



friendship force
GREATER DES MOINES



2022 FFGDM Calendar
(Dates and activities subject to change)

July 14	Bastille Day Fete Potluck
July 21	Table of Friends
July TBD	Friends Walking
July 25	Book Friends
Aug 12	Meskwaki Powwow Daytrip
Aug 18	Table of Friends
Aug TBD	Friends Walking
Aug 22	Book Friends
Sep 3 TBC	Annual Hunger Fight meal packing
Sep 7 - 14	FF Dayton OB Journey
Sep 22	Table of Friends
...	
Nov	Annual Dinner Meeting & Election of Officers
Dec 6	Happy Feet Holiday Lunch

Alliance Française of Central Iowa
Des Moines Sister Cities Commission
Friendship Force of Greater Des Moines
invites you and your friends . . .



Bastille Day Fete

July 14

5:00 - Doors open
5:30 - Brief program
Before 6:00 - Dinner

Ding Darling Shelter
Birdland Park

2100 Saylor Road * Des Moines

The celebration will include a pétanque tournament, French accordion music, and lots of food. There will be a prize for the best French dish so be sure to enter yours.

The Alliance will provide roast pork, baguettes, and tableware. We hope you'll bring your enthusiastic selves and a side dish to share. You may bring beer or wine in non-glass containers.



Meskwaki Powwow August 12

Join club members and friends on a day trip to the Meskwaki Powwow on Friday, August 12.

Highlights:

- Traditional Meskwaki Dancing and Singing
- Native Art, Artwork, and Handcrafts
- Games, Food and Fun!

Cost: General Admission – Adults \$7.00

For more information regarding the itinerary, transportation, and other details, or to sign up, contact Barbara at dcblbailey@gmail.com.

The deadline to reserve your place is 5:00 pm on July 24.

President's Message



Hello Friendship Force Members,

So far this year, I have seen that the spirit of volunteering is alive and well in our Friendship Force Club. This year I have observed that a number of our members have given their time and talents to help others and further the mission of our club. I am amazed at the generosity of our Friendship Force members. Our volunteers have enabled us to deliver vital programs and services to our club, our community, and those in need around the world.

Over 50 percent of our members have volunteered one or more times this year to staff a Friendship Force event, work on a committee or the board of directors, serve as journey coordinators, or home host, day host, or dinner host ambassadors. These members have displayed passion, creativity, and teamwork. The members I would like to thank for their service to the club so far this year are Polly Antonelli, Donna Archer, Barbara Bailey, Shelley Bain, Elaine Bredesky, Charlotte Buttin, Deanna Carfrae, Marla Carr, Mike Davis, Ronda Davis, Jerry Dunkin, Sharon Dunkin, Carol Grant, Carol Grimm, Pat Headley, Kay Hertz, Janette House, Cathy Jensen, Elese Johnson, Nikki Hubbard, Chuck Kirkpatrick, Karen Kirkpatrick, Cindy Larson, Anita Lindfield, Nancy Lundstrom, Steve Lundstrom, Gail Sheridan-Lucht, Gene Lucht, Beverly Lytle, Cookie Major, Mary Marshall, Ron Munsinger, Lenne Orona, Alice Rasmussen, Carmie Renda, Pam Sadler, Susan Stroope, Kathie Swift, Shirley Treanor, Connie Walters, Pat Westphal, and Dee Willemsen. These are the members that have been recorded on our participation lists. If you were omitted, please let me know what event or activity that you worked on this year. We would love to recognize you.

I know how busy you are and what a premium time must be for you. Sometimes, it seems that there are just not enough moments in the day for all we have to do. And yet – if you can spare some of that valuable time, we can use your service. The pay is non-existent, and the work can be hard, but your reward is the knowledge that you are doing a service for others and for your Friendship Force Club.

If you've been sitting on the sidelines and observing, why not get the game and share the skills we know you have. We guarantee you'll have fun and feel more connected if you get involved. Here are a couple of easy steps you can take that will strengthen the club so we all benefit:

- Join a planning committee – Community Service, Inbound Journey, and Outbound Journey come to mind.
- Write something – Newsletter articles about recent trips members have taken are popular.
- Volunteer for a journey – Home Host, Day Host, Dinner Hosts are always needed and appreciated.

Don't be shy, please contact me or any person on the leadership list (page 9) to explore your options.

We are so fortunate to have an active club with many members who care about others and work to make our world a better place. My goal is to convince more members of the benefits of being actively involved.

In Peace and Friendship,
Ginny Renda
Co- President FFGDM

Fundraiser for Ukraine



Pysanka for Ukraine - Over \$1500 Raised!



The FFGDM project “Pysanky for Ukraine” came together when our club was gifted 40 beautiful Ukrainian eggs to use as a fundraiser for Ukraine humanitarian relief. Pat Headley, Marla Carr, Ginny Renda, and Shelley Bain, brainstormed about what to do with the eggs while road tripping back from the Knoxville journey. The result - our club offered Pysanky eggs in exchange for a donation that would benefit USA-UNHRC (United Nations Human Rights Council) and World Central Kitchen. Both organizations are on the ground in Ukraine and nearby countries providing food and shelter to the displaced.

Thanks to the generosity of our members and the ambassadors from FF Big Canoe/North Georgia, we surpassed the \$1200 goal by \$300 and have donated \$500 to USA-UNHRS and \$1000 to World Central Kitchen.

Thank you for your kindness and support.

--- Shelley Bain, project coordinator

Journeys

Journey Director's Report

As you see in this newsletter, our journeys continue. So far this year, we have gone on a journey to FF Knoxville, TN, and have had a visit from FF Big Canoe/North Georgia. A group of our ambassadors will be traveling to FF Dayton to complete an exchange (as you remember, we hosted ambassadors from Dayton last year).

Now, we are planning for more journeys. We received our matches from FFI for 2023. Our international journey will be to FF Leuven, Belgium. We have requested Belgium several times, and we were excited to finally get the match.

We will also have a true exchange with FF Tallahassee. Alice Rasmussen made the initial contact and both clubs requested the exchange. We expect to host FF Tallahassee next June and to journey there in the fall. We will need Journey Coordinators for both so let me know if you would like to attend Journey Coordinator training.

The next year and a half will be busy!
--- Mike Davis, Journey Director



It's a Match! FF Leuven, Belgium

We have received news that our club will journey to Leuven, Belgium, probably in September 2023. Leuven is the capital and largest city of the province of Flemish Brabant in the Flemish Region of Belgium. It is located about 16 miles east of Brussels.

Carol Grimm has agreed to serve as Ambassador Coordinator and will share more information as the journey develops.



We're Visiting FF Dayton September 7 – 14

Twelve club members will travel to Dayton, Ohio, the "Surprising Place", to see friends we met last fall when FF Dayton visited Des Moines. The Journey Co-Coordinators are Lenne Orona and Cathy Jensen.

Dayton is proud of its aviation heritage and the itinerary reflects that, including a visit to the US Air Force Museum. We also look forward to visiting Westcott (designed by Frank Lloyd Wright), the Dayton Art Institute (ranks in the top 3% of all art museums in North America), Woodland Cemetery and Arboretum (one of the oldest garden cemeteries in the US) and hanging out with friends.



FF Big Canoe
/North Georgia
Inbound
Journey Report
May 3-8



The first week of May brought 12 Georgians to visit Des Moines. This journey was a reciprocal journey from October of 2021 and most hosts were welcoming their hosts back to their homes. We learned that most of the group had never been to Iowa, so they had much to look forward to. Our weather in May is generally sunny and mild, but with inconsistent temperatures and lots of rain, we recommended umbrellas and raincoats to pack in their luggage.

With a well-seasoned committee planning an “all Iowa theme” we started with a Welcome dinner at Hyperion Field



Club with guest speaker Greg Edwards, President of Catch Des Moines, and his presentation of all things possible



around the “Golden Circle” of Des Moines. Touring the Kemin Industries campus and John Deere Des Moines Works (all International companies and Iowa owned) was a highlight of one full day of a learning experience along with small group dinners in the evening to expand conversations of the day.

The “main event” for any May in Iowa is the Pella Tulip Festival in Pella, Iowa, where an entire day was scheduled to catch all the happenings of a Grandstand Show, parades, foods, street scrubbing, and of course the hundreds of thousands of TULIPS in all colors within the town! As is said, “April showers bring May flowers”, and yes, the tulips were a “show-stopper”.



In Des Moines our guests toured the Hoyt Sherman Place, Pappajohn Sculpture Park, Iowa Capitol Building, World Food Prize Hall of Laureates and many more sights of interest during some free time with their hosts.



A farewell party was held at the Luther Memorial Church with a special catered entrée and potluck dinner sharing highlights of the five days in Iowa AND a special presentation of “The THREE BEARS” with help from both



clubs. Then came the “Jeopardy” test coming from our new friends from Georgia; facts and figures of the differences between Iowa and Georgia. Truly, everyone was a winner with this journey!

The Big Canoe and Northern journey group left Des Moines on a bright sunny, clear day, knowing they had learned that Iowa is not flat, and learning that the “s” is silent in the pronunciation of Des Moines!

The Des Moines journey coordinators - Alice Rasmussen, Steve Lundstrom, and Nancy Lundstrom, thanked everyone for making the Spring days of May so memorable for the Big Canoe and Northern Georgia participants.

--- Nancy Lundstrom, co-Host Coordinator

Club Activities



Meals from the Heartland – Unite for Ukraine



Ten Friendship Force of Greater Des Moines members and friends spent a special two-hour packaging event at the Meals From the Heartland’s West Des Moines Packaging Center on June 23. The packaged meals will make their way to war-torn Ukraine.

Our team filled meal bags with rice, soy protein, vitamins, minerals, and dried vegetables. Each meal bag contained six servings. Once the meal bags were weighed and sealed, we stacked 36 meal bags in each box.

Thank you to all who participated in helping the Ukrainian residents as Russia's invasion of the country continues. Participants: Mary Marshall, Kathy Swift, Carol Grimm and her granddaughter, Shelley Bain, Michael Davis, Connie Walters, Carol Grant, Anita Lindfield, and Cookie Major.

You have another opportunity to be a part of an FFGDM Team when we head downtown Des Moines at Hy Vee Hall for the Meals From the Heartland 15th Annual Hunger Fight. The 4-day event will take place from August 31 through September 3. We will participate in a one, two-hour shift. Watch for details about participating in this service project in early August.

Together let's help feed malnourished people in our neighborhoods, our nation, and worldwide.

--- Cookie Major, Project Coordinator

“Volunteers do not necessarily have the time; they just have the heart.”

--- Elizabeth Andrew

Learning Our History - Woodland Cemetery Tour

Nine members enjoyed an historical walk through the oldest Des Moines municipal cemetery on April 21. It was lead by historian and retired North High history teacher Archie Cook.

The group saw the graves and mausoleums of prominent Des Moines citizens such as Frederick M Hubbell, the plain and inexpensive tombstones of Benjamin and Arathusa Allen (Iowa's first millionaire and builder of Terrace Hill),

Marcellus Crocker, Martha Callanan, John MacVicar, Annie Savery, Hoyt Sherman, Henry C Wallace, Cora Bussey Hillis, and Edward Fleur.

Woodland Cemetery was established in 1848, before Des Moines was the state capital. It covers 69 acres and is the site of over 80,000 graves.

The City Receiving Vault, which was used to store bodies when the ground was too frozen for graves to be dug, was built in the 1880s and could hold 100 bodies. It was used until about 1910.

Within the grounds are subsections including St. Ambrose Cemetery, Emmanuel Jewish Cemetery, Odd Fellows Cemetery, and "Baby Hill".

Tour are available through Des Moines Parks & Recreation. More information can be found [HERE](#).



The grave of the three children of Jefferson and Julia Polk.



Hubbell Mausoleum has room for 50 and a casket elevator..

Ames Daytrip to Brunnier Art Museum & More

On June 8, members toured the small but impressive Brunnier Art Museum at the Iowa State Center. Some of our favorite art included fiber work by Kriscilla Kepner Sage, glass sculptures by Amber Cowan, and a basket made of pistachio nut shells, fine silver, and steel mesh by Lindsay Rais. Some members shopped on Main Street and then gathered at Dublin Bay for lunch.

Thanks to Pam Sadler for coordinating this activity.



Shelley, Marla, and Lenne in front a glass display by Amer Cowan. Most of Cowan's work was large intricate wall sculptures.

Friends Walking

Gray's Lake Park was the place to be for a walk on Memorial Day. We walked in the new tunnel under Fleur Drive to Water Works Park and it was lit in red, white, and blue for the holiday.



Another fun walk in June will be Union Park (north of Lutheran Hospital) and an opportunity to ride the Heritage Carousel.

July will bring a walk on the Trestle Bridge in the moonlight and an August walk among the buffalo (not really) at the Neal Smith Wildlife Refuge. JOIN US by contacting me at skyhicalthy@q.com.

--- Cathy Jensen, Friends Walking Coordinator

Table of Friends

On May 19, Dee Willemsen hosted 12 members at A Dong, a popular Vietnamese restaurant near Sherman Hill. Favorite items included chicken with cashews and beef with vegetables. A Dong had beautiful rich purple orchid plants throughout that added elegance to the simple dining room.

On June 16, Ginny Renda hosted 14 members and guests at Old West Mexican restaurant which is bright and cheery with a window looking onto Fleur Drive. Favorite entrées included Fajita Quesadilla, Chicken Chimichanga and Carne Jalisco. Yum!

We look forward to LaVonne Neerland’s choice of Irina’s Steak & Seafood on July 21 and Shelley Bain hosting the group on August 18 at Flavorsy Bistro.

We usually 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.

--- Shelley Bain, ToF Coordinator

Guess Who’s Coming for Dinner

June 13 and June 27

Members of Table of Friends represented FFGDM at two dinners presented by RACI (Refugee Alliance of Central Iowa) and CultureAll. The dinners bring people together across cultures to build a stronger, more unified community.



The first, on June 13, was hosted by Tito’s Lounge and featured Bosnian home cooking. Among other items, we enjoyed ćevapi (grilled minced meat), börek (filled savory pie), sirnica (cheese pie), and hurmašica (a sweet pastry). We also

learned Mike and Ronda Davis are very knowledgeable about Bosnian food which they love. A local group, KUD Sevdah, performed a traditional dance.

The second, on June 27, was hosted by Katmandu Restaurant and featured Bhutan and Nepalese favorites and entertainment.

Thank you to those who represented our club and enjoyed this culinary adventure: Lenne Orona, Isabella Hurless-Banks, Shelley Bain, Dee Willemsen, Mike Davis, Ronda Davis, and Barbara Bailey.

Book Friends

Book Friends meets the 4th Monday of each month, from 3:00 - 4:30 pm at Northwest Community Center or Gray’s Lake Park (weather permitting).

Zoom link, in case of weather or pandemic closings:

<https://us02web.zoom.us/j/89069582933?pwd=bHFtaHZ3Zy9USFlpZjd3M2VDcWVlZz09>

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

2022 Remaining Selections

Discussion DATE	TITLE	AUTHOR	Host	NOTES
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 For 2023</i>			
Nov 28	The Four Winds	Kristin Hannah	Polly	U.S Depression Era
Dec 26	Unbound	John Shors	Mary	China

Member News



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
 Sharon Dunkin - July 24
 Gene Lucht - August 9
 Kathie Swift - August 27
 Charlie Johnson - August 28
 Dee Willemsen - August 28

Member Roster Correction

Pam Sadler’s email is
 cardstrulyftheart@hotmail.com



Our Sympathy
 to the family of former member
Dorothy Barnes
 September 5, 1924 – May 22, 2022

[Obituary](#)

2022 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*	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 nd term	
Other Committees and Tasks		
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

“If you want to go fast, go alone. If you want to go further, go together.”

– African proverb