



friendship force
GREATER DES MOINES



2023 FFGDM Calendar
(Dates and activities subject to change)

Nov 1	Annual Meeting & Elections
Nov 8	Lunch Friends
Nov 16	Table of Friends
Nov 27	Book Friends
Dec 5	Happy Feet Lunch
Dec 18	Book Friends
Dec 21	Table of Friends

2024

Jan 2	Lunch Friends
Jan 15	Brunch honoring Martin Luther King
Jan 18	Table of Friends
Jan 22	Book Friends
Feb 7	Lunch Friends
Feb TBD	Chinese New Year Celebration
Feb 15	Table of Friends
Feb 26	Book Friends



Join us for a festive and fun holiday lunch!

Happy Feet Holiday Lunch



Tuesday, December 5
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. Guests are always
welcome!

RESERVATIONS REQUIRED... to Karen at
karenkilpatrick@gmail.com or 515-278-4491
by December 1.

President's Message

Dear Members,

My time as your president and board member will soon be coming to an end. I would like to thank you for helping to make my time as president both rewarding and enjoyable. I think that we are fortunate to have so many members willing to contribute their time and efforts by volunteering to work on various projects, committees, and do the many important tasks to make our club such an outstanding organization.

I am thankful for having the chance to work with you, for your cooperation, and for all the extra effort you have put into making our club a wonderful organization.

I am extremely proud of our Friendship Force club. It has been a pleasure to serve as your president.

I am reminded of something I read a long time ago that I would like to share with you. If you have ever seen a stream in the mountains, you know that it bubbles along over rocks. There are often waterfalls, and it can be rough and violent at times. That water is clear and it sparkles in the sun. Take the same stream and place a dam in its way so that it stays in one place, never flowing, never changing, and it becomes stagnant and uninteresting.

Our lives flow like a stream - we grow, we learn, and we become more alive as we work to be the best that we can be.

So, what I am trying to say is – please do not be afraid to actively engage in our club by volunteering and getting involved in the planning of and participation in activities and events. Volunteering can benefit your health, happiness, and well-being. This is my wish for the members of Friendship Force of Greater Des Moines.

In Friendship, Love, Peace, and Joy,
Ginny Renda
President

Journey Director's Report



Our journeys for 2024 are still in the early stages, look for more details in the next newsletter.

FF Xalapa, Mexico— Ambassador Coordinator Shelley Bain was notified October 19 that Xalapa has appointed a host coordinator. The journey is scheduled for April.

FF Southern Oregon—Ambassador Coordinator Lenne Orona is working with that club to set a date, likely in May or June.

FF Kansas (Wichita)—Ambassador Coordinator Elese Johnson is waiting to hear when Kansas can fit us into their busy journey schedule. They are considering late August or late October.

FF Saitama, Japan—Host Coordinator Darlene Blake Beers is expecting to hear by the end of November who her contact is in Japan. This journey is scheduled for the 2nd week of September.

Future Journeys — I continue to talk with FF Northern Colorado. At the World Conference, I received interest from FF Western Colorado and re-established contact with FF Eastern Washington-Northern Idaho. While in Des Moines with the Tallahassee inbound journey, the FF Shelby NC co-president expressed interested in a journey with our club. The future of domestic journeys looks good.

--- Mike Davis, Journey Director

Friendship Force of Greater Des Moines

invites you and your guests



Annual Dinner Meeting

Wednesday, November 1, 2023



District 36 Wine Bar & Grille

1375 SW Vintage Pkwy * Ankeny, IA 50023

6:00 pm Social Time

6:30 pm Welcome and Dinner

followed by

Kirk Johnson and the FFGDM Crew

present

“Side B”

followed by

The Annual Meeting

Buffet Dinner

Grilled Pork Medallions, Pollo Farfalle, Atlantic Salmon

Mash Potatoes * House Salad * Homemade Bread & Butter * Coffee, tea, or soda

Cash Bar

\$36 per person (includes meal, tax, and 25% gratuity)

For more information: Ginny at rendaginny@gmail.com or 515-287-3999

[illegible]

Paid reservations are required by **Thursday, October 26**

RSVP

Make check payable to FFGDM and mail to: Ginny Renda, 2821 Wolcott Ave, Des Moines IA 50321

Enclosed is \$ for reservations at \$36 each.

Name(s) _____

Email	Phone
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Journeys

FF Tallahassee Inbound Journey Report



Carmie Renda, Wendy Johnston, Ginny Renda

We welcomed FF Tallahassee to Greater Des Moines on October 11, completing a true journey exchange as we had visited Tallahassee in May. The ambassadors had a packed schedule of the usual activities we offer plus a day at the Covered Bridge Festival in Winterset and a Pumpkin Decorating Contest. Photos of some of their creative entries are on the next page. We loved hosting them.



Marla Carr, Ginger Smith

Thank you to the planning committee, home hosts, day hosts, and all the members who attended the Welcome and Farewell parties. We couldn't have successful journeys without the ambassadors or you.

---- Ginny Renda, Host Coordinator



Nancy Lundstrom, Anita Olivier, Steve Lundstrom



Pat Headley, Kathryn Hamrick



Triny Weaver, Claudia Holcomb



Ronda Davis, Jane Hudson, Mike Davis



Barbara Peterson, Carol Grimm



Ron Munsinger, Gail Daves, Elsie Johnson



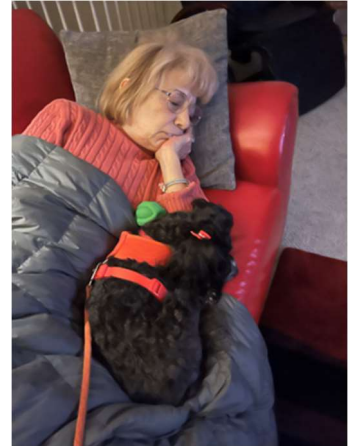
<- Clarine Furey,
Bonnie
Fredrickson, Sally
and Mike Merritt

Jerry Dunkin,
Janet Temkin,
Sharon Dunkin ->





Ginger helping out at JJ Gaffer



Ginny and pupper taking a well-deserved nap after the ambassadors left.

<- A small group dinner at the home of Carol and Jerry Grant.

Some of the favorite pumpkins from the Ambassadors' Pumpkin Decorating Contest. The winner, "BOO" by Wendy, included lights.



Special Interest Groups

Book Friends

Book Friends meets the 4th Monday of each month (except December), usually at 3:00 pm at Northwest Community Center or Gray's Lake Park. **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 515-971-1916 or yourfriendconnie@gmail.com for more information.

2023 Selections

Discussion DATE	TITLE	AUTHOR	HOST	NOTES
Nov 27	Honolulu	Alan Brennert	Polly	Hawaiian immigrants
Dec 18	The Birchbark House	Louise Erdrich	Connie	Native American Ojibwe

Performing Arts Club

In October, members attended a classical guitar concert by Isaac Bustos who is artistic director of the prestigious Texas A&M International Guitar Symposium and Competition. They also attended DSM Storyteller – Family, a concert by the chamber group Polesis Quartet, the film *Killers of the Flower Moon*, and the Drake Symphony.

If you are interested in joining our club and inviting members to performances you wish to attend, contact me at WestphalP@central.edu.
– Pat Westphal, PAC Coordinator

Lunch Friends

We recently dined at two popular restaurants. In September, Ginny Renda hosted the group at Baratta's Restaurant on South Union. In October, Sally Merrit hosted lunch at Cosi Cucina in West Des Moines. Both are worthy examples of the excellent Italian food found in Des Moines. We look forward to lunch at Old West Mexican Restaurant on November 8 - our last lunch of the year.

Lunches alternate between the first Tuesday and first Wednesday of the month to accommodate members' schedules. If you would like to join our lunch group, please email me at 1ordmco@gmail.com. Our gatherings are open to anyone who enjoys delicious food, engaging conversations, and a warm and welcoming atmosphere. Feel free to invite your friends and family to join us. The more, the merrier!

--- Christine McQuillan, Lunch Friends Coordinator

The only thing better than lunch is lunch with friends.

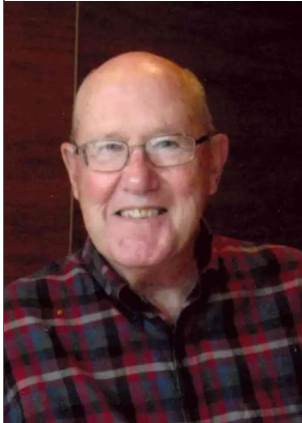
Table of Friends

Flaming cheese started our dinner at Olympic Flame Restaurant in the East Village in September. LaVonne Neerland picked a good one because Olympic Flame has been serving classic Greek food for over 30 years. Favorites included Saganaki, Kasseri cheese dipped in egg batter, fried and served flaming, Spanakopita, and Souvlakia. In October, we visited Parlor Pizza which specializes in Detroit Style pizza, a new experience for some of our members. Parlor is owned by chef Jason Simon who also owns some of our favorite restaurants - Alba, Eatery A, and Bar Nico.

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

"You better cut the pizza in four pieces because I'm not hungry enough to eat six." – Yogi Berra

Member News



Our Sympathy

to the family and friends of member

Ken Rasmussen

1939 - 2023

Ken has been long time active member of Friendship Force. We'll miss his friendly demeanor, his welcoming of ambassadors, and his showy red motor trike. Our sympathies to devoted wife Alice, daughters Melanie and Deanne, and their families.



Our Sympathy

to the family and friends of former member

Pat Iles

1934 - 2023

Pat was a charter member of Friendship Force who served on the board of directors and participated in many journeys. She was very active in the community and the first woman elected to the Windsor Heights City Council.

Join or Renew Your Membership



Your \$40 membership is due by the end of the year, so now is a good time to think about paying! I will be collecting the form and money at the annual meeting on November 1. If you are not attending this meeting, mail your membership to the address at the top of the form on the last page of this newsletter. Thank you!

--- Alice Rasmussen, Membership Chair



Nancy Lundstrom – Nov 9
Gail Sheridan-Lucht – Nov 10
Shelley Bain – Nov 11
Nina Dahl – Nov 18
Kay Hertz – Dec 2
Mike Davis – Dec 3
Karen Kilpatrick – Dec 6
Jane Flagler – Dec 13
Kim Grandquist Fields – Dec 20
Steve Lundstrom – Dec 27



New Member

Sandra Olson

1298 Bentwood Ct
Altoona, IA 50009
515-729-1741
solson105@msn.com

Please add her to your member roster.

2023 FFGDM Board Members & Committee Chairs

Board Members

Ginny Renda – President
rendaginny@gmail.com

Shelley Bain – Vice President
shelleybain@centurylink.net

Mike Merritt - Treasurer
merritt2007@sbcglobal.net

Janette House - Secretary
j.house@mediacommbb.net

Pat Headley – past co-President
headleypatricia651@gmail.com

Mike Davis – Journey Director
mjdavisconsulting@gmail.com

Board Members

Darlene Blake-Beers
darleneblake@hotmail.com

Nikki Hubbard
nihubbard@aol.com

Anita Lindfield
anitalindfield@gmail.com

Other Committees and Tasks

Marla Carr – Activities Co-Chair
marlakcarr@yahoo.com

Nancy Lundstrom – Activities Co-Chair
nancylundstrom@mchsi.com

Other Committees and Tasks

Alice Rasmussen – Membership Chair
off4ever@aol.com

Shelley Bain – Table of Friends Coord
shelleybain@centurylink.net

Christine McQuillen – Lunch Friends Coord
1ordmco@gmail.com

Pat Westphal – Performing Arts Coord
WestphalP@central.edu

Connie Walter – Book Friends Coord
yourfriendconnie@gmail.com

Shelley Bain – Newsletter Editor
shelleybain@centurylink.net

Activities Descriptions

Activities Committee - The committee meets twice a year to schedule a monthly activity. One to two people coordinate each activity.

Board Member - A member of the Board of Directors is elected at the annual meeting and serves for a 3-year term. All board members should be personally committed to the mission of the organization, willing to volunteer sufficient time and resources to help achieve the mission of the organization and understand and fulfill their fiduciary responsibilities.

Facebook Maintenance – This person posts information about the club’s activities at least twice a month.

Financial Audit - An audit of FFGDM’s financial records is conducted in January of each year by two people assigned by the President.

Fundraising Committee - *New! The committee explores ideas for raising money to fund the activities of the organization and plans one activity per year.*

Greeter at Activities – Members who welcome and check in people at club activities.

Journey Director - The Journey Director secures journeys for the club by working with FFI and other clubs, selects who will lead journeys with the approval of the President, and organizes Journey Coordinator training or mentoring.

Membership Committee - *Expanded! The committee has 3 individual aspects: Member Retention, New Member Welcome, and Membership Development.*

Newsletter Editor - The Newsletter Editor seeks article and creates a newsletter of club activities 6 times a year.

Outreach Committee - *New! The committee develops a program “template” and materials that can be used by a member speaking about FF to a community group.*

Photographer - A photographer takes photos at club activities and forwards them to the appropriate person. The club maintains a list of 3 to 4 photographers so one is available at all activities.

Website Coordinator - *NEW! The Website Coordinator reviews the website for accuracy and sends updates to the web master as requested.*

Outbound Journey activities:

Journey Coordinator aka Ambassador Coordinator - The Ambassador Coordinator organizes all aspects of an outbound journey. Training is required.

Inbound Journey activities:

Day Host - Members who host ambassadors for the day when the Home Host is not available.

Farewell Party Volunteer - Volunteers for tasks associated with the Farewell Party.

Journey Coordinator - aka Host Coordinator - The Host Coordinator organizes an inbound journey with the assistance of the Journey Planning Committee.

Home Host – Volunteers who invite ambassadors into their homes, providing bed and breakfast, and their time.

Journey Planning Team – The team who plans the details of the journey under the direction of the Host Coordinator.

Small Dinner Host – Members who host a small dinner of 6-8 including Ambassadors and Home Hosts.

Welcome Party Volunteer - Volunteers for tasks associated with the Welcome Party.