



friendship force
GREATER DES MOINES



2020 FFGDM Activities (dates and activities subject to change)

Jan 11	New Year Brunch at Gilroy's
Jan 17	International Club Planning Meeting
Jan 27	Book Friends Meeting
Feb 19	Lunch at Iowa Culinary Institution
Mar 22	Spring Potluck and Speaker
Apr 22 - 27	Journey to FF Knoxville
Apr 27 - May 4	Journey to FF Big Canoe
May 7	May Day Party
May 17 - 30	Journey to Belo Horizonte and Itenhaem, Brazil
June 2	Reiman Gardens Road Trip
July 12	All-Iowa FF Picnic
July 14	Bastille Day Bash
Aug 23	Dinner and Tour at Italian American Cultural Center
Sep 5	Meals from the Heartland community service
Sep 18 – 20	FFI Regional Super Conference
Oct 6 - 12	Inbound Journey from FF Ottawa
Oct 6	Ottawa Welcome Party
Oct 11	Ottawa Farewell Party
Nov TBD	Annual Meeting & Elections
Dec TBD	Happy Feet Holiday Lunch

Book Friends

The new Friendship Force book club will meet January 27 (4th Monday), at Northwest Community Center lounge, 5110 Franklin Avenue, from 4 to 4:45 pm. Come as early as 3:30 if you want to visit before the meeting. We'll discuss the book *The Starless Sea* by Erin Morgenstern.

If you are interested, call Nikki at 771-5661 to get a book. We have a total of 10 copies.

New Year Brunch

Saturday, January 11
10 am

Gilroy's Kitchen + Pub
1238 8th St
West Des Moines

Join us for brunch to start off the Friendship Force new year. Friends are family are always welcome.

Questions and reservations to Nancy by Jan 10 at 289-2800 (leave a message).

Lunch & Learn

Wednesday, February 19

Bistro at Iowa Culinary Institute
DMACC Ankeny Campus, 2006 S. Ankeny Blvd,
Building 7, Ankeny

11:15 Arrival / 11:30 Lunch

Program on DMACC Kosovo Initiatives
Cost: \$12 includes gratuity. Cash or check only.

Reservations required by Feb 17
to Nancy at 289-2800 (leave a message).

President's Message



Dear Friendship Force Members,
Changes are coming and I am excited to tell you about them. First, you will need a little background. Six board members attended several informative breakout sessions during the world conference this past summer. Dozens of ideas from that conference followed us home, with the overriding message that FFI is encouraging us to “Grow Your Club.” And while FFI encouraged us to try new ideas, some of us revisited the age-old question – Does every activity we do need to be internationally themed? So, we asked. The short answer was “NO.” For the longer answer we were directed to two items; the FFI mission statement and the FFI Strategic Plan.

Our mission is to promote global understanding across the barriers that separate people. Each individual can make a contribution to global goodwill. The Friendship Force worldwide network of clubs and individuals seeks to overcome differences among people and nations.

The Strategic Plan is 12 pages long, so I'm including excerpts that answer our question.

- Each club is invited to look at the criteria for... hosting, traveling, recruitment, and connecting locally
- FFI will communicate... on the progress of clubs taking on new challenges to grow their club and to invite others to participate in the mission of FFI.
- Create new friend building experiences
- People come together for many reasons... it is always with the intent of making new friends, but is often around shared interests
- Develop family and youth program opportunities
- Develop a calendar of social events that bring your club together
- Have fun

Our Regional Representative summed it up like this. “Club activities do support the mission. Perhaps clubs should strive for a balance – some are just relationship building and some are cultural learning experiences.”

As a result of myriad conference ideas, and reference to the mission and strategic plan, we carried it forward. At the annual meeting in October, we asked the membership what they would like to do in 2020. And the members came through, generating over 100 ideas. We organized those ideas into categories and took the top seven to the Happy Feet luncheon in December. And people signed up. You can still sign up, too. Even as I am writing this article, I'm getting copied on emails of those groups already getting organized. Please see the article on page 3 for a description of those activities. But where's the 'grow your club' part, you might ask. You are always welcome to invite friends, family, or cohorts to any of our activities. Always.

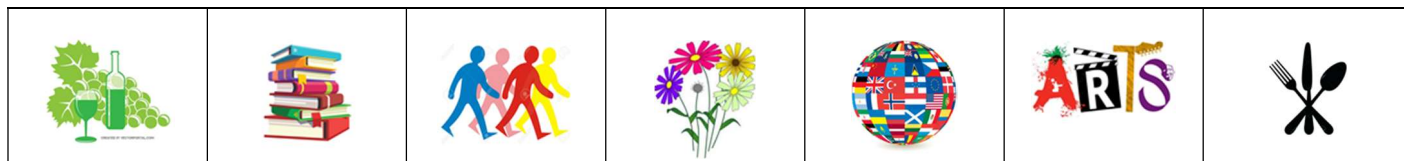
In Friendship,
Pat Headley, FFGDM President

Club Activities

Happy Feet Holiday Lunch

Forty members of FFGDM ushered in the December holiday season at Trostel's Greenbriar. In addition to enjoying lively and engaging conversation, a delicious lunch, and perhaps a delectable desert, club members also contributed 382 pairs of socks for our local Central Iowa Shelter serving the homeless in our community. That makes for a lot of Happy Feet!! We are grateful for our club's friendship and giving spirit!

-- Karen Kilpatrick, Happy Feet Coordinator



FFGDM Special Interest Clubs

As you learned in the president's message, we have formed seven new clubs within the existing FFGDM organization. These clubs are open to FF members and their friends, family, and cohorts and will decide their own activities. Please consider joining one club or several. Perhaps you'll want to start a group as well.

- Wine Club – Winery tours and tasting (in homes or not). Contact: Shirley Treanor at shirleytreanor@yahoo.com
- Book Friends – Read and share books by authors from other countries or about other countries. Contact: Nikki Hubbard at nihubbard@aol.com
- Walking/Exercising/Hiking Club – Focus on outside exercise and walking, biking, bird watching. Contact: TBD
- Gardening and Garden Lovers Club – Explore gardens, farms, nature, and gardening. Contact: TBD
- International Club – Support and mingle with other international clubs, visit ethnic celebrations, share international cooking lessons, and more. Contact: Connie Walters at yourfriendconnie@gmail.com
- Performing Arts Club – Attend foreign language films with subtitles, films set in foreign countries, and performing artists from foreign countries. Contact: TBD
- Dining Out (Restaurant) Club – Dine out at lunch or dinner on a regular basis. Contact: TBD

Other club ideas include: Community Service Club, Language Club, Sports Watching or Participation Club, Exploring Club (trains, cemeteries, unique venues or activities in Central Iowa).

Contact the club directly or me to sign up for any of these clubs.

--- Pat Headley, guthrie41@yahoo.com

Journey News



Outbound Journey - FF Belo Horizonte and FF Itanhaem, Brazil

There are still 2-4 openings for this journey to Belo Horizonte (May 17-24) and Itanhaem (May 24-30). Anyone interested can email me and ask for a timeline and an application. VISAs are not required for US citizens traveling to Brazil. For a fun read, see Brazilian Wedding Traditions on page 7.

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

Where in the World is Else Johnson?

The theme for this journey was Northern California Birding. We spent a morning at the California Raptor Center Davis and heard about some of the amazing birds recuperating there. One of our presenters works in veterinary medicine at the center and gave us some interesting info about owls and osprey. We also spent time at the Cosumnes River Preserve and watched the sandhill crane coming in at sunset. We took a morning drive to the Colusa Wildlife Refuge and saw many ducks, herons, sandpipers and other smaller birds.

We visited the State Capitol where my host, Marty McKnew is a docent. She also took me to the Leland Stanford Mansion, a beautiful home owned by one of Sacramento's founders.



The birds we discovered included the yellow billed magpie, red-tailed hawk, red-shouldered hawk, American kestrel, snow goose, northern harrier, western meadowlark, large flocks of blackbirds, great and snowy egrets, bald eagle, horned larks, great blue heron, white-faced Ibis, and sandhill cranes.

There were 17 ambassadors - 2 from Taiwan, 1 from Ontario and the rest of us from the U.S. We enjoyed beautiful weather and warm hospitality from the Friendship Force of Sacramento.

The impulse to travel is one of the hopeful symptoms of life. – Agnes Repplier

Membership News



Meet Our Newest Leaders

New Treasurer:- Barbara Bailey

New Board Members:
Gail Sheridan-Lucht & Connie Walters

Re-elected Board Member:
Marla Carr

New Treasurer – Barbara Bailey

I was born in Brisbane, Australia, then raised and educated on the Gulf Coast of Texas. Lived in Lakeville, MN for the last 31 years (1988-2019). Moved to Des Moines to be closer to family in June 2019.

I have been a professional nurse for over 50 years. I preformed bedside nursing (ICU/Emergency Room) for 20 years. Then served in various positions; Supervisor, Manager and Director of Managed Care departments for three different companies. I retired in November 2018.

I enjoy travel. I have been back to Australia to visit with family. Made trips to Canada, England, Wales, Scotland, Japan and Italy. Enjoy being busy. Enjoy most music events but jazz guitar is my favorite, opera, ballet, plays and musicals. I was very excited to learn about Friendship Force from one of the current members here in Des Moines. I attended the annual meeting this year and found everyone to be very friendly. The charter of the group is what the “world” needs, better understanding and appreciation of different states, counties and cultures.

New Board Member - Gail Sheridan-Lucht

I am an attorney and currently an Administrative Law Judge for the State of Iowa, Department of Corrections. I’ve been a member of the FF Greater Des Moines Force for almost 25 years. My husband Gene and I have hosted many people over the years from Russia, Australia, New Zealand, Indonesia, Bulgaria, and Kosovo. We have traveled far and wide, but have only done one Friendship Force journey to Russia in 1995 before our children were born. We plan to travel more now that the children are grown and we are closer to retirement!

I’ve served on several Friendship Force Committees over the years such as the ByLaws Committee, Activities Committee, and Journey Planning Committees. I look forward to serving on the Board.

Welcome new Board Member - Connie Walters

Friendship Force is a family thing. Mom was active in the 1970s and 1980s, bringing home stories of her adventures on 5 continents. My sister lives in the Wichita area and is active in Friendship Force of Kansas. Now, I would like to keep the family tradition alive here in Des Moines.

Day hosting for the Japanese Language Learners and attending Welcome & Farewell dinners has only whetted my appetite. But, I have spent enough time with members here to know you are a bunch that I would enjoy working and traveling with.

I’m a people person and am fascinated by other cultures. Recently retired from Des Moines Public Schools, I have a lot of energy and a few skills to devote to this organization. As a teacher of English Language Learners, I was often asked if I speak Spanish. The answer to that is no. But with 52 different languages used by students and their families, I learned to use and read tone, expression, gestures, and body language very well. Teaching was my

second or third career, as I worked in sales, fashion merchandising, and interior design before that. I would like my retirement to be a time for family and friends, continued learning, and giving back. What better place than Friendship Force?

Welcome Again to re-elected Board Member – Marla Carr

My husband and I were both members in the 1980's and early 1990's and hosted guests several times. I was teaching during that time, and there were never any opportunities to travel with the group in the summertime. As our children became more involved in activities, it was difficult to find the time to devote to this group, so we took a hiatus.

We rejoined in 2010 in my anticipation of retiring in 2011 from the Southeast Polk Schools where I had been a 7th grade English teacher for 33 years. I knew Friendship Force was something I wanted to be involved with after I retired. I believe in its purpose of spreading friendship around the world. I went with Friendship Force in 2011 to Germany, and on 2 domestic journeys to Oklahoma City, Oklahoma, and Asheville, North Carolina. I have hosted several people from other countries as well as within the United States.

I've been a journey director for the Asheville, North Carolina, inbound and outbound domestic journeys as well as the journey director for the inbound journey from Vietnam. I have helped plan many journey activities, Open World events, and local club functions. I now co-chair our club's Activity Committee with Nancy Lundstrom. I have a lot of enthusiasm for Friendship Force and enjoy contributing my time and effort to help the club be successful and continue to grow.



Teresa Woodford

Some members had the opportunity to meet Teresa at Happy Feet. Please welcome her at her next club activity.

Dues News

Friendship Force International has raised its dues per person from \$10 to \$15 for the 2020 fiscal year. The FFGDM board considered raising our dues as well, but voted against it, for this year at least. Your dues for 2020 remain at \$30, which means FFI is getting half of that.

Be aware that we may have to raise dues for the 2021 year. As our balance sheet dwindles, we may also have to consider fundraisers in the future; something we've not had to do in recent years. While no one likes that idea, I least of all, don't be surprised if the board eventually deems it necessary.

– Pat Headley, President

Great Lakes, Midwest, and Southwest Super Regional Conference

Friendship Force of Minnesota/Twin Cities will host a Super Regional Conference September 18-20, 2020. This conference is for all club members and club leaders who want to share best practices for club operations, be challenged with new ideas, discuss ways to jazz up our journeys and activities or step out of our box to create new journeys and cultural experiences. All this while meeting old friends, making new friends and exploring Minnesota. The keynote speaker will be Jeremi Snook, CEO and President of Friendship Force International.

Date: Friday afternoon, September 18, thru Sunday morning, September 20.
Conference Location: Embassy Suites Hotel by Hilton Minneapolis Downtown

More details coming soon! Registration opens early in 2020.

2020 FFDGM Board and Committee Chairs

Board Members

	<u>Term ends</u>	<u>Email</u>
Pat Headley – <i>President, FF Belo Horizonte and FF Itanhaem OB Journey Coord</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
Barbara Bailey – <i>Treasurer (non-voting member)</i>	appointed	dcblbailey@gmail.com
Marla Carr – <i>Activities Committee Co-Chair</i>	2022	marlakcarr@yahoo.com
Mike Davis – <i>Journey Director</i>	2021	mjdavisconsulting@gmail.com
Cookie Major – <i>Community Service Coordinator</i>	2020	cookster50@gmail.com
Mary Marshall	2021	dpmmgm@msn.com
Gail Sheridan Lucht	2022	gail.lucht@gmail.com
Connie Walters	2022	yourfriendconnie@gmail.com

Other Committees and Tasks

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
Alice Rasmussen – <i>Membership Chair</i>	off4ever@aol.com

Wedding Traditions in Brazil

Brazil is known for its color, passion and, of course, its extravagant weddings. But, with every exotic culture, there are unique traditions that come along with it. Here are wedding traditions we bet you didn't know about Brazil!

- Church Wedding - Since the majority of Brazilians are Catholics, it is a must to have the wedding ceremony in a church.
- Brighter, the Better - Contrary to popular western culture, it's actually considered bad luck for Brazilian Bridesmaids to wear the same colored dress. The brighter, the better!
- Shoes of Gold - The Brazilian Bride is anything but conventional with her wedding attire. It is customary for her to sport gold heels underneath her dress.
- Girl Power - The Bride is expected to write the names of her single friends inside the hem. This is supposed to provide good luck for her gal pals, in the hopes that it might open the doors to their own love life!
- Scissor Action - On the Wedding night, which is called a 'ceremonial', the Groom's tie is cut up in pieces, each piece auctioned off and sold to the Wedding guests. The Best Man usually leads this 'auction', so as to increase funds for the couple's anticipated honeymoon.
- The Heel and Toe Dance - Brazilian Brides receive extra crash by taking their shoes off during the ceremony. The gold heel is placed on the center of the dance floor and guests generously drop money into the shoe. This quirky custom is done to wish the newlywed's financial future well and prosperous.
- Brazilian Bomboniere - A Brazilian sweet, called bem casado (translated to be 'well-Married'), is handed out to all guests once they leave the reception as a symbol of good luck and prosperity for the newly wedded couple.

Posted in Culture, Wedding Traditions by Wedded Wonderland

International Activities in Des Moines

Promoted by the FF International Club

HOGMANAY PARTY

To celebrate the
Scottish New Year

Tuesday, December 31
5:00 pm
(11:00 in Scotland!)

Since we can't join the crowds of revelers in Scotland we'll have our own party here. We'll share Hogmanay traditions while enjoying friendship, drinks, snacks, and Auld Lang Syne.

Feel free to stop by on your way to a later engagement.

Please bring an appetizer to share and BYOB.

Space is limited.

For more information or to RSVP by December 28, contact Isabella at 278-2067 or imhurless@aol.com.

Celtic Music Association presents



January 11
Holy Trinity Hall
2926 Beaver Ave, Des Moines

Tickets: \$25 in advance | \$30 at the door. Doors open at 7:00 pm and concert starts at 8:00 pm

Since its inception in August 2002, Le Vent du Nord has enjoyed meteoric success, receiving several prestigious awards including a Juno (Canadian Grammy). The band is now one of the most-loved Quebec folk groups touring the world. The band's repertoire includes both traditional and original material

See www.thecma.org for ticket information.

ROBERT BURNS NIGHT

To celebrate the birthday of the national poet of Scotland



Saturday, January 25

5:45 pm: Check-in & Social Time
6:15 pm: Haggis Ceremony, followed by a cold buffet
7:15 pm: Program - Poetry, Scottish Trivia, Singing, and Music

St Luke's Episcopal Church
3424 Forest Avenue, Des Moines

Cost: 18 adults/ \$10 age 10-17 / no cost for children under 10.
RSVP with payment due by January 18.

Contact Shelley at 279-8908 or shelleybain@centurylink.net for more information.



JASI Bell Ringing

Tuesday, December 31
9:00 am – 10:00 am

Join the Japan America Society of Iowa for our annual activity where we ring in the New Year.

We'll meet at the Iowa-Yamanashi Bell of Friendship and Peace, located on the Iowa State Capitol grounds just west of the Judicial Building at 1111 E. Court Avenue.



St David Day Celebration

March 7, 2020
Pella Golf and Country Club, 600 Elm Street, Pella

Banquet lunch at 12:30 pm

Iowa Welsh Society members and those interested in all things Welsh are welcome. Please register by February 29. Inquiries can be directed to phone 319-541-2876 or to AdaMae at adamaelewis@gmail.com.

