



friendship force
GREATER DES MOINES



2021 FFGDM Calendar

(Dates and activities subject to change)

Oct 28 – Nov 1	FF Big Canoe OB Journey
Nov 11	Annual Meeting and Dinner at Christopher's Restaurant
Nov 18	Table of Friends
Nov 22	Book Friends
Dec 2	Happy Feet Luncheon at Trostel's Greenbriar Restaurant
Dec 16	Table of Friends
Dec 27	Book Friends

2022

Jan 17	Brunch at Main Street Cafe
Apr 20-25	FF Knoxville OB Journey
May TBD	FF Big Canoe IB Journey

MyFFI Member Login

Members worldwide have been slow to enroll through this new method of logging into FFI information.

Remember, when the new FFI website goes live, all member resources will be found in MyFFI.

Here's how you can enroll. . .

1. In the search bar type of your browser, type my.friendshipforce.org.
2. Page down to the purple **SIGN UP** bar and click on it.
3. Fill out the form that displays, be ready to create a password, and follow other instructions.

Join us for a festive and fun holiday lunch!

Happy Feet Holiday Lunch



Thursday, December 2
11:30 am

Trostel's Greenbriar
5810 Merle Hay Road, Johnston

Please bring new or lightly used adult socks for the Central Iowa Homeless Shelter.

Bring your merriest self and plan to have a grand time with your Friendship Force Friends! Friends are always welcome!

RESERVATIONS REQUIRED... to Karen at karenkilpatrick@gmail.com or 278-4491 by November 28.

President's Message

Hello Friendship Force Members and Friends,

2021 has certainly been an unusual and challenging year; but your Friendship Force club has managed to provide members with interesting and informative activities every month. Although we could not offer you the travel opportunities and experience for which you might have joined our organization, a number of you participated in the variety of activities our club organized this year. Your loyalty is appreciated and valued, and your belief in our mission of working toward peace and understanding is highly regarded and respected.

As we move into the uncharted territory of 2022, there are three goals our Friendship Force Club would like to focus on and hopefully accomplish in the coming year. These are our goals:

1. FFGDM will increase membership.
2. FFGDM will expand the number of members involved in leadership roles.
3. FFGDM will increase member involvement in committees, activities, and events.

Here are some tools, actions, and ideas we can use to help our club reach our 2022 goals.

Goal # 1. Increase our membership

1. Share information about our club with friends and other organizations.
2. Send interested individuals our newsletters.
3. Invite a non-member(s) to a club activity or event.
4. Share or post information or pictures about FFGDM on your Facebook page.

Goal #2. Expand the number of members involved in leadership roles

1. Have members co-chair committees with experienced chairs.
2. Have members mentored by experienced journey coordinators.
3. Offer and encourage members to take advantage of journey and ambassador coordinator training.
4. Encourage members to share their talents and interests. Our members are from diverse backgrounds and professions. Let's take advantage of that.

Goal #3. Increase member involvement in committees, activities, and events.

1. Encourage each member to work on one or more committees.
2. Encourage and increase the number of members willing to home host, day host, host a small dinner party.
3. Increase the number of members who plan a day for an inbound journey, plan a day or overnight outing.

We need your involvement and support to continue to move forward. Remember . . .

"Life is good when you are happy, but much better when others are happy because of you."

--- Pope Francis

We are all busy, but honestly, can't you carve out some time to strengthen your ties to our club and broaden the impact and effectiveness our organization?

In Friendship,
Ginny Renda
Co- President FFGDM

6:00 pm Social Time
6:30 pm Welcome and Dinner

Dan Kaercher

“Let’s All Hit the Road Again and See Iowa”

The Annual Meeting & Election of Board Members

Chicken Parmesan * Noodles * Green Bean Almondine * Garden Salad
Bread & Butter * Soft drinks * Coffee * Cash Bar
\$28 per person

[illegible]

Paid reservations are required by Wednesday, **November 3.**

Make check payable to FFGDM and mail to:
Barbara Bailey, 39 SE Pembroke Lane, Waukee, IA 50263

Enclosed is \$ for reservations.

Name(s) _____

Email _____ Phone _____

Journey News

FF Dayton Journey – Diary of Marla Carr, Ambassador Coordinator



Our club hosted 13 members of Friendship Force Dayton from Friday, September 17, through Wednesday, September 22, leaving the next day. All hosts and guests were vaccinated.



On Friday evening, we held the Welcome Party at the Grand View University Student Center. It was a nice venue.



On Saturday, my guest and I went to the Downtown



Farmer's Market, Sticks Art Gallery, House on Main in Bondurant, Neal Smith Wildlife Refuge, shared a tenderloin at Goldie's in Prairie City, drove thru the Southeast Polk Schools complex to show them where I had taught, visited the Enabling Garden in Altoona, and then finished the evening at the World Food and Music Festival enjoying foods from other cultures and listening to music. The Maytags are a great band!



Sunday, my guest went to church with me. We attended the All-Iowa FF Picnic at Fort



Des Moines Park with members of the Ames, Quad Cities, and Cedar Rapids/Iowa City FF clubs. After the picnic, we went to the Snus Winery. Then we ended the evening by going to Claudia Holcomb's for a delicious dinner and playing cards afterwards.

On Monday, we toured the Iowa Capital Building. I've seen it multiple times, but I am still amazed by some new detail every time and how beautiful it is inside and out. Lunch was at the Iowa Taproom – a Mexican buffet that everyone seemed to enjoy.

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We took a docent-led tour of the Pappajohn Sculpture Park after lunch. This was much more informative than a self-guided phone tour. The pictures show how windy it was! Next, we toured the Iowa Hall of Pride and then drove by the skateboard park. It was raining, so we didn't get out to examine it more closely. Then we finished the evening with a small group dinner at Pat Headley's home. Lovely day of activities.



Tuesday, the first stop was a tour of the World Food Prize Hall of Laureates. Such a beautiful and important building. The second stop was Mainframe Studios in downtown Des Moines. This is a wonderful space for artists to produce and sell their artwork - rent is as little as a \$1 per square foot.

After lunch at Gilroy's, our 3rd stop was the Jordan House Museum. The original owners were part of the Underground Railroad that helped transport enslaved people trying to escape to Freedom. Our last activity of the day was a stop at the Knotty Nail in Valley Junction where the ambassadors created a string art souvenir. They were real troupers and most of them finished before they left the shop. In the evening, my ambassador took me to dinner at Johnny's Italian Steakhouse. It was a great day!



Wednesday was a Wish Day with ambassadors visiting places such as Salisbury House, Terrace Hill, the Art Center, Greater Des Moines Botanical Garden, and State Historical Building. The Farewell Party was held at Blank Golf Course Club House where the ambassadors shared their impressions of the week and received farewell gifts.



More more journey pictures, visit <https://friendshipdsm.org/>

"We travel because we need to, because distance and difference are the secret tonic of creativity. When we get home, home is still the same. But something in our mind has been changed, and that changes everything."

- Jonah Lehrer

Journey Director's Report



The journeys have begun! While we are being very careful and requiring vaccination to travel or host, we now have the opportunity to meet new friends and enjoy activities together.

In September, we hosted 13 ambassadors from Dayton from September 17 through September 22. Dayton chose the date so they could experience one of Des Moines' most popular festivals, the World Food and Music Festival. Several of the Dayton ambassadors even came a day early so they could visit Salisbury House and Terrace Hill. The hosts and other participants from Des Moines enjoyed getting to know the ambassadors and joining them in activities. Marla Carr did a great job as host coordinator. She always gives credit to the other people to help to plan and carry out this visit.

Now it's our turn. We are taking a journey to **FF Big Canoe**, GA, at the end of October. You'll be able to read a report of that journey in the next newsletter. Ginny Renda is our ambassador coordinator for this journey.

Shelley Bain, Ambassador Coordinator, is accepting applications for the April 20-25 Journey to **FF Knoxville**. This is during the Dogwood Festival and we should also see azaleas in bloom. For more information contact her at shelleybain@centurylink.net.

We are scheduling an exchange journey from **FF Big Canoe** to Des Moines next May. If you are interested in being the Host Coordinator or joining the planning committee, please let me know. Training provided!

FFI Journey Matching

The FFI process to match clubs for journeys has just begun. We will let FFI know of our availability to host and of our requests for places to go. It will still take into 2022 before we will know anything.

An Opportunity for Fun and Profit (Ok, Only Fun)

Journey Coordinator Training!

FFGDM has opportunities for members to participate in planning and coordination journeys to and from other clubs. Yes, this means work, but it also means the chance to show off Des Moines and to get to know people from other clubs. Whether you want to be a coordinator or simply help make journeys happen, you'll find the training helpful and interesting. This training gives you the skills to coordinate journeys as well as the forms you could use, hints that will make planning easier, and all the information you will need. By the way, coordinators of outbound journeys do get part of their costs paid, and there is a stipend paid to coordinators of inbound journeys.

Without you, journeys aren't possible. We need to have people we can call on so that we can continue to travel to other countries and other parts of the U.S. Please consider taking the training.

You can sign up by emailing Mike Davis at mjdavisconsulting@gmail.com. Once we have people signed up, we'll find a time to hold the training.

----- Mike Davis, Journey Director

Club Activities

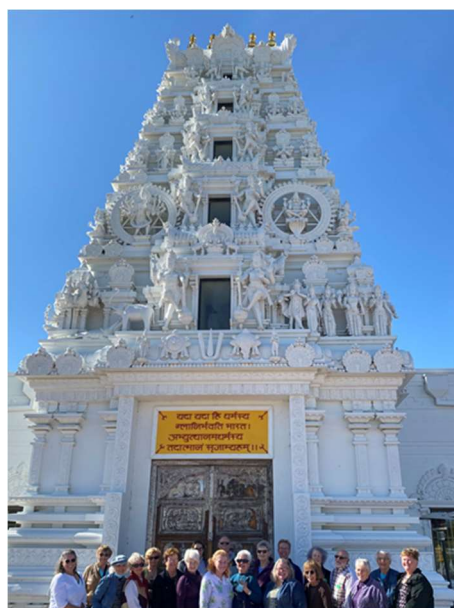
All-Iowa Friendship Force Picnic



On a very windy September 19th, the FFGDM hosted the All-Iowa Friendship Force Picnic which was held at Fort Des Moines Park.

Thirty-five members of our club along with thirteen ambassadors from FF Dayton, six members of FF Cedar Rapids/Iowa City, four members of FF Quad City Club, and three members of the FF Central Iowa

attended. Barbara Bailey's creative centerpieces mostly held up to the wind thanks to judiciously placed ducktape. The Jeopardy-style game board, held by a Dayton ambassador and Carol Grimm, was a success. The burgers and sides were catered by HyVee.



Hindu Temple and Cultural Center of Iowa Tour

On Saturday, October 16, club members toured 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.

We viewed the shrines and learned the importance of several deities including Ganesha, Vishnu, Lakshmi, Shiva, Parvati, and Saraswati. These deities have distinct and complex personalities yet are often viewed as aspects of

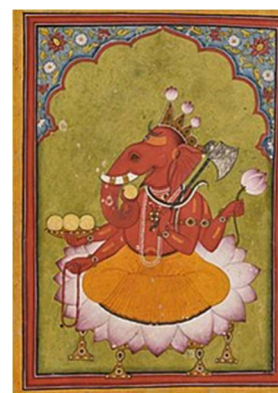
the same Brahman. Brahman connotes the highest universal principle and the ultimate reality in the universe. Hinduism is a complex religion and there was a lot of information to absorb. I guess you could say we tried to understand the principles of 2000 years of history and thought in a 40-minute tour – impossible!

From Mahatma Gandhi's viewpoint. . .

"If I were asked to define the Hindu creed, I should simply say: Search after truth through non-violent means.

A man may not believe in God and still call himself a Hindu. Hinduism is a relentless pursuit after truth...

Hinduism is the religion of truth. Truth is God. Denial of God we have known. Denial of truth we have not known."



Ganesha is on of the best known and most worshipped deities. Although Ganesha has many attributes, he is readily identified by his elephant head. He is the God of New Beginnings, Success and Wisdom and Remover of Obstacles

Thank you to Barbara Bailey for organizing this educational tour. If anyone is interested in organizing a similar tour to a unique religious center, contact Pat Headley.



(above) Marla's arm, Ronda, Mike, and Lenne..

(right) Dee, Kathie, Barbara, and LaVonne.



Table of Friends at Tumea & Sons

Kathie Swift hosted nine members of Table of Friends at Tumea & Sons on September 16. Some of entrees ordered were Chicken Saltimbocca, Chicken de Burgo, Chicken Parmesan, and Ronda's massive salad. There was a Bocce Ball League game in the courtyard so things were hopping outside.

Table of Friends at Trostel's Greenbriar

On October 21, Barbara Bailey hosted 15 members of Table of Friends at Trostel's Greenbriar. Favorite entrees were Cheese Tortellini with Pesto Sauce, Chicken Raspberry Pecan Salad, and the Grilled Tomahawk Pork Chop. The appetizers were delicious.

We believe food tastes better when you dine with friends. If you agree and would like to join ToF, contact Shelley at shelleybain@centurylink.net.

Dee Willemsen is host for November 18 and Ronda and Mike Davis are the hosts for December 16. We look forward to hearing their choice of restaurants.



Ginny, Carmie, Ronda, Mike, Nikki.

Book Friends

Book Friends met at Gray's Lake on Sept 27th to discuss *My Dear Hamilton: A Novel* of Eliza Schuyler Hamilton, by Stephanie Dray and Laura Kamoie.

Several of our members have impressive knowledge of American history and were able to compare the information in this well-researched novel to other sources. Discussion diverted to the narrowness of women's career choices and aspirations in our youth. We were struck by the significance of telling history from a female perspective, rather than from the more traditional (male) perspective. This book was a real education on our Founding Families!

Join us on the 4th Monday of the month. The email reminder will indicate where we are meeting and the time (both of which can vary). To join Book Friends, contact Nikki at nihubbard@aol.com or Connie at yourfriendconnie@gmail.com. Look for our 2022 selections in the next newsletter.

2021 Selections				
Month	TITLE	AUTHOR	HOST	NOTES
November	<i>Beantown Girls</i>	Jane Healey	Alice Rasmussen	WWII Red Cross
December	<i>Curious Charms of Arthur Pepper</i>	Phaedra Patrick	Nikki Hubbard	World travels

Member News

It's That Time of the Year Again --- Membership Renewal!

Your membership form is the last page of this newsletter and you have 2 options: you may either mail it to the address on the top or you can give it me at the annual meeting. You can also use the form mailed with your annual meeting invitation. If you have any questions, please contact Alice at off4ever@aol.com.

If I do not hear from you by the end of the year, I will be giving you a personal phone call to remind you!

We have a new member, so welcome Donna! Please add her name to your roster list.



Nancy Lundstrom - November 9
 Gail Sheridan-Lucht - November 10
 Shelley Bain - November 11
 Mike Davis - December 3
 Karen Kilpatrick - December 6
 Jane Flagler - December 13
 Steve Lundstrom - December 21



New Member

Donna Archer
 1007 Venbury Dr, Altoona, IA 50009
 515-265-4623
donna.archer68@gmail.com

2021 FFDGM Board and Committee Chairs

<i>Board Members</i>	<i>Term ends</i>	<i>Email</i>
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	
<i>Other Committees and Tasks</i>		
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
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

