



friendship force
GREATER DES MOINES



2022 FFGDM Calendar
(Dates and activities subject to change)

Jan 17	Brunch at Main Street Cafe
Jan 20	Table of Friends at Malo
Jan 24	Book Friends
Feb 15	Lunch & Learn at Iowa Culinary Institute at DMACC
Feb 17	Table of Friends at El Fagon
Feb 28	Book Friends
Apr 3 or 10	Springfest
Apr 20-25	FF Knoxville OB Journey
May TBD	FF Big Canoe IB Journey

Training for Potential Journey Coordinators

Our club needs people to coordinate journeys. If we can't get coordinators then we can't travel and you all know how important travel is to Friendship Force.

Being a Host Coordinator for an inbound journey or an Ambassador Coordinator for an outbound journey is a great way to meet new friends and help our club. Plus, coordinators get stipends for their travel expenses.

We plan to provide training soon for people interested in being journey coordinators or those who want a refresher course.

Please let me know of your interest by emailing to mjdavisconsulting@gmail.com.

-- Mike Davis, Journey Director

Join us for brunch



Monday, January 17
Martin Luther King Day
9:00 am

Main Street Café & Bakery
2510 SW White Birch Dr. #1
Ankeny, IA 50023

Brush up on your history. In honor of Martin Luther King Day, we'll have a brief quiz on Famous African Americans.

Park on the street or behind the café. Order from the menu (www.mainstreetcafeandbakery.com) as you enter. We have tables in the back and your order will be brought to you.

Friends are always welcome!

RESERVATIONS REQUIRED... to Gail at gail.lucht@gmail.com or 515-210-0301 by Saturday, January 15.

President's Message

Hello Friendship Force Members and Friends,

Inspiration and Hospitality

I read the report from the Dayton inbound journey and discovered inspiration and hospitality. Inspiration and hospitality were in abundance for the Big Canoe outbound journey. After the Big Canoe journey one person was inspired to say to me, "That was so much fun, we've decided we are going to attend a lot more events."

During a visit to The World Food Prize Hall of Laureates one of Dayton's members, William J. Meers, was inspired to correspond with our own World Food Prize Foundation, mentioning that Dayton's Tony P. Hall might be a possible person to nominate for the World Food Prize. Mr. Meers went on to list several cultural venues they had visited in Des Moines and said "We were inspired by the dynamic culture and deep commitment to humanitarian values of the people of Iowa."

Other Dayton ambassadors also sent thank you cards mentioning the wonderful time they had here and thanking us for our hospitality. My Dayton guests sent cards in appreciation for my hosting of a small group dinner. One of them said to me, "if you come to Dayton, I would love to host you." Something we did inspired her generosity. This inspired me to pack thank you cards in my luggage for the Big Canoe journey. I wrote one of them to Sherry, the welcome party host. She had an enormous home and had set up three tables to accommodate at least 30-40 people. I can't begin to describe how much food there was. Southern food. Good food. She could have fed twice as many as she did. Their southern hospitality was superb.

I also sent a card to my small group dinner hosts. Both notes were written and mailed on our penultimate day there so they would receive them after we left. In Jane Austen's novel of manners, these "bread and butter notes", would have been written during the buggy ride home. I felt inspired to write mine earlier; thus, a more decipherable note. On the way home from Georgia, my friend Pat told me that she would love to host a small group dinner for our next incoming group. Something there inspired her as well.

I believe that's what Friendship Force is all about - finding and providing inspiration and hospitality. Both are beneficial in creating citizen diplomacy, in breaking down barriers that separate people, in creating friends all over the world, and in carrying out FFI's original mission. What an incredible group to be a member of. What an incredible group to be proud of.

In Friendship,
Pat Headley
Co- President FFGDM

COVID Policy Reminder for FFGDM Activities

- All members and guests are required to be fully inoculated with the Covid-19 vaccine at least 14 days prior to a large group activity, including a booster if CDC/Scientists determine it is needed.
- All members and guests will be required to provide proof of an FDA approved COVID 19 vaccination.
- If members or guests have medical /religious reasons preventing them from getting vaccinated, related documentation substantiating this should be provided to the Friendship Force Club. This should not list diagnosis. These individuals will be required to wear a mask.
- All members and guests will wear a mask and adhere to social distancing as required by any Organization/place of business that the Club is visiting.

Journey Report

To see the complete, unedited journal - <https://friendshipdsm.org/journeys/journals/>



Welcome at Hartsfield-Jackson Atlanta Airport

We were in this region for 5 fun and exciting days. The visit was filled with interesting activities and our hosts were very friendly, kind and enjoyable. Our time there provided us with knowledge of the history, culture, and geography of the area. It was truly a learning experience, but one mixed with fond memories of a warm and inviting people.



- Ginny Renda, Ambassador Coordinator

Day 1 . . . The Welcome Party was a potluck featured lots of wonderful southern cooking including cheese grits with shrimp, shredded roast beef sliders, greens, squash casserole, pimento cheese dip/spread, cheese straws, mac and cheese, salads, fruit and pecan pie. The Welcome Party was wonderful, and we are looking forward to a very fun-filled and interesting week. - Marla Carr



Day 2 . . . We had brunch with our hosts Tim and Lenna Anderson and Huw and Marie Williams. Good food and fellowship; what a good way to start our day.

Following brunch, we wound our way through beautiful scenery to reach Chateau Meichtry for lunch and wine tasting. The rain did not deter us from having a wonderful time. We ate chicken salad, and turkey sandwiches, chips, apple cookies, and, oh yes, Moon Pies in the enclosed, heated gazebo. We tasted wines made of local and imported grapes and learned the history of Chateau Meichtry and the art of wine making from one of our hosts. Many of us could not resist taking a bottle of wine home. - Sharon and Jerry Dunkin

Day 3 . . . Today will be an education day spent at two entirely different museums; starting at Reinhart University, a small private college in Waleska, GA, with an art driven curriculum. Here you find the Funk Heritage Center and the story of the "Trail of Tears". After an impressive video of the history of the indigenous natives of the southeast, we were off to explore in more detail how these Indians managed during the destruction of their tribes and lifestyle.





Within this center is the largest tool museum assembled. The Smithsonian could not find adequate space for it so decided the collage and museum would be its caretaker. One man's collection over a lifetime. Our afternoon exploration led us to Cartersville, GA, and a guided tour of the Booth Western Art Museum. An impressive modern building on immaculate grounds with large western bronze art outside. – Nancy Lundstrom

Day 4 . . . Sunshine, blue skies, some clouds and crisp temperatures found our group touring Gibbs Gardens located in Ball Ground, GA. Advertised as "Seasons of Color," we are visiting in November, at the height of the fall color of Japanese maples, tall yellow maples, green willows and the last of the annual colors for bedded plantings. Picture taking was a joy to capture all the extreme colors of mountain fall.

- Steve Lundstrom

Our afternoon was spent on Lake Petit in the community of Big Canoe. Three pontoons, wine, snacks, beautiful scenery, and great friends – what more could we ask for! We ended out day with a pizza party at the Big Canoe Lodge.

- Marty Novak



Day 5 . . . We met the group at the Amicalola State Park Visitors Center to weed the sheep from the goats. The few stalwarts decided to climb and then descend what we were told were the 640 steps which paralleled the waterfall. Wimps like me drove up to a viewing area at the top of the falls, which were in fact impressive.

Pat Headley and I, driven by our intrepid host, grabbed a burger so we'd have time to visit the Etowah Indian Mounds State Park, which we agreed were reminiscent of the Mayan pyramids we had seen in Mexico. We visited the small museum there and climbed (once more) to the top of the main mound.

- Pat Westphal

We visited Dahlonega; a great little town. The town square had lots of shops and restaurants. We ate lunch at "19 Degrees North." Great food nice people. We all came back to the house and off we went to a Friendship Force farewell dinner. – Carmie Renda

The farewell dinner that evening was held at West Milford Farm, an event center out in the boonies. The theme was country, and we were all sporting the bandannas that came in our welcome gift bags. The scrumptious buffet included pulled pork and chicken with a variety of barbecue sauces and ended with a blueberry cobbler. Each Des Moines ambassador spoke about some attraction back home, as we're hoping the Big Canoe folks will visit us next May. - Pat Westphal



Journey Director's Report



Next May, our club will host ambassadors from the Big Canoe/North Georgia club. We know our members will show them the same kind of warm welcome as we show them the interesting sights of Des Moines and the surrounding area. Co-coordinators for this inbound journey are Nancy Lund, Steve Lund, and Alice Rasmussen. A big thank you to all three co-coordinators for taking on this role.

As you know, we have plans for a journey to Knoxville TN next April. Shelley Bain is ambassador coordinator. Many of you hosted or participated in activities when that club came here in August 2019. Our journey to Knoxville will complete an exchange. Shelley reports that our ambassadors to Knoxville include 8 from our club, 2 from FF Central Iowa, and one from FF Tallahassee.

We are in process of planning to complete an exchange with Dayton. As you recall from last month's report, we hosted that club in September and had a wonderful experience. Now we need a coordinator (or co-coordinators) for our return journey. Please email me at mjdavisconsulting@gmail.com or call me at 515-491-1954 to let me know of your interest or to ask questions.

For us to continue hosting journeys, we need people to coordinate those journeys. We can't do it without you! But we can help new coordinators by providing assistance and training. We hope to hold a coordinator training session in Spring. We have members who have coordinated journeys and can help new coordinators through the process.

We really need someone for our journey to Dayton. We provide earned seat reimbursement (that is, payment for travel expenses) to the ambassador coordinator of an outbound journey. It's really important that we have volunteers so we can begin planning. Please let me know of your interest soon.

----- Mike Davis, Journey Director

Club Activities



Happy Feet Holiday Lunch

Our club held its annual Happy Feet Holiday Lunch on December 2 at Trostel's Greenbriar. Coordinator Karen Kirkpatrick is proud to announce that the 32 members who attended donated 418 pairs of socks for the men and women at the Central Iowa Shelter & Services in downtown Des Moines. Thank you to Karen for organizing this much enjoyed activity.



Annual Meeting & Election of Board Members

The Friendship Force of Greater Des Moines' annual meeting was held at Christopher's Restaurant on November 11. This year's speaker was Dan Kaercher, former magazine editor and writer, television host, and author. His presentation about "See Iowa and Explore the World," delighted the audience with tales of all who have lived here, including early Native Americans, followed by a flood of 19th Century European immigrants. Most came to Iowa for the rich soil available with its 13 inches of topsoil.

Mr. Kaercher presented information on the Germans, Irish, Norwegians, Danes, Swedes, Dutch, Czechs, French, Welsh, and Luxembourgers who were all early settlers. And Iowa continues to welcome immigrants, he said, and mentioned the Vietnamese, Italians, Bosnians, African-Americans, Mexicans, and other Latinos. Of course, he said, you can travel all over Iowa and learn more about these groups through museum visits, festivals, eateries, small town ambiance, city neighborhoods, and many cherished traditions; all of which contribute to the many travel surprises which make up Iowa. The whole world is within Iowa's boundaries. Mr. Kaercher's presentation was sponsored by Humanities Iowa.



The club elected Board of Directors at the Annual Meeting. Nominations Chair Karen Kilpatrick nominated Journey Director Mike Davis for a second term, Anita Lindfield for her first three-year term, and Nikki Hubbard for her first three-year term. All were elected by acclamation.

Thank you to Mary and Janette!

The club wishes to thank outgoing Board members Mary Marshall and Janette House for their years of service on the Board. Although no longer a voting Board member, Janette will continue serving as Secretary in 2022.

Friends Walking

During the World Food and Music Festival in September, we walked the Des Moines Breweries 5k. We walked from Peace Tree Brewing at 317 E. Court Avenue to Exile Brewing Co at 1514 Walnut Street and back. Along the way was the Court Avenue Brewing and 1717 Brewing. It was a great walk to see the sites of downtown Des Moines.

The Beaverdale Christmas Lights were so fun on a nice evening walk on Tuesday, November 30. Charlotte B. lives in the Beaverdale so she was familiar with the area. As a warmup, I walked the area and found a fun gift shop with Des



Moines products, beautiful winter clothes at Back Country, and a new tavern.

Please let me know, at skyhichathy@q.com, if you want to join the group email for upcoming walks.

-- Cathy Jensen

Book Friends

Book Friends meets the 4th Monday of each month, from 3:15 - 4:30 pm at Northwest Community Center 5110 Franklin Ave, Des Moines. Masks and social distancing required.

Join Us! Contact coordinator Connie Walters at yourfriendconnie@gmail.com or 515-971-1916.

2022 Selections

<i>Discussion DATE</i>	<i>TITLE</i>	<i>AUTHOR</i>	<i>Host</i>	<i>NOTES</i>
Jan 24	The Widows of Malabar Hill	Sujata Massey	Charlotte	Bombay India
Feb 28	The Book of Longings	Sue Monk Kidd	Connie	Israel & Egypt
March 28	The Elephant Whisperer	Lawrence Anthony, Graham Spence	Kathy	South Africa
April 25	Look Again	Lisa Scottoline	Ginny	U.S.
May 23	The Firekeepers Daughter	Angeline Boulley	Nikki	Ojibwe People
June 27	West with Giraffes	Lynda Rutledge	Anita	U.S.
July 25	The Henna Artist	Alka Joshi	Ronda	Jaipur, India
Aug 22	A Thousand Splendid Suns	Khalid Hosseini	Dee	Afghanistan
Sept 26	The Duchess	Wendy Holden	Ginny	Great Britain
Oct 24	<i>Member Recommendations</i>	For 2023		
Nov 28	The Four Winds	Kristin Hannah	Polly	U.S Depression Era
Dec 26	Unbound	John Shors	Mary	China

"Keep Reading. It's one of the most marvelous adventures that anyone can have." Lloyd Alexander

Table of Friends

Dee Willemssen hosted twelve members of Table of Friends at Chicago Speakeasy on November 18 where members also signed up to host in 2022. Ronda and Mike Davis hosted 14 members at the cosy Cosi Cucina Italian Grill on December 16. Favorite entrees included chicken parmesan, chicken marsala, and grilled salmon. Yum!

We look forward to January 20 when Barbara Bailey hosts the group at Malo and February 17 when Shelley Bain hosts the group at El Fagon. We meet the third Thursday on the month at 6:30 pm. If you would like to join Table of Friends, let me know at shelleybain@centurylink.net.
---- Shelley Bain



Lunch and Learn at the Iowa Culinary Institute Bistro

Tuesday, February 15 at 11:15 am.

Look for a follow up email with details.



Member News



Carol Grant - January 1
Barbara Bailey - January 20
Charlotte Buttin - January 24
Carol Corrigan - January 26
Del Wynn - January 29
Doris Andre - February 7

Member Renewal

Thank you to those members who have paid their membership dues for 2022. That would be 49 of you as of December 14. That's a good number, but I am waiting for many more! An email reminder has gone out, so hopefully the ones who have not paid will send in their renewals soon. There is a membership form on the last page of this newsletter for those who did not save the one included in the annual dinner invitation.

Alice Rasmussen and Charlotte Buttin
Membership Committee

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
Janette House - <i>Secretary</i>	Appt'd	j.house@mediacombb.net
Barbara Bailey – <i>Treasurer and Vice-President</i>	2023	dcblbailey@gmail.com
Marla Carr – <i>Activities Committee Co-Chair</i>	2022*	marlakcarr@yahoo.com
Mike Davis – <i>Journey Director</i>	2024*	mjdavisconsulting@gmail.com
Gail Sheridan Lucht	2022	gail.lucht@gmail.com
Connie Walters - <i>Book Friends Co-Coordinator</i>	2022	yourfriendconnie@gmail.com
Nikki Hubbard	2024	nihubbard@aol.com
Anita Lindfield	2024	anitalindfield@gmail.com
	* 2 nd term	
<i>Other Committees and Tasks</i>		
Shelley Bain – <i>Newsletter Editor, Table of Friends Coordinator</i>		shelleybain@centurylink.net
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

Where in the World is . . .



. . . Pat Westphal?

I spent two weeks in Paris in September, my farewell trip. As a French teacher I had excuses to make a number of trips to France. Professional growth, of course, but also because I was always so thrilled to be there. This last trip was decidedly different.

I went with an old friend, another retired French teacher. We rented a two-bedroom apartment through Airbnb in the 15th arrondissement, a couple of blocks from the Commerce Metro stop. That gave us easy access to the Right Bank monuments and I could see the top of the Eiffel Tower from my bedroom window.

We had heard that France was requiring a pass sanitaire to enter restaurants and museums but found that our American vaccination record worked fine in all but one place. We applied online for the pass as soon as we got there but didn't receive it until the day before we left. Masks were required on the Metro and indoors and people seemed generally willing to cooperate, but it was still concerning to be around so many others during a pandemic.

One of the highlights of our stay was a visite guidée led by a vivacious young woman wearing a striking, yellow, period gown. She told us about some of the

naughtier bits of 19th-century Paris history. I always check L'Officiel des Spectacles, a weekly publication available at newsstands, to find out when these are scheduled. Though most are in French, some walks are narrated in English.



We toured the Hôtel de la Marine, a gorgeous, newly opened museum. You can take a virtual tour here:

<https://secretsofparis.com/sightseeing/museums-monuments/hotel-de-la-marine/>.



We made the pilgrimage to see Notre-Dame in all her wounded glory. We visited Christo's wrapped Arc de Triomphe and argued about whether or not it was "art."

We walked the Père Lachaise cemetery, the streets of the Latin Quarter, the banks of the Seine, the posh area around the Garnier Opera, and our neighborhood. I was on the look-out for used books to bring back for my French book group and was much too successful. But it's good to have a quest.

We ate out a few times, and found the food as good as ever, but the tacos I had was pretty awful. (It's a strange amalgamation of panini, gyro, and poutine, far removed from our taco.) We had a beer on the terrace of a sidewalk café and watched the passersby, most of whom looked a lot like Iowans. We ate a whole lot of bread and cheese, washed down with plenty of wine, of course.



It may have been crazy to travel "in these uncertain times," but I'm getting old enough to realize I need to seize the day.

FFGDM membership dues cover a calendar year, January 1 through December 31.
Mail membership application and check to: FFGDM, PO Box 13136, Des Moines, IA 50310

Name _____

Street

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____ Birthday MM and DD for newsletter _____ / _____

[illegible]

<input type="checkbox"/> Activities Committee	<input type="checkbox"/> Journey Coordinator	<u>Inbound Journeys activities</u>
<input type="checkbox"/> Board Member (future)	<input type="checkbox"/> Newsletter Editor	<input type="checkbox"/> Day Hosting
<input type="checkbox"/> Community Service	<input type="checkbox"/> Photographer	<input type="checkbox"/> Farewell Party Team
<input type="checkbox"/> Entertainment/Speakers	<input type="checkbox"/> Speaker's Bureau	<input type="checkbox"/> Host Coordinator
<input type="checkbox"/> Financial Audit	<input type="checkbox"/> Social Media	<input type="checkbox"/> Home Hosting
<input type="checkbox"/> Fundraising	<input type="checkbox"/> Treasurer (future)	<input type="checkbox"/> Planning Team
<input type="checkbox"/> Greeter at events	<input type="checkbox"/> Website	<input type="checkbox"/> Small Dinner Hosting
<input type="checkbox"/> Historical/Archiving	<input type="checkbox"/> Other	<input type="checkbox"/> Welcome Party Team

Please list a skill or interest you have, not listed above, that you are willing to share.

10 | Page