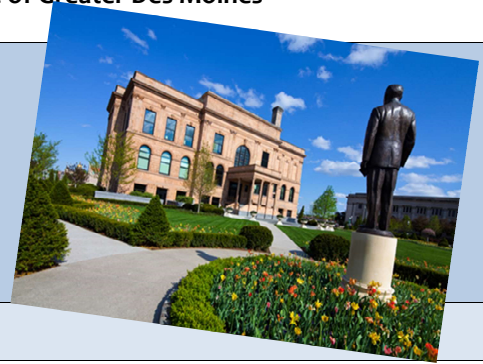




friendship force  
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### 2018 FFGDM Activities (dates and activities subject to change)

Jan 6	Board Planning Meeting
Jan 13	Brunch at Chef's Kitchen, 9:30 am
Feb TBD	Learn and Lunch at Iowa Culinary Institute
Mar TBD	Community Service: Meals from the Heartland followed by lunch at The Hall
Apr 15	Springfest Potluck with a speaker
Apr 20-22	FF Multi-Region Conference hosted by Friendship Force of Greater Cincinnati.
May 4 - 12	Host Open World Delegation from Kosovo
May TBD	Cinco De Mayo Taco Bar at District 36
June 13-18	Outbound Journey to FF Central Virginia
June 24	Club Picnic
July 22	Sundaes on Sunday Ice Cream Social
Aug TBD	Inbound Journey from FF Central Virginia
Sep 1	Community Service: Meals from the Heartland
Sep 16	Social with international hors d'oeuvres and snacks and games.
Sep 25 - 29	Inbound Journey from FF Tauranga (NZ)
Oct 15 – Oct 30	Outbound Journey to FF Perth (Aust) and FF Auckland North Shore (NZ)
Oct TBD	World Food Prize – World Hunger Summit
Nov 13	Annual Meeting and Election of Board Members
Dec 4	Happy Feet Holiday Luncheon

## A Friendly Reminder

If you haven't paid your 2018 dues, please do so using the form on the last page. Contact Alice Rasmussen with your questions.

Let's Eat Out!



1903 Beaver Ave, Des Moines

Saturday, January 13  
9:30 am

Start your chilly winter morning with breakfast at Chef's Kitchen. Come and enjoy good food, good conversation, and an update on Club activities for 2018.

**Reservations required.** If attending, please respond by Thursday, January 5, to Marla at 238-6372 or [marlakcarr@yahoo.com](mailto:marlakcarr@yahoo.com)

The menu can be found at [chefskitchendm.com](http://chefskitchendm.com)

## President's Message



Dear Friendship Force Members,

The latest Club news is that we will host an **Open World Delegation from Kosovo** in May. Several members stepped forward immediately to help plan the program or home host so we'll start the planning in early January. If you would like to help plan the social activities, please let me know. See the article on page 3 for more information about Open World.

The Board of Directors is preparing for their annual **Planning Meeting** to be held January 6 at the Urbandale Library, Room A, from 9:30 am to noon. This meeting is where the Board members set goals for the year, and develop actions to meet those goals. It is an important meeting and all members are invited to attend and offer input. If you let me know you're coming, I will send you the same preparatory information the Board receives so you come prepared.

The **Activities Committee** is planning a block buster year of activities for 2018. Long-time chair Karen Kilpatrick is pleased she has a co-chair in Jane Escobar. The Activities Committee consists of several members who each are responsible to lead at least one activity during the year. The lead for the activity is asked to find a second person to co-lead and several helpers. If asked to co-lead or help with an activity, please say yes; it is an excellent way to give back to the organization.

We also need your help on two inbound journeys – **FF Central Virginia** in August and **FF Tauranga** (New Zealand) in September. Both **Planning Committees** need a Host Coordinator and members to plan activities and find home hosts for our visitors. Let any of the Board members know if you are available.

**Where in the World Is...** Many of our members travel with other Friendship Force clubs and these articles are a way to share their experiences with the rest of us. All it takes is sending me a description of the journey and a few pictures, then Voila! the article is written.

We've had outstanding attendance at activities in 2017, so we know you appreciate the organization and what it represents. 2018 will be a good year for many of you who have been watching from the sidelines to join the team. If you haven't already, step onto the field and participate – join a committee, take on a one-person task, travel with our club or another Friendship Force Club. I know first-hand that getting involved is easy and will make your Friendship Force experience richer and more meaningful. **Join the Team!**

In friendship,  
Shelley Bain  
FFGDM President

*The impulse to travel is one of the hopeful symptoms of life. – Agnes Repplier*

## 2018 Journeys

### **CENTRAL VIRGINIA JUNE 13-18 OUTBOUND**

In June, members of our club will visit FF Central Virginia for a 5-night journey. This journey is full; to be placed on the wait list, contact Alice, Ambassador Coordinator, at [off4ever.aol.com](mailto:off4ever.aol.com).



### **AUSTRALIA AND NEW ZEALAND OCTOBER 15 – 30 OUTBOUND**

In October, our club will visit FF Perth and FF Auckland North Shore. Options include a pre-journey city stay in Sydney and a post-journey tour of New Zealand's South Island. This journey is full; to be placed on the wait list, contact Shelley, Ambassador Coordinator, at [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net).



### **CENTRAL VIRGINIA AUGUST INBOUND**

FF Central Virginia will visit our club in August, during the Iowa State Fair and Restaurant Week, for a 5-night stay.

We need a Host Coordinator to chair the planning committee. If you would like to be the Host Coordinator or on the planning committee, please let one of the Board members know.

### **AUSTRALIA SEPTEMBER 25 - 29 INBOUND**

FF Tauranga, New Zealand, kicks off a long outbound journey to the US when they visit our club September 25 – 29 for a 4-night stay. After Des Moines, they travel to Cedar Rapids, Wichita, and Las Vegas. Tauranga is on the Bay of Plenty and SE of Auckland.

We need a Host Coordinator to chair the planning committee. If you would like to be the Host Coordinator or on the planning committee, please let one of the Board members know.

## Open World

### **OPEN WORLD DELEGATION FROM KOSOVO MAY 4 – 12, 2018**

Friendship Force of Greater Des Moines is excited to welcome a delegation from the Republic of Kosovo in May. The delegation includes 5 delegates, 1 facilitator and 1 interpreter. The club will develop a 32-hour professional program that includes local and state experts. We feel this is a good match for our club because of the close relationship Iowa has with Kosovo including a Sister-State designation and a Kosovo Consulate in Des Moines.

The program theme is *Preventing and Combatting Corruption of Public Funds Rationale*: In an attempt to increase its capacities to combat corruption in public procurement, Kosovo's National Audit Office (NAO) is planning to set up an anticorruption unit to help it improve its ability to detect corruption within the Government of Kosovo. This

program is aimed at strengthening anti-corruption efforts in Kosovo by looking at specific ways Kosovo can detect and reduce fraud, waste, and abuse.

## REPUBLIC OF KOSOVO

Capital and largest city	Pristina
Official languages	Albanian, Serbian
Recognised regional languages	Bosnian, Turkish, Gorani, Romani
Demonym	Kosovar, Kosovan
Government	Unitary Parliamentary Republic
<ul style="list-style-type: none"> <li>President</li> <li>Prime Minister</li> </ul>	Hashim Thaçi Ramush Haradinaj
Legislature	Assembly of Kosovo
Area	4,212 sq mi
Population	
<ul style="list-style-type: none"> <li>2016 estimate</li> <li>Density</li> </ul>	1,907,592 411.8/sq mi
Religion (approximate):	Kosovo is a secular state with no official state religion. The Constitution provides for freedom of religion and conscience.
<ul style="list-style-type: none"> <li>91% Muslims</li> <li>4% Catholic</li> <li>5% Orthodox</li> </ul>	



**The Open World Leadership Center** administers the Open World program, one of the most effective U.S. exchange programs for countries of the post-Soviet era. The program has enabled more than 25,000 current and future leaders from Azerbaijan, Georgia, Kazakhstan, Kyrgyzstan, Moldova, Russia, Ukraine, Tajikistan, and Turkmenistan to meaningfully engage and interact with Members of Congress, Congressional staff, and thousands of other Americans, many of whom are the delegates' direct professional counterparts.

The Open World program focuses both on assisting the Congress in its oversight responsibilities and on conducting exchanges that establish lasting professional relationships between the up-and-coming leaders of Open World countries and Americans dedicated to showcasing U.S. values and democratic institutions. The Center's bipartisan nature and independence from the priorities of any presidential administration is an important asset for the program.



## Club Activities



### HAPPY FEET HOLIDAY LUNCH

On December 1, 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 that 311 pairs of socks and several pairs of gloves were donated.



Karen and Chuck  
← Linda, Pat, and Wini  
Carmie and Ginny →



### ANNUAL MEETING NOVEMBER 13

Despite hosting the 40th Anniversary two weeks earlier, thirty-seven members and one guest attended a casual and crowded Annual Dinner Meeting on November 13 at Paglia's Pizza. The club said thank you to outgoing Board members Beverly Lytle and Alice Rasmussen and welcomed new Board Members Pat Headley and Ginny Renda. Cookie Major was elected to a second term.

The club also heard from Treasurer Jerry Carr, Committee Chairs/Task Coordinators Cookie Major (Community Service and Fundraising), Alice Rasmussen (Membership), Karen Kilpatrick (Activities), Shelley Bain (OB Mexico Journey), Alice Rasmussen (IB Louisville Journey), Jane Escobar (OB Austin Journey), Janette House (Merchandise), and Adrienne Moen and Nancy Lundstrom (40th Anniversary Celebration). The Board presented Shelley Bain with a plaque for Volunteer of the Year.

There were also announcements of 2018 activities, inbound and outbound journeys, and plenty of information on how members can get involved. Thank you to everyone who came, we'll look for a larger venue for next year. ☺

## Regional Conference

### FRIENDSHIP FORCE 2018 SUPER CONFERENCE

GREAT LAKES \* MIDWEST \* SOUTHWEST

You're  
invited

APRIL 20-22, 2018

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

More  
information  
coming  
soon!

This year, instead of a world conference, FFI clubs will hold “super-regional conferences.” The Greater Cincinnati Club will host the event for all 31 clubs from the Midwest, Great Lakes, and Southwest regions.

This is a great opportunity to meet other Friendship Force members and share success stories. Participants will hear inspiring keynote speakers, choose among several workshops, and socialize throughout the weekend.

Arrive at 2:00 pm on Friday for the “Executive Board” meeting and depart on Sunday at 11:00 am after the “Farewell Breakfast.” FF Dayton (OH) and FF Louisville (KY) are providing home stays prior to the Conference. FF of Greater Cincinnati is planning post-conference homestays. You are invited to attend and see all the special attractions in both Cincinnati, Ohio, and Covington, Kentucky.

More information will be available in January.

Let Janette know if you are interested or need more information at [j.house@mediacombb.net](mailto:j.house@mediacombb.net) or (515) 537-1252.

## Member News



*In Memory  
Steve Voít  
Member and husband of  
Lavonne Neerland*



### WELCOME TO OUR NEWEST MEMBERS

**Yoko Tanaka**  
400 46th Place  
West Des Moines  
50265  
515-225-6762  
[iasunrise@gmail.com](mailto:iasunrise@gmail.com)

**Bill and Faith Sherman**  
3928 Twana Dr  
Des Moines 50310  
515-278-2242  
[wsherman41@gmail.com](mailto:wsherman41@gmail.com)

**Dave and Melanie Perry**  
606 SE 11th St  
Ankeny 50021  
515-419-8505  
515-783-1090  
[lotus.55@live.com](mailto:lotus.55@live.com)  
[melperky@live.com](mailto:melperky@live.com)

**2018 Member Rosters** will be emailed in mid-January to all members.  
Those who pay for a printed newsletter will receive the roster in the mail.

## 2018 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
Jerry Carr - <i>Treasurer</i>	2018	Jerry.Carr55@yahoo.com
Marla Carr	2019	marlakcarr@yahoo.com
Carol Corrigan – <i>Scholarship Committee Chair</i>	2019	jecorrigan@msn.com
Jane Escobar – <i>Activities Committee co-Chair</i>	2019	janeescobar@yahoo.com
Pat Headley	2020	guthriep41@yahoo.com
Janette House - <i>Secretary</i>	2018	j.house@mediacombb.net
Cookie Major – <i>Community Service Coordinator</i>	2020	cookster50@gmail.com
Ginny Renda	2020	grpbeats@aol.com
Karen Kilpatrick – <i>Activities Committee co-Chair</i>		karenkilpatrick@gmail.com
Alice Rasmussen – <i>Membership Committee Chair</i>		off4ever@aol.com
Alice Rasmussen – <i>Central Virginia Ambassador Coordinator (outbound)</i>		off4ever@aol.com
Open – <i>FF Central Virginia Host Coordinator (inbound)</i>		
Open - <i>FF Tauranga (NZ) Host Coordinator (inbound)</i>		
Shelley Bain – <i>Perth and Auckland Ambassador Coordinator (outbound)</i>		shelleybain@centurylink.net
Adrienne Moen – <i>Past Regional Representative</i>		adriennemoen@gmail.com

## Human Family

### HUMAN FAMILY BY MAYA ANGELOU

I note the obvious differences  
in the human family.

Some of us are serious,  
some thrive on comedy.

Some declare their lives are lived  
as true profundity,  
and others claim they really live  
the real reality.

The variety of our skin tones  
can confuse, bemuse, delight,  
brown and pink and beige and purple,  
tan and blue and white.

I've sailed upon the seven seas  
and stopped in every land,  
I've seen the wonders of the world  
not yet one common man.

I know ten thousand women  
called Jane and Mary Jane,  
but I've not seen any two  
who really were the same.

Mirror twins are different  
although their features jibe,  
and lovers think quite different  
thoughts  
while lying side by side.

We love and lose in China,  
we weep on England's moors,  
and laugh and moan in Guinea,  
and thrive on Spanish shores.

We seek success in Finland,  
are born and die in Maine.  
In minor ways we differ,  
in major we're the same.

I note the obvious differences  
between each sort and type,  
but we are more alike, my friends,  
than we are unlike.

We are more alike, my friends,  
than we are unlike.

We are more alike, my friends,  
than we are unlike.



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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 \$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.