



friendship force
GREATER DES MOINES



2018 FFGDM Activities (dates and activities subject to change)

Mar 14	Community Service: Meals from the Heartland, 9:30-11:30 am. <i>page 4</i>
Apr 15	Springfest Potluck with Mick McAuliffe on "Animals of Australia". <i>page 1</i>
Apr 20-22	Multi-Region Conference hosted by Friendship Force of Greater Cincinnati.
May 4 - 12	Host Open World Delegation from Kosovo.
May 3	Cinco De Mayo Taco Bar at District 36. <i>Details will be emailed.</i>
May 10	Kosovo Delegation Farewell Dinner, <i>page 3</i>
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, <i>page 3</i>
Sep 1	Community Service: Meals from the Heartland
Sep 16	Club Social
Sep 25 - 29	Inbound Journey from FF Tauranga (NZ), <i>page 3</i>
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
Dec 4	Happy Feet Holiday Luncheon

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www.facebook.com/FriendshipForceGreaterDesMoines



Mick McAuliffe "Animals of Australia"

Mick is Animal Services Manager at the Animal Rescue League of Iowa and formerly with the RSCPA in Queensland, Australia.

Grace Saelee
Grace, a student from Thailand, will briefly speak about her country.

Sunday, April 15
1:00 – 3:00 pm

Luther Memorial Church
1201 Grandview Ave, Des Moines

Please bring a potluck dish to share.
The potluck will precede the speakers.

If attending, RSVP by Thursday, April 12 to Janette at j.house@mediacombb.net or (515) 537-1252

President's Message



Dear Friendship Force Members,

The Board has been busy this year, cleaning up administrative issues and setting goals. They established Dinner Host Guidelines and Mentor Guidelines.

Dinner Host Guidelines... The new guidelines will be offered to all journey Dinner Hosts. The Board hopes the guidelines will answer the questions new dinner hosts usually have.

Mentor Guidelines... The Board would like to raise the comfort level new members have with the club so they are starting a Mentor Team. You can read the details on page 7, I hope you will sign up.

Where in the World Is... Thank you to Ann and Ron Rowland who share their trip to Nicaragua with us on page 6. You can share your travels, too. All it takes is sending me a description of the journey and a few pictures.

Volunteer Opportunities... When you read about upcoming activities and journeys, or attend an activity, think about volunteering to help the next time. I'm sure there is a small task with your name on it. Get off the sidelines and join the team.

Journey Matches for 2019... We received our international inbound and outbound Journeys for 2019 and we hope members will be excited. The inbound is from Romania, a country we've never had a journey to or from. They will also visit FF Connecticut.

Outbound to Ottawa, Canada Inbound from Brasov and Bucharest, Romania.

The next step is for the perspective clubs to accept the matches so there is still a chance a match might fall through. With an international, there is also the risk that they may not receive Visas.

We'll need a Host Coordinator and an Ambassador Coordinator, and then work out the details with the corresponding clubs.

Springfest... At one time, FFGDM has 4 fests a year – Spring, Fall, Summer, and Winter. Since I've been a member the only fest to survive under that name is Springfest. It is always a great time to see fellow members, especially those who have wintered in warmer climes. It is also a good time to hear an interesting speaker and the details of all our upcoming activities! Hope you can come.

In friendship,
Shelley Bain
FFGDM President

Journey News

CENTRAL VIRGINIA AUGUST INBOUND

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

Pat Headley is Host Coordinator. You can help Pat by joining the planning committee which will organize activities and find home hosts.

Please contact Pat at guthriep41@yahoo.com if you can help.

TAURANGA, NEW ZEALAND SEPTEMBER 25 - 29 INBOUND



FF Tauranga members land in Des Moines September 25 for a 4-night stay.

We need several people to help with the planning. If you can help, contact Shelley at shelleybain@centurylink.net.



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 with the topic is Fraud Prevention. Dave Perry, Roger Nowadzky, John Tone, and Carol Grimm are organizing the Professional Program. Shelley Bain, Marla Carr, Kathie Swift, and Mike Davis are planning the Social-Cultural Program.

Members will have an opportunity to home host the delegation and meet the delegates at the **Farewell Party on Thursday, May 10**, at Bravo restaurant. You won't want to miss this so **SAVE THE DATE** now. Seating is limited.

Reservation for the Kosovo Farewell Dinner

Thursday, May 10, 6 pm

Bravo Italian Cuisine * 120 South Jordan Creek Pkwy * West Des Moines
\$28.00 per person, includes tax and gratuity

Name(s) _____ Enclosed _____

Email _____ Phone _____

Make check payable to FFGDM, and mail with this form to Marla Carr, 2121 Timberline Lane, Altoona, IA 50009.

Club Activities



Meals from the Heartland's "Meal Madness" is fast approaching. This is a special Spring Break packaging event and Friendship Force members, family, and friends will participate as a team to help alleviate hunger. What a great way to promote our organization within the community.

We are scheduled for **Wednesday, March 14, from 9:30 – 11:30 am** at the MFTH packaging center at 357 Lincoln Street in West Des Moines. Lincoln Street is just south of Railroad Avenue.

Please contact me directly if you can participate - I will register everyone so we can all work together as a team. Cookie Major at cookster50@gmail.com or [515-306-8215](tel:515-306-8215) by Thursday, March 1.

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

JANUARY BRUNCH AT CHEF'S KITCHEN

Hungry members gathered at Chef's Kitchen in Beavertdale on a very cold, but sunny, Saturday.

January Brunch has become a tradition for our club and everyone had a good time catching up after the holidays.



Dave and Melanie



Yuhua, Jerry, Marla, and Jane



Lenne, Sharon, and Jerry



Ronda, Francis, Kathie, Gail, and Jean

LECTURE AND LUNCH AT IOWA CULINARY INSTITUTE FEBRUARY 14 – VALENTINE'S DAY



Steve Rude, International Student Advisor spoke about his job and the international students at DMACC. It was evident he loves working with these students who find their way to Iowa from many countries around the world.

What a great way for our members to spend Valentine's Day – Learning at DMACC and Lunch at the Bistro at the Iowa Culinary Institute.

We dined on delicious entrees – Spanish Chicken, Pork Osso Buco, Barramundi En Papillote, Veal Piccata, Asian Lamb Rack, and Scallops and Pasta – and interacted with the culinary students.



Karen Chuck, Steve, and Nancy



Marla and Gail



Jane



Mike, Elaine, Mike, and Mary



Gail, Gene, and Pam

Thank you to Nancy Lundstrom for organizing this adventure and giving all the participants a long stem red carnation. What a sweetheart!



Like all great travellers, I have seen more than I remember, and remember more than I have seen. -- Benjamin Disraeli

Member News



WELCOME TO OUR NEWEST MEMBERS

Fred and Jen Van Liew
4104 Amick Ave
Des Moines, IA 50310
515-444-9384
fvanliew@gmail.com



WHERE IN THE WORLD ARE ANN AND RON ROWLAND?

Ron and Ann Rowland recently spent 7 days in western Nicaragua on a Road Scholar trip; they also traveled three days on their own. They found Nicaragua to be a lovely and peaceful country, considered one of the safest in Central America, and the people were warm and gracious.

They visited the cities of Managua, Leon, Matagalpa, Jinotega, and Granada. Leon and Granada are especially old colonial cities with an abundance of historic architecture. In addition, the Rowlands visited the Pacific Coast, two volcanos, a rum factory, a coffee plantation and two markets--one (Masaya) selling craft items primarily to tourists and the second (Granada) selling primary daily use items to the local Nicaraguan population.



WILL YOU BE A MENTOR TO NEW MEMBERS?

Our club has many members who attend Friendship Force activities as they can, in between travel, works, kids, grandkids, and community obligations. That means many newish members may feel they don't know much about FF, continue to consider themselves 'new', and are hesitant to become more active.

The Membership Committee does a great job meeting with new members, answering questions, and giving them the New Member Handbook. But people have questions after they start attending activities; we want to help them become more familiar and comfortable with the club. The purpose is to build individual relationships while developing leadership qualities in our members.

A new member will be assigned a Mentor who is selected from a list of members who volunteered to serve in this capacity. A Mentor should:

- Call his/her Mentee to introduce yourself
- Call Mentee before any FFGDM event to see if Mentee is attending
- Check to see if Mentee needs a ride
- Arrive at the event before the Mentee so they can be welcomed
- Introduce Mentee to members
- Sit with Mentee at the event
- Encourage Mentee to ask questions
- Discuss what the Mentee expectations are with a membership in FFGDM
- Communicate with the Mentee at least once a month for 6 months or until the mentee is comfortable with the organization.

Please let Alice know if you can be a Mentor.

2018 FFDGM Board and Committee Chairs

<u>Name and position</u>	<u>Term ends</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	guthrie41@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	grpbears@aol.com
Karen Kilpatrick – <i>Activities Committee co-Chair</i>		karenkilpatrick@gmail.com
Alice Rasmussen – <i>Membership Committee Chair</i>		off4ever@aol.com
Adrienne Moen – <i>Nominations Committee Chair</i>		adriennemoen@gmail.com
Dave Perry – <i>Open World Kosovo Chair</i>		lotus.55@live.com
Alice Rasmussen – <i>Central Virginia Ambassador Coordinator (outbound)</i>		off4ever@aol.com
Pat Headley – <i>FF Central Virginia Host Coordinator (inbound)</i>		guthrie41@yahoo.com
Shelley Bain - <i>FF Tauranga (NZ) Host Coordinator (inbound)</i>		shelleybain@centurylink.net
Shelley Bain – <i>Perth and Auckland Ambassador Coordinator (outbound)</i>		shelleybain@centurylink.net

International Community Activities



MARCH MOLE MADNESS

Monday, March 26

El Fogon Mexican Grill, 1250 8th Street, West Des Moines

Join **CultureALL** and hosts Blanca Plascencia and Said Pineda (owners of El Fogon) for an evening that includes:

- Live Music with Las Guitarras
- Culinary Demonstration by Executive Chef Said Pineda
- Cultural Conversation with CultureALL Ambassador Ana Rodriguez
- Full Mexican Dinner with your choice of specially selected entrees

Tickets are \$50 per person and must be purchased in advance from here:

<https://cultureall.networkforgood.com/events/5367-march-mole-madness>

CultureAll website for more information: <https://cultureall.org/march-mole-madness/>



EUROPEAN CLASSICS PRESENTED BY LE JARDIN

Thursday, March 22, 2018

Le Jardin, 2815 Beaver Avenue, Ste 101, Des Moines

Enjoy European Classics at Le Jardin on Thursday, March 22. Choose from several specialty dishes prepared by chef Tag Grandgeorge. Chef Tag will talk about his culinary experiences and how they influenced the food.

The cost is \$35 per person, includes a three-course meal. Beverages will be available for purchase. Tax and a 20 percent service gratuity will be applied to the final bill. Call Le Jardin at 515-255-5787 to reserve a table at one of the seating times: 5:30 pm, 5:45 pm and 6:00 pm. Limited seating available.

A portion of the proceeds will benefit the **Des Moines European Heritage Association**.



U.S - JAPAN RELATIONS IN AN UNCERTAIN WORLD

Lecture by Fumiaki Kubo

Thursday, March 1, 7:00- 8:00 pm

Drake University * Meredith Hall Room 106 * 2805 University Avenue, Des Moines

Fumiaki Kubo, A. Barton Hepburn professor of American government and history at the University of Tokyo, will address the current relationship between the U.S. and Japan from a political, national security and economic perspective. Kubo, a former scholar at the Woodrow Wilson Center, will be in Des Moines as part of a national speaking tour.

The event is free and open to the public.