



friendship force  
GREATER DES MOINES



2022 FFGDM Calendar  
(Dates and activities subject to change)

Nov 1	Annual Dinner Meeting & Election of Officers
Nov 17	Table of Friends at Flying Mango
Nov	Book Friends
Dec 6	Happy Feet Holiday Lunch
Dec 17	Table of Friends at Louie's Wine Dive
Dec	Book Friends
	2023
Jan 19	Lunch & Learn at Tangerine and the Des Moines Art Center
	...
May ?	FF Tallahassee outbound journey
Sept 3 <sup>rd</sup> week	FF Leuven (Belgium) outbound journey
Oct 2 – 5	FFI Conference, Dubrovnik, Croatia
Oct ?	FF Tallahassee inbound journey



Join us for a festive and fun holiday lunch!

# Happy Feet Holiday Lunch



Tuesday, December 6  
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](mailto:karenkilpatrick@gmail.com) or 515-278-4491  
by December 2.

## President's Message

Dear Members,

Except for getting food poisoning and contracting COVID, it's been a very good year. I was fortunate to go on two amazing journeys to Knoxville, Tennessee and Dayton, Ohio, and I was able to attend most Friendship Force events which were educational as well as enjoyable.

There are several things I would like to share with you in this last 2022 President's Message.

**First**, we told you last year that we would need to raise dues in 2023. The good news is, we will not be raising dues in 2023 because Friendship Force International has recently decided not to raise the dues we send to them for each member. Your 2023 dues will remain at \$35 per member.

**Second**, it is important that each member register on the new FFI website at [My Friendship Force sign in](#). If you have trouble doing this or if you do not have a computer, you may call Barbara Bailey at 1-952-200-7202 or Pat Headley at 1-641-226-2146 and one of them will help you.

**Third**, there is a new 2022 Ambassador Application and Agreement Form. This form can be found on the FFI website at [Ambassador Application and Agreement](#). You will no longer be able to use the old form.

**Fourth**, FFI is requiring that each ambassador who plans to go on a domestic or international journey must have adequate travel and medical insurance to cover medical care and emergencies. An ambassador must sign a waiver if choosing not to carry travel and/or medical insurance; see your journey coordinator for details.

You can secure travel insurance through FFI, insurance companies like Nationwide or Allianz, or through your credit card if included. It is important that you read the entire policy to determine if the policy will truly fit your needs and cover emergencies.

**Fifth**, this is not new but worth repeating - if an ambassador cancels more than 60 days before departure, the FFI Fee and host club Program Fee will be refunded. There is no refund of any fees if an ambassador cancels less than 60 days before the start of the journey. Therefore, it is important to carry travel insurance.

**Sixth**, Pat Headley's time as co-president will expire December 31. Fortunately, she will remain on the board for another year, and so we will continue to have her guidance, influence, and involvement in the operation of our club. This is a great comfort to me and will benefit our club. Thank you, Pat, for your 6 years of leadership in Friendship Force of Greater Des Moines.

As always, I hope that you will reach out to me if you have questions, concerns, or suggestions.

In closing, I hope that you will take the time to enjoy your family and friends during this holiday season; and I hope that your holidays will be filled with smiles, peace, and happiness.

In friendship,  
Ginny Renda  
Co-president

## Journeys

### A Journey to Dayton

by Lenne Orona,  
Ambassador Co-coordinator

The Journey started with the Welcome Party. Bobi McDermott, Dayton Host Coordinator, reviewed the week's itinerary. In addition, the members recommended that we try their city's favorites while there: Bill's Donuts, Marion's Pizza and Killer Brownies from the famous Dorothy Lane Market, which many of us did.



We visited Dayton Aviation Heritage National Historic Park & Interpretive Center, Wright Memorial, Huffman Prairie Flying Field, where the Wright Bros flew their experimental airplanes, and the National Museum of the US Air Force near the Wright Paterson Air Force Base. At the Air Force base, one set of the Dooms Day planes could be viewed ready and waiting 24 hours a day for a call. President Biden was visiting while we were there and we could see Air Force One in the distance. The Air Force Museum is the oldest and largest



military museum in the world and houses over 350 aircraft and missiles that can be toured. The Air Force base employs 30+ thousands of Dayton's residents. This base is strategic in the development of all tools in defense and its employees have the highest level of security clearance.



Dayton's club member Joe Scullion was our docent for the Dayton's Art Institute visit. Joe provided us with ways to look at art a little differently than we might be used to. He used one painting titled "The Flea Hunt" to illustrate how light enhances a story. On our visit to the International Peace Museum, Bill Meeks of Dayton's club told us how the Dayton Peace Accord came to be signed there in 1995 that ended the Bosnia war. . We toured Historic Woodland Cemetery where significant gravestones were the Wright Brothers, Erma Bombeck, James Ritty, who developed the cash register and later



sold the patent to James Paterson, who founded the National Cash Register Company. (NCR). Of interest in the cemetery were well placed benches with bowler hats attached to them to represent Dayton's fondness of Wilber and Orville Wright.

Dayton is a city of inventors. In the 1900's it became the invention capital of the USA. Throughout the city there are models of inventions to honor these important people. Charles Kettering invented the self-starter engine replacing the crank! Frei created the ice cube tray. James Ritty the Cash Register and of course the Wright Brothers. As





Kettering said, invention is creativity, curiosity, and perseverance. Can you believe that the man who designed airplanes did not believe in refrigeration and kept his ice in the wall on the outside of his home so no one would track dirt in, Wilber who suffered from sciatic pain most of his life remodeled a chair into a recliner with arm rests that held metal swings for his books, a back that was permanently reclined for his position and attached an ottoman to act as a foot rest.

Dubbed the “Poet Laureate of the Negro race” by Booker T Washington. Paul Laurence Dunbar (1872-1906) is best known for his lively dialect poems. Dunbar also wrote fine poems in standard English that captured many

elements of the black experience in America. His home was one of the stops on our tour. He became the first African American to support himself financially through his writing. His three-story home was on our tour. Mr. Dunbar and the Wright brothers were good friends with him officiating at his sister’s wedding

One of our quieter mornings was spent on a walking tour of Deeds Park near the river walk. There we shared in celebrating Dayton’s Friendship Force Club’s contribution to this revitalized area. In 2003 a permanent Peace Pole



Monument was installed by the club with paver stones surrounding it with the names of the various inbound journeys they had hosted. This park provides quiet spots to “just look” with art works celebrating its former citizens.

Our last day in Dayton found us leaving for the town of Springfield to tour the Westcott House. Who knew that Frank Lloyd Wright designed and built a house in nearby Springfield, Ohio. The house was built between 1904 and 1908 and is described “as one of the top twenty Frank Lloyd Wright houses in the world.

After a nice lunch we toured the Heritage Center of Clark County. The center extends an entire city block, houses an extraordinary museum that recounts the history of America’s Heartland. In 1806 Thomas Jefferson authorized National Road: the first federally funded interstate highway. Priceless mementos have been assembled to open an exciting window on seven generations of history.



Our final event was an all-club picnic. Approximately 60 members attended and everyone enjoyed themselves reliving what we had done the last 7 days. Joe Scullion made Origami dragons for everyone attending. Unfortunately, by the next evening many attending, 6 out of 8 Des Moines attending, became ill with salmonella. It was later determined it was the catered chicken. However, that did not change our feeling of being totally at home with our Friendship Force partners in Dayton.



## Club Activities



### Jester Park Nature Center

On a September 20, a recording breaking hot day, fourteen members of our club met at the Jester Park Nature Center northwest of the metro. Once in our air-conditioned classroom with lunches at hand, naturalist Heidi Anderson enlightened us about the history of Jester Park, which opened in 1958, and the Nature Center, which opened in 2018, all under the auspices of Polk County Conservation. PCC manages 16,000 acres of parks, wetlands, trails, prairies, and woodlands in Polk County.

Heidi informed us about the multitude of programs that PCC has available for the young and old and the events which help support the programming. One event drawing large crowds is Glow Wild in September that features a towering bonfire, live music, crafts, activities for all ages, and plenty of S'mores and other eats!

The Nature Center itself has interactive activities and is surrounded by many acres of restored prairies as well as streams and ponds. Outdoor exploration opportunities abound here in summer and winter as gear such as kayaks and cross-country skis are available for rent. There is also an archery center. Polk County Conservation's goal is to encourage everyone to get out and enjoy the great outdoors and the Nature Center is a great place to start.



--- Karen Kilpatrick, Activity Coordinator



### 15th Annual Hunger Fight

Our FFGDM Team helped 3,200 other volunteers package nearly 3.4 million meals during the 2022 Annual Hunger Fight. This 4-day event was at Hy-Vee Hall, downtown Des Moines, Aug 31 - Sept 3. Our shift was on Saturday, Sept 3, from 9:30 to 11:30.

Thank you to our 15 volunteers. FFGDM members and friends - Dee Willemssen, Shelley Bain, Carol Grimm, Charlotte Buttin, Karen Kilpatrick, Chuck Kilpatrick, Jean Vesely and friend Roseanne Hixenbaugh, Cookie Major and family members - Cindy Nicodemus, Laurie Johnson, Kenzie Johnson and Grant Johnson, First United Methodist Church members - Eloise Cranke and Lesley Gesaman.

Together we have helped to alleviate hunger in our neighborhoods, our nation, and worldwide. What a great team!

--- Cookie Major, Hunger Fight Project Coordinator

### Friendship Force Walkers

The FF Walkers have the opportunity for a 5k or 10k walk on November 12 among the Veterans Memorial and other statutes and monuments at Capitol Complex. Meet at 10:00 am at the Botanical Garden for this walk.

There are "lights" walks in the East Village and in Gingerbread Man Lane in SE Ankeny in December. Please let me know at [skyhichathy@q.com](mailto:skyhichathy@q.com) if you are interested in these "cool" walks.

---- Cathy Jensen, FFW Coordinator



## Iowa Jewish Historical Society Museum



In the middle of a cornfield just off the Interstate near Des Moines is a “gem” of a complex named, The Caspe Center Complex, home of the Jewish Federation of Iowa, Jewish Historical Museum, a pre-school, Summer Shalom camps and an outreach family service.

Thirty-one members of Greater Des Moines Friendship Force including some friends were welcomed to the Center’s auditorium in mid-October for an introduction to several Des Moines residents, past and present. They included business leaders, educators, researchers, and doctors via personal videos given to commentators giving some of their life stories. The majority of these people were also holocaust survivors.



Gaining a perspective of the Jewish community within the city gave us more insight to the Historical Museum on the lower level of the Center, showing various displays of the businesses, activities, civic organizations, educational and medical specialties from the Des Moines community. In other displays were descriptions of the various “holidays” of the Jewish faith and the many specialty food items offered.



Viewing some of the art on the walkway to the museum we noted various buildings used or established by the Jewish community for all residents of Des Moines. We all noted one in particular, The Mickel Center, located in the Sherman Hills area of Des Moines, where our organization established an office for over 15 years along with many other non-profit organizations.



An educational afternoon filled with history, hope and understanding of our fellow humans, well worth the time!  
---- Nancy Lundstrom, Activities Co-Chair

## Table of Friends

Marla Carr hosted the group at Portofino’s in Ankeny on September 22. Portofino’s offers a wide array of pasta and pizza at family-friendly prices. We were a slightly raucous group of 13 but the server handled it well. We also enjoyed host Anita Lindfield’s choice of Maxie’s on October 20.

We look forward to dining at Flying Mango on November 17, hosted by Barbara Bailey, and Louie’s Wine Dive on December 15, hosted by Ronda and Mike Davis.

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 if you would like to join the group.

---- Shelley Bain, ToF Coordinator, [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net)

## Book Friends

Book Friends usually meets the 4th Monday of each month, from 3:30 - 4:45 pm at Northwest Community Center. We'll discuss *The Four Winds* by Kristin Hannah in November and *Unbound* by John Shors in December .

We are open to all Friendship Force members and their friends. The only membership requirement is a love of books. Check this space in the January newsletter our 2023 selections.

---- Connie Walters at [yourfriendconnie@gmail.com](mailto:yourfriendconnie@gmail.com) or 515-971-1916.

## Where in the World...



### . . . are Pat Westphal and Carol Grimm?

In September 2022 Carol Grimm and I joined a group of 15 members organized by the Quad Cities club for a journey to Quebec City. The group was completed by folks from Montana, Portland, Minnesota, Dayton, and San Diego.



Although our hosts had a small outbreak of COVID just before our arrival, they managed to welcome us all warmly. Carol and I stayed with Nicole Perrault who even welcomed a third guest because of the sudden shortage in home hosts.

As a retired teacher of French I had already visited the area a couple of times, but had never had the chance to interact with anyone except other language teachers. This time I had the opportunity to test what I had learned in Canadian classrooms; it is definitely true that Québécois culture is unique and distinct from that of France, kind of a mix of North American optimism and European cultural protectionism.

There was, of course, in the French tradition, a lot of good eating. Nicole was a wonderful cook, offering us dinner four of the nights we were there as well as a different breakfast every day, including crêpes and home-baked croissants. We were amazed to eat strawberries that were red throughout and delicious.



We had a cruise on the St. Lawrence, a walking tour of the old city, a visit to the provincial parliament building and lots of the other many attractions in the area. One of the highlights was the visit to the Mosaïcultures Québec 2022 exhibition at Parc du Bois-de-Coulonge, a truly unique display of plant material shaped into huge representations of endangered species and other figures. The one in the photo is Mother Earth.

Neither Carol nor I had ever tailgated before, so we weren't sure of the protocol for the University of Laval's. But the Quebec club's booth offered a seafood-rich paella and tiny cones filled with a maple cream. Yum to both! Someone else was offering Bloody Marys topped with a barbecued chicken drumstick. Everyone was smiling and friendly and there were plenty of cheeks striped with red and gold, just like ISU's.

But it's always the people that we will remember best, our fellow Americans and our new Canadian friends.

----- Pat Westphal

## Member News



Kay Hedges – November 2  
Nancy Lundstrom – November 9  
Gail Sheridan-Lucht – November 10  
Shelley Bain – November 11  
Kim Fields – November 20  
Mike Davis – December 3  
Karen Kilpatrick - December 6  
Jane Flagler - December 13  
Steve Lundstrom - December 21

### Member Roster Changes

#### New emails

Ginny Renda – [rendaginny@email.com](mailto:rendaginny@email.com)  
Karen Selby - [karenselby004@gmail.com](mailto:karenselby004@gmail.com)



### Our Sympathy

to the family of former member

**Rick Swalwell**

1952 – 2022



### New Members

Please welcome our new members at the next club activity and add them to your roster.

#### **Roseanne Hixenbaugh**

924 52nd Ct, West Des Moines, IA 50265  
515-225-7765  
[donal dhixenbaugh@msn.com](mailto:donal dhixenbaugh@msn.com)

#### **Christine McQuillan**

4610 Urbandale Ave, Des Moines, 50310  
224-402-0630  
[1ordmco@gmail.com](mailto:1ordmco@gmail.com)

#### **Sally Merritt**

2614 SW Vineyard LN, Ankeny 50023  
847-224-0255  
[merritt69\\_99@yahoo.com](mailto:merritt69_99@yahoo.com)

#### **Mike Merritt**

2614 Vineyard LN, Ankeny 50023  
847-224-0259  
[merritt2007@sbcglobal.net](mailto:merritt2007@sbcglobal.net)

IT'S TIME!



DON'T DELAY, RENEW  
YOUR MEMBERSHIP  
TODAY!

### 2023 Membership Dues

The 2023 membership fee of \$35 is due by December 15, so now is a good time to think about paying! Thanks to those who have already paid.

You can bring your completed form and check to the Annual Meeting on November 1 or Happy Feet Lunch on December 6. You can also mail them to the address at the top of the form. If any questions, please send an email to [off4ever@aol.com](mailto:off4ever@aol.com).

--- Alice Rasmussen, Membership Chair



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