



friendship force  
GREATER DES MOINES



### 2022 FFGDM Calendar

(Dates and activities subject to change)

Mar 4	Main Frame Studios First Friday
Mar 17	Table of Friends
Mar 22	Day Trip to SE Central Iowa
Mar 28	Book Friends
Apr 3	Springfest
Apr 20-25	FF Knoxville OB Journey
Apr 21	Table of Friends
Apr 25	Book Friends
May 2-7	FF Big Canoe IB Journey
May 19	Table of Friends
May 23	Book Friends
Sep 7 - 14	FF Dayton OB Journey

### First Friday at Mainframe Studios

Friday, March 4

5 pm

Mainframe Studios

900 Keosauqua Way, Des Moines

Join us for a fun evening at Mainframe Studios. We'll gather at Tangerine Catering (aka Big Room) for an extensive Nacho Bar if you want to partake. The cost is \$10 and there is a cash bar to purchase drinks. We will then tour, at your leisure, the studios that are open that evening.

The theme March 4 is "Style Guides". Mainframe artists and designers have created unique artistic fashion displays throughout the building. Visit artist studios, view the special exhibitions, and enjoy live music.

If you plan to attend and eat, please email me at [marlakcarr@yahoo.com](mailto:marlakcarr@yahoo.com) or text/call at 515-238-6372 by Tuesday, March 1. You may pay that night, but the caterers need a count. I hope you can join us! --- Marla Carr

Bring your friends and family to



Sunday, April 3

Noon

Crown Point Community Center  
6300 Pioneer Pkwy, Johnston, IA 50131

Speaker

Beth Gibbons

St Joseph's Emergency Family Center

Please bring a potluck dish to share  
and  
an item from the wish list (page 2) or a cash  
donation to help the homeless families at  
St Joseph's Emergency Family Center.

Reservations Required

Text, call, or email Nikki at 515-771-5661 or  
[nihubbard@aol.com](mailto:nihubbard@aol.com) by Thursday, March 31

## President's Message

Hello Friendship Force Members and Friends,

Last year was not easy, but we have continued to come together because of the qualities that unite us – kinship, goodwill, and friendship.

In November, we identified three goals that Friendship Force of Greater Des Moines planned to focus on in 2022. Goal #1 was to increase membership. I am happy to report that we have added 3 new members thanks to the efforts of several of our members. Goal #2 was to get more members involved in leadership roles. I am delighted to announce that we have two new board members and several new ambassador and journey coordinators. Goal #3 was to increase member involvement in committees, activities, and events. Although it is too early in the year to examine some of the parts of our goals, one area that we can evaluate is member participation in activities and events. The Annual Dinner Meeting was very well attended. We had over 50 people attending this event which was one of the highest number of people to attend an Annual Meeting. We also had a good turnout for the Happy Feet Luncheon and the Lunch and learn at DMACC.

We need to continue to work on accomplishing these goals if we want our club to flourish. Consider yourself a member of the Membership Committee and spread the word about Friendship Force of Greater Des Moines.

March 4th, we are planning to go to Mainframe Studios and on April 3rd, we are having our Springfest Potluck at Crown Point. Please consider coming to these events and inviting a friend or acquaintance who is not a member of the club to attend these events and other future activities.

We are thankful for your support and are pleased with the new members who have joined our club. We appreciate your involvement in club activities. We are particularly proud of our plans to expand community service projects from twice to four times a year.

Covid is still with us, but if we are all vaccinated and boosted as our covid policy requires, we can gather safely. We follow the guidelines of the venues we gather in and masks are always welcome.

Take care and I hope to see you at our next event.

“There are far, far better things ahead than any we leave behind” C.S. Lewis

In Friendship,  
Ginny Renda  
Co- President FFGDM



### St Joseph's Emergency Family Center Wish List

*Items to bring to Springfest on April 3*

Dish washer tablets	Dawn dish soap
Scented kitchen garbage bags	Bath towels
Unscented washing machine detergent (not pods)	Wash clothes
Toilet bowl cleaner	Toilet paper
Disinfectant spray	Paper towels
	Cash

## Board of Directors Message

### FFGDM Sponsorship Program

FFI has raised their membership fees to \$25 for 2022. Our membership dues are still \$35, leaving the budget with \$10 from each member for a total of \$720 to work with. Your board voted to leave our dues as they are this year and will review that decision for 2023.

In the meantime, the club incurs expenses necessary to keep everything running and in the public eye. Listed here are some of the expenses paid out of the general budget.

- Annual Donation to Urbandale Library – \$100 as thanks for their meeting room
- Drinks, decorations, and tableware for some events like Springfest – about \$50
- New member books, stamps, and envelopes – \$25 - \$50 yearly
- New brochures, envelopes, and business cards every three or four years – about \$200
- Post Office Box – \$150 yearly
- Rental fees for meeting spaces for events – \$50 - \$150 annually
- Speaker's fees – \$50 in 2021
- Stipend for inbound Host Coordinator – \$250 once or twice a year
- Stipend to send board members to an International Conference – \$625 in 2019
- Stipend to send board members to a Regional Conference – \$925 in 2018
- Web page maintenance – about \$800 yearly

Your board has voted to institute a sponsorship program, whereby members can sponsor an event or speaker about twice a year. Donors receive oral recognition at that event, in the event program, and in the newsletter.

Why would you want to be a sponsor for such events?

- It is tax deductible, depending on your tax situation
- It allows us to offer more big budget speakers
- It gets you oral and written recognition
- It allows the club to skip having to do those pesky fundraising events
- It remains purely voluntary – no one will ever call you asking for a donation
- It provides you the euphoria that comes with giving from the heart

Here are the categories created by the Sponsorship Committee. We hope you take this opportunity to provide some financial assistance for a club event of your choosing.

- \$1 - \$24.99 – Local Traveler
- \$25 - \$49.99 – State Traveler
- \$50 – \$74.99 – United States Traveler
- \$75 – \$99.99 – North American Traveler
- \$100 and above – World International Traveler

Thank you,

*Pat Headley, Ginny Renda, Barbara Bailey, Marla Carr, Mike Davis,  
Gail Sheridan Lucht, Connie Walters, Nikki Hubbard, Anita Lindfield*

Your Board of Directors

## Journey Director's Report



We are getting excited for our next journeys. The ambassadors visiting **FF Knoxville** in April have received their hosts' names and are looking forward to meeting them. The Ambassador Coordinator is Shelley Bain.

Nancy Lundstrom, Steve Lundstrom, and Alice Rasmussen are well along in planning the inbound journey from **FF Big Canoe/North Georgia** on May 2-6. There will be plenty of opportunities for you to interact with our friends from Georgia, look for those emails.

We now have dates for our outbound journey to **FF Dayton** - September 7-14. Cathy Jensen and Lenne Orona are the Ambassador Co-coordinators. They have communicated with Dayton's Host Coordinator, Bobi McDermott, who promises an interesting journey. Watch for information about the journey over the next couple of months.

On top of all that, FFI is in the middle of its process to match clubs for 2023 international journeys. By mid-March, we will submit our request for matches. We have offered to host one inbound international journey. Everything depends on COVID but we hope we can experience the culture of another country next year.

----- Mike Davis, Journey Director

## Journeys

### Springtime in Des Moines for FF Big Canoe

Think Spring, think flowers, think visitors from Georgia. Our ambassadors will be arriving May 2-7 for a five-day visit to Des Moines! Many of the ambassadors hosted our club in November and we hope those who were hosted can reciprocate in some way.

Activities include a Welcome Dinner at Hyperion Field Club, State Capital, World Food Prize Hall of Laureates, Kemin Industries, John Deere Des Moines Works, Pella Tulip Festival, Hoyt Sherman Place, Pappajohn Sculpture Park, Kum & Go architectural tour and Farewell Party the Cub Club! We hope many of you can join us during this week by day hosting, dinner hosting, attending the Welcome or Farewell parties and over-all making the Georgians welcome to Des Moines!



*Note:* If you would like to attend the Pella Tulip Festival with the group, we are making reservations for Thursday, May 5, grandstand seating at 12:30 for the festivities. However, we need your reservation by March 25, to make a "group reservation" to include our guests and local people.

It does take a village to welcome ambassadors to Des Moines so we hope you plan to share time with them that week. If so, please contact Alice Rasmussen at [off4ever@aol.com](mailto:off4ever@aol.com) / 515-865-6331 or Nancy and Steve Lundstrom at [nancylundstrom@mchsi.com](mailto:nancylundstrom@mchsi.com) / 515-229-3361. Look for more details in emails closer to the date.

## Club Activities



### Martin Luther King Day Brunch

Fourteen members, including new members Elizabeth and Ted Erickson, enjoyed brunch at the Main Street Café & Bakery on Monday, January 17 – Martin Luther King, Jr. Day. Diners took a quiz on Famous African Americans with Gene Lucht winning first prize and the duo of Mike and Ronda Davis taking a close second. Thanks to Gail Sheridan-Lucht for coordinating the brunch.



## Daytrip to Southeast Central Iowa

The road trip to the Loess Hills area was so popular last summer that we're doing another daytrip, this time to Pella, Oskaloosa, Ottumwa, Albia, and Chariton, on Tuesday, March 22. The only trip expense, besides personal purchases for food and "stuff", will be to reimburse the carpool drivers for the cost of gas.

To reserve your spot and let her know if you can drive, contact Barbara Bailey by phone or text at 952-200-7202 or email at [dcb1bailey@gmail.com](mailto:dcb1bailey@gmail.com) by 5 pm on **March 1**.

### Itinerary

8:00 - Driver and Passengers arrive at Kum & Go at 1430 1st Ave. N in Altoona.

8:15 - The FFGDM car caravan leaves for Pella.

9:00 - Stop for coffee/OJ and pastries at Smokey Row at 639 Franklin St in Pella.

9:45 - Leave to go to North Creek Antiques at 1245 Hwy 163, Pella.

10:30 - Travel on to Oskaloosa.

- Drive by the Chief Mahaska Statue on the Public Square.
- Shop at Mahaska Drug & Gift Shop at 205 N E St.
- Visit The Book Vault - an independent bookstore with a quality book selection and unique gift items, all housed in a beautifully renovated historic downtown building at 105 S Market St.

Noon - Depart Oskaloosa and travel to Ottumwa.

12:45 - Lunch at Canteen Lunch in The Alley at 112 2nd St E. This 17-stool canteen offers loose meat sandwiches and homemade pie.

2:15 - Leave Ottumwa via US Hwy 34.

2:45 - Arrive in Albia

- Meet in Albia Chamber of Commerce office at 18 S. Main St. for a short history talk of the Soldier Memorial.
- Drive by Freedom Rock in the town square.
- Visit Mustard Seed Store, a gift and home décor shop, at 115 S. Main St. (if we have time).
- View Soldier Memorial on the way out of town.

4:00 - Depart Albia

4:30 - Arrive in Chariton

- Visit Piper's Grocery & Homemade Candies at 901 Braden Avenue on the town square. This old-fashioned corner store, established in 1905, is famous for its homemade candy.

Leave from Chariton to head back home: about 1 hour drive to Altoona.

## Lunch at the Iowa Culinary Institute Bistro and Learn about Afghan Resettlement

On February 15, twenty-four members enjoyed lunch at the ICI Bistro at DMACC. This has become a Valentine's week tradition thanks to Nancy Lundstrom who has organized this lunch and speaker for the last few years.

The speaker was Laura Thako, development associate with the U.S. Committee for Refugee and Immigrants (USCRI) – Des Moines Field Office. Laura discussed the settlement of the 75,000 Afghan humanitarian parolees that were housed on U.S. military bases and are now (mostly) resettled across the country. California, Texas, and Virginia were the first choice by the Afghans because some have families or there are large Afghan communities in those states.





## March - April 2022 Newsletter – Friendship Force of Greater Des Moines

USCRI has settled 250 people since October 1, 2021, and are expected to settle 550 in 2022. Most will be Afghans but the door is open again to settle people from other countries such as Burma, Sudan, and the Congo.

The Afghans enter the U.S. under the Special Immigrant Visa (SIV) Program are are considered ‘humanitarian parolees’. SIVs are available to individuals who have worked as translators, interpreters, or other professionals employed by or on behalf of the United States government in Afghanistan. SIV holders receive the same benefits and services as do refugees under the US Refugee Assistance Program (USRAP).

The Afghans have gone through extensive medical and background checks before entering the U.S. They have milestones to meet such as enrolling children in schools, starting English classes, finding work, and finding permanent housing. They can apply for a Green Card after 1 year and Citizenship after 5 years.



Nancy Lundstrom (lunch coordinator), Carol Grimm (FFGDM and USCRI volunteer), and Laura Thako (USCRI)

If you would like to donate items to USCRI, some of the items they need are: dishes, glassware, pots and pans, mixing bowls, can openers, cutting boards, kitchen trash bags, kitchen towels, dish clothes, twin and double sheet sets, pillowcases, blankets, clothing hangers, mops, buckets, brooms, dish soap, all-purpose cleaner, paper towels, toilet paper, laundry detergent, toothbrushes, tooth paste, soap, shampoo, deodorant, disposal razors, sanitary napkins, diapers and other baby items, coffee and end tables, dining tables and chairs, dressers, lamps, flashlights and school supplies. Cash can be donated through <https://refugees.org/donate-uscridesmoines/> or call 515-528-7525.

**About USCRI.** . . USCRI was founded in 1911 when Edith Terry Bremer, a young social worker, opened the first International Institute in New York City, providing social and legal services to immigrant girls and women.

The USCRI Des Moines Field Office, one of seven field offices, has welcomed over 4,000 refugees from around the world to Central Iowa since 2010. Refugees resettled in Central Iowa primarily come from Afghanistan, Burma, the Democratic Republic of the Congo, Eritrea, Iraq, Somalia, Sudan, and Syria. Newly arrived refugees receive comprehensive services including housing placement, cultural orientation, school enrollment, healthcare coordination, and employment preparation and placement. USCRI Des Moines also serves survivors of human trafficking and refugees and immigrants who have been in the U.S. for longer periods of time. For more information: <https://refugees.org/uscridesmoines/#>

## Table of Friends

Bitter cold weather caused the cancellation of January’s Table of Friends at Malo. We hope Barbara Bailey will reschedule Malo at a time when we can dine outside, on the patio, when it’s not -10 degrees!

On February 17, nine of the group enjoyed traditional Tex-Mex dishes El Fagon. Favorite items included taco salad and fajita enchiladas.

We look forward to joining hosts Kathie Swift in March and Nikki Hubbard in April when we explore new restaurants. We meet the third Thursday of the month at 6:30 pm. If you would like to join the group, let me know at [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net).

--- Shelley Bain, ToF Coordinator



## FF Walkers

Who would have thought the FF Walkers would have had such a beautiful walking morning on January 3, 2022. What a exciting way to start off the year at the Jester Park Nature Center! We were greeted by a volunteer who helped us have a great morning. We enjoyed the walk around Discovery Pond in some soft snow. I hope FF members will visit this gem in Polk County - there are many classes and volunteer opportunities.



Exploring Jester Park

The next day some FF Walkers enjoyed exploring the new Albaugh Senior Center Ankeny. What a nice facility for Polk County residents.

There was a windchill and people were running outside in flannels in the annual Red Flannel Run, but we were warm and cozy walking and enjoying the view from the Des Moines Skywalk on Saturday morning, February 12. The arena and hall were getting ready for the Eric Church concert, to welcome Lance Armstrong, and host a motorcycle swap meet. The Civic Center was getting ready for "Tootsie" with a homeless person taking a snooze before the doors opened. We saw the beauty of the Saddler Building and Court Avenue Brewing Company while others were exercising at the YMCA pool. It was such a nice way to see Des Moines waking up on a Saturday morning.

Please let me know, at [skyhicathy@q.com](mailto:skyhicathy@q.com), if you want to join the group email for upcoming walks. -- Cathy Jensen, FF Walkers Coordinator

## Book Friends

Book Friends meets the 4th Monday of each month, from 3:00 - 4:30 pm at Northwest Community Center 5110 Franklin Ave, Des Moines. Call 515 279-2767 if the door is locked when you arrive.

Zoom link, in case of weather or pandemic closings:

<https://us02web.zoom.us/j/89069582933?pwd=bHFtaHZ3Zy9USFlpZjd3M2VDcWViZz09>

**Join Us!** Contact coordinator Connie Walters at [yourfriendconnie@gmail.com](mailto: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>
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

"That's the thing about books. They let you travel without moving your feet." - Jhumpa Lahiri

## Member News



Carmie Renda - March 12  
 Claudia Holcomb - April 2  
 Shirley Treanor - April 5  
 Lenne Orona - April 11  
 Ginny Renda - April 21  
 Frances Youngblut - April 21  
 Ken Rasmussen - April 23  
 Nikki Hubbard - April 28  
 Connie Walters - April 29



Elizabeth & Ted Erickson  
 5020 Grand Ave.  
 Des Moines, IA 50312  
 ericksonbeth@gmail.com  
 515-298-2126 Elizabeth  
 515-298-2870 Ted

Kay Hertz  
 4323 Grand Ave.  
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 Des Moines, IA 50312  
 kayhertz8@gmail.com  
 515-210-1089



**Our Sympathy**  
 to the family of former member  
 Kenneth Allen Miller, Sr.  
 7/28/1942- 2/18/2022

## 2022 FFDGM Board and Committee Chairs

<b>Board Members</b>	<b><u>Term ends</u></b>	<b><u>Email</u></b>
Pat Headley – <i>Co-President</i>	2023*	headleypatricia651@gmail.com
Ginny Renda – <i>Co-President</i>	2023*	grpbears@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 – <i>Book Friends Co-Coordinator</i>	2024	nihubbard@aol.com
Anita Lindfield	2024	anitalindfield@gmail.com
	* 2 <sup>nd</sup> term	
<b><i>Other Committees and Tasks</i></b>		
Shelley Bain – <i>Newsletter Editor, Table of Friends Coordinator</i>		shelleybain@centurylink.net
Cathy Jensen – <i>Friendship Force Walkers Coordinator</i>		skyhicathy@q.com.
Nancy Lundstrom – <i>Activities Committee Co-Chair</i>		nancylundstrom@mchsi.com
Alice Rasmussen – <i>Membership Chair</i>		off4ever@aol.com

Travel sparks our imagination, feeds our curiosity  
 and reminds us how much we all have in common.  
 – Deborah Lloyd



## Where in the World is . . .

### . . . Cathy Jensen?

The end of September and the first of October is a great time to visit upstate New York. I wanted to visit the Olympic Training Center to try and find Des Moines native Lolo Jones who is now a bobsledder after competing as a hurdler for many years.

The bobsled center maintains a schedule of which team are training each day. My first day of visiting was International Day and the team scheduled to train was the Jamaican 4-Men Bobsled Team. Yep, the team that debut in 1986 and hasn't qualified, until now, since 1998! The coach was not yet in town so the men were very happy to have me explore the sled, take pictures, and to autograph my bobsled t-shirt.

The next day was a USA Day and I had my fingers crossed it would be the women's team but it was the men's team. The coaches were present so no pictures were allowed, unlike the day before.

I now have a greater appreciation for the winter Olympians and the beauty of upstate New York in the fall. I loved the waterfalls, orchards, older farms and towns, wines of the Finger Lakes, and the Cooperstown Baseball Museum.

OLYMPIC UPDATE: Unfortunately, the Jamaican 4-Men Bobsled Team were 28th — and last — after their third run and were eliminated.



*Cathy with 2022 Jamaican Olympians Shanwayne Stephens, Rolando Reid, Ashley Watson and Matthew Wekpe*

## Community Events

### Des Moines Women's Club 114<sup>th</sup> Art Exhibition

Historic Hoyt Sherman Place, 1501 Woodland Ave, Des Moines

Free Exhibition:

March 6, 1:00-4:00 pm - Opening Reception and Awards

March 7-12, 10:00 am-4:00 pm

March 11, 5:00-8:00 pm - Gallery Night (refreshments served)

March 13, 1:00-4:00 pm

<https://www.desmoineswomensclub.com/art-exhibition>



The Celtic Music Association  
presents

### CHERISH THE LADIES

Friday, March 11, 2022

8:00 pm

Franklin Jr. High

4801 Franklin Avenue, Des Moines

Tickets: <https://www.thecma.org/tickets>

### Learn About Holi

March 5, 2022

10:00 am – 11:00 am

Waukee Public Library, 950 Warrior Ln, Waukee, IA 50263

Presented By: CultureALL

