



friendship force
GREATER DES MOINES



2019 FFGDM Activities (dates and activities subject to change)

| | |
|-------------|---|
| Jan 12 | Brunch at Perkins on Merle Hay, <i>page 1</i> |
| Feb 12 | Learn & Lunch at Iowa Culinary Institute, <i>page 3</i> |
| Mar 17 | Irish Celebration |
| Apr 7 | "Springfest" |
| Apr 23-24 | Mystery Adventure, <i>page 3</i> |
| May 2 | Cinco de Maya Celebration |
| May | Journey to FF Ottawa, <i>page 5</i> |
| Jun | Summer Picnic |
| Jul 14 | Bastille Day Celebration and Potluck |
| Jul 23 - 27 | FFI International Conference, Boulder, CO |
| Aug TBD | Journey from KK Knoxville TN |
| Aug 31 | Meals from the Heartland |
| Sep TBD | Sundae on Sundays with a presenter |
| Oct TBD | Journey to FF Memphis |
| Oct 28 | Annual Meeting |
| Dec TBD | Happy Feet Holiday Lunch |
| | |
| | |

HAVE YOU LIKED US ON FACEBOOK?

If you haven't already done so, please LIKE us on Facebook and check out the website. The more you use these sites, the more you'll know.

[FFGDM Website](#)
[FFGDM Facebook Page](#)
[FFI website](#)

Let's Eat Out!



Perkins Restaurant & Bakery

4601 Merle Hay Road
(corner of Merle Hay Rd & Meredith Dr)

Saturday, January 12
9:30 am

Celebrate the New Year with a brunch among friends. Bring a friend, they are always welcome.

There is NO private dining room, but we'll be seated together in one area.

If attending, please leave a message for Nancy at 515-289-2800 by Thursday, January 10, so she can let the management know how many friendly Friendship Force people to expect.

A suggestion for conversation. . ."what would you like to see added to the FF calendar for 2019"!!

President's Message



Dear Friendship Force Members,

Welcome to the new year and the closing of an incredibly successful past year. Thank you to every volunteer who helped make it successful. For 2019 we are working on one inbound and two outbound journeys. The new year will see five initiatives. Please read the following.

Greeters – These folks will meet people at the door during our local events to greet members and guests and help them to feel welcome, to answer questions, and to be a friendly face during our monthly events. We still need more greeters so if this is something that fits with your personality, please let the activities committee know. Contact Marla at marlacarr@yahoo.com or Nancy at nancylundstrom@mchsi.com.

Electronic Payment System – FFGDM member Polly Antonelli has volunteered to explore the possibility of registering electronically for FFGDM events and/or making payments on line. See her article on page 6.

Mystery Adventure – We are going to have one mystery adventure in 2019 to see if it's something we want to continue. See article on page 3 for more information.

Membership Recruitment – As an incentive to get visitors to join FFGDM, they will pay a reduced membership fee of \$25 if they join at the first event they attend.

Websites – Also new to the newsletter is the inclusion of the FFGDM website address, FFGDM Facebook address, and FFI website address in every newsletter so you can access either one easily without having to look them up.

Membership Application – This form has been redesigned to allow for more volunteer opportunities by our members. The last page of the newsletter is always a membership application. If we already have your application, please review the new form to see if there are volunteer opportunities you are interested in.

I am pleased to announce that Shelley Bain has agreed to continue to produce the newsletter, which she is quite good at. I like the way the first page is formatted so it gives us a quick look at the year's activities. Nearly all our committees are in good shape. The only person we still need is a Journey Coordinator. This person will communicate with other clubs to schedule incoming and outgoing exchanges. Please see page 5 for the job description.

One final note. Please share all our activities on whatever social media sites you frequent, invite friends to attend our events, and promote the club wherever and whenever you can.

In friendship,
Pat Headley
FFGDM President

All journeys have secret destinations of which the traveler is unaware. -- Martin Buber

Club Activities



Valentine Learn and Lunch

Tuesday, February 12
Bistro at Iowa Culinary Institute

11:00 – Update on DMACC's focus on Sweden as the international country of the 2018-19 school year.

11:30 – Bistro Lunch

Cost: \$12.50 – 14.50 includes gratuity. Cash or check only.

Reservations: **required** by Sunday, February 10 to
Nancy Lundstrom 515-289-2800 (leave at message).

Directions to DMACC main entrance:

From I-35/80, Exit 90, West on Oralabor Road to DMACC entrance; or from 2nd Ave North (State St) & Oralabor Road, East to DMACC entrance on SW Oralabor Road.

Directions from DMACC main entrance to ICI:

From the traffic lights, enter DMACC but keep to the RIGHT lane and drive East along lakeside to BLDG #7 ICI parking lot. Enter by East Doors, main entrance to ICI.

SAVE THE DATE ---



IRISH CELEBRATION

SUNDAY, MARCH 17
1:00 PM

Crown Point Community Center
6300 Pioneer Parkway
Johnston, IA 50131



It's a Mystery Adventure!

FFGDM is planning a Mystery Adventure. Interested??? **Let Pat know by January 15**

Where: It's a mystery
When: Tuesday, April 23 (early morning) through Wednesday, April 24 (late afternoon)
Who: A limited (ONLY 11 ACCEPTED) number of adventuresome folks.
How: Transportation provided
How much: Estimated \$200 (subject to change)
Why: For fun, of course!!!

Longtime members may remember that some of the earliest and most exciting FF exchanges had surprise destinations. This is our club's 2019 version. If you would like to put your name on the list of interested FFGDM members, please contact new club president Pat at 515-251-4167 or guthriep41@yahoo.com by January 15, 2019. It's Gonna Be Soooo Much Fun!

"Adventure is worthwhile in itself." - Amelia Earhart



HAPPY FEET HOLIDAY LUNCH

Thirty-six members and 3 guests enjoyed the spirit of the holidays with the annual Happy Feet lunch at Trostel's Greenbriar on December 4.

Karen Kilpatrick, outgoing Activities Committee Chair, delivered 351 pairs of socks plus hats and gloves to an appreciative Central Iowa Shelter on Mulberry Street. Karen wants to thank everyone attending lunch for their generosity – "it's amazing that our group can collect this many socks!"

Thank you to Karen for arranging the lunch and making the room warm and welcoming. We look forward to Happy Feet 2019!

CHRISTKINDLMARKET TREE Joy to the World

Friendship Force participated in the Christkindlmarket tree decorating for the first time this year. The committee created a charming tree with the theme Joy to the World.



ANNUAL DINNER and Election of Board Members

Consul General Gashi couldn't attend because of meetings in Kosovo but we had an excellent substitute speaker in Patricia Cook, Director U.S. Commercial Service for the U.S. Department of Commerce.

Forty-seven members and guests enjoyed a Thanksgiving Feast catered by Trostel's Greenbriar. Outgoing board members were thanked – Treasurer Jerry Carr and President Shelley Bain. New board members were elected and welcomed – incumbent Secretary Janette House, Mary Marshall, and Mike Davis. We have a very talented Board of Directors and Committee Chairs so expect some fresh ideas and activities.

Marla and Jerry Carr were honored as Volunteers of the Year for their outstanding leadership, energy, and creativity. Although Jerry has retired from the Board, Marla continues as a co-chair of the 2019 Activities Committee.



Volunteers of the Year
Jerry and Marla Carr



New President Pat Headley and
retiring President Shelley Bain



Auction Angels
Dee Willemssen,
Carol Grimm,
and Ginny Renda
raising money for the
Scholarship
Fund. Carol
Corrigan is not
pictured.

Journey News

PERTH, AUSTRALIA & AUCKLAND, NEW ZEALAND OCTOBER 9 – NOVEMBER 4

by Shelley Bain, Ambassador Coordinator

We've returned from a wonderful trip of a lifetime for many of the ambassadors. For most of us it was Sydney to Perth to Auckland to the NZ South Island with many flights, great hosts, wonderful parties, beautiful cities, spectacular scenery, and lots of sheep. We saw the South Pacific Ocean, Indian Ocean, Tasman Sea, and Sidney's Bondi Beach. What an adventure it was!

I'm teasing you with just 3 photos. To read the ambassadors' daily journal and view more pictures go to the FFGDM webpage [here](#). There are 10 pages so be patient, it takes a while to download.



Claudia at Circular Quay



The ambassadors and hosts at Perth City Chambers



Jane and Janette jet boating

WANTED – JOURNEY COORDINATOR

Journey Coordinator Job Description

- Communicate with FFI staff prior to the appointment of an Ambassador or Host Coordinator to request a Journey Number and provide contact information for the Journey.
- Network with other clubs to secure domestic journeys.
- Seek and accept applications for Ambassador and Host Coordinators.
- Recommend the assignment of an Ambassador or Host Coordinator to the Board of Directors for approval.
- Schedule and organize Ambassador and Host Coordinator Training as needed.

Mentoring, tips, hints, and leads will be provided to the new Journey Coordinator. Contact Pat at guthriep41@yahoo.com for more information.



OTTAWA (CANADA) JOURNEY

MAY 2019

Co-Journey Coordinators Mike Davis and Mary Marshall report that the dates will change, by a week or so, at the request of FF Ontario.

The journey is currently full at 20 ambassadors but the new dates may impact that. If you wish to be placed on the Wait List, send your application to Mike at mjdavisconsulting@gmail.com.

Member News



Welcome to Friendship Force!

Anita Lindfield

Sandra Thorpe

Sandra is a retired school administrator from Des Moines Lincoln who was recruited by Ginny Renda. Sandra has always been interested in travel and has visited every continent. She's taught in Kofu, Japan, and on a Fulbright Exchange in London. Now she tries to visit places she hasn't been.

We hope to have a bio on Anita in the next newsletter.

MEMBERSHIPS FOR 2019

If you haven't renewed your membership for 2019, please use the application on the last page to do so. If you have questions about your membership, please contact me at cookster50@gmail.com. – Cookie Major, Membership Chair

ELECTRONIC PAYMENT SYSTEM PROJECT

I will be researching methods for paying dues on line, as an alternative to mailing for those who prefer online payments. Possible services are PayPal, Venmo, Google Wallet, and Square. I will also look for ways to "sign up" on line, whether for reserving for a LEO, volunteering for hosting, participating in a pot luck, or whatever we need or want.

If you'd like to help with this project, e-mail me at pollyantonelli@alum.wustl.edu. We will make two or three recommendations to the Board of Directors outlining pros and cons, costs associated with each, and how user friendly it is. -- Polly Antonelli

FFGDM BY THE NUMBERS

It is interesting to note how participatory our club is. Out of thirty-one (31) events and or committees for 2018 we saw participation rates that probably represent nearly any local organization. Out of seventy-seven members, only two (.02%) attended twenty plus meetings and or events. Thirteen members, a whopping 16%, failed to attend even one event. The most popular attendance rate was for those people attending from one to five events at thirty people or 38%. Fifteen people, or 19%, attended 6-10 events and thirteen people (16%) attended 11-15 events. Only three of our members (.03%) attended 16-20 events. As these numbers show, no group hit the 50% mark, and only by adding all participatory groups together do we even get somewhat near the 75% participation rate.

I know I just threw a lot of numbers at you, but it makes me wonder what it would take to get a better participation rate. Did you even know we keep track of these numbers? Did you know that on any outbound trip with too many applicants, your participation rate may contribute to your odds of being selected? So, back to the numbers, how do we reduce the 16% of non-attendees to maybe 5%? And how in the world do we give proper accolades to the five people who attended sixteen or more events? Should I be naming those five people here? Would that encourage the rest of us to do better?

The board recently conducted a planning session to develop, goals, objectives, and action plans for the coming year. Increasing membership was one such goal, and a good one. Did we miss the mark though? Should we be working on how to increase participation instead or in addition to membership goals?

If you think these numbers are just fine, you probably have plenty of company. If you'd like to see those participatory numbers increase, we'd like to hear your ideas on how to accomplish that. Any board member would be happy to hear your ideas and pass them on at a future board meeting. It's your club. We thrive on new ideas. Let us have it. – Pat Headley, President



A REQUEST FROM FFI TO ALL MEMBERS

To ensure you, as a member, receives FFI's email communications, please add or update your information at the link [here](#). Complete this form, even if you receive FFI's emails, to help FFI confirm that we have updated contact information on file for each member.

SCHOLARSHIP FUND FOR MEMBERS

A big thank you to everyone who purchased items at the Annual Meeting silent auction. Thanks to your generosity, we earned more than \$200 for the scholarship fund. Remember, all members of FFGDM are eligible to apply for the stipend to use for outgoing journeys. Check the website for the application. -- Carol Grimm, Scholarship Committee

2019 FFDGM Board and Committee Chairs

| <u>Name and position</u> | <u>Term ends</u> | <u>Email</u> |
|---|------------------|-----------------------------|
| Pat Headley - <i>President</i> | 2020 | guthriep41@yahoo.com |
| Ginny Renda – <i>Vice-President</i> | 2020 | grpbears@aol.com |
| Janette House - <i>Secretary</i> | 2021 | j.house@mediacombb.net |
| Jane Escobar – <i>Treasurer</i> | 2019 | janeescobar@yahoo.com |
| Marla Carr – <i>Activities Committee co-Chair</i> | 2019 | marlakcarr@yahoo.com |
| Carol Corrigan – <i>Scholarship Committee Chair</i> | 2019 | jecorrigan@msn.com |
| Mike Davis – <i>FF Ottawa co-Ambassador Coordinator (outbound)</i> | 2021 | mjdavisconsulting@gmail.com |
| Cookie Major – <i>Membership Committee Chair</i> | 2020 | cookster50@gmail.com |
| Mary Marshall – <i>FF Ottawa co-Ambassador Coordinator (outbound)</i> | 2021 | dpmmgm@msn.com |
| Shelley Bain – <i>Newsletter Editor</i> | | shelleybain@centurylink.net |
| Nancy Lundstrom – <i>Activities Committee Co-Chair</i> | | nancylundstrom@mchsi.com |
| Open – <i>Journey Coordinator</i> | | |
| Open – <i>Nominations Committee Chair</i> | | |
| Open – <i>FF Knoxville Ambassador Coordinator (inbound)</i> | | |

Community Event of Interest



CYRANO DE BERGERAC is coming to America. Captured live in Paris at La Comédie-Française, the romantic comedy is coming to US cinemas nationwide for a special one-night event – January 23, 7 pm. Don't miss the beloved and iconic French romantic comedy only in cinema.

The Comédie-Française, the French national theater, was founded by a decree of Louis XIV in 1680 and is the oldest still-active theater in the world. Here's a unique chance to see one of their productions, one of their most engaging, with **English subtitles**.

Tickets are \$15 adults, \$14 seniors and students. Run time is 190 minutes at the Jordan Creek 20 Theatre, 101 Jordan Creek Parkway, West Des Moines, IA 50266-8116. Check out the trailer - [here](#).



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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 _____

Street _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

| | |
|---|----|
| Individual Membership at \$30 per person (\$25 if you join at your first event) | \$ |
| Newsletter mailed to you (rather than through email) at \$12 per year | \$ |
| FFGDM name badge (new member or replacement) at \$12 | \$ |
| Contribution | \$ |
| Total Enclosed | \$ |
| Name as you want it to appear on the badge – please print | |

Check as many as you like, but please check at least one activity you will help with.

- | | | |
|---|--|---|
| <input type="checkbox"/> Activities Committee | <input type="checkbox"/> Greeter at events | <input type="checkbox"/> Photographer |
| <input type="checkbox"/> Board Member (future) | <input type="checkbox"/> Historical/Archiving | <input type="checkbox"/> Publicity |
| <input type="checkbox"/> Community Service | <input type="checkbox"/> Home Hosting | <input type="checkbox"/> Small Dinner Hosting |
| <input type="checkbox"/> Day Hosting | <input type="checkbox"/> Inbound Planning Team | <input type="checkbox"/> Speaker's Bureau |
| <input type="checkbox"/> Entertainment/Speakers | <input type="checkbox"/> Journey Coordinator | <input type="checkbox"/> Social Media |
| <input type="checkbox"/> Farewell or Welcome Party Team | <input type="checkbox"/> Journey Director | <input type="checkbox"/> Treasurer (future) |
| <input type="checkbox"/> Financial Audit | <input type="checkbox"/> Membership Committee | <input type="checkbox"/> Website |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Newsletter Editor | <input type="checkbox"/> Other |

Please list a skill or interest you have, not listed above, that you are willing to share.

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.