



friendship force
GREATER DES MOINES



2020 FFGDM Activities

(dates and activities subject to change)

Nov 11	Book Friends meet with author John Shors
Dec 10	Happy Feet Holiday sock donation deadline
Dec 28	Book Friends meet. <i>See page 5.</i>

**RENEW
MEMBERSHIP
DUES**

As your membership of \$35 per person is due by December 15, this is a good time to think of paying it. Please print the membership form on the last page of this newsletter and mail the form along with your check to the P.O. Box listed at the top of the form.

If you have any questions, please call
Alice Rasmussen at 515-865-6331.

Happy Feet Sock Donation



Unfortunately, we had to cancel the popular Happy Feet Lunch this year due to COVID concerns but we're still collecting new or lightly used adult socks for the Central Iowa Homeless Shelter.

Bring socks to any club activity or deliver them to a Board member by December 10. Karen Kilpatrick will take them to the shelter.

President's Message

Hello Friendship Force Members and Friends,

Indications are that this pandemic is going to be with us a bit longer. How that affects our club's future depends entirely on us, since 2020 was certainly challenging enough. For 2021 we may have to get more creative as winter rolls its big self around the corner, greets us with a wide snowy grin, and proudly announces its chilly intentions. We've done quite well since our first cancellation in March. The "small group" meetings have been a huge success. They gave us deep insight into the value of human connection. How many of you learned something new about at least one person you've probably seen at large group events for years, but never had the opportunity to really know? The positive comments on the "small group" meetings are encouraging. But I must ask you, did you ever think a lawn chair would become a permanent fixture in your car, or a mask a permanent item in your pocket? And how many of you have rediscovered the great outdoors, whether it was sitting around chatting with other club members, taking a hike in the woods, strolling the neighborhood, or sitting on a park bench?

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And speaking of the outdoors, did you know that kids now spend about half the time playing outdoors as we did? Maybe the positive thing about this year's gatherings is our reconnection with the outdoors and being more in tune with the beauty sitting right outside our homes. October brought us the opportunity to spend more time outdoors, reserving our "small group" activities for next spring and summer. The first week we went to Reiman Gardens and enjoyed a gorgeous day leisurely taking in the sights. The second week found us at Pumpkinville in Mitchellville, and the third week we trekked on down to the Botanical Center. The last Thursday of the month will find us at the Des Moines Art Center. Please email Ginny or me with any ideas you have about winter activities.

What about the winter you might ask? Well, are you willing to stand around in each other's backyards for 30-60 minutes with an enormous cup of hot chocolate in your hands? We are open to other ideas. We need to continue the deeper friendships we've developed over the past few months and promote a brave outlook for our future together. Will that future include travel? I don't know, but our Journey Director is working with FFI to reschedule cancelled journeys for whatever date it becomes possible to travel safely again.

Recently, my seven-year-old grandson Carl, asked his eight-year-old sister: "Ellie, can you teach me to run as fast as you do?" She grabbed his arm and took off running like lightening, making his legs spin so fast he had trouble staying upright. If you will continue to run with us for a few more months, we will find ways to keep all of us connected. We may not run as fast as lightening, and it may actually involve more sitting than running, but you can expect to hear from us from time to time as we endure the winter months in hopes that spring will bring other opportunities to gather in person. We will stay upright, we will stay positive, and we will continue counting on each other for friendship. I'm sending you all air hugs as we continue to work our way through a new territory of winter activities.

Pat Headley
FFGDM President

Club Activities

Annual Meeting & Lunch

Nearly 40 members enjoyed brisk but sunny weather and social distancing on Sunday, October 4, for the Annual Meeting at Fort Des Moines Park. Box lunches were provided by Baratta's.

After lunch, President Pat Headley called the meeting to order. There was a discussion and approval of bylaws changes regarding two issues 1) allowing the Board of Directors to elect co-Presidents instead of a single President, and 2) allowing club meetings to be conducted electronically. The revised bylaws have been emailed or mailed to every member along with Treasurer Barbara Bailey's financial report. Pat reiterated that financials



Claudia wearing paisley

reports or board minutes are available to any member upon request.

Vice-President Ginny Renda thanked Gene Lucht and Gail Sheridan Lucht for the table decorations of orange table covers, autumn theme table runners, and lots of cheery pumpkins. Pat thanked Ginny for arranging the lunch and for finding a scenic location to meet.

The Nominating Chair, Karen Kirkpatrick, nominated the following members for a 3-year term to the Board of Directors:

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Marla enjoying the sun

Barbara Bailey, current non-board Treasurer, first term; Pat Headley, current President, second term; and Ginny Renda, current vice-President, second term.

Pat thanked Cookie Majors for her two terms on the Board and for chairing the club's Community Service efforts. Everyone was glad to hear that Cookie has agreed to continue coordinating Community Service.

Committee or projects chairs reported about their activities over the year and current statuses.

- *Community Outreach:* Cookie shared that Meals from the Heartland is packing meals but has many caveats for volunteering. Mary Marshall has been volunteering there several times a week.
- *Activities:* Co-chairs Nancy Lundstrom and Marla Carr have kept us in touch with monthly social distanced activities including several garden visits and a pumpkin patch. Karen Kirkpatrick thanked those who brought Happy Feet socks.
- *Journeys:* Chair Mike Davis discussed the cancellation of all journeys in 2020 and gave an update journeys tentatively planned for 2021.



Carol and Janette

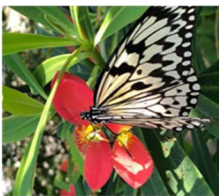


Kathie and Carol with Gene and Gail standing.

About Fort Des Moines Park

This 135-acre county park rests on a portion of the former Calvary post established on Army Post Road in 1903. The park features a rare stand of aspen trees, a native tree arboretum, outdoor classroom, 3-season shelter, and a 13-acre pond surrounded by a trail. You can fish, picnic, hike, or play on modern playground facilities. A volleyball court, horseshoe pits, and picnic shelters are a few other park amenities.

Formerly U.S. Government property, this parkland served as the first Officers' Training Camp for black cadets and the U.S. Women's Auxiliary Army Corps during World War II. Fort Des Moines Park officially became Polk County Conservation property in 1972.



Enjoying Reiman Gardens

Nancy Lundstrom gathered ten members at Reiman Gardens on Thursday, October 8, to enjoy the gardens and butterfly house on a beautiful autumn day. The group had lunch on their own and took self-walking tours. Everything in the Garden Shop was 30% off which made the visit especially interesting for the shoppers in the group.

Boo! Happy Halloween!

Fifteen Friendship Force members enjoyed spending a couple of hours at Pumpkinville just south of Mitchellville, Iowa, on Thursday, October 15. Most of us had lunch there which consisted of the choice of beef burgers, walking tacos, corn dogs, and nachos. Some people enjoyed hot cider and cocoa with a cinnamon pretzel with icing for dessert. Door prizes were given away and a couple of Halloween games were enjoyed by everyone with the winners also receiving prizes. Everyone who came went home with a gift. What would a trip to Pumpkinville be without taking home a pumpkin? Many members did buy a pumpkin or gourd to take with them to add to their fall decor.

--- Marla Carr, Activity Coordinator



Gardens at GDMBG Still Going Strong

After experiencing snow over the weekend, 10 members experienced late autumn at the Greater Des Moines Botanical Gardens on Thursday, October 22. Cold tolerant plants were still going strong outside, although not for much longer. One of the most popular inside spots was the Gardener's Greenhouse with its variety of tropical plants including an unusual mauve hibiscus.



Elaine, Alice, Theresa, Pat, and Ginny in front of the wall of plants.



Anita, Isabella, Mike, and Mary enjoyed lunch at Trellis Cafe

Small Gathering at Mary's

Mary Marshall hosted one of the many Friendship Force small group gatherings over the summer. The gatherings were a way for members to stay in touch and enjoy each other's company while social distancing.

Here are Elaine, Mary, Anita, Mike, and Ronda enjoying the shade of an apple tree. Thanks to Svetlana for taking and sharing the photo.



Visiting the Des Moines Art Center

Club members enjoyed a tour of the Des Moines Art Center on Thursday, October 29, with some taking lunch at Maccabee's Kosher Deli before the tour. The exhibition is *Black Stories* and runs through January 17 and *Landscapes In Watercolor* runs through January 3.

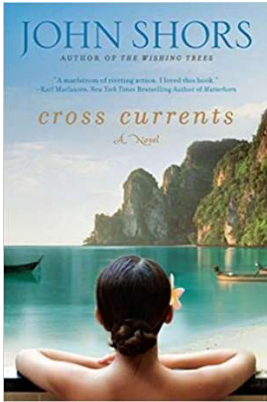
Thanks to Pat Headley who coordinated the visit.

(left) Carol and Beverly viewing a display of hanging colorful glass decorative items.



*Can we skip to the part of the story
where I travel the world?*

Book Friends



Mary Marshall shares great news for Book Friends! Author John Shors will join us again via Zoom at 4:00 PM on 11/23 for discussion of his novel *Cross Currents*. Even if you do not get the book read you would enjoy listening to John.

Join John Shors
In a discussion of his novel
cross currents
Monday, November 23
4:00 via zoom

Dear Booklovers,

I have looked back on my books for the last 5 years and enjoyed so many! I'm having a tough time eliminating choices, so I'm hoping you would research these titles and give me feedback. I've only picked ones that I gave 5 stars on Goodreads. Here are some of my favorites:

- Ordinary Grace—William Kent Krueger
- Two If by Sea—Jacquelyn Mitchard
- The Magic Strings of Frankie Presto—Mitch Albom
- Beneath a Scarlet Sky—Mark Sullivan
- No One Hears but Him—Taylor Caldwell
- Outfox—Sandra Brown
- She Did It! *21 Women Who Changed the Way We Think* —Emily Arnold McCully
- The Curious Charms of Arthur Pepper—Phaedra Patrick
- The Body: A Guide for Occupants—Bill Bryson
- The Oysterville Sewing Circle—Susan Wiggs
- Circe—Madeline Miller

I will really appreciate your responses! Thanks in advance.

The December book is "The Warmth of Other Suns" by Isabel Wilkerson. It's about African American Migration to the North.

The Friendship Force Book Club meets the fourth Monday of each month. Any Friendship Force member who would like to join the book club should contact Nikki Hubbard at nihubbard@aol.com.

- Nikki Hubbard, Book Friends Chair

Journeys

Journey Update

All journeys for 2020 were cancelled or postponed due to pandemic. For FFGDM, outbound journeys cancelled or postponed were a domestic journey to Knoxville TN and Big Canoe GA, a domestic journey to Dayton and an international journey to Brazil. An inbound international journey from Ottawa was postponed. Regarding the Knoxville/Big Canoe journey, ambassadors had been selected and most planning completed; thanks to Shelley Bain for all her hard work putting that together.

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Current plans are:

- 2021:
 - September: Inbound from Dayton
 - October: Outbound to Big Canoe
- 2022: Pending matching from FFI
 - April: Outbound to Knoxville
 - May: Inbound from Big Canoe
 - August: Inbound from Ottawa
 - September: Outbound to Dayton

FFI has begun the 2022 matching process. We have submitted our club's availability for hosting. The Board determined we can host 1 domestic and 1 international journey. We have requested Big Canoe for the domestic and Ottawa for the international. Requests for outbound journeys will be made soon.

We are exploring the possibility of creating a virtual journey video about Des Moines that would be available to FFI members worldwide. FFI promotes the virtual journeys via the Journey Catalog email you should all received. An upcoming example is "Faces and Places: Sibiu, Romania" on Tuesday, November 10, at 1:00 pm CT, hosted by Camelia Grigore of FF Sibiu. You can register at this zoom link - [Romania](#). – Mike Davis, Journey Director

Iowans Can Sign Up in Des Moines for Global Entry

Des Moines Register 10/1/2020

Despite having no direct flight connections for international travelers, the Des Moines airport is now an official enrollment center for Global Entry, a U.S. Customs and Border Protection program that allows expedited clearance for pre-approved travelers upon re-entry to the United States.

Travelers [can sign up](#) for interviews with the federal agency at the Des Moines International Airport as part of the approval process, which also requires a background check. With Global Entry, travelers can more easily and quickly re-enter the United States after international travel by using self-serve kiosks at select airports. The kiosks scan a traveler's passport or permanent resident card and fingerprints and allow completion of a customs declaration. Travelers with Global Entry do not have to wait in typically long lines at customs, though they may be subject to additional screening.

Des Moines does not have a kiosk because it does not serve as an international hub. But Iowans will still benefit from having a convenient option to sign up for the \$100 service locally instead of having to do it elsewhere, said Kayla Kovarna, communications manager for the airport. Each approved Global Entry application lasts for five years.

"As an enrollment center, Iowans will be able to interview locally — rather than out of state — to obtain Global Entry for when they travel internationally," she said. "Domestic travelers will also benefit when flying because Global Entry gives participants (Transportation Security Administration) PreCheck clearance to breeze through TSA security checkpoints." With PreCheck, travelers can go through expedited security screening without having to remove shoes, laptops, liquids, belts, or jackets. Des Moines' airport provides this service.



Membership News

New Club Officers

At its October meeting, the FFGDM board of directors voted to approve Pat Headley and Ginny Renda as co-presidents. In other action, the board voted to appoint Mary Marshall as vice-president and Barbara Bailey as treasurer. Janette House will continue as secretary. These changes take effect January 1.

Congratulations to all the officers and the Board of Directors!

Del and Kathy Wynn's 50th Anniversary

Congratulations to long time members Del and Kathy Wynn who celebrated their 50th Anniversary on September 5. Click on [Del & Kathy](#) to see a few more pictures of the happy family they built.



Let's do more **Show & Tell**... If you have photos of your personal milestones or want to brag on a child or grandchild, please send a photo and description to shelleybain@centurylink.net.

2020 FFDGM Board and Committee Chairs

Board Members	<u>Term ends</u>	<u>Email</u>
Pat Headley – <i>President</i>	2020	headleypatricia651@gmail.com
Ginny Renda – <i>Vice-President</i>	2020	grpbears@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</i>		shelleybain@centurylink.net
Nancy Lundstrom – <i>Activities Committee Co-Chair</i>		nancylundstrom@mchsi.com
Alice Rasmussen – <i>Membership Chair</i>		off4ever@aol.com

8 | Page