



friendship force
GREATER DES MOINES



2020 FFGDM Activities
(dates and activities subject to change)

Mar 19	Meals from the Heartland
Mar 22	Springfest Potluck
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
Aug 29 – Sep 9	FFI's Best of Scotland Tour
Sep 5	Meals from the Heartland
Sep 9 – 14	Journey to Dayton, OH
Sep 18 – 20	FFI Regional Super Conference
Oct 5 - 12	FF Ottawa inbound journey
Nov TBD	Annual Meeting & Elections
Dec 1	Happy Feet Holiday Lunch

FFGDM Community Service Project
Meals from the Heartland

Thursday, March 19, 2020
2:25 – 4:30 pm

357 Lincoln Street, West Des Moines.
Lincoln Street is just south of Railroad Ave at 63rd Street/1st Street.

If you have a FFGDM shirt, please wear it.

RSVP, by March 13, to Cookie at 515-306-8215 or
Cookster50@gmail.com



It's finally Spring so it's time for our annual

Springfest Potluck

Sunday, March 22
1:00 pm

with guest speaker
Kathy Miner

Worldwide Communications Specialist
Kemin Industries

Crown Point Community Center
6300 Pioneer Pkwy, Johnston, IA 50131

Please bring an entrée, salad, side dish,
or dessert (for 10) to share.

RSVP (if coming) by March 17 to:
Karen at karenkilpatrick@gmail.com
or 515-278-4491

Your friends and family are always welcome!

President's Message



Dear Friendship Force Members,

This club has so much to be proud of. Events are happening, journeys are being planned, clubs are meeting, the board is busy, committees are working hard, membership renewal is sailing along, and so far, this winter has not prevented us from doing any of it. At a recent board meeting, I outlined (with some trepidation), several jobs that needed doing. Your board members came through. They quickly said, “I’ll do that job, or I’d like to take that on.” One person enthusiastically said, “I already know which one I want.” What a joy it is. Please say thank you the next time you talk to a board member.

Information on most of the events and journeys can be found elsewhere in this newsletter, but I’ll still reference them. We are blessed with four outbound journeys, two domestic and two internationals, and one of the domestic journeys is a double – visiting two clubs in one trip. We have one international inbound journey and also find ourselves in charge of the All Iowa Friendship Force Picnic this year. We also continue to participate in community service projects.

Earlier in the year we formed seven clubs, and as far as I know, most of them are meeting and planning for the future. If you went to the January event you may have noticed two greeters who met you and welcomed you. You will see that happen throughout the year. In addition, there are road trips, and tours of cultural centers, with some chit chat about visiting local industries.

And if that’s not enough, we are pleased that the Super Regional Conference this year is within driving distance. The board appointed a committee to promote that, since it’s in Minneapolis and most of us consider that a mere jaunt. Said committee has set a goal of fifteen members from this club registering to go to the conference. I’m secretly holding out for twenty. You will be hearing more about that in the next few months. Registration should be open by about March 1st, and they’ve included a pre-trip as well. Check it out.

I’m switching gears now. I was recently reminded that our organization, like many, uses a plethora of jargon. Long-time members forget that we were once confused by all that as well. I thought I’d use a little space here explaining some of it for the benefit of our newest members. I’ll start with the most important one. **LEO** = Let’s Eat Out. **Journey** = our name for trips. **Ambassador** = our titles during those journeys. **Ambassador Coordinator** = the person in charge of an outbound journey. **Host Coordinator** = the person in charge of an inbound journey when a club visits us. Both the Ambassador Coordinator and Host Coordinator are sometimes called the JC or **Journey Coordinator**.

In Friendship,
Pat Headley, FFGDM President

*I have wandered all my life, and I have also traveled; the difference between the two being this,
that we wander for distraction, but we travel for fulfillment. -- Hilaire Belloc*

Club Activities



New Year's Brunch

Members enjoyed brunch at Gilroy's Restaurant on Saturday, January 11. The place was hopping but we had the party room where we could mix and mingle. Thank you to sparkly Nancy Lundstrom for coordinating this activity.



Bistro at Iowa Culinary Institute

Members were pleased to make another delicious visit to the Bistro at the ICI on Wednesday, February 19. Two DMACC staff that work with international students spoke about the DMACC Kosovo Initiatives. DMACC actively works with entities in Kosovo and currently has 28 Kosovar women in a special STEM program. Thank you to Nancy Lundstrom for organizing this event for the fourth time.



Book Friends

Book Friends meets the 4th Monday of each month, 4:00 pm - 4:45 pm, at Northwest Community Center, 5110 Franklin Avenue in Des Moines.

Join us!

Our January book was *The Starless Sea* by Erin Morgenstern and our February book was *Elon Musk* by Ashlee Vance.

Contact Nikki at 771-5661 or nihubbard@aol.com or Connie at yourfriendConnie@gmail.com.



Dining Club

The Dining Club will have its first gathering on Thursday, March 19, at 6:00 pm at Teddy Maroon's, 2301 Ingersoll in Des Moines. Please reserve your seat through Marla.

We'll discuss what kind of dining we prefer such as lunch or dinner, how frequently we want to meet, and who will coordinate each dining experience.

If you love food or new food experiences, this club is for you.

Contact coordinator Marla at marlakcarr@yahoo.com.



International Club

The purpose of the International Club is to support and mingle with other international clubs, visit ethnic celebrations, share international cooking lessons, and more.

We'll have our first meeting in March where we'll discuss how we want to proceed and set our first activity.

Contact Connie at yourfriendConnie@gmail.com for more information.



Wine Friends

Wine Friends enjoyed a wine tasting at Elese's home on Valentine's Day. Members brought wine and appetizers, shared information about their wine, and established a schedule. The club will meet the 2nd Friday of each month and also plan weekend trips to wineries. Our next tasting is March 13 at Ronda and Mike Davis' home.

Any wine lover is invited to join our journey.

Contact Shirley at shirleytreanor@yahoo.com to be added to the email list.



Walking Club

The purpose of the Walking Club is to focus on outside exercise. Five of us met once to walk but haven't yet had the opportunity to organize and decide if we'll meet weekly or monthly, weekday or weekend.

A little exercise among friends is
a healthy thing!

Contact Cathy at skyhicathy@q.com for more information.



← Some of the Walking Club

Mike at Wine Friends



Journey News



Outbound Journey
FF Nova Lima & FF Itanhaem
May 21 – 30, 2020

The Brazil outbound journey will first take us to FF Nova Lima and then on to FF Itanhaem, Brazil. Our club will be joined by ambassadors from Kampala, Uganda, so we'll experience two new cultures at the same time!

--- Pat Headley, Ambassador JC
guthriep41@yahoo.com



Outbound Journey
FF Knoxville & FF Big Canoe
April 22 – May 4, 2020

We've paid our fees and we're ready to go with ten ambassadors to Knoxville and nine to Big Canoe. Big Canoe is also hosting ambassadors from Costa Rica and Sedahlia and I will have Costa Rican housemates! We're expecting a lovely and a lively springtime journey.

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



Outbound Journey
FF Dayton
September 9 – 14, 2020

We have an outbound journey to FF Dayton OH on September 9 - 14 of this year. Dayton is an interesting area, with museums including the National Air Force Museum and Wright Brothers Museum among other aviation sites, the Packard Museum for those who like antique cars and auto history. Dayton has agreed to a return visit during the World Food and Music Festival in September 19-21, 2021. We have not yet set a firm date.

For the outbound journey this year, we are seeking an ambassador coordinator. If you are interested or have questions, please email me.

-- Mike Davis, Journey Director
mjdavisconsulting@gmail.com



Inbound Journey
FF Ottawa Canada
October 5 – 12, 2020

My committee is looking forward to starting the 7-night journey with our friends from Ottawa when we host the Welcome Dinner on October 5.

We're still working on obtaining home hosts so contact me directly if you are interested. If you have already expressed an interest in home hosting, I'll contact you by email. We'll have a Home Host Orientation meeting sometime during May or June.

If you'd like to help in another way, let me know.

– Lenne Orona, Host JC
leorona@aol.com



Best of Scotland Tour August 29 – September 9, 2020



FFI is sponsoring a tour called 'Best of Scotland' but it could be more accurately called 'Treasurers of Scotland' because it's

jammed pack with gems. I'm excited to serve as Journey Coordinator for this tour to my ancestral home and one of my favorite countries. The tour has something for everyone - historic sites, exciting cities, lovely gardens and places of natural beauty. This journey will take you places typical Scottish tours don't.

The itinerary includes Kelvingrove Art Gallery, Glasgow City Chambers, Culzean Castle, Robert Burns Birthplace, Stirling Castle, a boat ride on Loch Ness, Culloeden Battlefield, Clava Cairns, Cawdor Castle, Braemar Highland Games, Blair Castle and Hercules Garden, Edradour Distillery, Scottish Dinner and Céilidh, Edinburgh Castle, Edinburgh's New Town and the Royal Mile (both UNESCO World Heritage sites), Abbotsford House, Melrose Abbey, and a bagpipe lesson. There's also a two-night extension in Edinburgh that includes Rosslyn Chapel, the Royal Yacht Britannia, the Palace of Holyroodhouse, and afternoon tea. Please contact me for details.

– Shelley Bain, Journey Coordinator
shelleybain@centurylink.net

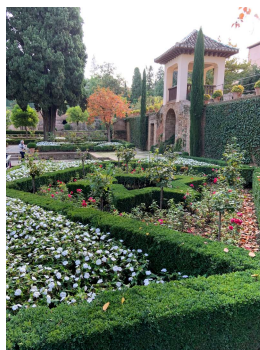
Where in the World are Mary and Shelley?



Mary and I joined FFI's "Discover Spain & Portugal". It was large in number, 30 each on two different tours, and large in opportunities to see the best of Spain and Portugal. Moorish history and Spanish architecture were the themes that ran throughout the tour.



Some of the places we experienced were Basílica de la Sagrada Família in Barcelona, designed by Antoni Gaudí; Santa Maria de Montserrat Abbey, rich and delicious Valencia paella (chicken based) in Valencia and Spain's modernist architecture is seen at the City of Arts and Sciences; the cave town of Guadix; the Alhambra; the tiled pavilion of the Plaza de España and Gothic Seville Cathedral; Royal Alcázar; lunch at the Seville Culinary Institute, a bull fighting and museum and a flamenco show, also in Seville; Church of St. Francis, known as the "Chapel of Bones" in Evora; an evening listening to Fado, Portugal's national musical treasure; Jerónimos Monastery, built to honor explorers, and an interactive cooking class where we made a traditional 3-course Portuguese meal; romanticist Pena Palace in the town of Sintra; the famous Catholic site of Fatima with its two cathedrals; a Porto Wine House; the world class Prada art museum in Madrid; and medieval alleyways and the gothic Toledo Cathedral. The farewell dinner was at a traditional Castilian restaurant with multiple courses and live tuna music. What a great time we had!



Membership News



New Members

Svetlana Baranova
Jamey L Cox
Jarrett Johnson

Please welcome our new members
at their next club activity.

Membership News

I'm back as Membership Chair so if members have changes to their address, phone, or email, please send that information to me so I can get the new information to the right places. I can also be contacted for any questions regarding dues and club name tags.

After the 1st of March, all members will receive the club roster for 2020 by email. PLEASE PRINT A ROSTER FOR YOURSELF!

--- Alice Rasmussen, Membership Chair
off4ever@aol.com

Don't forget to check out our website at <https://friendshipdsm.org/>. It contains contact information for the Board of Directors, current and past newsletters, the database of all club journeys, photo galleries of our activities, and Policies & Procedures. All good information for any member to know.

Great Lakes, Midwest, and Southwest Super Regional Conference

September 18-20, 2020

Hosted by: The Friendship Force of Minnesota-Twin Cities

Embassy Suites by Hilton * Minneapolis Downtown * 12 Sixth Street South * Minneapolis, Minnesota 55412

Minneapolis is the place to be this coming September. The Super Regional Conference will be held in downtown Minneapolis on 12th Street, between the Nicollet Mall and Hennepin Ave from Friday, September 18th through Sunday, September 20th. The fee is \$175 and includes two hotel nights and lunch on Saturday.

Highlights include a welcome reception on Friday afternoon, opening ceremony and plenary sessions of Saturday, with keynote speaker Jeremy Snook, FFI CEO and President. Allison Lindsey, VP of Member Engagement, will speak on that topic. Saturday will include sessions on how to improve clubs, journeys, and program operations. Discussions will focus on challenging issues. Sunday will include speakers on Global Consciousness and Cultural Awareness, followed by the closing ceremony. Friday and Saturday evening will give us the opportunity to sample one of the many local restaurants for some tasty cuisine.

For the more adventurous soul, there is a 3-night, 4-day pre-conference tour to the north shore of Lake Superior and Duluth. For more information about either of these events please contact our Secretary Janette House at j.house@mediacom.net. Tell her which part you are interested in and she will send you the flyers with more detailed information. Registration for the conference will be available after March 1st.

If we leave early Friday morning, there might be some shopping time on the way up north, and more shopping on the way home on Sunday afternoon. I know from experience that shopping always perks interest for many of our club members. Whatever your reason for attending, I'd like to see a huge showing from FFGDM. Come on, make me proud.

---Pat Headley, FFGDM President

Are Looking for a Journey to Join? The FFI Website can Help!

If you're looking for a Friendship Force travel opportunity, then check out the FFI website on a regular basis. The website includes "global journeys" and "undersubscribed club journeys". As the word infers, global journeys are open to all FF members from the beginning of the application process. Undersubscribed club journeys are listed as needed and often with just a few months' notice. Undersubscribed simply means there are seats available because the ambassador club couldn't fill them all.

The journeys on the FFI website, <https://www.friendshipforce.org/journeys/>, change regularly and sometimes there aren't many journeys listed. Today, there are a plethora of interesting journeys such as:

- Nor Peru, Peru: May 5 to May 11, 2020, with FF Kern County (CA)
- Minnesota-Twin Cities, USA and Winnipeg, Canada: May 6 to 20, 2020 with FF Los Angeles
- Ribeirão Preto, Curitiba, and Rio de Janeiro, Brazil: May 11 to 24, 2020 with FF Missouri-St. Louis
- Belo Horizonte and Itanhaem, Brazil: May 17 to 30, 2020 with **FF Greater Des Moines**
- Calgary, Alberta, Canada & Columbia Cascade, Oregon: May 20 to June 7, 2020 with FF Mount Barker (Australia)
- Korolev and Russia's Ancient Cities: May 23 to June 6, 2020, sponsored by FFI
- Active Outdoor Adventure with FF Sunshine Coast (Australia): October 15 to 22, 2020, global sponsored by Friendship Sunshine Coast.
- African American History and Culture in Washington, D.C.: October 25 to November 1, 2020, global sponsored by FF National Capital Area.

Check out <https://www.friendshipforce.org/journeys/> - you may find the trip of your life.

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 Journey Coord</i>	2020	guthriep41@yahoo.com
Ginny Renda – <i>Vice-President</i>	2020	grpbeats@aol.com
Janette House - <i>Secretary</i>	2021	j.house@mediacombb.net
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

Barbara Bailey – <i>Treasurer</i>	dcblbailey@gmail.com
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
Lenne Orona – <i>FF Ottawa Journey Coordinator</i>	leorona@aol.com
Alice Rasmussen – <i>Membership Chair</i>	off4ever@aol.com

