



friendship force
GREATER DES MOINES



2019 FFGDM Activities

(dates and activities subject to change)

Jul 13	All-Iowa FF Picnic in Cedar Rapids
Jul 14	Bastille Day Celebration and Potluck
Jul 23 - 27	FFI International Conference
Aug 7-12	Ambassadors from KK Knoxville TN
Aug 7	FF Knoxville Welcome Party
Aug 11	FF Knoxville Farewell Party
Aug 31	Meals from the Heartland
Oct TBD	Annual Meeting
Dec 3	Happy Feet Holiday Lunch

BASTILLE DAY BASH

Sunday, July 14 * 4:00 pm
Ding Darling Shelter at Birdland Park

Program at 4:45, Potluck at 5:00 pm, Games after

Alliance Française and the Greater Des Moines Sister Cities Commission invite you and your friends to help celebrate France's national holiday.

The celebration will include a pétanque tournament, music, good food, and good friends. Alliance will provide roast pork, baguettes, ice, water, and tableware. We hope you'll bring your enthusiastic selves and a side dish to share. There will be a prize for the best French dish.

You may bring beer, wine, or other beverages in non-glass containers.

RSVP, if attending, to Pat Westphal at 277-5741.



2019 ALL IOWA FF PICNIC

July 13 at 11 am
Catered meal at noon

Bever Park Pavilion
2700 Bever Avenue SE
Cedar Rapids, IA

Have fun testing your knowledge of flags from around the world. Wear your flag-themed gear – t-shirt, hat, etc. Enjoy a relaxing afternoon of camaraderie, sharing stories and learning about other clubs' activities.

Mail your check for \$15, **by July 3**, to:

FFCR
3000 27th Street SW
Cedar Rapids, IA 52404

If you plan to attend, let Janette House know at j.house@mediacombb.net or 515-537-1252. She'll also arrange carpooling so if you can drive or need a ride, please let her know.

Contact: Mary Stull, FF CR Picnic Committee
mcdstull@aol.com.



President's Message



Dear Friendship Force Members,

Is it possible to have too much fun? Nineteen club members had the incredible pleasure of visiting Ottawa in the Province of Ontario, Canada. It became obvious the first evening that this club's members participate in club activities. So many attended the welcome dinner, we actually spilled out of the room, taking up additional space in the next one. Nor was the enthusiasm any more easily contained. We met many who would be our day hosts for the next week. The evening ended with a 'tongue in cheek' slide show about the differences between Americans and Canadians, providing a good start to the week and more than a few laughs.

Every day, we met more club members, eventually learning their membership is at 130. Are we jealous or what? From the history museum and the aboriginal experience, to the Parliament and Senate, and Parc Omega we saw and heard amazing things about this piece of the world. We learned why their tulip days are important to them, and had the opportunity to see thousands of tulips, even though the chilly weather made many tulips a bit shy about showing off their full beauty. On the last full day, we visited the little town of Almonte in Quebec Province, where we visited four businesses with "The Good Food Tour," ending the day in an old but still used textile mill for the farewell dinner.

Back home, our club stays busy, with the annual summer picnic, the 'All Iowa Picnic' in Cedar Rapids, the Bastille Day celebration, and another volunteer opportunity with the Meals from the Heartland. Also exciting this year, is that we are sending six board members to the FFI World Conference in Boulder, CO this summer.

We're looking forward to an incoming group from Knoxville, Tennessee in August. We still need two hosts for that journey. Journey Coordinator, Ginny Renda, has been working hard with her committee getting things in motion for this visit. We're expecting about thirteen ambassadors to come and see what we have to offer. We still need hosts for that journey. Did I say that already? Of course, I did. Seriously, Ginny's phone is in her hand right now waiting for your call. 515-287-3999.

By then, summer will be over and fall activities will lead us into a new year with all new activities to look forward to. Will we see you at one of these many opportunities to visit with other club members? Please join us and bring a friend or two.

In Friendship,
Pat Headley
FFGDM President

"Blessed are the curious for they shall have adventures." – Lovelle Drachman

Club Activities

2019 MYSTERY ADVENTURE

Twelve people were lucky to participate in the 2019 Mystery Adventure. That adventure first took us to Waterloo where we visited the Sullivan Brothers museum for a look at the history of several wars. Lunch time found us at the Bread Basket Tea Room in Manchester, a locally owned restaurant with good food and the first opportunity for some in our group to spend money at their in-house gift shop. Our next stop was the elegant boutique Julien Hotel in Dubuque where we would spend the night. Free time found some of us perusing some of the town's thirty murals created by VOICEPRODUCTIONS to encourage cultural vibrancy in downtown Dubuque. Six people sauntered on up to the Fenlon Place elevator, also known as a funicular. The ride up was short, but steep and the views from the top excellent. Dinner that evening was at a refurbished factory building now called the Brazen Open Kitchen/Bar. The most noteworthy thing here is that Carol Grimm parallel parked the huge van perfectly, to applauding cheers from the rest of us. After dinner we all went back to the hotel and hung around talking about the trip so far, and any other subject that happened to fall upon the table. It became a good time to get to know each other better.

For day two, we were instructed to be checked out of the hotel and back at the van by 9:45 to stow our luggage. Then we walked to the Dubuque Museum of Art where we received a private tour by their Executive Director, David Schmitz. Again, some people went shopping on the way back to the hotel, where we were treated to one of the movies being shown during the Julien Dubuque International Film Festival while also having a catered lunch. After the movie, we heard presentations by three film makers about their craft. Eventually, it was time to head for home, though we did stop at the Mines of Spain State Park to walk around and see a monument to Julien Dubuque, the first European to settle in what is now called Iowa. He was given permission to work the lead mines, which became known as the "Mines of Spain."

Julien eventually married Potosa, the daughter of the current Meskwaki Indian Chief Peosta. When Julien Dubuque died, the Meskwaki buried him with tribal honors at the site where the monument now stands. Later we stopped at the American Gothic Barn on U.S. Route 30 near Mount Vernon to view and take pictures of the murals on three sides of the barn. After a couple of rest stops, we found ourselves back in Des Moines, having had a magnificent two day mystery adventure. The evaluations have been positive and most people are asking for a repeat next year. Accolades go out to our leaders Carol Grimm, Carol Grant, and Cheryl Oderkirk.

MYSTERY ADVENTURE 2020?

We are looking for a small but mighty team to plan and conduct next year's mystery adventure. Please, please, don't all raise your hands all at once, but you can let me know the next time you see me.

--- Pat Headley





CINCO DE MAYO

Hola! Twenty-seven members and guests celebrated **Cinco de Mayo** with a Taco Bar on May 2. The caterers, members Karen Kilpatrick, Alice Rasmussen, Ginny Renda, Janette House, and Shelley Bain, provided two choices of meat, spanish rice, frijoles refritos, cotija cheese, chips, salsa, taco accompaniments, spicy chocolate cookies, pineapple, ice tea, sangria, margaritas, and beer. The food was delicious!

The tables were festively decorated with bright pink geraniums, tissue paper flowers, small donkey pinatas, oaxacan wood carving, and candies made in Mexico. Connie Walters lead us in a game of Loteria and the seven game winners won small Mexican textile prizes. A good time was had by all.
-- Shelley Bain, Cinco Chair



THE ROTARY CLUB OF DES MOINES' INTERNATIONAL SUMMIT

Three members of the Friendship Force of Greater Des Moines participated in the 2019 Rotary International Summit at Unity Point Health's Education & Research Center on June 10. Cookie Major, Adrienne Moen, and John Tone staffed a display table advertising Journeys and promoted Friendship Force by explaining to many what our mission is and how we currently operate as a volunteer NGO.

There were over 100 people present as well as 20 organizations recognized, and our keynote speaker for the day was Roger Thurow, Senior Fellow at the Chicago Council on Global Affairs and Action Against Hunger Humanitarian Award Recipient. Mr. Thurow has written the book, "The First 1,000 Days, A Crucial Time for Mothers and Children". He cited ongoing cases in several countries which he has followed and worked alongside locals to educate and promote better living conditions. This very important presentation and interactive discussion was most appropriate since our FFGDM Club is involved with Meals From The Heartland as an ongoing project.



The afternoon program included a panel of three including: Jim Gaffney from Corteva Agriscience (formerly Pioneer Hi-bred), Robin Paetzold from University of Iowa Carver College of Medicine, and Jay Sehgal, the President of the Sehgal Foundation.

The summit gave our Club a lot of visibility, and we had the opportunity to learn more about how we might go forth with more humanitarian projects which are of particular interest to younger, prospective members.

-- Adrienne Moen

SUMMER POTLUCK PICNIC



Thirty members enjoyed a delicious potluck picnic and good conversation at the beautifully refurbished W.C. Walker Shelter at MacRae Park on Sunday, June 23. Members heard tales from the Ottawa journey and voted on a club polo shirt. Thanks to Ginny Renda for coordinating the picnic.



Journey News

OTTAWA JOURNEY - MAY 10-17

A delegation of 19 FFGDM members travelled to Ottawa for an exchange in that lovely and exiting capitol of Canada. More pictures and the full Journey Diary can be found on our website [here](#).

Ronda Davis - May 10

... Mary Marshall, Mike and Ronda Davis were greeted by our home host, Barb Smith. Barb gave us a wonderful tour of Ottawa that included a stop at Hog's Back Park to see the historic and beautiful falls. She shared many stories about the other sights we saw. It was a great introduction to Ottawa.

Then it was off to our home for the week, where we met Mark, Barb's husband, and Chantelle, the cat and Visa, the Husky dog.



The Ottawa club planned a welcome dinner at their Perkins, which allows wine unlike their US locations! There were many introductions and a very funny presentation featuring the differences between the US and Canada. Bags were distributed filled with fun and useful Canadian items. To end the evening photos were taken of hosts and their guests...



Jane Flagler - May 11

On a cool and sunny day, we walked to the House of Commons and then to the Senate. In both places we had excellent, knowledgeable guides...

Nikki Hubbard - May 12 (free day)

...We visited Hogs Back Falls and although the gates were not all open, there was plenty of rushing water! The breeze was brisk but refreshing. A visit to a Rexall drugstore and an ATM were interesting experiences. Prices were higher than US, but sale prices helped... Our host John made 2 delicious salads for the potluck at Betty's home. One was easy: spinach, mandarin oranges, and slivered almonds. Then he simply mixed mayonnaise with the juice from the

oranges for the dressing. We got better acquainted with the people there in addition to enjoying appetizers, entrees, and fabulous lemon bars and a fancy soufflé. We stayed until 9:00. By that time, we were all tired but full and happy with the day.

Pat Headley - May 12

...The first thing we did was to go to Commissioner's Park where we walked from one end to the other, viewing more than twenty-six tulip beds. Since it was a cool day, some tulips were quite obliging, while others were a bit more reluctant to show their full beauty. Still, we had a great stroll along Dow's lake, where we met other Friendship Force people, all of us viewing more than a quarter of a million tulips.



Early in our walk we stopped to learn about Princess Juliana, who needed a safe haven during WWII, and was invited to come to Ottawa, Ontario Canada. While she was there awaiting the birth of her daughter, Margriet, the local government designated an area of Civic hospital as Dutch territory, so that the baby could be born on Dutch territory. In gratitude to Ottawa's generosity, the Dutch send 10,000 mostly pink and purple bulbs, Juliana's favorite colors, every year commemorating the service they provided to the Queen and to their "enduring friendship." ...

...For the rest of our free day we went back to Ottawa and to the Notre Dame Basilica just to ogle the incredible architecture of the building, followed by a short visit at Rideau Falls – kind of a miniature Niagara. After a brief time at the abode of our home hosts, we were on the road again. Amazingly, Jaap and Maria, despite having spent the entire day with us, managed to go home and put on a splendid dinner, again accompanied by great conversation. Joining us for that meal was FF Ottawa's president Lynda Heffernan. The last thing we did this day was to go up to the roof of the building my host Rosemary lives in and view the city from there. It was a nice way to end the day, except that 11:00 p.m. also found me writing in my journal.



Charles Johnson - May 13

...Our trip today is to the Pare Omega. This park is a drive through type park where you get to feed the different type of animals thru the windows of an old school bus. But - - I am getting ahead of myself. ...On the way to the park, I got to see some of the most beautiful granite rock formations that I have ever seen. ...The rock formations were just beautiful. It looked to me that they were chain-saw sculptures. There were really breath-taking! ...After lunch at the park we boarded the school bus and headed into the park. Some of the animals we saw and fed, were elk, wild boar, wolf.

Ginny Renda - May 14

... we went to Beechwood Cemetery for a special ceremony. Before attending the ceremony, we walked around and observed the beautiful 20 foot tree carvings in the cemetery. The artist Peter Van Adrichem, who is the brother of Anna one of the Ottawa Club members, was present to talk to us about how he created these beautiful works of art. This was an unexpected interesting discussion.

The National Cemetery of Canada, Beechwood hosted a Special Canadian Tulip Festival Veterans Day Ceremony to commemorate the liberation of the Netherlands and to celebrate the special bond of friendship symbolized by the gift of tulips. Among those represented at this event to commemorate the liberation of the Netherlands by the Canadian Army during WWII included: the Government of Canada, the Royal Kingdom of the Netherlands, local embassies including the USA, the City of Ottawa, veterans' groups, and First Nation Representatives. The ceremony was beautifully orchestrated and concluded with the laying of wreaths by governmental officials and military personnel....



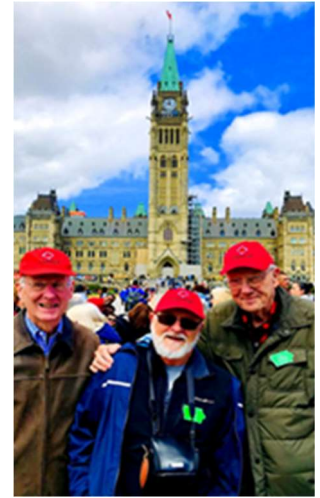
Mary Marshall – May 14

...We had a wonderful surprise while visiting the Royal Canadian Mounted Police and were able to see the full practice for the Musical Riding Tour Company. Our hosts were just as excited as we were as some of them had never seen them perform....

Michael Davis - May 15

...We picked up Polly and drove over the Champlain Bridge on the way through Gatineau to the Museum of History. The architecture of the museum is beautiful, and the views across the river to downtown and Parliament are also lovely, so we headed out in the sunshine to take photos. The building, which was designed by an aboriginal architect, has no corners and is all curves...

We split up and went our separate ways around the museum. I went to a lot of the museum but could not finish it all before it was time to meet to go to the Aboriginal Experience. The displays at the museum had a lot of information on the First Nations. Canadians had done much the same as the United States had with treaties, separating children and requiring them to go to special schools, and discrimination. There were also similarities with what was done with Japanese people in WWII and with other minorities...



Else Johnson - May 16

[Editor: Else's journal focused on the food-oriented shops the ambassadors visited. It's well worth a read but too long to print and too good to cut. Please read it online.]

...We were welcomed by Almonte's mayor and enjoyed the rest of the afternoon shopping and sightseeing. We saw the statue of James Naismith, a former resident who invented the game of basketball. We walked along the waterfalls and enjoyed the beauty of this community. Several Hallmark Christmas movies

have been filmed here. Marion, her friend, Elaine Bradley and I enjoyed lunch at the Mill Street Crepe Company. A nice stop!

This was the last day of our journey with the Ottawa Friendship Force. We enjoyed a buffet dinner and a video of pictures taken during our week.. It was a wonderful way to end and spend a little extra time with our hosts.

Sandra Jordan – May 17

... We drove to Montreal Friday and found hotel and arranged parking offsite. Else and I took a walk and ended up going to a jazz concert at Madison de Jazz de Monte where we enjoyed not only the meal and music but people watching!



FF KNOXVILLE TN INBOUND JOURNEY

August 7 – 12

On August 7 the Friendship Force of Knoxville TN will arrive in Des Moines for a five-day journey. We've planned an interesting program that will highlight some of the best places greater Des Moines has to offer. A Welcome Potluck will be held at 6:00 pm at Crown Point in Johnston. All club members are invited.

Smokey D's has been reserved for the Farewell Party at 5:30 pm on August 11. The cost to members will be around \$18 and includes dinner, dessert, and lemonade or iced tea. There will be a cash bar for those who would like other kinds of drinks.

Don't forget to mark your calendars. Details for both parties will be sent in a separate email.

– Ginny Renda, Knoxville Host Coordinator
grpbeats@aol.com

EASY WAYS TO PROMOTE OUR CLUB AND GAIN OPPORTUNITIES TO TRAVEL

If you like to travel with Friendship Force, we need your help to make travel opportunities available to the membership. Here is how you can help with little effort:

1. Take FFGDM business cards with you on FF journeys and hand them out.
2. Gather the name, club name, and email address of people you meet so they can be added to our newsletter email list and I can contact their club leadership regarding potential domestic journeys.
3. Consider becoming a Journey Coordinator for a future journey. You'll be trained and mentored by an experience Journey Coordinator.

Please feel free to contact me with your questions regarding journeys and suggestions for domestic journeys you would like.

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

Membership News

BOOSTING SPIRITS AND COMMEMORATING MEMBER MILESTONES

As Secretary of the Board of Directors, one of my new duties is sending cards to club members for various life events such as birthdays, weddings, births, deaths, and illness. If you know someone who should receive a card then send the name and life event of the recipient to me at j.house@mediacombb.net.

– Janette House, Secretary

2019 FFDGM Board and Committee Chairs

Board Members	<u>Term ends</u>	<u>Email</u>
Pat Headley - <i>President</i>	2020	guthriep41@yahoo.com
Ginny Renda – <i>Vice-President and FF Knoxville Host Coordinator</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
Other Committees and Tasks		
Shelley Bain – <i>Newsletter Editor</i>		shelleybain@centurylink.net
Nancy Lundstrom – <i>Activities Committee Co-Chair</i>		nancylundstrom@mchsi.com
Open – <i>Nominations Committee Chair</i>		

Where's the Membership Application? [here](#)