



friendship force
GREATER DES MOINES



2023 FFGDM Calendar
(Dates and activities subject to change)

Jan 12	Table of Friends
Jan 19	Lunch & Learn at Tangerine and Des Moines Art Center tour
Jan 23	Book Friends
Feb 16	Table of Friends
Feb 22 TBC	Lunch & Learn at ICI Bistro
Feb 27	Book Friends
Mar 12	Celtic Party with Potato Bar and Games
March 16	Table of Friends
March 27	Book Friends
April 16	Springfest
April 20	Table of Friends
April 24	Book Friends
May 2 - 8	FF Tallahassee outbound journey
May 18	Table of Friends
May 22	Book Friends
	...
Sept 17-24	FF Leuven (Belgium) outbound journey
Oct 2 – 5	FFI Conference, Dubrovnik, Croatia
Oct 11-16	FF Tallahassee inbound journey

Friendly Reminder

If you have not paid your 2023 membership fees, they are due by the end of the year. Please print and complete the form on page 8 and send it, with your check payable to FFGDM, to the address at the top of the form.

If you have questions, Membership Chair Alice Rasmussen can answer them at off4ever@aol.com.

Join us for ...

Lunch at Tangerine and Docent Led Tour of the Collections



Thursday, January 19, 2023
11:30 am

Des Moines Art Center
4700 Grand Avenue, Des Moines 50312

Tangerine menu -

<https://desmoinesartcenter.org/restaurant/>

RESERVATIONS REQUIRED... to Gail at
gail.lucht@gmail.com or 515-210-0301
by January 16.

President's Message

Dear Members,

2022 has been a very good year for Friendship Force of Greater Des Moines. Because of your efforts to spread the good news about Friendship Force, we were able to increase our membership. Our club has flourished this past year while many clubs have lost members, and some clubs have had to disband. We owe a special thanks to Alice Rasmussen and the Membership Committee for their efforts to spend time contacting those who have not sent in their membership renewals. Please continue to invite interested friends to our activities. Thank you for all that you have done for the club this past year. FFGDM could not exist without you.

We have ended 2022 with two very successful events. The Annual Dinner Meeting held in November brought a record number of club members together. This month, the Happy Feet Luncheon chaired by Karen Kilpatrick resulted in a donation of over 370 pairs of socks for the homeless. FFGDM is happy to be able to make a positive impact in our community.

The Activities Committee chaired by Marla Carr and Nancy Lundstrom has begun to plan activities and events for 2023. I know you will want to put some of these activities on your 2023 calendar. If you have an idea for an activity, please contact Marla or Nancy with your suggestion.

As a club, we are fortunate to have a number of members who have volunteered to work on committees and help with events. I believe that volunteering your time and talent improves your overall well-being. It feels very good to do things to help other people. Fortunately, it also improves the overall well-being of our club.

I have noticed that some of our members have not signed into the new Friendship Force Website. It is important that you do this as soon as possible. The email address of the website is my.Friendshipforce.org. If you have trouble signing in or completing the information, Pat Headley (1-641-226-2146) or Barbara Bailey (1-952-200-7202) will be happy to help you. Anyone planning to travel with Friendship Force needs to be signed into the new website.

There is something so hopeful about beginning a new year. It is my wish that 2023 will bring you happiness, peace, and good health.

Sending best wishes and Friendship to all of you,
Ginny Renda, Co-President FFGDM

Day Trips and Community Service Committees

In the past, these two committees were their own entities, sometimes causing conflicts with planned events from the Activities Committee. To solve this issue, the Activities Committee has agreed to take these two committees under its wing as sub-committees. Each sub-committee will have a chair and two or three members. Our goal is to have four community service projects and at least two day trips (sometimes an overnighter) a year. Happy Feet and Meals for the Heartland each have a coordinator, but we need a chair for the Community Services Committee. The Day Trips Committee needs a chair and committee members. We hope that going forward this plan will help us to continue providing the excellent programming we have come to expect. If you are interested in chairing or being a member of either of these sub-committees, please contact Marla Carr at marlakcarr@yahoo.com or Nancy Lundstrom at nancylundstrom@mchsi.com.

Annual Dinner Meeting

Annual Meeting & Election of Board Members

The club held its Annual Dinner Meeting at Greenbriar Restaurant on Tuesday, November 1. There was a full house of 47 who enjoyed the speaker, the food, and catching up with each other. The well-received speaker, John Liepa, involved the audience in his talk about immigration in Iowa.

Activities & Community Service

Co-President Pat Headley spoke about all the activities the club hosted during 2022, at least one a month but often 2 or 3 a month, and she credited those activities with why we are one of the few clubs that increased membership since the start of the pandemic. She also mentioned our community service projects including Meals from the Heartland food packaging (twice), the Ukrainian Egg Project to World Kitchen, Catholic Social Services family shelter, and Happy Feet socks to the Des Moines Homeless Shelter.

Nominations to the Board of Directors

Nominations chair Karen Kilpatrick presented a slate of three nominees for election to the Board of Directors: Darlene Blake, Janette House, and Lenne Orona. They were elected by acclamation and will begin their 3-year term on January 1. Karen thanked them for agreeing to serve.

Journeys

Co-president Ginny Renda discussed 2022 Journeys to FF Knoxville and FF Dayton and from FF Big-Canoe/North Georgia. FFGDM has three journeys in 2023: outbound to FF Tallahassee, led by Lenne Orona; inbound from FF Tallahassee, led by Ginny Renda; and outbound to Leuven, Belgium.

Volunteer of the Year Awards – Alice, Nancy, and Marla

Ginny also presented Volunteer of the Year Awards to Alice Rasmussen, Nancy Lundstrom, and Marla Carr for their outstanding contributions in the areas of Membership, Activities, and Journey Coordination. They are very busy people who take the time to keep our club vibrant and inviting.



Thank you to retiring Board members - Gail, Marla, and Connie

The club also thanked the Board members who are leaving the Board at the end of the year: Gail Sheridan Lucht who also serves on the Activities Committee, Marla Carr who also co-chairs the Activities Committee, and Connie Walters who also coordinates Book Friends. We are glad they will remain active in FFGDM because they are full of new ideas and energy.

Activities

Happy Feet Holiday Lunch

Thirty-four of our FFGDM club gathered at Trostel's Greenbriar for a delicious lunch and the collecting of socks for the homeless shelter (CISS) in downtown Des Moines. Once again, the generosity of our FF club was evident by the number of socks donated - 374 pairs - that's 748 happy and warm feet walking around our city!



We as a club can also count all the smiles, both known and new, at this event and others this past year! Our friendships and caring for others are multiplying!

--- Karen Kilpatrick, Happy Feet Coordinator



DETAILS
COMING
SOON

Learn and Lunch

Wednesday, February 22 TBC
Bistro at Iowa Culinary Institute



CELTIC CELEBRATION

Sunday, March 12
Crown Point Community Center

Friendship Force Walkers



We participated in "Halloween on the Hill" in Sherman Hill on October 31. I highly recommend the walk because this historic neighborhood of Des Moines was ablaze with the sounds and sights of the season.

In December, Ankeny has hosted the Gingerbread Lane Walk for several years where all the neighborhood houses combine to tell the gingerbread story. Both walks were fundraisers for local food pantries.

Help! I would like to pass along the coordination of FF Walkers. If you are interested, please let me know.

--- Cathy Jensen, FFW Coordinator, skyhicalthy@g.com

Table of Friends

Barbara Bailey hosted the group, including newcomer Janette House, at Flying Mango on November 17. It was a blast of smoked meat as we entered the restaurant on a frigid November evening, but the group soon warmed up and dined on pulled pork, cowboy beans, cornbread, and other selections.

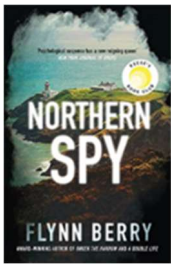
The December dinner was postponed due to weather so Mike and Ronda Davis will host the group on January 12 at Louie's Wine Dive. Reservations are due to Mike at mjdavisconsulting@gmail.com by January 5 and all FFGDM members and their friends are welcome to attend. Janette House is the host for February 16 and we look forward to her choice.

We meet the third Thursday of the month at 6:30 pm unless that date conflicts with other FF activities. Let me know if you would like to join the group.

---- Shelley Bain, TOF Coordinator,

shelleybain@centurylink.net

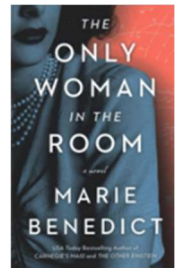
"Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious." - Ruth Reichl



Book Friends

Book Friends meets the 4th Monday of each month (except December), from 3:00 pm – 4:30 pm at Northwest Community Center, 5110 Franklin Ave, Des Moines.

Join Us! We are open to all Friendship Force members and their friends. The only membership requirement is a love of books. Contact coordinator Connie Walters at yourfriendconnie@gmail.com or 515-971-1916.



2023 Selections

Discussion DATE	TITLE	AUTHOR	HOST	NOTES
Jan 23	Northern Spy	Flynn Berry	Charlotte	Ireland
Feb 27	The Only Woman in the Room	Marie Benedict	Anita	Jewish
Mar 27	Midnight Sun (Blood on Snow #2)	Jo Nesbo	Nikki	Norway
Apr 24	My American Dream: A Life of Love, Family, and Food	Lidia Matticchio Bastianich	Ginny	Italy
May 22	Shanghai Girls (1 st in series)	Lisa See	Polly	China
June 26	An Island at War	Deborah Carr	Ronda	Channel Islands
July 24	The Last Green Valley	Mark T. Sullivan	Ginny	Ukraine
Aug 28	The Personal Librarian	Marie Benedict & Victoria Christopher Murray	Dee	African American
Sep 25	Lessons in Chemistry	Bonnie Garmus	Nikki	Gender Equality
Oct 23	Member Recommendations	For 2024		Cultural Perspectives
Nov 27	Honolulu	Alan Brennert	Polly	Hawaiian immigrants from Korea
Dec 18	The Birchbark House (Juvenile series)	Louise Erdrich	Connie	Native American Ojibwe

Reading makes immigrants of us all. It takes us away from home, but more important, it finds homes for us everywhere. --- Jean Rhys

Member News



Our Sympathy

To John Tone and the family of former FFGDM President



Adrienne Moen

1946 - 2022

Adrienne will be missed by those lucky enough to have met her. She was deeply involved in Friendship Force and committed to its success, serving on the FFGDM Board of Directors from 2010 through 2015, as club President 2012-2015, and as FFI Regional Director 2015-2018.

She helped modernize FFGDM, using her business and communication skills to bring stability and structure to a club that needed both. She encouraged new leadership and engaged the membership with her positive attitude.

Adrienne loved to entertain and hosted delicious dinners for international visitors, Board members, and friends. She also home hosted Friendship Force ambassadors at her beautiful home where they would stay up to the wee hours drinking wine and sharing stories of their lives and travel experiences. Adrienne was a charming, interesting, interested, and smart woman and a great loss to our community. We miss her.



Carol Grant – January 1
Jerry Dunkin - January 19
Barbara Bailey - January 20
Charlotte Buttin - January 24
Carol Corrigan - January 26
Del Wynn - January 29
Doris Andre – February 7



Our Sympathy

To the family of former member
Richard "Dick" Tempero
1937 – 2022

2023 FFDGM Board Members & Committee Chairs

Board Members	<u>Term ends</u>	<u>Email</u>
Ginny Renda – <i>President</i>	2023*	rendaginny@gmail.com
Barbara Bailey – <i>Vice-President</i>	2023	dcblbailey@gmail.com
Janette House - <i>Secretary</i>	2025	j.house@mediacombb.net
Lenne Orona – <i>Treasurer</i>	2025	lenneorona@gmail.com
Pat Headley – <i>past President</i>	2023*	headleypatricia651@gmail.com
Mike Davis – <i>Journey Director</i>	2024*	mjdavisconsulting@gmail.com
Darlene Blake	2025	darleneblake@hotmail.com
Nikki Hubbard	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>		skyhicable@q.com.
Nancy Lundstrom – <i>Activities Committee Co-Chair</i>		nancylundstrom@mchsi.com
Alice Rasmussen – <i>Membership Chair</i>		off4ever@aol.com
Connie Walter – <i>Book friends Coordinator</i>		yourfriendconnie@gmail.com

Where in the World...



... is Pat Headley?

London and Scotland! After a couple of days in London, my grandson Jarrett and I took the train to Edinburgh. Fortunately, I had booked a hotel in the old town, which he fell in love with immediately. "This is my new favorite city," he said on day two. As a history major with an emphasis in museum studies, he had thoroughly enjoyed the British museum and now looked forward to the Scottish National Museum. He ended up visiting both twice. This was my sixth time visiting Scotland and several times walking the Royal Mile, but my first time visiting Edinburgh Castle. Jarrett visited that twice as well. It was a nice history lesson, but once was enough for me.



As if the Royal Mile wasn't enough exercise, we decided to climb Arthur's Seat, the highest point of a 823 foot hill overlooking much of Edinburgh. The hill is an ancient volcano which is the main peak of the group of hills which form most of Holyrood Park. The hill isn't all that high but much of it was almost straight up and incredibly rocky. Watching my step and drinking plenty of water was paramount. As usual, when I climb hills and mountains, I grumbled all the way up, but then at the top I forgave myself and marveled at the views, thanking the universe for being able to still do it. At the top, we saw a large swath of the North Sea and the city of Edinburgh. At the end of the day, my phone told me I had walked 9.25 miles. Not bad for an old lady, and very little of it on flat ground.



We visited Jupiter Artland, an award-winning contemporary sculpture garden founded in 2009, the family village of my Clan Guthrie in Angus, and took pictures of our activities, including one with us flanking a statue of the Robert Fergusson, the famous Scottish bohemian poet who was a great source of inspiration for Robert Burns.

The day before we were to leave Edinburgh, I woke up with a scratchy throat, took a covid test and tested positive. Jarrett was on his own that day, but he did come back every couple of hours bringing me throat lozenges and bottles of various fluids "so you can stay hydrated."

Back in London, he was again on his own, but did find a four-story bookstore and managed to relieve them of much of their inventory. On our last morning, I put my mask on before leaving the hotel, and left it on until we walked through the front door of my house; 24 hours later. For more reasons than one, I was happy to be home. Still, it was a good trip, and I introduced the next generation of my family to international travel.



FFGDM membership dues cover a calendar year, January 1 through December 31.

Email _____ Birthday MM and DD for newsletter _____ / _____

Check as many as you like, but please check at least one activity you will help with.

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

Your contribution may be tax deductible to the extent allowed by law.