



friendship force
GREATER DES MOINES



2020 FFGDM Activities

(dates and activities subject to change)

July 9	Lunch at the Enabling Garden
Aug 23	Tour and refreshments at the Italian American Cultural Center
Sept	Activity TBD
Oct	Activity TBD
Nov	Annual Meeting and Election
Dec 1	Happy Feet Holiday Lunch



Lunch at the Enabling Garden

Thursday, July 9, 12:00 to 2:00 pm
The Enabling Garden
1050 First Ave. S., Altoona

*Directions & Parking: Just south and east of the Altoona Hy-Vee.
Park in the spaces at the garden or at HyVee.*

This small garden is a project of the Polk County Master Gardeners. Its primary goal is to welcome people of all abilities to experience the garden.

Please bring your own lunch and your own beverage. You can bring something homemade or there is a Subway, Jimmy John's, McDonald's, Dairy Queen, and Hy-Vee Deli close by.

The garden contains a shelter with several picnic tables in the shade, but you should bring a folding chair to help with social distancing. There is no rain date.

At noon, we'll have a brief explanation about the garden and its origin and purpose. There is also a nice walking path around the small lake and an interesting memorial to the military.

This is a lovely area that many of you may not know exists. So please plan on coming and joining us for fun and friendship.

Questions? Ask Marla Carr at marlakcarr@yahoo.com



There are only two zip codes in the U.S. not associated with a business. One is assigned to the president for their personal use while in the white house.

Question:
Who is the other one assigned to?

Try to guess first, then look for the answer someplace else in this newsletter.

Enjoy, Pat

President's Message

Vocabulary Lesson

Resilience, according to my Merriam-Webster dictionary means “the ability to recover from or adjust easily to change or misfortune.” Ms. Google adds an adverb, making it read, “the ability to recover *quickly*...” How are we doing with that? How are you doing with that? I know from conversations, emails, and texting, and from seeing some of you in person, that many of us have found ways to adjust, ways to stay sane, and ways to find out just what the heck we are made of. Resilience will keep us going until we can get together as a group once again. You’ve all had to find and/or develop your own brand of resilience. Indeed, you’ve had to develop your own definition of resilience.

Perseverance, according to the Headley school of thought, means hanging in there until the next best thing comes along. It means getting through a crisis, a.k.a. pandemic, with **creativity**, with **aplomb**, with **audacity**, and sometimes a whole lot of **grit**. It means finding ways to stay connected without endangering any of us. We hope the small group gatherings are doing just that. We started out with 29 people participating in the first of those small groups in June. It tells me that many of you are anxious to see each other. We added a few more for the second of those meetings. That’s almost as many as we would see at one of our large group events, and I consider that **astounding**.

Isolation is a word we’ve all grown up with. Isolation in hospitals, prisons, sometimes youth shelters, occasionally in schools, and being sent to your room. But who knew isolation would become a common way of life for so many people for so long a time? Who knew we’d get first hand knowledge about how we personally handle extended isolation? Isolation has hindered our freedom of movement, of simply being able to go where we want, when we want, for how long we want, and with whom we want. One thing isolation has taught me is that I never want to be in a forced isolation situation, such as prison. If I was a model citizen before, I intend to be an exemplary one now. Being stuck in my own home was enough isolation for me.

Uncertainty The one word that creeps into so many conversations these days. It’s the uncertainty about future travel, future plans, playing in the parks, or eating at a dine-in restaurant. It’s about walking into any store anywhere, without a mask, and to shop without feeling like we are doing so among a horde of bandits. Remember when we could touch stuff in the produce isle to see which one suits our requirements? Remember when we could smile at someone and they could actually see that smile? Remember when it was polite to shake hands with people in social settings or business dealings. We must continue to deal with the uncertainty of being able to do any of those things again any time soon.

We’ve all had to figure out who the important people are in our lives, and how to stay connected to those people. There have been all sorts of electronic **connections**, and you know my feelings about all things electronic. We’ve found ways to see and visit people from a safe distance so that those connections are not totally lost. Each month I’ve tried to give you a tidbit to remind you of our Friendship Force connections. And I’ve heard from several of you how important those connections are, and how anxious you are to have the opportunity of meeting in person as a group. Your Board of Directors and the Activities Committee are working on that issue, so that we might meet as a group, either with social distancing while it’s still recommended, or without it when things are safe enough to do so. Each of you will decide when you are ready to join larger group activities. If you can’t come, we will miss you, but will also understand and respect your decision.

Continued....

Challenges have been plentiful these past few months. But those challenges have also provided **possibilities**. It's possible to do things differently, while accomplishing the same goal of remaining connected, of planning our lives, of being able to carry on no matter what is happening to the health status of this world. We've **adapted** and we've met those challenges head on. Actually, if you really think about it, a challenge is merely a possibility in disguise, simply waiting to be revealed; waiting for you to discover it. The news is full of those charming or heartwarming challenges transformed into possibilities.

Done might also creep into our vocabulary these days. I got my filing done; something I apparently hadn't touched since March of 2019. I installed some spice racks inside my pantry. I got some writing done. What did you accomplish from your list of things so old some of them no longer matter? What new projects did you dream up? What did you do so you could strut around with your chest puffed out saying "DONE?"

Serendipity is my last vocabulary word for you today. Serendipity is the gift of finding something valuable you weren't necessarily looking for. Serendipity has always been my most favorite word because it holds so much promise. Many of the good things in my life have come about through serendipity. We absolutely did not seek this COVID 19 situation, but serendipity helped us get through it. We will see each other again. We will have real events again. We will resume our potlucks, and our conversations, and our interest groups, and yes, eventually join our friends for a journey. We will once again welcome members of other clubs into our homes. We will discover someday soon how good it feels to be sitting in a room full of people. Did we take that for granted before? Despite uncertainty, we will persevere. Serendipity may surprise us yet again if we hang in there long enough. We will stay resilient because we know we will be happier and healthier because of it. We will stay resilient because that will keep us going until things are back to some form of normal. We will stay resilient because the universe gave us the gift of resilience to hang on to during our prolonged journey through this pandemic.

See you all soon,
Pat Headley, FFGDM President

News from FFI – Club Presidents' Meeting Report

At the June Midwest President's meeting, our field Rep Dale Moore, announced that FFI has raised more than \$400,000 plus \$100,000 from the CARES Act. Clubs and individuals worldwide have donated, with about eleven individuals donating from the Greater Des Moines Club. FFI officials say these funds will help them get through the next year. If you had intentions of donating but just never got around to it, you can still do that. I would recommend sending a check directly to FFI. Their new address is: 279 West Crogan Street, Lawrenceville, GA 30046.

FFI is working on developing virtual journeys whereby two individuals are paired with each other. Each person will do things locally while videotaping them and share those events with the other person. They are also working on creating training sessions for such things Google, What's App. Zoom, and others.

As for 2021 journeys, too much is still unknown. FFI urges clubs to continue making plans for journeys, but do not involve money, e.g. plane fares, until we know it is safe to travel.

"I travel because it makes me realize how much I haven't seen, how much I'm not going to see, and how much I still need to see." - The Legacy Letters, by Carew Papritz

Club Activities

Learn How to Use Zoom

From the FF Lincoln newsletter. . .

During this Pandemic, millions of people have been meeting with each other without leaving their homes by using Zoom. If you have not yet tried Zoom, here is an 8:52 minute video on accessing Zoom for the first time with a fun and easy online connection. Click this link [Learn Zoom](#).



The Italian American Cultural Center Tour

Sunday, August 23

2:00 – 4:00pm

1961 Indianola Avenue, Des Moines 50315

At Last, a Friendship Force event that has not been cancelled! Of course, this is dependent on the level of activity of the Coronavirus in August. Let's hope that we will not have to cancel another activity. Wouldn't it be wonderful if the virus disappeared in August. Let's dream big!

It was great news that The Italian American Cultural Center is still planning to have our Friendship Force Club visit their facility and tour the museum. There will be social distancing in the main hall of the Cultural Center where we will meet when we first arrive. We will sit 4 to a large table. Coffee, punch, lemonade, and deserts will be served.

Pat Civitate, the director of the cultural center, will talk to us about what we can expect to see in the museum. When we tour the museum, she will put us in smaller groups and we will begin the tour in different areas so that we will not be in a large group.

Members are expected to wear face coverings when entering the building and while touring the museum. When seated in the meeting hall, face coverings may be removed.

The Italian American Cultural Center Museum links the past with the future. The museum showcases countless authentic displays such as restaurants, grocer displays, winemaking, tailoring, shoe cobblers, pasta making, Italian glassware, jewelry, a traditional bridal suite, and other interesting artifacts.

More information will be emailed to members later in July. There will probably be a nominal cost for this event and you will need to sign up to attend and send your money in before the event. If you would like more information at this time, please contact Ginny Renda at 515-287-3999 or grpbeas@aol.com



Book Friends with Author John Shors

Book Friends met on June 22 to discuss *Beneath the Marble Sky* and were joined by the author, John Shors. John was raised in Des Moines and graduated from Roosevelt High School. He and his family now live in Boulder, CO. John Shors has spoken to more than 3,000 book clubs on six continents. We were able to ask many questions and he was gracious enough to answer all of them.

John said he finds it easier to write descriptions and harder to do the dialogue as he tries hard to get the characters in his head. We'll read another of his books, *Cross Current*, in November. We highly recommend you read this book and any others that John has written.

Our reading list for the rest of the year:

Month	Title	Author	Notes
July	Midnight in Chernobyl	Adam Higginbotham	World's Greatest Nuclear Disaster
August	The Red Umbrella	Cristina Diaz Gonzales	Child's journey from Cuba to America
September	In the Woods	Tana French	Mystery set in Dublin
October	This Tender Land	Wm Kent Krueger	Native American – coming of age story
November	Cross Currents	John Shors	Love and families in Thailand
December	The Warmth of Other Suns	Isabel Wilkerson	African American Migration to the North

Due to social distancing, we will continue to meet via Zoom at 4:00 pm on the 4th Monday of each month. Members need to watch for an email invitation and save it to click on the link and join the rest of us. If you're new to Book Friends and want an email invitation, please contact one of us and we'll add you to the list.

- Nikki Hubbard, BF Coordinator

nihubbard@aol.com



Wine Friends

Hi Wine Lovers!

Although I'm not personally ready to attend wine gatherings, if there is another person who would like to organize a safe gathering, please let me know and I'll help you get the word out. Send me an email if you're not on the Wine Friends list but would like to know about our activities.

- Shirley, WF Coordinator
shirleytreanor@yahoo.com



Table of Friends

Due to Covid-19, our group hasn't officially met at a restaurant which was our intent. I was going to help organize the group, and then each person in turn would select a new place to eat out on the 3rd Thursday of each month.

On Thursday, May 21, 3 people came to my house to enjoy a meal of their choosing and visit with social distancing in my garage. I will send another email in July to see if people are willing to venture out and eat outdoors at a restaurant, or if they would feel more comfortable meeting in my garage or someone's back yard. Great Caterers of Iowa are making meals that you can order and pick up. I could see what is on the menu for that evening, and that might be a possibility. I will put out an email in July to see where we are in our dining out interests.

- Marla, TOF Coordinator
marlakcarr@yahoo.com

Fun Fact Answer: Smokey Bear received so many letters in the 1960s that the U.S. Postal Service gave him 20252.

Journey News

Where We Stand with Journeys

Welcome to 2020 mid-year. As with all our other plans, all our travel plans have been upended. We have canceled journeys, but we continue to plan for the 2021 and 2022 with hopes we will be able to travel again and welcome other clubs to come here and enjoy Des Moines hospitality.

FFI provided options for what to do about 2021 journeys. We could:

- Postpone the journeys to 2022 but include that information in the matching forms FFI sends out later this year.
- If both clubs agree, we can reschedule a journey for 2021 in addition to the already scheduled 2021 matches.
- Replace an international journey with a domestic journey. The assumption is that most people are hesitant to get on a plane but will consider driving to nearby clubs.

Here's what we plan to do for the journeys that **were** to happen this year (2020):

- FF Knoxville TN and FF Big Canoe GA outbound for April-May has been rescheduled for April 2022.
- FF Belo Horizonte and FF Itenhaem, Brazil, outbound was cancelled. We have not discussed options with the two Brazil clubs. Options will be 1) to seek a match with these or other Brazil clubs for 2022 or 2) not seek another Brazil match but recommend our club members look on the FFI website for a different Brazil journey that has openings.
- FF Dayton outbound in September has been postponed until September 2022.
- FF Ottawa inbound in October has been postponed. We will seek a date in 2022 for the Ottawa club to come here, possibly in August for the Iowa State Fair or October.

We have been working with other clubs to make plans for 2021:

- FF Dayton inbound in mid-September 2021 is still on the schedule.
- FF Big Canoe GA inbound will be scheduled when it works for their club and ours.
- FF Tallahassee - We have made tentative plans for an exchange with FF Tallahassee. Possible dates will be for the Tallahassee club to come here in June and for us to go there in September or October.
- Global Quilting inbound - FFI has asked us to host a global inbound of people interested in quilting. No date has been set yet. This will be an exciting opportunity for any of our members who are interested in quilting to meet and host people from somewhere else in the world who have the same interest and to visit places of interest to quilters in our area.

I have been communicating with other clubs about possible journeys in 2022-2023. FF Central Arizona, FF Eastern Washington-Northern Idaho (Spokane), and FF Kansas (Wichita) have all expressed interest. That seems like a long way off, but I have learned the time passes quickly, and we need to continue planning all the time.

I want to include here a statement from Jeremi Snook, the executive director of FFI, from a message on the FFI website. It reminds us why we choose to be part of Friendship Force and why we travel and host members of other clubs from the United States and all over the world:

As a member of the Friendship Force, I recognize that I can make a difference. I recognize that I have a mission. That mission is to be a friend to the people of the world. As I embark upon this adventure, I know that others will be watching me. I know that through my example to my fellow citizens and the people of other countries, the cause of friendship and peace can be furthered. I CAN MAKE A DIFFERENCE.

In Friendship,
Mike Davis, Journey Director
mjdavisconsulting@gmail.com

Membership News



Our sympathy to the families of former members

Glenna Sue Grohe
1941 - 2020

Phyllis Stephens
1935 - 2020

Ronald W. Dahleen
1945 - 2020

As you might imagine, there is no news from our members or any new members. Everyone has slowed down and hopefully staying safe. It was great, though, that Pat had the idea of small groups getting together. Three of us were invited to the Luchts for a wonderful evening spent outside visiting and eating good food.

We have lost three former members of our Friendship Force club. Hopefully, you saw those announcements when Pat put them in emails to everyone.

Remember -- if you know of anyone interested in our club or have any changes in your address or phone, please let me know!

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

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

Tentative 2021 Journeys

FF Dayton (inbound) Journey Coordinator	TBD
FF Big Canoe (inbound) Journey Coordinator	TBD
FF Tallahassee (inbound) Journey Coordinator	TBD
FF Tallahassee (outbound) Journey Coordinator	TBD
Quilting (Global inbound) Journey Coordinator	TBD

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