



friendship force
GREATER DES MOINES



2018 FFGDM Activities (dates and activities subject to change)

Sep 1	Community Service: Meals from the Heartland, meet at 9:10 AM at HyVee Hall
Sep 9	Ottawa Information Meeting, <i>page 3</i>
Sep 15	Ottawa Ambassador application deadline
Sep 25 - 29	Journey from FF Tauranga (NZ), <i>page 3</i>
Sep 26	FF Tauranga Welcome Potluck, 6:00 pm, Crown Point, Johnston, <i>page 3</i>
Sep 29	FF Tauranga Farewell Pizza Party, 11:30 am, 3100 Grand Avenue, Des Moines, <i>page 3</i>
Oct 15 – Oct 30	Journey to FF Perth (Aust) and FF Auckland North Shore (NZ)
Nov 13	Annual Meeting, 5:30 pm, Crown Point, Johnston, <i>page 1</i>
Nov 29	Christkindlmarket Tree Decorating
Nov 30 – Dec 2	Christkindlmarket Des Moines at Cowles Commons
Dec 1	Strategic Planning Meeting
Dec 4	Happy Feet Holiday Luncheon
	2019
Feb 21 – Mar 8	FFI Cruise departing Buenos Aires, Argentina and cruising to Santiago, Chile.
May 14 - 21	Journey to FF Ottawa
Jul 23 - 27	FFI International Conference, Boulder, CO

Did you know?

FFGDM offers scholarships to members to help with journey travel costs?

The membership of new members who join October 1 or later extends through the end of the following year?

You can pass along the membership application on the last page to a friend?



Friendship Force of Greater Des Moines
invites you and your guests to the

Annual Dinner Meeting

Tuesday, November 13, 2018

Crown Point Community Center
6300 Pioneer Pkwy * Johnston, IA 50131

5:30 pm - Social Time & Silent Auction
(cash or checks only for the auction)

6:20 pm - Welcome and Dinner

7:15 pm - Speaker

8:00 pm - Annual Meeting & Election of
Board Members

Speaker

Consul General Xhavit Gashi
Republic of Kosovo

Look for your invitation in mid-October.

President's Message



Dear Friendship Force Members,
It may only be September, but the Board is gearing up for 2019.

Annual Meeting and Election of Officers... We are pleased that Kosovo General Consul Xhavit Gashi will speak at our Annual Meeting on Tuesday, November 13. He has an interesting story to tell and you will have the opportunity to ask him questions about his country and his job. Having Gashi speak is perfect timing because Des Moines is pursuing a Sister-City relationship with Pristina, the capitol of Kosovo, and FF Cedar Rapids is working to establish a Friendship Force club there. Mark your calendar now and look for your invitation in the mail in mid-October.

Adrienne Moen and her Nominations Committee of John Tone and Lavonne Neerland are looking for members to replace Board members Shelley Bain (me) and Jerry Carr who are going off the Board at the end of the year. Our excellent Secretary, Janette House, has consented to run for a second-term. The Nominations Committee has cast a wide net so if you have any interest in serving on the Board, let Adrienne know.

Where in the World Is... Thank you to Carol Grimm who shared her recent journey to Botswana, Africa. See her story on page 5. If you have a travel trip to share, send me a description and a few pictures.

Where shall we go in 2020? ... In September, our club will notify FFI of the three areas of the world we would like to travel to in 2020. It sounds like a long-time off, but it takes a while for FFI to process requests for hosting and traveling from over 350 clubs in 60 countries.

Our most recent outbound journey matches have been: Ehime and Mie (Japan), San Jose (Costa Rica), Isle of Wight (England), Chiapas (Mexico), Perth (Australia) & Auckland (New Zealand), and Ottawa (Canada) in 2019. Where would you like to travel in 2020 with FFGDM? Let me or one of the Board members know.

New members... We always say that our best recruitment tool is YOU. If you know of a potential member who should receive the newsletter and updates from our club, please send their name and email to shelleybain@centurylink.net.

Reminder... Board Members and Committee Chairs are listed near the end of the newsletter. Please feel free to contact them with your questions or comments. Your involvement will make us a better organization.

In friendship,
Shelley Bain
FFGDM President

Journey News

OTTAWA, ONTARIO, CANADA JOURNEY

MAY 14 – 21, 2019



INFORMATIONAL MEETING SEPTEMBER 9

4:00 pm

Park Avenue Christian Church
(one-story building next door)
3219 SW 9th St
Des Moines

Hello Friendship Force Members,

We are travelling to Ottawa, Canada, on May 14 – 21, 2019. This is a great time to go to Ottawa as it is during the Canadian Tulip Festival. If you want to learn more about the festival, click [here](#).

Ottawa is Canada's capital and seat of government; they have an approximate population of one million. Check out the Ottawa tourism website [here](#) for information about the city. The city is home to the National Gallery of Canada and several other museums along the Ottawa River.

If there is interest, we would consider a pre- or post-journey extension to Montreal, possibly including Quebec City.

We have scheduled an informational meeting at Park Avenue Christian Church's annex building (one-story building next to the church), 3219 SW 9th St, Des Moines, on September 9th at 4:00 pm.

We hope to have a full group of 20 ambassadors to enjoy Ottawa. This might be a good time to invite someone you think would be interested in joining Friendship Force of Greater Des Moines.

Let us know if you have questions prior to the meeting.

Mike Davis - mjdavisconsulting@gmail.com

and Mary Marshall - dpmmgm@msn.com

Co-Ambassador Journey Coordinators

TAURANGA, NEW ZEALAND SEPTEMBER 25 - 29

All FFGDM members are invited to the Welcome Potluck and Farewell Pizza Lunch.
Help us make their time in Des Moines memorable.

WELCOME POTLUCK

Wednesday, September 26
Crown Point Community Center
6300 Pioneer Parkway
Johnston, IA 50131
6:00 pm

RSVP by September 24 to:
Kathie Swift at (515) 279-6166
Or kikiswift@q.com

Ham provided. Please bring a side dish, salad, or dessert to share.

FAREWELL PIZZA PARTY

Saturday, September 29
3100 Grand Avenue Party Room, Des Moines, IA 50312
11:30 am

Cost is \$12 per person and includes pizza, beverages, salad, and desserts.

Reservations are required.

Please make your check payable to FFGDM and mail **by September 22 to:**
Lavonne Neerland, 1431 Dover Bay Drive, Clive, IA 50325

For questions, call LaVonne at (515) 225-3331 or
neerlandlavonne@gmail.com.

Club Activities



SUNDAES ON SUNDAE

JULY 22

Over thirty members and guests enjoyed a purely social activity of ice cream and toppings on a lovely Sunday afternoon.

Thank you to Alice for coordinating the social and all the people who brought delicious treats to share.



BASTILLE DAY CELEBRATION JULY 13

Congratulations to Alliance Francaise and the Greater Des Moines Sister Cities Commission for another successful Bastille Day celebration. The food was tasty, the accordion player took us to the banks of the Seine, and teams played pétanque. When the rain came, the party moved back inside for a robust sing along of favorite French tunes. It was great seeing so many Friendship Force members in attendance. Mark your calendar for July 14, 2019, and join us then.



SISTER CITIES DES MOINES AND KOFU 60TH ANNIVERSARY CELEBRATION

Our club was well-represented at Des Moines-Kofu 60th Anniversary Celebration on August 17.

Commission Chair Roger Nowadzky, Commissioners Shelley Bain and Ginny Renda, Honorary Japan Consul Carol Grant, and members John Tone, Adrienne Moen, Dee Willemssen, Carmi Renda, and Connie Walters enjoyed the Taiko Drums and the delicious food.



Member News

AVOCADO DEVEILED EGGS

Pat Headley's eggs were a big hit at the Summer Picnic. Here's the recipe...Enjoy!

12 hard boiled eggs, peeled and separated
Zest and juice of 1 lime
1 avocado, peeled and pitted
salt and pepper
4 slices bacon, cooked and crumbled
2 sliced green onions
1/3 c Southwest Chipotle Dressing

Put yolks, zest, juice, avocado, salt and pepper in a food processor and pulse until the mixture is smooth. (I used an ordinary mixer and it worked just fine).

Put the mixture in a pastry bag and generously pipe into egg whites. Top with crisp bacon crumbles and sliced green onions. Add a sprinkle of chopped cilantro if desired.



SILENT AUCTION NEEDS ITEMS

The Scholarship Committee is hosting a Silent Auction at the Annual Meeting. Scholarships are to benefit members who need financial assistance to help pay the cost of traveling with our club.

If you would like to contribute, we need the following types of items: restaurant gift card, catered dinner or special dessert, gift certificate from a local business, or a theme basket. Please contact Carol at jecorrigan@msn.com.

FRIENDSHIP FORCE INTERNATIONAL CONFERENCE

The FFI Conference will be just 686 miles away in Boulder, Colorado, next July. It's a great location so we expect many members will want to experience the excitement of an FFI Conference.

Dale Moore, Midwest Regional representative, shared that the program is expected to have a "track approach" with several programs in each track. The intent is to have more workshop and interactive type programs and fewer lectures.



Fees have not been finalized, but there will be a less expensive dorm stay option. Don't worry, today's dorms aren't the ones many of us remember. Look for registration to open in the late fall.

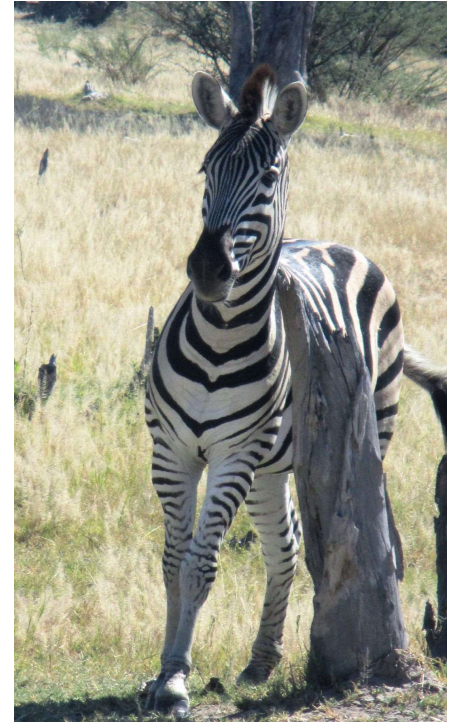
Our club will establish a Conference Contact for members who are interested in attending the conference and want to be apprised on travel-share or room-share options. Please keep in mind that the conference may fill quickly so it is important to be ready to act shortly after registration opens.

WHERE IN THE WORLD IS CAROL GRIMM?

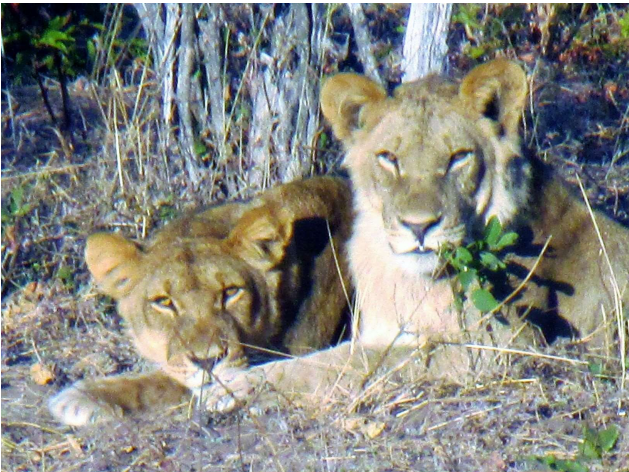


In June, Carol joined 14 others from around the U.S. to embark on a mobile camping safari to the Okavanga Delta in Botswana with the Sierra Club.

She was awakened each morning with the "unzipping of a tent flap" and a cheery "good morning, madam, hot water for you" - her signal to jump out of her cot and get ready to start the day. And what a day it always was. Each day brought new wonders - from lions, zebras, elephants, leopards, giraffes and birds of all colors of the rainbow. She says she never knew what would be around the next bend in the sandy road.



After 13 days she returned safe and sound and ready to return again in a heartbeat.



"We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open." - Jawaharal Nehru

International Community Activities

WORLD FOOD & MUSIC FESTIVAL

Friday, September 14 & Saturday, September 15: 11 am - 11 pm
Sunday, September 16: 11 am - 5 pm
Western Gateway Park
Free admission

<https://www.dsmpartnership.com/worldfoodandmusicfestival/>



LATINO HERITAGE FESTIVAL

Saturday, September 22: 10 am – 11 pm
Sunday, September 23: 10 am – 6 pm
Western Gateway Park
Admission \$5 adults/ \$1 children

<http://www.latinoheritagefestival.org/the-festival/>

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	grpbeats@aol.com
Karen Kilpatrick – <i>Activities Committee Co-Chair</i>		karenkilpatrick@gmail.com
Alice Rasmussen – <i>Membership Committee Chair</i>		off4ever@aol.com
Cookie Major – <i>Community Service Chair</i>		cookster50@gmail.com
Adrienne Moen – <i>Nominations Committee Chair</i>		adriennemoen@gmail.com
Shelley Bain - <i>Tauranga (NZ) Host Coordinator (inbound)</i>		shelleybain@centurylink.net
Shelley Bain – <i>Perth and Auckland Ambassador Coordinator (outbound)</i>		shelleybain@centurylink.net
Mary Marshall – <i>Ottawa co-Ambassador Coordinator (outbound)</i>		dpmmgm@msn.com
Mike Davis – <i>Ottawa co-Ambassador Coordinator (outbound)</i>		mjdavisconsulting@gmail.com



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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 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.