



friendship force  
GREATER DES MOINES



### 2019 FFGDM Activities

(dates and activities subject to change)

Nov 2 9:30 am	Nova Lima and Itanhaem, Brazil, Information Meeting - Urbandale Public Library, Study Room C
Dec 3	Happy Feet Holiday Lunch
2020 preview	
Jan TBD	LEO
Feb TBD	Lunch at Iowa Culinary Institution
April 22 - 27	Journey to FF Knoxville
April 27 - May 4	Journey to FF Big Canoe
May 21 - 30	Journey to Nova Lima and Itanhaem, Brazil
June	All-Iowa FF Picnic
Sep 18 – 20	FFI Regional Super Conference in Minneapolis
Oct TBD	Inbound Journey from FF Ottawa

## A Friendly Reminder

If you haven't paid your 2020 dues, please do so by December 15 using the form on the last page.

Don't forget to check one or more tasks or committees you can help with next year.

You may mail or bring the form with your check to the Happy Feet Holiday Lunch on December 3.

If you have any questions, contact Cookie Major at [cookster50@gmail.com](mailto:cookster50@gmail.com).

Join us for a festive and fun holiday lunch!

# Happy Feet Holiday Lunch



**Tuesday, December 3**

11:30 am

Trostel's Greenbriar  
5810 Merle Hay Road, Johnston

Please bring new or lightly used adult socks for the Central Iowa Homeless Shelter.

Bring your merriest self and plan to have a grand time with your Friendship Force Friends! Friends are always welcome!

**RESERVATIONS REQUIRED...** to Karen at 278-4491 or [karenkilpatrick@gmail.com](mailto:karenkilpatrick@gmail.com) by November 30.

## President's Message



Dear Friendship Force Members,

As we are in the process of closing down one year and preparing for a new one, I'm reflecting on how lucky this club is to have so many generous volunteers. I'm also reminded how many of you attended our varied events throughout the year. What a pleasure it is not to have to beg for help when we need to put a program together. And how cheerful you all are when you attend those events.

At the annual meeting, we spent a few minutes reflecting on what you, the members, want 2020 to look like. You had some great ideas. Now let's see if you can turn those ideas into action plans. I also gave a brief report on the number of members and visitors who attended certain events this past year. It gave us a glimpse into what events are popular, but hopefully sparked ideas for what we could yet be doing. Even though our fiscal year begins January 1st, our annual meeting is in October, so I went back to October of 2018 to report what and how well we've been doing for the past twelve months. Here's what the numbers revealed.

Themed activities had the greatest number of attendees. The annual meeting brought the most people out of their recliners to see what was happening. LEOs barely averaged more than a dozen people. We're not very good at volunteering for other organizations. Perhaps that's because we all do copious amounts of that already. The one inbound journey we had generated fifty-four acts of participation, more than half our membership count. Accolades to all of you. There is one caveat though. There are some members of this club I've never met because I've not seen them at an FFGDM event, and I attend most of them. We'd love to see you soon.

You brought a total of nineteen guests to our events this year. Let's double that in 2020. The Mystery Trip, with twelve people, was at capacity. What is 2020 going to look like for participation, and creativity of programming. I don't know. It's still a mystery.

If you contribute your time, you are involved.  
When you are involved, you stay connected.  
If you love telling our story, you are involved.  
When you are involved, you meet great people.  
If you travel along with us, you are involved.  
When you are involved, we all benefit.

In Friendship,  
Pat Headley  
FFGDM President

[“Don't tell me how educated you are, tell me how much you traveled.” – Mohammed](#)

## Club Activities

### LEO (LET'S EAST OUT) AT THE CHICAGO SPEAKEASY

Dinner on September 24 at the Chicago Speakeasy attracted 20 members who shared good food and good conversation. Thanks to all who participated.

-- Ginny Renda, LEO Coordinator



Eighteen Friendship Force of Greater Des Moines members and friends packaged meals during our two-hour shift on August 31 for the 12th Annual Meals from the Heartland Hunger Fight.

Meals from the Heartland is a non-profit organization that packages meals for malnourish people in Iowa, the US, and the world.

We filled meal bags with rice, soy protein, vitamins, minerals, and dried vegetables, weighed and sealed the bags, then stacked them in boxes. We filled 42 boxes, each containing 36 meal bags. That's a total of 1,512 meal bags. Each meal bag contains 6 servings. That totals 9,072 meal servings. Wow! Great job FFGDM team. Thank you to all who participated in helping to alleviate hunger around the world.

-- Cookie Major, Service Coordinator



### ANNUAL MEETING

The Annual Meeting and Election of Officers was held Monday, October 21, at the Blank Golf Course Clubhouse. Members enjoyed antipasta, salad, pizza, onion rings, and cupcakes before the Annual Meeting.

Nominations Chair Adrienne Moen announced the candidates who were unanimously elected to 3 year terms to the Board of Directors: Gail Sheridan-Lucht, Connie Walters, and Marla Carr (2nd full term).

President Pat Headley offered "FFGDM by the Numbers" to explain the level of membership participation in various club activities such as LEOS, committees, and journeys. She thanked the retiring Board members for their service to the club: Jane Escobar (as Treasurer) and Carol Corrigan (as chair of the Scholarship Committee). The Board members thanked the membership for their support and enthusiasm.

Several reports were given by committee and task chairs. Jane Escobar gave a brief financial status. Marla Carr spoke for the Activities Committee, Cookie Major for the Membership Committee and Community Service, and Journey Director Mike Davis talked about potential 2020 and 2021 journeys.

Mike also recapped the FF Ottawa outbound journey, Ginny Renda reviewed the FF Knoxville inbound journey, Shelley Bain said she is still accepting applications for the journey to FF Knoxville and FF Big Canoe, Pat Headley encouraged members to join the journey to Brazil, and several members gave a status on the FF Ottawa inbound journey.

The evening ended with an affirmation of our thanks and support to Friendship Force and each other.

## Journey News



### OUTBOUND JOURNEY NOVA LIMA, (MAY 21- 24) AND ITANHAEM, (MAY 24 - 30) BRAZIL

The Brazil outbound journey will first take us to Nova Lima for May 21-24, followed by a journey to Itanhaem for May 24-30. The journey will accommodate 12 ambassadors, and we currently have five people interested.

There will be an **informational meeting** at 9:30 am on Saturday, November 2, at the Urbandale Public Library in Study Room C. If you're interested but cannot attend this meeting, please let me know.

The application deadline is November 10 with the FFGDM administration fee due on November 30.

Anyone wanting an application can email me at guthrie41@yahoo.com or go to the FFGDM website [here](#) to access the international application form. Approximate costs are \$2,500 - \$3,000.

-- Pat Headley, Ambassador JC  
guthrie41@yahoo.com



### OUTBOUND JOURNEY

APRIL 22-27 FF KNOXVILLE  
APRIL 27 - MAY 4 FF BIG CANOE

We're looking forward to seeing our friends from Knoxville and visiting Big Canoe when they host a club from Costa Rica. Don't panic if you missed the application deadline because we're still taking applications. Please send me an email if you would like an application or more information.

--- Shelley Bain, Ambassador JC  
shelleybain@centurylink.net



### INBOUND JOURNEY FROM OTTAWA CANADA

Our friends from Ottawa, who showed us a wonderful time in May, will visit our club in October 2020. My goal is to make this an outstanding journey for them so if you would like to help plan the program or have ideas for new activities, please email me.

– Lenne Orona, Host JC  
leorona@aol.com

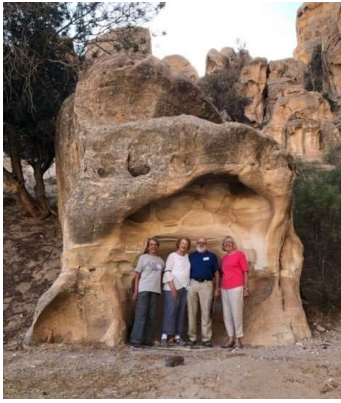
### WHERE IN THE WORLD IS SHELLEY BAIN?

I travelled with FF Greater Omaha to FF Norderstedt and FF Scherwin in Northern Germany in August. We 12 ambassadors stayed 4 nights in Berlin and also visited Hamburg and Wismar with our hosts. I loved Germany!

My favorites included the Elbphilharmonie Concert Hall in Hamburg, NordArt modern art exhibit in Büdelsdorf, drinking Mumme black beer at the Brauhaus in Wismar, climbing to the top of Scherwin Castle, flocks of small tropical quail at the Schmetterling Klutz, and the beautiful Ellerhoop-Thiensen Arboretum







### WHERE IN THE WORLD ARE MIKE, RONDA, DEE, AND PEGGY?

Mike Davis, Ronda Davis, Dee Willemssen, and Peggy Brown journeyed to Jordan with FFI in October, along with members from Washington, Oregon, Florida, California, Wisconsin, Utah, and Hawaii. Instead of the rolling hills of Iowa covered in corn and soybeans ready for harvest, we experienced a country that was mostly khaki-colored, from the sands of desert to the buildings to the rocky hills. The landscape was often stark as we drove along steep hills and into valleys. The people were warm and welcoming as we enjoyed a 2-night home stay, 4 nights in Bedouin goat-hair tents, and 5 nights in luxurious hotels.

We spent two days exploring Petra and the ancient caravan stops nearby, two days in Amman, and two days at the Dead Sea. We ate dinners in two family homes and a women's cooperative where women are making a living preparing meals and making and selling crafts, and lunches at a different women's cooperative and a craft cooperative. We gained understanding of the way of life in urban, rural, and desert settings. A great experience. - Mike Davis



### ARE YOU TRAVELING ON FFI GLOBAL JOURNEYS OR WITH OTHER FF CLUBS?

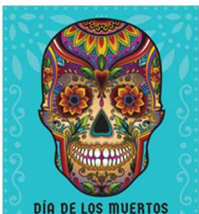
This year we learned that more of our members are traveling with FFI or other FF clubs. For example, Mary Marshal, Carol Grimm, and Elyse Johnson participated in a global FFI journey to Russia, and Ronda and I (along with Dee and Peggy) journeyed to Jordan with FFI.

We'd like to know about these journeys for several reasons: 1) they may influence our club's request for outbound journey locations, 2) they may encourage our members' to participate in other club's journeys, and 3) we'd like these travelers to submit articles to the **WHERE IN THE WORLD** section of this newsletter.

I would appreciate receiving a list (destination, FFI or FF club, and dates) of these journeys from those of you who travel this way. Thank you!

-- Mike Davis, Journey Director, [mjdavisconsulting@gmail.com](mailto:mjdavisconsulting@gmail.com)

### Community Activity



#### Día De Los Muertos / Day of The Dead

November 3, 2019 / 12:00pm - 4:00pm / The Des Moines Art Center

Free admission to this event includes: Mariachi music, art activities, traditional refreshments, Day of the Dead merchandise available, and Museum tours (Spanish & English).  
*Complimentary parking and free shuttle at Merrill Middle School, 5301 Grand Avenue.*

## Membership News



### NEW MEMBERS

Cindy Larson  
Barbara B Bailey

Please welcome Cindy and Barbara when you see them at a club activity.

### FLYING WITH THE REAL ID

Beginning October 1, 2020, travelers will need a REAL ID compliant driver's license or another acceptable form of identification in order to fly. Now is the time to check your ID for a star.



For more information:  
<https://www.tsa.gov/real-id>

## IT'S TIME TO RENEW YOUR MEMBERSHIP AND YOUR COMMITMENT

We hope you've found the last year as a member of Friendship Force educational, fun, and rewarding. We also hope that you'll renew your membership for 2020 but with a renewed commitment to the success of the club. We'll say it again...the organization remains strong only with the help and support of all our members. That means that if you plan to take advantage of the direct benefits of membership, such as social activities or traveling with Friendship Force, that you also plan to give back through your active participation in inbound journey activities, standing committees, or special projects.

Don't wait for someone to call and ask you when an email or newsletter article mentions the need for volunteers, be pro-active and volunteer. Active members already know that the more you're engaged in Friendship Force, the more you'll get out of it.

--- Ginny Renda, Vice-President

## 2019 FFDGM Board and Committee Chairs

<b>Board Members</b>	<b>Term ends</b>	<b>Email</b>
Pat Headley – <i>President, FF Nova Lima and FF Itanhaem OB Journey Coordinator</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>Journey Director</i>	2021	mjdavisconsulting@gmail.com
Cookie Major – <i>Membership Committee Chair</i>	2020	cookster50@gmail.com
Mary Marshall	2021	dpmmgm@msn.com
<b>Other Committees and Tasks</b>		
Shelley Bain – <i>Newsletter Editor, FF Knoxville-Big Canoe OB Journey Coordinator</i>		shelleybain@centurylink.net
Nancy Lundstrom – <i>Activities Committee Co-Chair</i>		nancylundstrom@mchsi.com
Lenne Orona – <i>FF Ottawa IB Journey Coordinator</i>		leorona@aol.com



## 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 \_\_\_\_\_ Birthday month \_\_\_\_\_ day \_\_\_\_\_

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	\$
Select _____ pin or _____ magnet <i>(See below for name on badge)</i>	
Contribution	\$
<b>Total Enclosed</b>	\$
If ordering a name badge...Print your name as you want it to appear on the badge – max of 22 letters.	
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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"/> 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                |

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.