



friendship force
GREATER DES MOINES



2023 FFGDM Calendar (Dates and activities subject to change)

Mar 12	Irish Celebration
Mar 16	Table of Friends
Mar 27	Book Friends
Apr 16	Springfest
Apr 20	Table of Friends
Apr 24	Book Friends
May 2 - 8	FF Tallahassee outbound journey
May 18	Table of Friends
May 22	Book Friends
May 27	CelebrAsian Walkabout
June	Iowa Cubs Game
July 14	Bastille Day Fete
July 22	Art Center tour
Aug 27	Sundaes on Sunday
Sep 16	World Food & Music Festival Walkabout
Sept 17-24	FF Leuven outbound journey
Oct 2 – 5	FFI Conference, Dubrovnik, Croatia
Oct 11-16	FF Tallahassee inbound journey
Nov	Annual Meeting
Dec 5	Happy Feet Lunch

Membership Roster

The updated 2023 roster has been sent to you, so please PRINT a copy so you have the contacts for our members. If any information is incorrect, or you change any information during the year, please notify Alice Rasmussen at off4ever@aol.com, so we can let the membership know.

Alice Rasmussen
Charlotte Buttin
Membership Committee

IRISH CELEBRATION

Friends, Food, Door Prizes, Games!



Sunday, March 12
1:00 pm

HyVee Party Room
2540 E Euclid Ave * Des Moines 50317

Tickets are \$15 per person,
Includes Potato Bar with all the
accompaniments, salad, dessert, and beverage.

Reservations - Required by Monday, March 6

_____ reservations x \$15 = _____ enclosed

Name(s) _____

Phone _____ Email _____

Mail this form with your check, payable to FFGDM, to:
Alice Rasmussen
1159 SW Hardwicke Ln, Ankeny, IA 50023

President's Message

Dear FFGDM Members,

Traveling to interesting places will allow you to expand your horizons and explore the unknown, but if you ever plan to travel with Friendship Force, you must sign up with the new Friendship Force International Website. Many of you have already done this, but I know some members of our club still have not signed up on the new website.

If you have not signed up on the new website, go to <https://my.friendshipforce.org>. The only information needed to sign up is your name, the name of your club (Friendship Force of Greater Des Moines), and your email address. When you sign up, you must agree to the FFI Code of Ethics. FFI will assign a membership number to you which you can retrieve in your profile area after you log into your account. In the future, you will need this number to complete applications for journeys.

Did you know that you can travel with any Friendship Force Club that needs additional ambassadors to fill a journey? There are also interesting Special Journeys sponsored by Friendship Force International that are open to any Friendship Force member. These are the steps to take to locate journeys that might be of interest to you.

1. Go to my.friendshipforce.org and sign in.
2. The box in the middle of the screen has a rotating display. Click through the displays using the little arrow at the right bottom of the box until you get to Friendship Force International Journey Catalog and click on it.
3. The Journey Catalog will display like a PowerPoint. It displays Special Journey or those seeking additional ambassadors.
4. Click on each page or use the gray bar to scroll through the pages.
5. Proceed through the slides to see the remaining journeys that are looking for ambassadors. If you find a journey that interests you, contact the Journey Coordinator for more information.

I know of several members of our club who have taken advantage of traveling with other clubs or have gone on Special Journeys. This past year, Darlene Blake-Beers traveled with FF Knoxville to the Gold Coast and North Moreton, Australia, clubs. Marla Carr and Susan Stroope also traveled with the Knoxville club – to Oregon and Washington. Carol Grimm and Pat Westphal went to Quebec, Canada, with FF Quad Cities. Lenne Orona, Mike Davis, and Ronda Davis are planning to go with FFI on a Special Journey to Ecuador and the Galapagos Islands.

Whether travel has been a regular part of your life, or you are just now itching to explore, there is no shortage of places to visit when you are a member of Friendship Force.

"If you think adventure is dangerous, try routine, it's lethal."

Paulo Coelho

In Friendship,
Ginny Renda
President FFGDM

Activities



On February 24, 19 FFGDM friends gathered at the ICI Bistro at DMACC for our annual Lunch & Learn. Savoring the skills of the culinary arts students, who

provided a wonderful variety of lunch choices, satisfied our hunger. Conversations among members inspired our next

journeys and new friendships.



The "learning" part of the day was a presentation of the "International Year Focus" program presented by James

Stick, Academic Dean for Liberal Arts, and his associate Paul Burk. The focus on a country, this year it is Thailand, started in 1985 with the intent to include more global education, access to international cultures, and developing students who are citizens of the world. Over 25 countries have been focused on over the years and in some cases, students from these



countries have been able to further their education at DMACC. In partnership with City States, Sister Cities, The World Food Prize, and other organizations, expansion of the focus has increased tenfold.

We, as a community, are encouraged to participate in the International Focus program by

attending lectures, suggesting countries, and supporting global education.

----- Nancy Lundstrom, L&L Coordinator



Sunday, April 16

Luther Memorial Church
1201 Grandview Ave, Des Moines 50316

1:30 pm

Doors open

2:00 pm

Brooke Heldt, Speaker
YMCA Supportive Housing Campus

Followed by
appetizers and dessert

Donations of cash/check or the items listed below are appreciated:

- Toilet paper
- Body wash with Shea Butter**
- Body wash with Cocoa Butter**
- Lotion with Cocoa Butter**
- Dish Soap
- Cleaning spray/wipes
- Canned Soup

** required for most clients

*Many of these items are available at
Dollar Tree*

Members are asked to bring an appetizer or dessert according to last name.

A thru Q – Appetizers

R thru Z - Desserts

RSVP

If attending, by April 14, to Pat Westphal
at westphalp@central.edu or 515-277-5741.

Table of Friends

The January 12 dinner was hosted by Mike and Ronda Davis at Louie's Wine Dive. Newcomer Sally Merritt joined us. People shared their exciting spring 2023 travel plans including Mike, Ronda, and Lenne who will see Ecuador and the Galapagos Islands on an FF journey. Unfortunately, the February 16 dinner was cancelled due to weather.

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

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
Mar 27	Matilda or The Witches or ?	Roald Dahl	Nikki	Any Dahl kids' book
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	<i>Member Recommendations</i>	<i>For 2024</i>		Cultural Perspectives
Nov 27	Honolulu	Alan Brennert	Polly	Hawaiian immigrants
Dec 18	The Birchbark House (Juvenile series)	Louise Erdrich	Connie	Native American Ojibwe

Member News



Carmie Renda – March 12
 Del Christensen – March 13
 Claudia Holcomb – April 2
 Shirley Treanor – April 5
 Deana Carfrae – April 6
 Roseanne Hixenbaugh – April 9
 Orona Lenne – April 11
 Ginny Renda – April 21

Frances Youngblut – April 21
 Ken Rasmussen – April 23
 Nikki Hubbard – April 28
 Connie Walters – April 29

Roster Update

Beverly Lytle
 phone 515-414-6431



New member

Donna Schreier
 1602 2nd Ave. SW
 Altoona, IA 50009
schreierd1@aol.com
 520-977-1264

Journeys

Journey Report



The journeys to **FF Tallahassee** and **FF Leuven Belgium** are well along in the planning phase. However, we still have several openings for the Belgium trip. If you are interested, contact Shelley at shelleybain@centurylink.net.

The planning for the next inbound journey, from **FF Tallahassee**, is just starting and Host Coordinator Ginny Renda will contact those who signed up (on their membership form) to assist in planning, hosting, etc. If you didn't sign up but would like to help, contact Ginny at rendaginny@gmail.com.

2023 FFDGM Board Members & Committee Chairs

Board Members	Email	Term ends
Ginny Renda – <i>President</i>	rendaginny@gmail.com	2023*
Barbara Bailey – <i>Vice-President</i>	dcblbailey@gmail.com	2023
Janette House - <i>Secretary</i>	j.house@mediacombb.net	2025
Lenne Orona – <i>Treasurer</i>	lenneorona@gmail.com	2025
Pat Headley – <i>past co-President</i>	headleypatricia651@gmail.com	2023*
Mike Davis – <i>Journey Director</i>	mjdavisconsulting@gmail.com	2024*
Darlene Blake-Beers	darleneblake@hotmail.com	2025
Nikki Hubbard	nihubbard@aol.com	2024
Anita Lindfield	anitalindfield@gmail.com	2024
		*2nd term
Other Committees and Tasks		
Shelley Bain – <i>Newsletter Editor</i>	shelleybain@centurylink.net	
Nancy Lundstrom – <i>Activities Committee Co-Chair</i>	nancylundstrom@mchsi.com	
Marla Carr – <i>Activities Committee Co-Chair</i>	marlakcarr@yahoo.com	
Alice Rasmussen – <i>Membership Chair</i>	off4ever@aol.com	
Shelley Bain – <i>Table of Friends Coordinator</i>	shelleybain@centurylink.net	
Connie Walter – <i>Book Friends Coordinator</i>	yourfriendconnie@gmail.com	

Community Events



Æbleskiver Brunch

Sunday, March 26
Luther Memorial Church
1201 Grandview Ave, Des Moines
Serving 10:30 am – 12:30 pm
Æbleskiver, sausage, fruit juice
box, and coffee
\$8 or donation



Celtic Music Association
Aoife Scott
Saturday, March 18
8:00 PM 10:00 PM
Franklin Junior High, Des Moines
<https://www.thecma.org/concerts>

Where in the World...

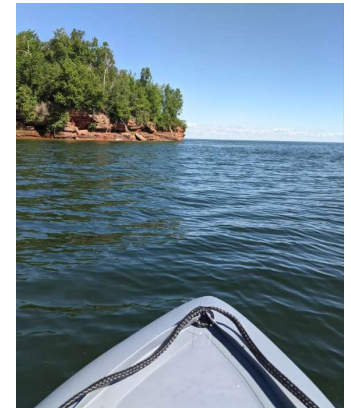


... is Connie Walters?

Sailing with Mark! Sailing the Apostle Islands National Seashore is truly a wilderness adventure. Located 7 hours from Des Moines, between Duluth, Minnesota and the Upper Peninsula of Michigan, the temperatures are a refreshing contrast to Iowa's in July and August. It's a "cabin on the lake" and puts us in touch with all that Mother Nature has to offer at that time of year: warm sun, cool breeze, clouds, fog, thrilling wind, rain, lightning and thunder.



Beyond Bayfield Peninsula, internet and cell service are no longer available. But we do have GPS, Nautical charts, and radar. We sail on Nightwatch, a vintage Canadian Sailcraft 36ft that is built for ocean voyages, so capsizing is not a worry.



Depending upon conditions, we choose our island destination for the day. There are 22 islands, some with rock beaches or cliffs, some with sand, but only one is populated and serviced by ferries. Some have a park ranger and campsites or lighthouses.

My favorite is Devil's Island, known for its sea caves which we explore in the inflatable canoe. When we anchor in a bay, we sometimes go ashore to hike in the woods or on the beach. Our sailing buddies like to take camping gear and sleep on shore, but I prefer the boat, which rocks me to sleep like a cradle.



After 4-5 days, the water and propane tanks are getting low and the ice box no longer cold so back to the marina for much needed showers and dinner out.

*"There is no more thrilling sensation I know of than sailing.
It comes as near to flying as man has got to yet - except in dreams."
— Jerome K. Jerome, Three Men in a Boat*

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