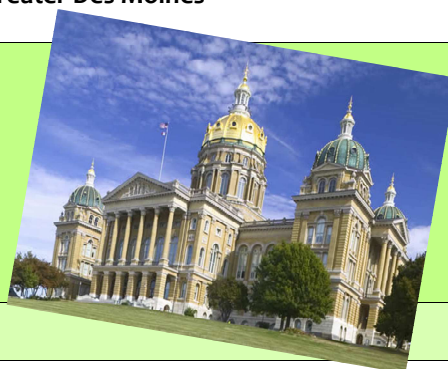




friendship force
GREATER DES MOINES



2018 FFGDM Activities (dates and activities subject to change)

July 13	Bastille Day Celebration, <i>page 8</i>
July 22	Sundaes on Sunday Ice Cream Social
July 22	FF Perth & FF Auckland outbound journey informal meeting for ambassadors follows Sundaes on Sunday, <i>page 5</i> .
Aug 15 -- 20	Journey from FF Central Virginia, <i>page 3</i>
Sep 1	Community Service: Meals from the Heartland, <i>page 8</i>
Sep 25 - 29	Journey from FF Tauranga (NZ), <i>page 3</i>
Sep 26	FF Tauranga Welcome Potluck
Sep 29	FF Tauranga Farewell Pizza Party
Oct 15 – Oct 30	Journey to FF Perth (Aust) and FF Auckland North Shore (NZ), <i>page 5</i>
Nov 13	Annual Meeting
Nov 29	Christkindlmarket Tree Decorating
Nov 30 – Dec 2	Christkindlmarket Des Moines at Cowles Commons, <i>page 8</i>
Dec 4	Happy Feet Holiday Luncheon
2019	
Feb 21 – Mar 8	FFI Cruise departing Buenos Aires, Argentina and cruising to Santiago, Chile.
May 14 - 22	Journey to FF Ottawa, <i>page 3</i>
Jul TBD	Potential inbound international journey
Jul 23 - 27	FFI International Conference, Boulder, CO

FFGDM TRAVEL SCHOLARSHIP

Good news! The Board has reinstated the FFGDM Travel Scholarship Program. You'll find more information on the club website [here](#).

Join us for a summer tradition...



SUNDAES ON SUNDAY

Sunday, July 22
3:00 – 5:00 pm

Crown Point Community Center
6300 Pioneer Pkwy, Johnston

Join your Friendship Force friends for a cool summer activity – Sundaes on Sunday. The Activities Committee will provide the ice cream, you bring your favorite topping to share such as caramel sauce, coconut, sautéed apple slices, pecans, bananas, etc.

Bring a friend or two!

If attending, RSVP by **July 19 to Alice at 289-1222 or off4ever@aol.com**.

President's Message



Dear Friendship Force Members,

We did it! Our club successfully completed an Open World of Kosovo delegates in May and, believe it or not, it ran smoothly with just a couple of minor hiccups. All I can say is that we are getting good at organizing meaningful and interesting itineraries. In addition, their social-cultural program included a lovely and delicious Welcome Party at Wallace House in Sherman Hill, a visit to Griffieon Farm in Ankeny, and a heartfelt Farewell Party at Bravo in West Des Moines.

Where in the World Is... Thank you to Kathie Swift who shares her trip through the Panama Canal to Roger Nowadzky who shared about his trip to Kosovo. You will find their stories on pages 9 and 10. If you have a travel trip to share, send me a description and a few pictures.

Traveling with FFI and other clubs... Many of you have travelled with our club over the years, but as journey matches become more difficult for several reasons, we encourage you to consider traveling on journeys arranged through FFI or with other clubs. As examples, two of our members participated in the Sand Hill Crane Migration journey in Nebraska earlier this year, at least four of our members are traveling with FF Central Iowa to Peru in November, and two of our members plan to go on the Discover Iceland trip in November.

I encourage you to read the emails from FFI or our club that invite you to join a journey. You can also see all open journeys on the FFI website. Go to <https://www.friendshipforce.org/> and then click on *Journeys* near the top of the page.

Member News... We'd like to include information about you in the Member News section. If you have something interesting in your life, especially as it relates to international or community activities, please let us know. And don't be shy.

In friendship,
Shelley Bain
FFGDM President

"Travel isn't always pretty. It isn't always comfortable. Sometimes it hurts, it even breaks your heart. But that's okay. The journey changes you; it should change you. It leaves marks on your memory, on your consciousness, on your heart, and on your body. You take something with you. Hopefully, you leave something good behind." – Anthony Bourdain

Journey News

CENTRAL VIRGINIA

(INBOUND)

AUGUST 15 – 20

FF Central Virginia members will visit Des Moines for a 5-night stay that includes the Iowa State Fair.

SAVE THE DATE – Look for your email invitation in early August for the Farewell Party on August 19.

TAURANGA, NEW ZEALAND

(INBOUND)

SEPTEMBER 25 - 29

All FFGDM members are invited to the Welcome Potluck on Wednesday, September 26, and the Farewell Lunch on Saturday, September 29. Check out the next newsletter for details.

OTTAWA, ONTARIO, CANADA

(OUTBOUND)

MAY 14 – 22, 2019



We're traveling to Canada next May, during the Canadian Tulip Festival (Festival Canadien des Tulipes).

The tradition dates back to the period of World War II, when the Queen Juliana of Holland, went to the city to give birth and the room was declared a land of Holland, to ensure that the heir to the throne was born in the Netherlands.

As a thank you for their hospitality, but also for the help given by Canadian soldiers for the liberation of Holland by the Nazis, the Queen sent 100,000 tulips. Even today, in May, the Netherlands sends 20,000 tulips every year to pay homage to the city.

You'll have the opportunity to sign up for this journey later this summer, but in the meantime, we need an **Ambassador Coordinator**. If you are interested, please let Shelley know.

CENTRAL VIRGINIA

JUNE 13-18

AMBASSADOR COORDINATOR JOURNAL

Wednesday--14 FFGDM ambassadors arrived in the Charlottesville, Virginia, area at different times today. Two arrived by Amtrack, five arrived in two cars and seven flew into the Charlottesville airport. After arrival, ambassador time was spent getting acquainted with their host families.

Thursday--In the morning we took a leisurely drive through the Shenandoah National Park on Skyline Drive. It was a beautiful day to go along with the beautiful views. Most of us saw a small black bear--very exciting – and some saw her two cubs. Then onto Staunton and the Frontier Culture Museum. The shuttle took us to the many homes that showed the diverse origin of American frontier culture. In the evening we had a picnic dinner on Carter Mountain: lots of people, apple and peach trees, huge vineyard, music, and beautiful scenery again.



Linda and Pat with Thomas Jefferson

Friday--Early American history abounds in this area. Learning about Jefferson's life, touring Monticello, hearing about slavery there and seeing the beautiful countryside made for a wonderful informative morning. The buffet lunch nearby at Michie's Tavern was tasty. Many went to the 'Friday after 5' downtown at the Charlottesville's pedestrian mall. It was a perfect Virginia evening to listen to music and to enjoy new friends.

Saturday--No straight roads again today! The winding, tree-lined highway took us to Montpelier. James Madison's home was very interesting. Our guides both days spoke of the background and the friendship between Jefferson and Madison. Besides touring Madison's home, there was a Juneteenth celebration on the grounds. In the evening, we went to a winery for tasting and snacks. There was good music on the patio.



Picnic lunch with goats



On the Appalachia Trail

Sunday--Last full day--and a free day. Several chosen activities were: touring the University of Virginia (started by Jefferson), boating, swimming and relaxing. The potluck farewell dinner was a time of sharing or experiences. Many spoke of great host ambassador matches and having a great time with new friends.

Monday--Homeward bound! Everyone left Charlottesville in the morning after a wonderful 5-night stay. (Ask the Davis's and Rasmussens why it took them so long to get back home!) Many memories and new friendships will be talked about for a long time. And an extra bonus--some of our new friends will be arriving in Des Moines in August so we can show them our wonderful state of Iowa.

Ambassador Coordinator,
Alice Rasmussen



Pat and Linda at Michie's Tavern



Drummers at Juneteenth Celebration at Montpelier



Willow, Shelley, Kathie



Learning to drum at the African Village



Al, Ronda, and Mike enjoying lunch



Kathie at Free Speech Wall in Charlottesville



Listening to the fiddler at the Irish House



Irish fiddler



At Monticello



Blue Ridge Mountains

PERTH & AUCKLAND

(outbound)

October 9 – October 30

Our next informal meeting is
Sunday, July 22, after Sundaes on
Sunday.

About Australia....“The people are immensely likable— cheerful, extrovert, quick-witted, and unfailingly obliging. Their cities are safe and clean and nearly always built on water. They have a society that is prosperous, well ordered, and instinctively egalitarian. The food is excellent. The beer is cold. The sun nearly always shines. There is coffee on every corner. Life doesn't get much better than this.”

— Bill Bryson, *In a Sunburned Country*

Open World - Kosovo



OPEN WORLD DELEGATION FROM KOSOVO

We open our homes and our hearts to the delegation from Kosovo who traveled to Des Moines for an Open World program on Preventing Corruption and Fraud in the Government. For most, it was their first journey outside eastern Europe. If you would like to see additional pictures, visit our website at <http://friendshipdsm.org/>



Home Hosts welcome the delegates at the airport



Afrim and Arian at Farmers Market



Welcome Reception at Wallace House



The delegates



Afrim, Arian, Gail, and Gene



Abulena, Carol, and Vedat



Delegates with Iowa Freedom of Information Council



Delegates with Congressional Staff

Club Activities

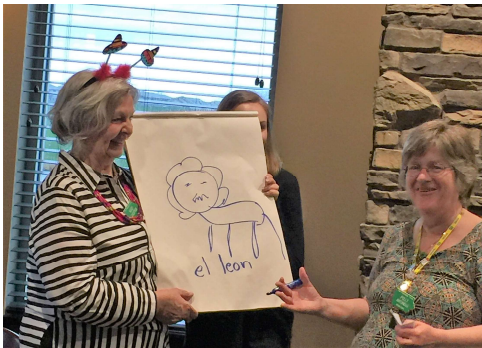


CINCO DE MAYA

Members braved tornado sirens to celebrate Cinco de Mayo with a taco bar at District 36 in Ankeny on May 3.

Thanks to dinner organizer Nancy Lundstrom who brought fun decorations and a game that all enjoyed. The room's large windows and fireplace was the perfect place to watch the storm roll in.

Polly drawing - Nancy holds the paper



Enjoying the District 36 Fireplace Room



ALL-IOWA FF PICNIC

Sixteen of our members enjoyed the All-Iowa Friendship Force Picnic at Brookside Park in Ames on June 2. Thank you to FF Central Iowa for hosting and bringing sunny skies and comfortable temperatures.

After lunch, and an interesting game of Iowa Bingo, guests were offered a choice of mini-tours including Downtown Ames, ISU Campus, Reiman Gardens, or Ada Hayden Heritage Park.

Thanks to FF Central Iowa for hosting.



Pat and Winnie enjoying the weather and waiting to eat.

Alice and Elaine
----->

Mike Davis winning Bingo



SUMMER POTLUCK PICNIC

Twenty-six members and one guest ducked the rainfall at the annual Summer Picnic on Sunday, June 24, at Grandview Park Shelter. We also celebrated the birthday of Board member Cookie Major.

Thanks to Karen and Ginny who organized the picnic. Delicious food and good companions.



Good food and good company





MEALS FROM THE HEARTLAND

The 11th Annual Meals from the Heartland Hunger Flight will be August 29 – September 1 at Hy-Vee Hall, downtown Des Moines. If you want to be one of the 10,000 volunteers to help feed hungry people all around the world, please join FFGDM in forming a team to help **package meals on the morning of Saturday 1.**

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

Call or email me to sign up by the deadline of Sunday, July 31. After I register the number of volunteers on our team in early August with MFTH, I will email you the time of our 2 hour morning shift. This annual event is the largest volunteer meal-packaging event of its type in the US.

- Cookie Major, Community Service Chair
515-306-8215 or cookster50@gmail.com



FRIENDSHIP FORCE TREE AT CHRISTKINDLMARKET

A UNIQUE FUNDRAISING OPPORTUNITY FOR FFGDM



Join our team to decorate a six to eight-foot tree for the Christkindlmarket Des Moines to be sold via a silent auction. Our club will receive the funds received from the silent auction. Christkindlmarket will provide the tree. Our club is responsible for all tree decorations and on November 29 we will decorate our tree for this event at Cowles Commons.

The Christkindlmarket Des Moines is a German-inspired Christmas market whose goal is to educate and entertain the community by exposing them to European-style foods, products, and activities. This year the event will take place Nov 30 – Dec 2 at Cowles Commons, 313 Walnut St, Des Moines.

Contact Cookie Major by Sunday, July 15, if you would like to participate in this enjoyable and rewarding experience. A meeting will be planned to discuss decoration of our tree.

- Cookie Major, Community Service Chair
515-306-8215 or cookster50@gmail.com



BASTILLE DAY BASH

Friday, July 13 * 5:30 – 8:30 pm

The Alliance Française of Central Iowa and Des Moines Sister Cities invites you and your friends to help celebrate France's national holiday at the Birdland Park's Park Ding Darling Shelter, 2100 Saylor Road, Des Moines.

The celebration will include a pétanque tournament (sort of like outdoor bowling), music, and a lot of food. The Alliance will provide roast pork, baguettes and cheese, soft drinks and eating utensils. We hope you'll bring your enthusiastic selves and a side dish to share. There will be a prize for the best French dish.

The shelter is air conditioned and has modern restrooms. You may bring beer or wine in non-glass containers.

RSVP - Please call Pat at 277-5741 to tell us you plan to come, so we'll be sure to have plenty to eat.

Member News



WELCOME TO OUR NEWEST MEMBER

Carol Henderson
915 Ashworth Rd #113
West Des Moines, IA 50265
515-491-7169
carolhen70@gmail.com

CONGRATULATIONS TO CAROL GRANT

Carol is the new Honorary Consul for Japan in Des Moines

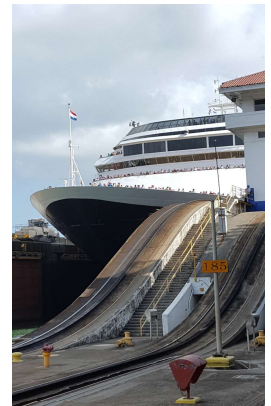
RON AND ANN ROWLAND ARE HOSTING

Ron and Ann will host a student for the 2018-2019 school year through Iowa Resource for International Service (IRIS). Their student will be here under the Kennedy-Lugar YES program. The program was started post-911 and designed to increase interactions between U.S. citizens and students from Muslim-majority countries. It has an emphasis on community service and peacemaking activities and is funded and administrated through the U.S. State Department.

WHERE IN THE WORLD IS KATHIE SWIFT?

Kathie recently took a Panama Canal cruise that started in South America. The town pictures are of Pisco, Peru, including Julio, who was a great guide for the city.

Pisco was founded in 1640. The area is of historical and archaeological interest, having hosted one of the most highly developed pre-Inca civilizations – the Paracas culture from 700 BC until AD 400. Later it acted as a base for Peru's revolutionary fever in the early 19th century.



WHERE IN THE WORLD ARE ROGER NOWADZKY AND DARLENE BLAKE?

In May, Roger and Darlene travelled to Kosovo with 54 other Iowans as part of a delegation organized by Iowa Sister States. Roger is on the Board of Iowa Sister States and the Greater Des Moines Sister Cities Commission. Darlene is outgoing Chair of the Greater Des Moines Sister Cities Commission.

FRIENDSHIP FORCE IN KOSOVO?

FF Cedar Rapids-Iowa City is exploring the possibility of forming a Friendship Force organization in Kosovo. Steve Williams, Shirley Rosencrans, and Connie Williams (all from FFCR-IC), Shelley Bain, Patricia Headley, and Virginia Renda (of FFGDM) recently met with Consul General Xhavit Gashi, First Deputy Arbrie Shabani, and Rinora Jelliqi (of the Consulate) and Kim Heidemann, Executive Director of Iowa Sister States, to discuss the possibility.



Roger and Darlene with the Kosovo PM Ramush Haradinaj and his wife Anita Haradinaj

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	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	grpbeans@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
Alice Rasmussen – <i>Central Virginia Ambassador Coordinator (outbound)</i>		off4ever@aol.com
Pat Headley – <i>FF Central Virginia Host Coordinator (inbound)</i>		guthriep41@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
Cookie Major – <i>Community Service Chair</i>		cookster50@gmail.com





friendship force
GREATER DES MOINES

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 Committee | <input type="checkbox"/> Community Service | <input type="checkbox"/> Journey Planning |
| <input type="checkbox"/> Membership Committee | <input type="checkbox"/> Fundraising Committee | <input type="checkbox"/> Journey Home Host |
| <input type="checkbox"/> Newsletter Editor | <input type="checkbox"/> Website/Facebook Monitor | <input type="checkbox"/> Journey Day Host |
| <input type="checkbox"/> Photographer | <input type="checkbox"/> Communications | <input type="checkbox"/> Journey 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.