



friendship force
GREATER DES MOINES



2019 FFGDM Activities

(dates and activities subject to change)

Aug 31	Meals from the Heartland, 10:00-noon at HyVee Hall, page 3
Sep 17	Journey Coordinator Training, page 7
Sep 24	LEO at Chicago Speakeasy
Oct 5	Knoxville and Big Canoe Information Meeting
Oct 6	Aebleskiver Brunch, page 3
Oct 21	Annual Meeting - Blank Golf Course
Dec 3	Happy Feet Holiday Lunch

2020

TBD	Iowa Mystery Adventure
April 22 - 27	Journey to FF Knoxville
April 27 - May 4	Journey to FF Big Canoe
May TBD	Journey to Nova Lima and Itanhaem, Brazil
Sep 18 – 20	FFI Regional Super Conference
Oct TBD	Inbound Journey from FF Ottawa

Let's Eat Out ----



Tuesday, September 24
6:00 pm

1520 Euclid Ave, Des Moines, 50313

Please rsvp, if attending, by September 19 to Ginny
at grpbeers@aol.com or 515-287-3999



JOURNEY INFORMATION MEETING

Saturday, October 5

9:30 – 11:00 am

Urbandale Public Library – Room A

Our club hit a double with an outbound
journey to two clubs:

April 22-27 FF Knoxville, TN

April 27–May 4 FF Big Canoe, GA

Knoxville was the first capitol of Tennessee. The city has positioned itself in recent years as a repository of Appalachian culture and is one of the gateways to the Great Smoky Mountains National Park.

Big Canoe is a gated community, consisting of over 8,000 acres, located in the mountains approximately 60 minutes north of Atlanta. Nearly one-third of the total property has been set aside as wildlife areas and parks.

We'll share our time in Big Canoe with the club from West Alajuela, Costa Rica; our first time participating in a combined domestic and international journey.

Please rsvp, if attending, to
shelleybain@centurylink.net by October 3.

President's Message



Dear Friendship Force Members,

People often ask why I bring two ink pens to meetings. You never know when one will run out of ink. During the opening session of the FFI World Conference in Boulder, CO my first pen ran dry within five minutes. I lost the second pen, and the third one, (I had four with me) is still smoking from all the notes I took. The opening session, plenary and eight breakout sessions provided plenty of thought-provoking ideas for providing future programming and stability for our club.

Six out of nine board members attended the conference, and if they took as many notes as I did, we have plenty to report on. Sessions included things such as planning Open World Programs, Club Development, getting your events in the news, how to be a good ambassador, Google, and more. Who knew Google could do all that? I didn't. There were enough of us there to cover every session offered. If you come to the annual meeting on October 28th, you'll hear a short report from all six of us.

FFI announced the location for the 2021 world conference; first by demonstrating a traditional dance from that country, then announcing that the next world conference will be in Taiwan. The group's energy was dynamic. Should I start now saving for a plane ticket?

In June, three members volunteered to staff a booth at the Des Moines Art Festival helping children make bookmarks. They felt their connection with children was right on. And last, but not least, the incoming group from Knoxville, TN came in August. Please see the article by the Host Coordinator Ginny Renda on page 5.

FFGDM enjoyed two picnics this summer. First, our own annual picnic, with thirty-five members attending; more than a third of our membership. We had more food than should be allowed in any one setting, but we ate it all the same, and enjoyed it immensely. The program consisted of stories by several ambassadors who had recently returned from an outbound trip to Ottawa, Ontario, Canada. The board had recently voted to make these stories a part of all our events for two reasons; to inform others of the opportunities out there, and to encourage more club members to participate in future journeys. Each person speaks for two to three minutes. In July, seventeen FFGDM members attended the annual All-Iowa FF picnic in Cedar Rapids. Not only did that club provide a delightful day, I think they sprinkled "volunteer dust" around the place, because four people from FFGDM volunteered for important upcoming jobs. Am I truly blessed or what? See page 3 for more on the picnic.

In Friendship,
Pat Headley
FFGDM President

"There are no foreign lands. It is the traveler only who is foreign." - — Robert Louis Stevenson

Club Activities



BASTILLE DAY BASH

Bastille Day came off without a hitch thanks to the generosity of the lead organizations – Alliance Francaise of Central Iowa and the Des Moines Sister City Commission. Attendees enjoyed an accordionist playing French tunes, a welcome message from Honorary Consul General for France Mark Schlenker, grilled pork loin, wine, and many sides, salads, and desserts, whether French or not. The day ended with a game of petangue on the lawn. Vive La France!



Gail and Gene celebrating France.



ALL IOWA FF PICNIC

Seventeen FFGDM members road tripped to Cedar Rapids where they enjoyed a catered picnic lunch and the friendship of members from other Iowa FF clubs. The four club Presidents shared the latest news



Lenne and Carol listening to the speeches

from their clubs including recent activities and future journeys. Regional Rep, Dale Moore, shared information from FFI. FFGDM President, Pat Headley, invited the other Iowa clubs to a picnic in Des Moines next year.

If you would like to help plan the 2020 picnic, let Pat know at guthrie41@yahoo.com.



Marla participating in the flag quiz. Her team won.



It's time to sign up for the 12th Anniversary of the Annual Meals From the Heartland Hunger Fight. Our 2-hour time slot to package meals is Saturday, **August 31**, 2019 from 10:00 until 12:00. This event takes place at HyVee Hall in downtown Des Moines. If you desire to join the FFGDM team, please let me know by Saturday, August 24, 2019. Reservations are required.

-- Cookie Major
coodster50@gmail.com
or phone 515-306-8215

AEBLESKIVER BRUNCH



The Danish Brotherhood is hosting an Aebleskiver Brunch - sausage, applesauce, fruit salad, aebleskiver, juice and coffee – on **October 6** at the Grandview Lutheran Fellowship Hall (new location), 2930 E 13th Street in Des Moines. 10 am to 12:30 pm. Adults \$6 and children/students (over 5) \$4.

--- Cathy Jensen



The crew from Des Moines arrive at Williams Village

MAKE A BOULDER IMPRESSION

FRIENDSHIP FORCE INTERNATIONAL WORLD CONFERENCE

Boulder or Bust! Planes, trains, and automobiles! That's the way our members traveled to the Friendship Force International World Conference at the University of Colorado at Boulder from July 23-25. There were 425 delegates in attendance from 24 countries. Pat Headley and Ginny Renda flew, Janette House and Jane Escobar took the train, and Cookie Major and Marla Carr drove an automobile.

Attendees all experienced dorm life all over again by sharing rooms, bathrooms, and eating dorm food. The dorm food and dining experience was much improved over what they remembered as college students. It's not every day that people get to eat breakfast outside with a view of the mountains, especially if you're from Iowa.

The conference began on Wednesday, July 24th at 8:50 with the CU cheerleaders leading us in a Friendship Force cheer, followed by an address from Jeremi Snook, our FFI CEO and president. He shared FFI's vision of the future for our organization. After this introduction, there were 3 breakout sessions that allowed people to share ideas and discuss ways to strengthen and grow FFI. Many of the sessions dealt with using technology to improve the visibility and operations of a club. Other classes focused on sharing the Friendship Force experience with photos and storytelling. On Thursday, there were 5 more sessions with a total of 20 or more topics to choose from depending on members' and clubs' needs or interests.



Cookie, Deb Winslow from VA, Marla

The conference concluded at an outdoor celebration with a barbeque and blue grass band on a rooftop venue in downtown Boulder. Awards were given for outstanding volunteers and clubs who had helped increase membership and strengthened clubs.

After the conference, there was an optional 2-day extension that offered more ways to explore and enjoy the Boulder area. Some people chose the electric bike tour of Boulder, some went on Banjo Billy's bus tour of Boulder, and others

hiked at Chautauqua Park, toured the Celestial Seasonings factory, strolled through the farmer's market, and visited an exquisite tearoom given to them by their sister city. There was also a local Foodie Tour, great shopping, and wonderful restaurants.

All the Des Moines attendees thought the conference was informative, enjoyable, and well-worth attending. Members relished reconnecting with old friends from other journeys and making new friends at the conference. After they return, they are excited to share some new ideas with local club members.

-- Marla Carr



Ginny, Marla, Janette, Cookie, Jane, and Pat

Journey News

WE HAVE A MATCH FOR 2020!

President Pat Headley just received word from FFI that we finally have a match for 2020. Our club has been matched with two clubs in Brazil for a journey tentatively planned for May.

The clubs are FF Nova Lima (for a stopover of a few days) and FF Itanhaem (for a week). We hope to have more information available at the September LEO.

FF KNOXVILLE TN INBOUND JOURNEY

On August 7, members of the Friendship Force of Knoxville TN arrived in Des Moines for a five-day journey. They enjoyed food on a stick at the Welcome Party, the Iowa State Fair, Meredith Test Gardens, tour of the State Capitol, tour of John Deere Ankeny Works, and the World Food Prize Building among other interesting activities.

We enjoyed hosting them and look forward to visiting our new Knoxville friends next April.

– Ginny Renda, Journey Coordinator



See more pictures at <https://friendshipdsm.org/> under Photos tab.

A note from Diana Lopez, FF Knoxville President ----

Annalisa and Ginny,

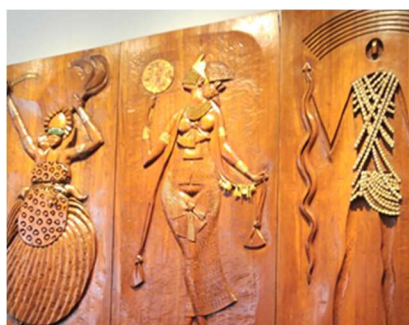
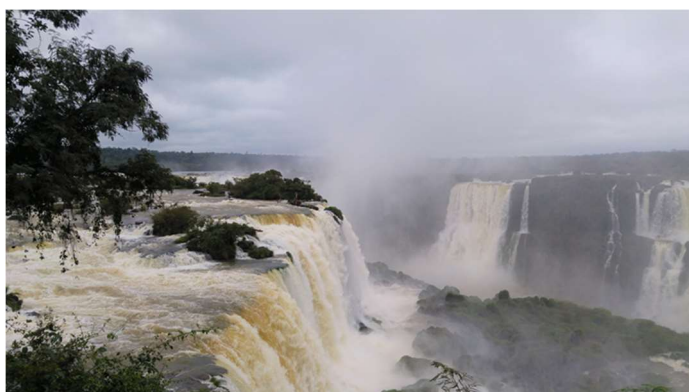
Thanks to both of you for such a successful journey. I believe everyone enjoyed all the activities and the time we could spend with our host(s). The pace fit our group well, and we saw so much! I was quite pleasantly surprised at how much Des Moines and Iowa has to offer. So much more than corn!!! I've tried to come up with one activity that topped the rest, but as soon as I think it was the State Fair, I think about the tour of the Capitol or learning all about the World Food Prize, or visiting the John Deere factory, and then the Better Homes and Gardens Test Garden and Pappajohn Sculpture garden, not to mention all the wonderful meals! And how warm was our welcome! You could see how well all the hosts and ambassadors had gotten to know each other and care about each other.

I'm so looking forward to hosting you in Knoxville next year.

Always in friendship,
Diana

WHERE IN THE WORLD IS SHELLEY BAIN?

Shelley travelled with FF Cedar-Rapids/Iowa City to FF Ribeirão Preto and FF Salvador, Brazil, in June. She particularly enjoyed her host family Thayna, David, and daughter Laura, visiting Laura's school, fresh papaya, caipirinha, the bird sanctuary, the sea tortoise rescue, Iguassu Falls, the Carnaval Museum, and learning about historic Afro-centric Salvador.



Membership News



It's a Mystery Adventure!

We're planning two Mystery Adventures in 2020. The first will be a one-day trip to someplace in Iowa. We are expecting to accommodate about 15 people for that journey. The second adventure will be an overnight and the following day for an incoming group. That's all I know, and now you know as much as I do.

Look for more information as it becomes available.

-- Pat Headley

Save the Date

FFGDM Annual Meeting

Monday, October 21
Blank Golf Course Clubhouse

Look for an email with the details
closer to the event.

REMEMBERING JERRY CARR

Jerry was a former Board member, past Treasurer of our club, beloved husband of current Board member Marla Carr, and all-around good guy. He is greatly missed by all his Friendship Force friends.



JOURNEY COORDINATOR TRAINING

This training is for anyone who may want to be a Journey Coordinator in the future, who has been JC but needs a refresher, or anyone who isn't sure just yet. There will be handouts of all necessary forms and lots of tips. Immediate past president and experienced Journey Coordinator, Shelley Bain, will coordinate the training.

Tuesday, September 17
9:30 – 11:30 am
Urbandale Library

Please RSVP to Pat at guthriep41@yahoo.com
if you plan to attend.

2019 FFDGM Board and Committee Chairs

Board Members	<u>Term ends</u>	<u>Email</u>
Pat Headley - <i>President</i>	2020	guthriep41@yahoo.com
Ginny Renda – <i>Vice-President and FF Knoxville Host Coordinator</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>Journey Director</i>	2021	mjdavisconsulting@gmail.com
Cookie Major – <i>Membership Committee Chair</i>	2020	cookster50@gmail.com
Mary Marshall	2021	dpmmgm@msn.com
Other Committees and Tasks		
Shelley Bain – <i>Newsletter Editor, FF Knoxville-Big Canoe Journey Coordinator</i>		shelleybain@centurylink.net
Nancy Lundstrom – <i>Activities Committee Co-Chair</i>		nancylundstrom@mchsi.com
Adrienne Moen – <i>Nominations Committee Chair</i>		adriennemoen@gmail.com

Membership Application

Mail membership application and check to: FFGDM, PO Box 13136, Des Moines, IA 50310

Email	Birthday month	day
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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	\$
FFGDMD name badge (new member or replacement) at \$12	\$
Select _____ pin or _____ magnet <i>(See below for name on badge)</i>	
Contribution	\$
Total Enclosed	\$

[illegible]

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

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