



friendship force
GREATER DES MOINES



2021 FFGDM Activities
(Dates and activities subject to change)

| | |
|-------------------|---|
| July | Small Group Socials |
| July 15 | Table of Friends Dinner |
| July 17 | Lavender Farm Road Trip |
| July 19 | Friends Walking Club walk |
| July 23 | Friends Walking Club walk |
| Aug | Small Group Socials |
| Aug 7 | Friends Walking Club walk |
| Aug 19 | Table of Friend Dinner |
| Sep 17-23 | FF Dayton inbound journey |
| Sep 17 | FF Dayton Welcome Party |
| Sep 19 | All Iowa FF picnic |
| Sep 22 | FF Dayton Farewell Party |
| Oct | Cultural Experience TBD |
| Oct 28 – Nov 1 | FF Big Canoe outbound journey |
| Nov 9 | Annual Dinner Meeting at Hyperion Field Club |
| Dec 2 | Happy Feet Luncheon at Greenbriar Restaurant |
| 2022 | |
| April (late) | FF Knoxville outbound journey |
| TBD | Brazil outbound journey |
| May | FF Big Canoe inbound journey |
| Oct | FF Ottawa inbound journey |



Marla Carr, Host Coordinator for the Dayton inbound journey, needs your help. Please see the article on page 4 and give her a call or send her an email ASAP.

Road Trip!



Saturday, July 17

7:30 am – 8:00 pm

Breakfast in Elk Horn
Museum of Danish America in Elk Horn
Loess Hill Lavender Festival, Missouri Valley
Stops in Atlantic and Menlo
Drews' Chocolates in Dexter
Dinner at the Rusty Duck in Dexter

If you're interested, contact Lenne Orona
ASAP at lenneorona@gmail.com.

Lavandula (common name lavender) is a genus of 39 known species of flowering plants in the mint family, lamiaceae. The most common cultivar of lavender is English lavender (*lavandula angustifolia*).

President's Message

Hello Friendship Force Members and Friends,

“Don't waste your time looking back on what we've lost; move on, for life is not meant to be traveled backwards.” – Anonymous

With that in mind, the Friendship Force of Greater Des Moines along with its board, committees, and members have worked hard to provide social and cultural events and activities to keep everyone engaged and safe. In January, we visited the Gold Star Museum at Camp Dodge. In February, Marla Carr had members going to the Iowa Hall of Pride.

In March, Dee Willemsen arranged for us to tour the historical Hoyt Sherman Place. In April, Marla Carr brought the club to the Civic Center for an interesting backstage tour. In May we visited the Art Center. In June, Nancy Lundstrom had the club going to the interesting and unusual Iowa Flower Farm, and Mary Marshall organized our Small Group Socials in June that were hosted by several club members.

Even with all these activities, it has still been a long time since we met as a large group. I miss seeing all of you, sharing meals and traveling together. With the power and benefits of the COVID 19 vaccine, vaccinated individuals can abandon isolation and start living normal lives again. There is a feeling that change is in the air and now we can begin to do some of the things that I know you have missed. Albert Einstein once said;

“Life is like riding a bicycle. To keep your balance, you must keep moving”,

and that is exactly what our Friendship Force Club plans to do.

On July 17, you will have an opportunity to travel to the Loess Hills Lavender Farm. Email Lenne Orona, lenneorona@gmail.com if you would like to participate in this activity. July and August we will hosts Small Group Socials. Email Mary at marshallmary1971@gmail.com if you would like to join a social. September will be a busy month because we will welcome FF Dayton, Ohio, members to Des Moines. We decided to have The All-Iowa Picnic on September 19, while the Dayton club is visiting. The Welcome Party is scheduled for September 17 and the Farewell Party is planned for September 22. Put these dates on your calendar because all fully vaccinated or masked FFGDM members will be invited to these events. In October, you will finally have an opportunity to travel to Big Canoe with our club. In November, we will have our Annual Dinner Meeting, and in December, we are planning to have our Happy Feet Luncheon.

There are so many ways that you can participate in our club besides attending activities or traveling on journeys. You will get more out of your membership if you volunteer to help with a committee, coordinate a journey or organize an activity. We really need more members to get involved in the planning and execution of activities and events. Please consider volunteering. Life is full of possibilities, and we need you to step up and help to keep our Friendship Force Club moving forward.

Many of our members have not registered on the new Friendship Force International website. FFI has asked that all members visit and enroll on their new website. Go to https://my.friendshipforce.org/en/users/sign_in and SIGN UP. Once your application has been submitted, an email will be sent to one of the club presidents to validate your current application and status with FFGDM. This will allow you to receive information from FFI and apply to travel with any FF club. If you have not registered, please register now before it slips your mind.

Thank you for continuing to support FFGDM with your interest and involvement. Your support allows us to ensure that person to person friendship and diplomacy continues to propagate and grow.

I look forward to seeing you soon,
Ginny Renda - Co President FFGDM

Journey News

Journey Director's Report

It's an exciting time for FFGDM travel! We are in the midst of planning journeys to other clubs as well as hosting clubs who are coming to Des Moines. There are opportunities to join journeys over the next year to Big Canoe Georgia, Knoxville Tennessee, and Dayton Ohio, and we are in process of confirming an international journey to Brazil. You will have a chance to participate in hosting new friends from Dayton this coming September, Big Canoe next May, and Ottawa next October. We're making up for lost time.

We will host the Dayton club September 17-23. Marla Carr, host coordinator for this journey, has established committees to plan and prepare for this visit. You may get a call asking you to help. Please let Marla know if you would like to volunteer. One reason Dayton selected this date is the World Food and Music Festival being held in Des Moines that week. Also, our club is hosting the annual All-Iowa FF picnic, so both our members and the Dayton ambassadors can get to know FF members from around the state. Both activities are guaranteed to be fun.

Ginny Renda is coordinating the journey to Big Canoe. Big Canoe is a gated community about an hour north of Atlanta, but members come from around that region. Ginny will send out more information. It sounds like an interesting and enjoyable area to visit. The journey will be October 28-November 1, and there is a possibility of an extension to Atlanta for people who are interested. Look for more news soon.

Shelley Bain is coordinator for the journey to Knoxville in April 2022. A date has not yet been determined. Shelley will be sending out more information after Labor Day. This journey was postponed due to COVID, so we are happy we were able to reschedule.

Alice Rasmussen and Nancy Lundstrom have agreed to be co-host coordinators for the Ottawa journey and will begin planning soon. Our ambassadors who went to Ottawa in 2019 had a wonderful time; members of the club were great hosts. You will enjoy meeting the Ottawa members who come here.

Pat Headley is in process of confirming the 2022 Brazil journey that was postponed from 2020. More news to come.

If you have any questions, please contact me at 515-491-1954 or mjdavisconsulting@gmail.com. – Mike Davis, Journey Director

Big Canoe Outbound

October 28 – November 1, 2021



After postponing our journey to Big Canoe from April 2020, we'll finally get there this fall.

Those members going on the journey will have the choice of driving [around 14 hours] or flying into Atlanta GA. If you decide to fly, the Big Canoe hosts will pick us up at the airport on October 28 and take us back to the airport on November 2. Some members are considering staying in Atlanta for one or two days after the journey. Those of us that are flying need to arrive and return to Atlanta around the same time.

If you are interested in Big Canoe and think you might like to go on this journey, please email me at grpbeas@aol.com. I plan to have a meeting of interested travelers sometime after the July 4th holiday.

Big Canoe is an 8,000-acre gated mountain community just one hour north of Atlanta, Georgia. It's located between Jasper and Dawsonville and has about 3,000 residents. Nearly one-third of the total property has been set aside as wildlife areas and parks.

-- Ginny Renda,
Ambassador Coordinator



FF Dayton Inbound Journey September 17 - 23



We need your help! If you have never gone on a journey or hosted anyone, please keep on reading. And if you have, volunteer now to help with a party or other activity, home host, or day host. Here's the itinerary. . .

Friday, September 17

6:30 pm --- Welcome Potluck Party. Everyone is invited to come and meet the group from Dayton.

Saturday, September 18

9:30 am --- Farmer's Market

11:30 am thru Afternoon --- World Food Festival

Evening --- free

Sunday, September 19

12:00 noon --- All Iowa Picnic with the rest of the day free

Monday, September 20

9:30 am --- Iowa State Capital tour

11:00 am --- Lunch at Iowa Tap Room

12:30 to 2:30 pm --- Explore Downtown Des Moines Highlights

2:30 to 3:30 pm --- Iowa Hall of Pride tour

3:30 to 5:00 pm --- Watch a skateboard demonstration at Lauridsen Skatepark, tour sights along the river

6:30 pm --- Small Group Dinners

Tuesday, September 21

9:00 am --- World Food Prize Hall of Laureates tour

10:30 am --- Mainframe Studios Tour

12:00 noon --- Lunch at Gilroy's or Tangerine's Catering

1:30 pm --- Jordan House Tour and Valley Junction

3:00 pm --- Make Iowa Souvenir --- String Art of the state of Iowa at the Knotty Nail

Evening --- Take hosts to dinner

Wednesday, September 22

Free Day ---

6:30pm --- Farewell Party at the Blank Golf Course Banquet Room --- all members are invited.

We will have approximately 14 guests coming from Dayton, Ohio. We need **HOSTS**. Hosts provide breakfast and other meals when we aren't doing an activity. They also provide them with a clean and attractive place to stay and show them the sights of the area during the free time.

If you would like to host, please contact **CAROL GRIMM at 515-278-4057**. Once we have all the hosts, we will have a meeting to answer any questions you may have.

Sometimes hosts have conflicts and need a **DAY HOST** to take their guests to an activity or provide transportation to and from some place. If you would like to be a substitute host for the day or part of the day, please call **CLAUDIA HOLCOMB at 515-967-6743**.

If you see any activities you would like to help with, please call **MARLA CARR at 515-238-6372**. I would greatly appreciate any and all help.

– Marla Carr, Host Coordinator, 515-238-6372

Club Activities

Touring Backstage at the Civic Center

On Tuesday, April 27, twelve Friendship Force members toured the inner workings of the Des Moines Civic Center. Those in attendance on the 10:00 tour were Carol Grant, Mary Marshall, Pat Headley, and Cathy Jensen. On the 12:00 tour, the participants were Sharon and Jerry Dunkin, Beverly Lytle, Claudia Holcomb, Ginny Renda, Gail Lucht and her brother from California, and Marla Carr.



We saw everything from the star's dressing room to the laundry facilities for hot, sweaty costumes to the rope and pulley system to move the scenery and props.

Before Covid, they had 325 stagehands from the Des Moines Stagehand Union on the payroll. Now there are only 24. As long as Broadway is dark, they can't predict when they will be able to present live theater again at the Civic Center. There will be some outdoor shows at various venues around the city this summer.

Smelling the Roses

Twenty members and guests stopped to smell the roses and have lunch at the Iowa Flower Farm on June 10.

The Iowa Flower Farm was established in 2019, with 400 roses and over 600 annuals and perennial flowers. Located near Maxwell, the farm sits on 10 acres in the Chichaqua Valley reserve.

Initially, the Iowa Flower Farm was started to provide locally grown cut flowers. This year they're planting over 3000 new flowers and roses and installed an irrigation system. Their goal in the next few years is to expand the farm to include several thousand cut flowers

and over 12,000 rose bushes. It's definitely an ambitious plan and they've committed to making it work.

Thank you to Ross and Cheri Sorensen for hosting us and telling us about your adventures with flowers.

Thank you to Nancy Lundstrom for organizing this Lunch & Learn.
... continue to pictures



The Path to Paradise

Seventeen members of Friendship Force visited the Art Center on May 11, to view a stained-glass exhibit. This exhibition titled, The Path to Paradise, displayed 45 of Judith Schaechter's stained glass panels along with a selection of related drawings and process panels.

Although much of Judith Schaechter's artwork hinged on the dark side, her unusual talent could certainly be appreciated. Her unique technique of blending medieval and contemporary subject matter into incredible and stunning panels of art was brilliant.

Some members of our club spent over two hours viewing and studying these amazing stain glass panels. As I left the Art Center, it occurred to me how fortunate we are to have in our community a facility that brings such nationally renowned art to Des Moines.

– Ginny Renda



Listening to Ross Sorensen explain how he and Cheri bought the farm, the mechanics of planting hundreds of bare-root roses, their 3-part strategy to combat Japanese Beetles, their new irrigation system, and their plans for the future products.

Friends Walking/Hiking Club

The Friends Walking/Hiking club has 3 more events coming up in July and August. July 19 at Easter Lake in Des Moines, July 23 at the High Trestle Bridge in Madrid, and August 7 at Bison Day in Prairie City. Contact me at skyhicity@q.com for details and to join the club

--- Cathy Jensen, FW/HC Coordinator

Book Friends

Book Friends continues to meet – sometimes on Zoom but also outside, weather permitting. As a result of discussing *Daughter of the Reich* by Louise Fein in April, the members recommended the following books they've read on the Holocaust: *Lost Girls of Paris* by Pam Jenoff, *Those Who Save Us* by Jenna Blum, *The Rose Code* by Kate Quinn, *The Nightingale* by Kristin Hannah, *The Paris Library* by Janet Skeslien Charles, *The Note Through the Wire: The Incredible True Story of a Prisoner of War* and *A Resistance Heroine* by Doug Gold.

The *Unlikely Adventures of the Sherrill Sisters* by Balli Kaur Jaswell was discussed in May. It's the story of the Sherrill Sisters who traveled to India, their mother's homeland, in honor of her final wishes. None of the women were excited about the trip or about spending time together, but despite their differences, learned to appreciate their Indian roots and each other along the way.

The Magical Strings of Frankie Presto by Mitch Albom was discussed in June. Frankie Presto is a fictional character, but I wish he were real. When the strings on his special guitar turn blue, a person's life is changed.

We meet the fourth Monday of each month. Any member who would like to join may contact me at nihubbard@aol.com.

– Nikki Hubbard, Book Friends Coordinator

2021 Selections

| Month | TITLE | AUTHOR | HOST | NOTES |
|-----------|--|-------------------------------|-----------------|----------------|
| 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 |

Table of Friends



After waiting for almost a year and half for the pandemic to ease, we were finally able to have a Table of Friends gathering on June 17. Ten members gathered at Irina's Restaurant and Bar and there was praise for the Russian-oriented menu and Russian beer.

We plan to meet the 3rd Thursday of the month through the end of the year. A calendar of dates was passed around and members signed up to be host for a month. The host is responsible for choosing the restaurant and notifying the members where the next dinner will be. Shelley Bain will select a restaurant for July 15 so members should look for an email from her. RSVPs are required. If you would still like to join this group, please email Marla Carr at marlakcarr@yahoo.com.



John Tone – July 6
Charlotte Dozoryst - July 9
Ron Munsinger- July 9
Lavonne Neerland – July 10
Nancy Grandquist Fields – July 20
Alice Rasmussen – July 20
Susan Stroope - July 21
Gene Lucht - August 9
Kathi Swift – August 27
Charlie Johnson – August 28
Dee Willemssen - August 28

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* | grpbeats@aol.com |
| Mary Marshall - <i>Vice-President, small Group Social Coordinator</i> | 2021 | marshallmary1971@gmail.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 |
| | * 2 nd term | |
| 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 |
| Karen Kilpatrick – <i>Nominations Committee Chair</i> | | karenkilpatrick@gmail.com |
| Alice Rasmussen – <i>Membership Chair</i> | | off4ever@aol.com |

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