



friendship force
GREATER DES MOINES



2022 FFGDM Calendar
(Dates and activities subject to change)

| | |
|------------|---|
| Sep 3 | 15 th Annual Hunger Fight meal packaging at HyVee Hall |
| Sep 7 - 14 | FF Dayton OB Journey |
| Sep 20 | Jester Park Nature Center Outing |
| Sep 22 | Table of Friends |
| Sep 24 | FF Walkers – Downtown Breweries |
| Sep 28 | Book Friends |
| Oct 13 | Iowa Jewish Historical Society Museum Tour |
| Oct 15 | FF Walkers - Walk with Wildlife |
| Oct 20 | Table of Friends |
| Oct 24 | Book Friends |
| Nov 1 | Annual Dinner Meeting & Election of Officers |
| Nov 17 | Table of Friends |
| Nov 28 | Book Friends |
| Dec 6 | Happy Feet Holiday Lunch |
| Dec 17 | Table of Friends |
| Dec 26 | Book Friends |



Co-President Pat Headley with her friends Suzanne and Johnathan Buffalo. Read about the visit to the Meskwaki Powwow on page 5.

45th Anniversary

Annual Meeting & Election of Officers

Tuesday, November 1

Trostel's Greenbriar Restaurant
5810 Merle Hay Road, Johnston, IA 50131

6:00 pm - Social Time

6:30 pm - Welcome and Dinner

Speaker

Stay Tuned for the announcement!

followed by

The Annual Meeting & Election of Board Members

Dinner

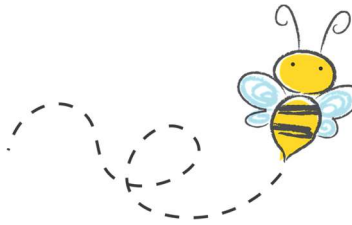
Choice of Chicken Marsala, Bake Rigatoni, Linguine Pasta, or Charbroiled Shrimp, includes leafy salad, bread & butter, soft drinks, coffee, and tea.

Cash Bar

\$34 per person

Look for your invitation by email or post in early October.

President's Message



Are You Busy?

Since the annual meeting of 2019, this club has exploded with activities, both formal and informal. What's the difference, you ask?

Informal activities include our interest groups, such as "Table of Friends," "Book Friends," "Walking Friends," and the "Day Trip" planners. If we were to start other clubs such as a wine club or a biking club, they too would be in the informal category.

Formal activities are any event planned by the Activities Committee or by Board of Directors sponsored committees such as "Membership" or "Nominating" or "Community Service." Formal also includes anything a member does on behalf of journeys. For an outbound journey that means being an ambassador or the ambassador coordinator. For inbound journeys, participation as a host coordinator, home host, small dinner host, day host, planning committee member, or journey activity volunteer, counts.

I can almost hear you thinking out loud, "Wow, there's a lot going on in our club." Some, like Goldilocks, would say it's too little, some say too much, and some say it's exactly right. Wherever your thoughts lie, you are absolutely correct. Not everyone can do every activity offered but having a plethora of activities to peruse gives you a choice of how active to be. Be aware though, we do take attendance at the formal activities, but not at the interest groups.

We want to continue offering a variety of activities, so **YOU** feel needed, wanted, welcomed, and comfortable, no matter where and when you show up. If you're in the "too little" category and have an idea for an interest group, then do something about it. If you're in the "just right" category, then just sit tight. If you're in the "too much" category, then put on your hat and riding boots and hang on. We've become a vibrant club and hope to stay so for as long as we can.

Having said that, we hope to see more of you at more events.

If all this activity has your head spinning so much you can't keep track of it all, the FFGDM newsletter helps you know what's going on and when. Plus, the first page always includes an abbreviated list, with more details in the body of the newsletter. It's the one page I print out and keep handy as a reference.

See you soon. See you often. See you there.

Pat Headley,
Co-president

Journeys

Journey Director's Report

FF Tallahassee Inbound Journey

We're expecting FF Tallahassee to visit our club in the spring. That means we need a Host Coordinator to chair the planning committee that pulls it all together. Could that be YOU?

Don't worry if you haven't been a coordinator before because our club has experienced volunteers to help and mentor you.

We plan to schedule a coordinator training session in the fall; if you are interested in the training, being a coordinator, or if you have questions, please email me.

FF Tallahassee Outbound Journey

Lenne Orona has volunteered to be the Ambassador Coordinator for this journey to FF Tallahassee in fall of 2023. Thanks, Lenne.

A little about Tallahassee – It's the state capital of Florida. The name Tallahassee comes from a Muskogean Indian word, which means "Old Fields" or "Old Towns". It is the hilliest spot in Florida, known for its rolling red hills, and its highest peak is approximately 200 feet above sea level.

FF Leuven Outbound Journey

Carol Grimm, Ambassador Coordinator for our fall 2023 journey to FF Leuven (Belgium), has been in contact with the Leuven club – look for information from Carol soon.



Our club visited Belgium in 1992 and 1997 and we have applied for years to return. We finally succeeded!

We are getting the chance to do what Friendship Force exists to do — to learn about the lives of people around the country and world, and to be ambassadors for a peaceful world.

--- Mike Davis, Journey Director
mjdavisconsulting@gmail.com

Friendship Force World Conference 2023

Dubrovnik, Croatia

October 2 - 5, 2023

Dobrodošli u Dubrovnik! Welcome to Dubrovnik!

When you think of Croatia, what comes to mind? Is it the sparkling blue of the Adriatic Sea? Beautiful wines and waterfalls? Roman ruins, or a culture steeped in history? Perhaps the thousand islands stretching along its coastline...

Croatia is an enchanting place. There's so much to see, do, eat, and enjoy, and we are excited to present its southernmost city, Dubrovnik, as our 2023 Friendship Force World Conference host!

Dubrovnik is an impossibly beautiful city, one of UNESCO's World Heritage Sites, and is said to date back to the 7th century. Nicknamed The Pearl of the Adriatic, Dubrovnik also offers stunning beaches and is just a short hop away from neighboring Montenegro and Bosnia and Herzegovina.



It has so much to offer us for our first world conference in four years. We have been apart for so long, and we cannot think of a more beautiful place in which to reunite for fun and friendship.

In addition to the main hotel where our conference events will take place, guest rooms for varying budgets will be available at three sister properties just a short walk around the bay. Day tours and post-conference tours in and outside of Croatia will be on offer for our delegates. There really is something for everybody. Please save the date and more details will follow this October.

Club Activities



Meals from the Heartland 15th Annual Hunger Fight

Please join me and Team Friendship Force at Meals from the Heartland's 15th Annual Hunger Fight. The goal is to package 4,000,000 meals to fight hunger in Iowa and around the world during the four-day event. The details are below. If you have questions or would like to reserve your space, please let me know at 515-306-8215 or cookster50@gmail.com.

Hope to hear from you,
Cookie Major, Project Coordinator

Team: Friendship Force of Greater Des Moines

Date: **Saturday, September 3**

Shift: 9:30 am – 10:30 am

Where: HyVee Hall

Parking: Free, in north parking lot, follow the signs

Meet: 9:15 am outside the Community Choice Credit Union doors, 833 5th St. At 9:15 we'll be escorted, as a group, to the packaging area.

Dress: Casual and comfortable shoes. Help promote the club by wearing your FF shirt if you have one.

Volunteer Safety: All volunteers must be 14 years or older.

Masks are now optional.

Reservations are **REQUIRED**: Cookie Major has made reservations for the team. Please RSVP, if participating, by Saturday, August 27, to Cookie at 515-306-8215 or cookster50@gmail.com.



Jester Park Nature Center Outing

Tuesday, Sept 20

11:30 am - 1:30 pm

12130 NW 128th St Granger, Iowa 50109

We're going back to nature with an outing at Jester Park Nature Center. We've reserved Room A from 11:30 – 1:30 and will gather at 11:45 for a welcome and announcements.

We'll be joined at noon by a Jester Park staff member who will tell us about the park - its daily activities and special events – and answer your questions.

If you'd like, you may bring a sack lunch and enjoy it in Room A while we have it reserved.

The Park is open 6:30 am – 10:30 pm and the Nature Center is open 9:00 am – 4:00 pm. You'll have ample time to explore the park and the exhibitions at your own pace. Just follow the signs.

No reservations are requested but if you have questions, please let me know.

Karen Kilpatrick, Project Coordinator
karenkilpatrick@gmail.com



Thursday, October 13
12:30 pm

Jewish Federation of GDM
Casper Terrace
33158 Ute Ave
Waukee, IA 50263

Iowa Jewish Historical Society Museum Tour

Join us in learning about Iowa's Jewish history. We'll gather in the auditorium at 12:45 to view a Holocaust survivor film then tour the museum. Current exhibits include the following topics: Food in Jewish Life, Alexander Levi (Iowa's First Permanent Jewish Settler), Jewish veterans, The Holocaust, and Jewish families and businesses. To honor influential and longtime Friendship Force member Carol Schiebe Brown, who died in February, a freewill donation to support the Holocaust Education Fund at JFGDM will be taken.

RSVP, if attending, by 10/11/22 to Nancy at nancylundstrom@mchsi.com or 515-289-2800.



Bastille Day Fete

Friendship Force members joined Des Moines Sister Cities and Alliance Francaise of Central Iowa on July 14 for the 5th annual Bastille Day Fete. We were treated to a

potluck, a variety of wines, and an accordionist who ended the party, as he does every year, with La Marseillaise! We'll be back next year.

Thank you to Pat Westphal, who is also President of Alliance Francaise of Central Iowa, for coordinating this activity.



Back row - Shelley, Ginny / Front row – Marla, Karen, Darlene



Meskwaki Powwow

On August 12, 12 members attended the Meskwaki Powwow in Tama. For 106 years, the Meskwaki Nation has celebrated the community and brought together families and friends through the Meskwaki Powwow. This powwow is the only one of its kind in Iowa and is held annually on the only Indian Settlement in the state. Every year, relatives and friends from across the country unite for four days of laughter, dancing, singing, reminiscing, and reconnecting.

The modern-day Meskwaki Powwow is derived from the “Green Corn Dance”, an annual harvest event.



Their people are of Algonquian origin from the Eastern Woodland Culture areas and have been historically located in the St. Lawrence River Valley, Michigan, Wisconsin, Illinois, Missouri, and Iowa.

After fighting in the Fox Wars and being relocated multiple times, the Meskwaki formally purchased land in Tama County, Iowa, which gave formal federal identity to the Meskwaki people as the “Sac & Fox of the Mississippi in Iowa.”

Our first stop was at the Meskwaki Casino Hotel. The casino has a beautiful display of native clothing, weaving (baskets, belts, and jewelry) and other artifacts.

On to the Powwow grounds. There were camps set up for families as the Powwow lasts 4 days. On the event grounds there were vendors with native wooden flutes, jewelry, weaving supplies, clothing and so much more. There were various food stands. You can't go without trying a “fry bread taco”.

The gathering begins with the entry of the flags, the elders, and other members of the community. There are various groups that perform specialized dances. There was even a dance by the “tiny tots”, 1 to 5 years old.

We enjoyed the day and were glad we went.

– Barbara Bailey
Trip Coordinator



Table of Friends

LaVonne Neerland hosted dinner in July at the new Irina's Steakhouse & Seafood, a fine dining restaurant, where she reported the service was slow but professional and the food was delicious.

In August, Shelley Bain hosted dinner at the iconic Centro in downtown Des Moines. Some of the favorite selections were the focaccia, pizza, chicken francese, and penne pasta with shrimp and sausage.



Several diners spotted owner and founder George Formaro, with his signature bandana, near the pizza oven. Did you know George is also a food historian?



Marla Carr is hosting at Portofino's in Ankeny on September 22. We look forward to dining at this casual pasta and pizza place.

We meet the third Thursday of the month at 6:30 pm unless that date conflicts with other FF activities. Eight to fourteen people attend each month. Let me know at shelleybain@centurylink.net if you would like to join the group.

---- Shelley Bain, Table of Friends Coordinator

FF Walkers



The FF Walkers are looking forward to cooler weather this fall.

We'll be walking
September 24
Downtown Breweries
and
October 15
Walk with Wildlife at Granger.

For details, contact me at
skyhicathy@q.com.

See you then!

---- Cathy Jensen,
FFW Coordinator

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).

We are open to all Friendship Force members and their friends and welcome guests. The only membership requirement is a love of books. Check this space at the end of the year for our 2023 selections.

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 |
|-----------------|------------------------|----------------|-------|--------------------|
| Sept 26 | The Duchess | Wendy Holden | Ginny | Great Britain |
| Oct 24 | Member Recommendations | For 2023 | | |
| Nov 28 | The Four Winds | Kristin Hannah | Polly | U.S Depression Era |
| Dec 26 | Unbound | John Shors | Mary | China |

Member News



Adrienne Moen - September 1
 Carol Grimm - September 14
 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

Member Roster Corrections

Lenne Orona's new email is
 crotia2023@gmail.com

Cindy Larson's new address is
 4316 Grand Ave - Unit 7
 Des Moines, IA 50312

If you have changes to your contact information, please
 notify Alice at off4ever@aol.com.



Our Sympathy
 to the family of former member
 Patsy Ellen Blunck
 1931 - 2022

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> | | skyhichathy@q.com. |
| Nancy Lundstrom – <i>Activities Committee Co-Chair</i> | | nancylundstrom@mchsi.com |
| Alice Rasmussen – <i>Membership Chair</i> | | off4ever@aol.com |

"If I am an advocate for anything, it is to move. As far as you can, as much as you can. Across the ocean, or simply across the river. Walk in someone else's shoes or at least eat their food. It's a plus for everybody."

- Anthony Bourdain

Where in the World Are...



Marla and Susan?

On July 6-10 Marla Carr and Susan Stroope joined the Knoxville, Tennessee Friendship Force club on a journey to the Pacific Northwest hosted by the Lower Columbia Friendship Force club. Most of the hosts live near Longview, WA about an hour north of Portland.

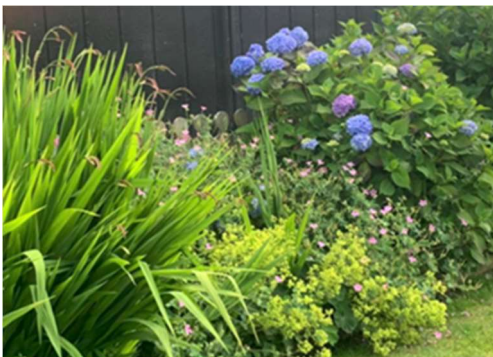
We enjoyed perfect weather to explore this scenic area. Excursions included a visit to the Columbia River Gorge and the Crown Point Lookout, Multnomah Falls, and a paddle boat cruise on the river. A trip to the Pacific coast and Astoria at the mouth of the Columbia included a visit to the Lewis and Clark National Historic Monument; no visit would be complete without a glorious view of Mt. St. Helen's up close and personal. We discovered that Longview was a planned community



founded by lumberman R.A. Bell in 1923 and we were treated to a couple of well-organized visits to local museums and the "bowels" of a restored theater.

Of course, the quirky squirrel bridges of Longview were must-see. Marla and Susan are relieved to report that they had no encounters with the infamous Sasquatch.

There were some surprising Iowa "connections." We traveled on Scenic U.S. Highway 30 which is known as the Lincoln highway in Iowa; our guide at the Lewis



Lush hydrangeas love the climate

and Clark site reminded us that the only fatality on the Expedition was Sargent Floyd who is memorialized with a monument in Sioux City; Susan's home hosts have a friend who with her husband were the first residents of the 1900 Farm House at Living History Farms; AND Susan reunited with a journey participant from New York City, Oksana Tikhonova. Oksana was a member of the Moscow (Russia)



Susan and Oksana

Friendship Force club that planned and hosted the youth summer program called Global Youth Institute in 1998. Susan helped staff that program and knew Oksana's son who was a participant and her niece who participated in the program in Hoerring, Denmark, in 2014. Friendship Force journeys never cease to remind us that it's a small world after all!

- Susan Stroope

FFGDM Club History

FFGDM, Global Youth Institute, and Carol Brown

by Susan Stroope

On October 13 the FFGDM Activities Committee is planning a trip to the Jewish Federation of Greater Des Moines at Caspe Center and Museum. At that time you will have an opportunity to donate to the Holocaust Education Fund in honor of long time FF supporter and member Carol Brown. Carol oversaw Global Youth Institute, a program “birthed” by FFGDM back in 1991, and she developed a Holocaust curriculum for DMPS. She passed away in Highlands Ranch, CO, last February and the Education Fund was listed in her obituary as a memorial recipient. Below you will read a history of Global Youth Institute and its ties to FFGDM.



The Global Youth Institute was developed in 1990 through collaboration between the Friendship Force International Board of Directors and Des Moines Public Schools. At that time Dr. James Wise was both a member of the FFI Board and an administrator in DMPS. At an FFI Board meeting an item for discussion was “How can we get more young people involved in FF--or at least more knowledgeable and informed about the opportunities it has to offer?” The idea of a high school summer institute was suggested which would provide an academic program during the day and the typical home-stay experience with local FF families in the evening and on weekends. Dr. Wise agreed to bring the idea back to Des Moines and discuss it with the FFGDM club and DMPS staff.

A joint committee made up of FFGDM board members and DMPS administrators was formed to develop a mission statement, formalize a plan of action, and develop guidelines for a high school summer institute. After approval by all parties involved, the first institute was held in Des Moines in the summer of 1991. Carol Brown, DMPS Social Studies Supervisor, oversaw the program and selection of staff until 1999. Dr. Tom Forsgren succeeded her until 2015. FFGDM member Susan Stroope served as staff in Russia, Australia, Denmark and Taiwan and several times in Des Moines.

The original plan included holding the institute every summer -- odd years in Des Moines, even years someplace else in the world at the invitation of a Friendship Force club outside of the US. The FF club would be responsible for hosting, special events such as welcome and farewell parties, and other events selected by the club. FF clubs around the world were invited to send students, teachers and chaperons to wherever the Institute was being held. DMPS students were selected by DMPS staff and host families by FFGDM members. It was hoped that DMPS students would also serve as host families. The academic program and field trips and additional activities were developed by DMPS teachers and staff with the inclusion of the international teachers after they arrived. A tuition fee was charged for all students to cover the costs of the program and international students were responsible for their air fare.

Since its inception, GYI traveled to Germany, Australia, Austria, Russia, Italy, Brazil, Taiwan, China, India and Denmark. In 1992 the students participating in the program in Germany adopted the name Global Youth Institute and the motto “We met as strangers, grew as friends, and parted as one.” Eventually, GYI severed ties with FFI in Atlanta but continued to enjoy a warm relationship with FFGDM through the years and its gracious help with the welcoming activities and host family procurement. The last GYI was held in 2015 in Taipei, Taiwan.

Editor’s note: Friendship Force’s Global Youth Institute should not be confused with the World Food Prize’s Global Youth Institute, established in 1994.

