



friendship force  
GREATER DES MOINES



## 2019 FFGDM Activities (dates and activities subject to change)

Mar 17	Irish Celebration, p 1
Mar 31	Æbleskiver Brunch by Danish Brotherhood, p 4
Apr 7	"Springfest", p 4
Apr 23-24	Mystery Adventure
May 2	Cinco de Maya Celebration
May 10-17	Journey to FF Ottawa
Jun 23	Summer Picnic
Jul 13	All-Iowa FF Picnic in Cedar Rapids
Jul 14	Bastille Day Celebration and Potluck
Jul 23 - 27	FFI International Conference
Aug 7-12	Journey from KK Knoxville TN
Aug 31	Meals from the Heartland
Sep TBD	Sundae on Sundays
Oct 28	Annual Meeting
Dec 3	Happy Feet Holiday Lunch



## IRISH CELEBRATION

SUNDAY, MARCH 17  
1:00 PM

Dessert & Coffee  
Music by Celtic Jam 1:30 – 2:00

Crown Point Community Center  
6300 Pioneer Parkway  
Johnston, IA 50131

**Rsvp by March 15** to [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net)  
or 279-8908.

Please bring a dessert to share.  
Guests are always welcome.

*Co-sponsored by Friendship Force of Greater Des Moines and the Scottish Heritage Society.*



Six board members will participate in the FFI World Conference in July, staying at the campus of Williams Village, University of Colorado at Boulder.

All members of FFGDM are invited to attend this conference. Cost: \$500 if staying on campus, which includes room, board, & conference activities. It's \$300 if staying at a nearby hotel. A 2-day action-packed extension is available for a fee. Visit the FFI website for more information.

Please let the Board know if you plan to go.

## President's Message



Dear Friendship Force Members,

This year is promising to be superb. The January LEO had sixteen people turn out despite the nasty weather that threatened it. The February LEO had seventeen people attend, including one new member. Again, snow interfered with our plans, keeping several from attending. We ate at the popular DMACC Bistro and heard a 'Sweden' based presentation by Dr. Maria Cochhran. Keep up the good work folks.

Two recent appointments will also assure a good year. Mike Davis has agreed to be the FFGDM Journey Director, which means he will communicate with other Friendship Force clubs and with FFI to arrange true exchanges for our club. It sounds like an easy job, but it's actually detail-oriented with weeks, and sometimes months of back and forth communications just to settle on one incoming or outgoing commitment. Please say thank you to Mike for taking on this tremendously important job.

Ginny Renda has agreed to be Host Coordinator for the incoming Knoxville, TN club from August 7th through the 12th. I hope you will enthusiastically offer her your support as she puts together a planning committee. Many of you indicated on your membership applications your willingness to be a host, a dinner host, a day host, or serve on a planning team. I know Ginny will be pleased to hear from you if you can do one of these tasks. Her email is [grpbeers@aol.com](mailto:grpbeers@aol.com). The first planning meeting will take place in mid-to late March. Ginny has already met with the Knoxville's Ambassador Coordinators and was pleased with their enthusiasm. They already have twelve people signed up to come, all looking forward to the state fair.

The other thing that has me excited is the vast number of club members who have signed up to do the important work of this club this year. Please see "By the Numbers" on page 4. The Activities Committee has been – well – active and has developed a variety of activities for us this year, as evidenced by the Calendar on the first page. Our first ever "Mystery Adventure" is a sure thing with twelve people signed up to go. Yes, this will be a good year because you are members of this club, and you are all making things happen. Keep attending planned activities, and by all means please bring guests to all our functions this year.

One final idea... The Board decided in January to initiate the concept of presentations by our club members who travel on any Friendship Force journey. If you go on an outbound trip, conference, or other activity, you may be asked to make a two to three-minute presentation at the next FFGDM event about your experiences. While "presentation" sounds rather formal, it is not our intent. We simply want to give you, our members, an opportunity to share your experiences with the rest of us and to encourage others to go on a journey, whether with our club or another one. It can take the form of a power point presentation, a scrapbook, a few pictures, sketches, or other creative work, although it should always include an oral component. We hope you will consider such a possibility on your next journey, wherever in the world you go.

In Sincere Friendship,  
Pat Headley  
FFGDM President

## Journey News

### WHERE IN THE WORLD ARE SUSAN STROOP, SHARON AND JERRY DUNKIN AND ELEASE JOHNSON?

Four intrepid members of our club travelled to Peru with Friendship Force last fall. Susan shared some wonderful pictures that make the rest of us jealous.



### WHERE IN THE WORLD ARE ALICE AND KEN RASMUSSEN?

Ken and Alice Rasmussen were in Tallahassee, Florida for 2 months and while there were invited by Wendy Johnson, president of the club, to join the journey when The Villages, FL came to Tallahassee on January 14. Ken and Alice met many nice club members in those 3 days and had a great time seeing the sights of Tallahassee. What wonderful activities one can participate in when a member of Friendship Force!



This is Ken at the kumquat festival in Dade City, FL. held on January 26. We ate kumquat wine, kumquat ice cream and kumquat pie—all delicious! →



I travel light. I think the most important thing is to be in a good mood and enjoy life, wherever you are.  
-- Diane von Furstenberg

## Activities



**What:** SPRINGFEST SNAPSHOTS

**When:** Sunday, April 7, at 12:45pm

**Where:** Crown Point Community Center in Johnston, Iowa

**Why:** to refresh your memory as to why you joined Friendship Force in the first place

Dear Friendship Force Members,

Please write Springfest Snapshots on your calendars for April 7, 2019, at 12:45 at the Crown Point in Johnston for a refreshing look at the Greater Des Moines Friendship Force and what it has to offer you.

Please bring a dish to share (meat dish, casserole, salad, vegetable, or dessert) --- We will eat at 1:00 sharp. Tableware and drinks will be provided by the club.

Bring a SNAPSHOT and/or a SOUVENIR to share with your table of a Friendship Force journey you have been a part of as a host or an ambassador. If you have not yet been able to host or go on a journey, please share s snapshot of your favorite trip you have taken or a souvenir that you purchased while traveling.

We will also have 3 stations set up for you to learn about our group's recent trips to Australia, Russia, and the Advantages of Traveling with other groups on a variety of journeys. Our members that participated in these journeys will discuss their itineraries from their trips, cost and expenses that were associated with the journeys, free day adventures, and the benefits of taking a Friendship Force journey compared to an ordinary vacation. There will also be a few minutes for questions. Every 20 minutes you will rotate to a new topic until you have heard each group speak.

After you have heard what these members have to say, we hope you will be enlightened and excited about what Friendship Force has to offer, and there will be a new SPRING in your step.

PLEASE RSVP that you are coming to Marla Carr by MARCH 31 at 515-238-6372, by leaving a message or text, or email at marlakcarr@yahoo.com. --- We want to be sure to have enough tableware and drinks for everyone.

--- Marla Carr, Springfest Co-Chair

## Member News

### FFGDM BY THE NUMBERS

While our membership now sits at 60, we have the pleasure of having many people sign up for many jobs. Some of you have put your name on three or four activities you are willing to help with. Thank you so much for your generosity. We may be few but we are mighty. Sixty people have signed up to do 177 acts of volunteerism. That's incredible. Most of our committees are well populated and most of the jobs needing to be done during an incoming journey are well represented.

The only number I'm concerned with is 'Membership Recruitment.' A membership of sixty is low for our club. We have only three names on that 'Membership Recruitment' list. We need two or three more. Even if you have to remove your name from another list, please consider helping with this critical job. If interested, please contact our Membership Chair, Cookie Major at cookster50@gmail.com.

- Pat Headley, President

## SCHOLARSHIP COMMITTEE UPDATE

Just a reminder that we do have a scholarship available to members who would benefit from a little financial aid in traveling with Friendship Force on a trip somewhere in the United States. The information is on our website, plus the application. The scholarship is valued at up to \$2000.

Also, an update on the proceeds from the Silent Auction at the Annual Meeting. We actually profited \$394.00, thanks to the generosity of those who participated!

If you have any questions, please feel free to contact me at 225-6121 H, 778-6511 C, or by e-mail at [jecorrigan@msn.com](mailto:jecorrigan@msn.com)

- Carol Corrigan, Scholarship Committee Chair



## KOSOVO AND FRIENDSHIP FORCE?

Our friends in FF Cedar Rapids/Iowa City are in the early stages of considering Kosovo as a Friendship Force Discovery Journey location. If you would like to help with this project, please contact Shelley at [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net).

## 2019 FFDGM Board and Committee Chairs

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

## Community Event of Interest



### AEBLESKIVER BRUNCH

featuring Aebleskivers, sausage, applesauce, and fruit salad

**Sunday, April 7, 2019 \* 10:30 to 12:30**

Luther Memorial Fellowship Hall, 1201 Grandview Ave, Des Moines

Sponsored by Danish Brotherhood Lodge 15 and Luther Memorial Church Women

Adults \$6. Students/children over 5 \$4

# MEMBERSHIP APPLICATION