



friendship force
GREATER DES MOINES



2021 FFGDM Calendar (Dates and activities subject to change)

Sep 10	All Iowa FF Picnic reservations deadline
Sep 10	FF Dayton activities reservations deadline
Sep 16	Table of Friends at Tumea & Sons
Sep 17-23	FF Dayton IB Journey
Sep 17	FF Dayton Welcome Party
Sep 18	Friends Walking - Downtown Breweries
Sep 19	All Iowa FF Picnic
Sep 20	Friends Walking - Annett Nature Park
Sep 22	FF Dayton Farewell Party
Sep 27	Book Friends
Oct 9	Hindu Temple Tour
Oct 21	Table of Friends at Trostel's Greenbriar
Oct 25	Book Friends
Oct 28 – Nov 1	FF Big Canoe OB Journey
Nov 9	Annual Meeting and Dinner at Hyperion Field Club
Nov 22	Book Friends
Dec 2	Happy Feet Luncheon at Trostel's Greenbriar
Dec 27	Book Friends
2022	
Apr TBD	FF Knoxville OB Journey
TBD	FF Big Canoe IB Journey
TBD	FF Ottawa IB Journey



It's a Small
World:
Getting to Know
You

All-Iowa Friendship Force Picnic Sunday, September 19

Noon – 3 pm
Welcome at 12:30 pm

Fort Des Moines Park - Shelter #1
7200 SE 5th St, Des Moines, IA 50315

\$16.00 per person

Picnic includes grilled hamburgers, fresh fruit, pasta salad, chips, dessert, and water/soft drinks.

Paid reservations are due **September 10**
(See last page for the reservation form)

For more information:
Ginny at grpbeas@aol.com / 515-287-3999

Directions: From I-235 (freeway thru Des Moines), take the E 14th St exit (Hwy 69) southbound and proceed south on SE 14th St. Turn right (west) on Army Post Road. Turn left (south) on SE 5th St. At 7200 SE 5th St, turn right (west) into the park. Follow the directions to Shelter #1.

President's Message

Hello Friendship Force Members and Friends,

Even though spring has always been my favorite time of year, I think fall has its rewards as well. The garden is overflowing with food and beauty, summer activities are winding down, and hopefully, the weather will take it easier on us. This fall is especially nice for us because we are going to resume large gatherings. Since March of 2020 we've met only once as a large group; outdoors.

We are starting this fall with the All-Iowa Picnic in a beautiful setting in September. Have you sent your reservation in yet? That is followed by a visit to the Iowa Hindu Temple, the annual meeting in November and our yearly Happy Feet in December. I hope these events will be opportunities for us to see each other in larger groups so we can get reacquainted with each other, especially those of you who haven't been able to join us for the small group events.

There are some things of note. We haven't been formally keeping attendance because it just doesn't seem right to mess around with health and safety. That practice will resume in September. We also have not held your feet to the fire for all those activities/committee jobs you signed up for during the fall of 2019. Geesh, that seems like a long time ago now. Starting in October we will once again drag out all those clipboards with numerous ways you can contribute to the functioning and running of this club.

Let's hope January 2022 comes barreling in with new opportunities, new ways to be together, new ideas for activities, and new enthusiasm for what this club can accomplish. We've gotten that accomplishment thing down pretty well during the last 19 months, don't you agree? Let's hope we can get back to something resembling normal. Journeys will be a regular phenomenon rather than the exception. We won't be afraid to sit next to someone in a meeting. We will meet over food and other shared interests we've developed. We will continue to make this club live up to its full potential. I do hope to see many of you at the All-Iowa Pic Nic and every large group event after that. Till then, stay well, stay active, stay happy, stay friendly.

Pa Headley,
Co-President FFGDM

"Stuff your eyes with wonder, live as if you'd drop dead in ten seconds. See the world. It's more fantastic than any dream made or paid for in factories." – Ray Bradbury

Journey News

We'll Visit FF Knoxville During the Dogwood Arts Festival

Some of you will recall that we cancelled the spring 2020 journey to Knoxville TN due to covid. That journey is back and will be scheduled around the Dogwood Arts Festival, April 22 – 24, 2022.

Although I haven't received the details from the Knoxville host coordinator, we can expect the itinerary to be similar to what they planned before. Some of the highlights: visit/hike the Smoky Mountains, town of Gatlinburg or Pigeon Forge, Dogwood Arts Festival and tour downtown Knoxville, Knoxville Museum of Art, Norris Dam, and Lenoir Museum. Look for an email in late September with more information.



-- Shelley Bain, Ambassador Coordinator



All members are invited to meet the ambassadors from
Friendship Force of Dayton

Welcome Party

Friday, September 17
6:30 pm

Grand View Lutheran Church
2930 E 13th St, Des Moines 50316

Meat, table service and beverages will be provided.

Members with last names. . .should bring

A thru G – Salads

H thru M – Side dish or vegetable

N thru Z – Dessert (9x13 pan or 2 dozen cookies/bars)

Please use the reservation form on the next page.



All members are invited to bid farewell to the ambassadors from
Friendship Force of Dayton

Farewell Party

Wednesday, September 22
6:30 pm

A.H. Blank Golf Course Club House
808 County Line Rd, Des Moines 50320

Menu

Antipasto

Penne Pasta with Red Sauce

Chicken Parmesan

Italian Salad

Dinner Rolls

Dessert

Cash Bar

\$23 per person.

Please use the reservation form on the next page.

Journey Directors Report

As the last Newsletter reported, we are back to planning and participating in journeys. We have chances again to meet other FF members. Of course, as COVID continues to be an issue, we are making sure all ambassadors and hosts have been fully vaccinated.

We are looking forward to hosting Dayton September 17-23. Marla Carr and her committee have been busy preparing. They are doing a great job. Among other things they have accomplished, the schedule of events is ready, hosts and ambassadors have been matched, and preparations are in process for the welcome and farewell dinners. We hope many of our members will be able to meet the folks from Dayton and participate in activities.

We are planning our travel to Big Canoe, Georgia. Ginny Renda has been in regular contact with that club. The activities Big Canoe has planned look like we will enjoy the journey and have a chance to learn more about what that area has to offer.

We are still planning for Ottawa to come here next year. The original plan was for them to journey first to the Northern Illinois club and then here in October. That will not work for the Illinois club, so we are looking at options. Big Canoe has been scheduled to come here in May; we wrote them to ask if they would like to switch dates with Ottawa.

And, finally, the one item of bad news. We were matched to journey to Brazil for our postponed journey. One of the Brazil clubs has cancelled all its 2022 journeys. We have decided not to go to only the remaining club or seek another club for that journey. Instead, we are canceling the Brazil journey for 2022.

-- Mike Davis

FF Dayton Inbound Journey Reservations Form

Please complete this form indicating which activities you plan to attend.

Mail the completed form and your check, made payable to FFGDM, to
Lenne Orona, 4307 41st St, Des Moines, IA 50310 by Friday, **September 10**.

For more information, contact Marla at marlakcarr@gmail.com / 515-238-6372
or Lenne at lenneorona@gmail.com / 630-290-6659.

Name(s)						
Email				Phone		
Date	Time	Activity	Location	Cost per person	How Many Attending?	Total Cost
Fri Sept 17	6:30 pm	Welcome Potluck Party	Grand View Lutheran Church 2930 E 13th St Des Moines 50316	n/c		
Mon Sept 20	9:30 am	Iowa State Capitol Tour	1007 E Grand Ave Des Moines 50319	n/c		
	11:00 am	Lunch at The Iowa Taproom (Mexican buffet)	215 E 3rd St #100, Des Moines 50309	\$20		
	2:30 pm	Iowa Hall of Pride Tour	330 Park St Des Moines 50309	\$10 / \$7 over 65		
	3:30 pm	Skateboard Demonstration	Lauridsen Skatepark 901 2nd Ave Des Moines 50309	n/c		
Tues Sept 21	9:00 am	World Food Prize Hall of Laureates Tour	100 Locust St Des Moines 50309	n/c		
	10:30 am	Mainframe Studios Tour	900 Keosauqua Way Des Moines 50309	n/c		
	Noon	Lunch at Gilroy's (Sandwich and sides buffet)	1238 8 th St West Des Moines 50265	\$20		
	1:30 pm	Jordan House Tour	2001 Fuller Rd West Des Moines 50265	\$5		
Wed Sept 22	6:30 pm	Farewell Dinner	A.H. Blank Golf Course Club House 808 County Line Rd Des Moines 50320	\$23		
			Total enclosed			

Note: Times may vary slightly from the schedule due to tours running late or long. Please be on time.

Club Activities

Hindu Temple and Cultural Center of Iowa Tour

Saturday, October 9
1:00 pm



Join us for a tour of the Hindu Temple near Madrid. Completed in 2005, the temple is a place of worship for Hindus living in Central Iowa and follows Vedic Traditions and Rituals practiced in India for over 2000 years.

Temple etiquette rules and driving directions will be sent prior to the visit. Sign up, by September 22, by contacting Barbara Bailey at dcbibailey@gmail.com or 952-200-7202.



Lavender Fest Day Trip

The July 17 day trip started at 8:15AM in DeSoto, where the group of seventeen gathered for coffee at Casey's before heading to breakfast, the first leg of our trip. Each car was given a task to complete before arriving in Anita at the Weather Vane Café on White Pole Road. Right away we knew we were in for laughs when all four cars arrived at the same time at the exit for Anita. As the trip planner, I said to follow the signs to Anita but there were no signs so one

car went right and three went left. The car that turned right, went the wrong way but when they arrived at the cafe, they had completed their task - a group selfie at a White Pole; the other three cars failed that assignment.

After a delicious breakfast we were on our way to Missouri Valley and the Lavender Festival in the Loess Hills. The festival was ok, but there was no lavender to view. The warm temperatures of spring forced the blooms way ahead of schedule but we were able to tour their fields of pollinator wildflowers. There were local crafts, food, and a guitarist. Because the festival was so small,



the group was soon ready to explore other areas. We had 3 hours to kill before we were due at Drew's Chocolates in Dexter so our drivers took the lead from the passengers. One group went to meet Claudia Holcomb's sister in Beebeetown at the famous Twisted Tail Bar and Steakhouse enjoying beverages and snacks. Two other groups went to Walnut to check out the antique shops. The fourth group followed the others but took different routes. Everyone was pleased with their choices and the countryside was breathtaking. The three remaining cars finally shot their selfies at a White Pole in Dexter.



We ended the day at The Rusty Duck in Dexter for dinner. The trip survey revealed that all 15 respondents agreed 100% that this dining spot was "great". Excellent food and service.

The consensus of the day was it was a perfect day, perfect weather with no falls, accidents, or unpleasant incidents. It wasn't quite what we expected but it turned out really well and it provided the opportunity for members to meet and get to know someone new.

--- Lenne Orono, Trip Coordinator





Table of Friends at Brazil Terra Grill Churrascaria

On July 15, eighteen members and guests of the social group Table of Friends had the complete “Churrasco Experience”.

In Brazil, churrasco means grilled meat and churrascaria is the restaurant that serves it. The experience includes a salad bar and unlimited meat of up to 17 varieties that are brought to the table on large skewers. There was also grilled pineapple with a hint of cinnamon that was delicious.

Each table has a wooden dumbbell painted red on one end and green on the other. When a table wants a break from the barrage of meat so they can eat in peace, the dumbbell is turned red end up. When the diners are ready for more meat; the green end is up. Our host, Alejandro, wanted all of us to enjoy the complete experience and made us an offer we couldn’t refuse. Thank you, Alex.

Kleber de Souza, founder of restaurant, grew up near Iguaçu Falls in the southern region of Brazil, where Churrasco originated. He immigrated to the United States to attend college and moved to the Des Moines area to work for an international information technology company. Mr. de Souza has made carnivores very happy.

--- Shelley Bain, TOF July Coordinator



Table of Friends at Baratta's

Sixteen members dined at the popular southside Italian restaurant on August 19. Favorite entrees included Chicken Amaggio, Shrimp Fettuccini, Americana Salad with Charred Filet Mignon, and Chicken Parmesan. Yum.

Thanks to Nikki for her excellent choice.

More good food and conversation are coming up. Kathie Swift selected a traditional southside Italian restaurant, Tumea & Sons, for September 16 and Barbara Bailey selected Trostel’s Greenbriar for October 21. Look for email invitations from the hosts.

Members Package Food for the World

In August, FFGDM members packaged food for Meals from the Heartland, at their West Des Moines location. The effort was just a week prior to the 14th Annual Hunger Fight that has a goal of packaging two million meals. Thank you to Cookie Major, FFGDM Community Service Coordinator, for organizing the club’s participation.



Small Group Gatherings



In March of 2020, COVID interrupted our lives, our club activities, and our way of doing things, and Springfest was the first event to get cancelled. As a result, your president wrote a virtual Springfest, thinking it would be a suitable alternative. But before long, we knew this was not a short-term situation. We cancelled another event, and another, and another. We knew we needed something to keep the members of this club connected. That's how and why the small group gatherings came about.

As you recall, we met in groups of six or seven in backyards, garages, parks, gardens, community venues, and anything else we could think of. It kept us together. It kept us connected. It kept us viable. We had close to forty people participate in at least one of those small groups; more than half of our membership. The goal always was to keep us together until we could have large group events again. We did take a chance on the outdoor annual meeting last fall and that worked out.



And now the time has come. The All-Iowa picnic will mark a milestone. And we're doing it up big. This event will include not only members of our own club, but a few dozen from the other three Iowa clubs, and as a bonus, thirteen ambassadors from the Dayton club's inbound journey. It's the end and the beginning; the end of small groups; the beginning of our normal activities once again. That calls for a celebration. And it deserves a big thank you to all of you who hung in there with us and helped make things happen. See you all soon. Don't forget to sign up for the picnic.

– Pat Headley

Book Friends

In July, we read "Next Year in Havana" by Chanel Cleeton. It was engrossing, relevant and well-written. While telling two love stories generations apart, it had twists to keep it unique and intriguing.

In August, we read "Temple of a Thousand Faces" by John Shors. The story is set a thousand years ago at the temple of Angkor Wat, and is the tale of warriors, love, and heroism. Angkor Wat, in northwest Cambodia, is the largest religious complex in the world by land area, measuring over 400 acres. At the center of the temple stands four towers surrounding a central spire that rises to a height of 213 feet. The temple lies within an outer wall 2 1/4 miles long and a moat more than 3 miles long.

We continue to have great books and fun conversations. Join us at 4:00 on the 4th Monday of the month. The email reminder will indicate where we are meeting that month. To join Book Friends, contact Nikki at nihubbard@aol.com.

2021 Selections				
Month	TITLE	AUTHOR	HOST	NOTES
September	My Dear Hamilton	Stephanie Dray & Laura Kamoie	Ginny Renda	USA.
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



High Trestle Bridge Walk

Friends Walking/Hiking Club

The Friends Walking/Hiking club took a couple of walks in July and August, including the High Trestle Bridge in Madrid.

In September, we are walking during the Des Moines Downtown Breweries Walk on September 18 which is sponsored by GDMVA – Iowa's Walking Club. The walk starts at Peace Tree Brewery at 11:00 am. The second walk is September 20 at the 160-acre Annett Nature Park in Warren County. Please contact me at skyhicathy@q.com to sign up or to suggest a walk.

--- Cathy Jensen, FW/HC Coordinator

Member News



Kim Ahern Fields

697 18th St
Des Moines 50314
318-541-6029
jagmajorkim@gmail.com



Adrienne Moen - September 1
Pat Westphal - September 16
Mary Marshall - September 18
Polly Antonelli - September 30

Janette House - October 1
Cindy Larson - October 17
Kathy Wynn - October 28
Pat Headley - October 30

2021 FFDGM Board and Committee Chairs

Board Members	Term ends	Email
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	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</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>Friends Walking Club Coordinator</i>		skyhicathy@q.com .
Karen Kilpatrick – <i>Nominations Committee Chair</i>		karenkilpatrick@gmail.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

All-Iowa Friendship Force Picnic Reservation

Paid reservations are due September 10.

Make checks payable to FFGDM and mail to Pat Headley, 6821 Mill Pond Dr, Urbandale, IA 50322

Name(s)

Club

Email

Phone

Number of tickets

at \$16 each =

Total amount enclosed