



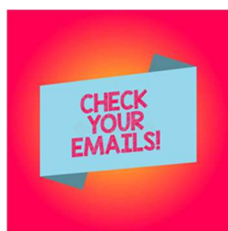
friendship force
GREATER DES MOINES



2021 FFGDM Activities

(Dates and activities subject to change)

Mar 13 Visit to Hoyt Sherman Place
April Visit to Judith Schaechter's stained glass exhibit at the Art Center.



Our club has continued to host at least one activity a month within covid guidelines and they are often announced with a few days to two weeks' notice.

Please check your email regularly so you don't miss out.



Saturday, March 13
1:00 pm

Tour of Historic Hoyt Sherman Place
1501 Woodland Avenue, Des Moines

The 113th Annual Women's Club Art Exhibition is scheduled for March 8 to 14 and Dee has secured timed reservations for those members who wish to also view the exhibit.

There is no charge for the tour or the exhibit.

To **RSVP** or for more information, please contact Dee at deewillemsen@msn.com.

Wear your mask and meet at the Ticket Office, off the parking lot.

About Hoyt Sherman Place

Built in 1877 by prominent pioneer businessman Hoyt Sherman, the elegant family home is graced with marble fireplaces, parquet floors and a carved mahogany entryway. Expanded over the years, the building also includes an impressive and elegant art gallery as well as grand and historic theater. The house stood empty after Sherman's death in January 1904. It briefly served as the first location of the Sisters of Mercy 52 bed hospital in Des Moines. In 1907 it became the clubhouse of the Des Moines Women's Club. The Club added an art gallery, the first public art museum in the city. In 1923, a 1400-seat auditorium was completed for Club programs.

In 1995, the Hoyt Sherman Place Foundation was founded by the Des Moines Women's Club. Ownership of the house and all art and artifacts contained in it were given to the foundation by the Des Moines Women's Club.

The house was added to the National Register of Historic Places in 1977. In 2015 Hoyt Sherman Place was inducted into the Iowa Rock and Roll Hall of Fame.

President's Message

Hello Friendship Force Members and Friends,

What a winter we have had! Freezing temperatures, lots of snow, and unbearable wind chills. When that much respected rodent forecasted 6 more weeks of winter, little did we know that what he was predicting was a historic cold winter with a frigid arctic vortex bringing dangerous cold temperatures to our area. Besides contending with a terrible winter, we have had to battle the novel coronavirus that for a year has affected our routines, caused us to live in isolation, and forced us to battle the business of survival including searching for the coveted vaccine that could help us fight Covid-19.

Even with all this going on in the first part of 2021, we have not let the cold weather and Covid-19 stop our Friendship Force Club and activities committee from planning and having some interesting, save activities. In January, a group of members visited the Gold Star Museum at Camp Dodge. In February some club members went to the Iowa Hall of Pride. On March 13th, our Friendship Force Club plans to tour Hoyt Sherman Place. In April, the club is planning to return to the Art Center to view the extensive exhibit of Judith Schaechter's stained glass. Let's hope that these activities will not be canceled. In addition to these activities, Pat Headley with the help of Shelley Bain has compiled a book of members' and past members' first journeys. Nineteen people have contributed to this project by taking the time to write wonderful accounts of their Friendship Force Journeys. These reports have inspired me to want to visit some of these places so I hope that if you have not read these reports you will do so soon.

Hopefully, summer will bring relief from the coronavirus. If this should happen, we are planning in September to have the All Iowa Picnic and an inbound journey form Dayton, Ohio. If all goes well, we will need club members to volunteer to work on the two committees that will plan these activities. I am happy to report that Marla Carr will be the host coordinator for the Dayton visit. If you would like to work on this committee, please contact Marla at marlaccarr@yahoo.com The Dayton Journey and the All-Iowa Picnic are highly tentative and will be cancelled if the situation dictates. But for now we are moving forward.

The Friendship Force Board continues to meet on Zoom, Mike Davis is working hard on future journeys, and several committees have been organized to work on journey issues. Our Friendship Force Club could not exist without the help of members. Our club is one of the best clubs in the US due to your hard work. We have some exciting plans for the future so we need everyone to get involved in some club activity.

In Friendship,
Ginny Renda
FFGDM Co-President

FFI News

Friendship Force International News

Travel Matches - FFGDM has renewed its charter for 2021 and paid its dues for 2020 so we are members in good standing for another year. FFI has promised to distribute the results of the 2022 journey matching process by the end of February. Hopefully, by the time you read this, we will know what our assignment is, or we will have already made that announcement.

FFI Virtual Experiences - FFI is promoting virtual experiences on the FFI website www.thefriendshipforce.org that now has 42 virtual experiences available for you to visit. Two recent experiences were "Explore Ohio" and "How

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to Travel and Stay Healthy.” The latter covered boosting your immune system before travel, what to eat or avoid eating, and exercise for plane travel, among other issues.

COVID Policies - FFI is not writing COVID regulations but is encouraging individual clubs to create their own policies around this issue. FFGDM has formed a committee that will strategize ways for our members to stay safe when we are able to journey again, and when others journey to visit us. This formal recommendation will be presented to the board of directors, and eventually to club members. Our next tentative inbound journey is from Dayton, Ohio in September. Our “COVID Recommendations” document should be in place well before that time, and I’m sure, FF Dayton will have their own document in place. – Pat Headley, FFGDM Co-President

FFI Rebranding

FFI recently announced that they’re refreshing the FFI brand. “The new brand style incorporates a simple, slightly vintage approach that pays homage to the history of the organization. Since 1977, Friendship Force has woven together a colorful storyline of friendship, service and community.” FFI CEO, Jeremi Snook, provides an introduction to the brand refresh in the video - [FFI Refresh](#). Originally recorded on February 10 for field representatives and club leaders, it includes the history of the FFI brand and the reasons for the change.

New logo . . .	New tagline (<i>this was also the tagline in 1997</i>) . . .
	<p>a world of friends is a world of peace.</p> 

Club Activities

FF Walking Club

The FF Walking Club is taking the Iowa State Park Challenge and will try to hike several state and county parks this year. Our first hike was at Brown’s Woods Forest Preserve on a sunny and winter-warm January 3.

We'd like to invite you to join us on future walks and hikes. To be added to the club contact list, please send your email to Cathy Jensen at skyhicathy@q.com.

About Brown’s Woods Forest Preserve

Brown’s Woods, Iowa’s largest urban forest preserve, offers more than four miles of trails to explore. This 486-acre forest in West Des Moines features a canopy of oak and hickory trees stretching from Brown's Woods Drive to the Raccoon River. The rolling hills and small streams of Brown's Woods are a joy to explore at any season. This wildlife area is named after Tallmadge E. Brown, a successful Des Moines lawyer who acquired large tracts of land around Des Moines in the late 1800s. One of them was this beautiful forest acquired by the Polk County Conservation Board in 1972.



L-R: Elise, Pat, Mary, Alice, Marla, Elaine, Dee, Nancy, Cathy, Jan, Carol.



Iowa Gold Star Military Museum

Saturday, January 23

Front row: Karen, Elaine, Pat, Janette, Gail, Dee

Back row: Chuck, Steve, Nancy, Mary, Jane, Charlie, Cathy, Gene, Gary

Mickael Vogt, curator, began our tour of the Gold Star Military Museum by giving us a brief history of Camp Dodge, which was built in 1909 on 78 acres and expanded to 570 acres during WWI. The museum honors veterans, and illustrates Iowa's rich military history. Exhibits and dioramas gave us an understanding of how the U.S. contributed to eight different wars. We saw examples of a wide range of weapons, uniforms, equipment, aircraft, ground vehicles, submarines, food and medical supplies, and general living conditions during combat. A cut away of bombs and rockets, with their complex inner workings helped us understand why these things are so expensive to build. Though there is also an outdoor display, we decided to let that wait for a warmer day. This was an informative day.

Iowa Hall of Pride

Visiting the Iowa Hall of Pride, makes me proud to be an Iowan. On Thursday, February 11, the Friendship Force of Greater Des Moines toured the Iowa Hall of Pride at 10:30 am. We had five people in attendance. Pat Headley, Alice Rasmussen, Dee Willemssen, Elaine Bredesky, and Marla Carr. I think it might become a part of our itinerary for our next inbound group of ambassadors. I have shied away from it in the past thinking it only had displays about Iowa high schools. But there is a wonderful video at the beginning of the tour that makes you proud to be an Iowan. There are also quite a lot of information and videos about famous Iowans, wind farms, a view from the combine, a float down the Skunk River, a 2-minute video on State Fair highlights, the effect of Prairie Meadows on the Des Moines area with a good video on the many projects they have funded in our community. We could easily spend an hour there.



Dee, Elaine, Alice, Pat, and Marla

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It would be a nice place to take a sack lunch to eat afterwards, and then do something else in the afternoon. If some people wanted to stay longer, they could go and see more of the exhibits after lunch. It would just depend on individual interests. I will file this with my list of possible group activities to do together.

-- Marla Carr, Activities Committee Co-Chair

Book Friends

In January we discussed the book *Pachinko* by Min Jin Lee which took place in Korea and Japan. We all learned a lot from this book as well as enjoying the story which really brought out the prejudices between the two countries. In February we each shared a book of our choice. It was fun to hear new titles and hear why they are chosen.

The Friendship Force Book Club meets the fourth Monday of each month. Any member who would like to join Book Friends may contact me nihubbard@aol.com. -- Nikki Hubbard, Book Friends Co- Coordinator

2021 Selections				
Month	TITLE	AUTHOR	HOST	NOTES
March	Murder in an Irish Pub	Charlene O'Connor	Ginny Renda	Irish Mystery
April	Daughter of the Reich	Louise Fein	Alice Rasmussen	Germany
May	The Unlikely Adventures of the Sherrill Sisters	Balli Kaur Jaswall	Connie Walters	India
June	The Magical Strings of Frankie Presto	Mitch Albom	Nikki Hubbard	World travels
July	Next Year in Havana	Chanel Cleeton	Ronda Davis	Cuba
August	Temple of a Thousand Faces	John Shors	Mary Marshall	Angkor Wat
September	My Dear Hamilton	Stephanie Dray & Laura Kamoie	Ginny Renda	U.S.A.
October	Each member brings a book to recommend and summarize			
November	Beantown Girls	Jane Healey	Alice Rasmussen	WWII Red Cross
December	Curious Charms of Arthur Pepper	Phaedra Patrick	Nikki Hubbard	World travels

Membership News

Membership Update

Hopefully we are about at the end of covid and also winter! I have been working on collecting membership dues so have had some nice conversations with current and past members.

I am happy to say there are 2 members who are rejoining for 2021--Carol Krause and Deana Carfae.

The other news is that the roster for 2021 has been sent to members via email or post. PLEASE PRINT A COPY! Some information has changed since last year--and in case we have made a mistake with any of your information, PLEASE let me know--Alice at off4ever@aol.com.

If you know of anyone who might be interested in Friendship Force, let me know and we will contact them.

-- Alice Rasmussen and Charlotte Buttin
Membership Committee



New Members
Lee Ann Bakros
Nancy Grandquist Fields



Carmie Renda - March 12
Claudia Holcomb - April 02
Shirley Treanor - April 05
Ginny Renda - April 21
Frances Youngblut - April 21
Ken Rasmussen - April 23
Nikki Hubbard - April 28
Connie Walters - April 29

Show & Tell

If you wish to share a your personal milestone or accomplishment or want to brag on a child or grandchild, or share something that makes you happy, please send your news (photo optional) to shelleybain@centurylink.net.

Thank you to Shirley, Connie, and Cathy for their contributions this edition.



Congratulations! Shirley Treanor's New Home

Shirley is thrilled to finally be in her American Disabilities Act Habitat for Humanity home. If you know of anyone who may qualify for a house or who wished to volunteer with Habitat for Humanity, please let Shirley know at shirleytreanor@yahoo.com.

How Connie Walters Copes

I'd like to share my latest strategy for maintaining sanity: Instead of daytime TV, I play YouTube videos of birds by Paul Dinning. There are many of them and they are 8-10 hours long. I just play them as background sound whenever I'm at home (which is most of the time). They are supposed to be for calming cats, but that's just a bonus. Try it!

--- Connie Walters

Cathy Jensen Celebrates Ballooning

One of the best parts of 2020 is "kinda" celebrating 50 years of hot air ballooning in Iowa. Before the Indianola balloon field east of town, the balloons launched from the Simpson campus.

Dream Duster is the balloon piloted by my friend Chris King in honor of his dad Gary. It was the most beautiful night at the campus the end of July.

--- Cathy Jensen



2021 FFDGM Board and Committee Chairs

Board Members	<u>Term ends</u>	<u>Email</u>
Pat Headley – <i>Co-President</i>	2023	headleypatricia651@gmail.com
Ginny Renda – <i>Co-President</i>	2023	grpbears@aol.com
Mary Marshall - <i>Vice-President</i>	2021	dpmmgm@msn.com
Janette House - <i>Secretary</i>	2021	j.house@mediacombb.net
Barbara Bailey – <i>Treasurer</i>	2023	dcblbailey@gmail.com
Marla Carr – <i>Activities Committee Co-Chair, Dayton Journey Coordinator</i>	2022	marlakcarr@yahoo.com
Mike Davis – <i>Journey Director</i>	2021	mjdavisconsulting@gmail.com
Gail Sheridan Lucht	2022	gail.lucht@gmail.com
Connie Walters - <i>Book Friends Co-Coordinator</i>	2022	yourfriendconnie@gmail.com
Other Committees and Tasks		
Shelley Bain – <i>Newsletter Editor</i>		shelleybain@centurylink.net
Nikki Hubbard – <i>Book Friends Co-Coordinator</i>		nihubbard@aol.com
Cathy Jensen – <i>FF Walking Club Coordinator</i>		skyhicathy@q.com.
Nancy Lundstrom – <i>Activities Committee Co-Chair</i>		nancylundstrom@mchsi.com
Cookie Major – <i>Community Service Coordinator</i>		cookster50@gmail.com
Alice Rasmussen – <i>Membership Chair</i>		off4ever@aol.com

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