



friendship force
GREATER DES MOINES



2024 FFGDM Calendar
(Dates and activities subject to change)

July 2	Lunch Friends
July 12	Mahjong Club
July 12	Bastille Day Fete
July 17	Harkin Institute Tour
July 18	Table of Friends
July 22	Book Friends
July 26	Mahjong Club
Aug 4	Sundaes on Sunday
Aug 7	Lunch Friends
Aug 9	Mahjong Club
Aug 15	Table of Friends
Aug 22-27	Journey to FF Kansas
Aug 23	Mahjong Club
Sep 3	Lunch Friends
Sep 13-19	Journey from FF Saitama, Japan
Sep 27	Mahjong Club
Oct 2	Lunch Friends
Oct 7-10	FF North America Conference
Oct 11	Mahjong Club
Oct 17	Table of Friends
Oct 25	Mahjong Club
Oct 28	Annual Dinner Meeting
Nov 5	Lunch Friends
Nov 8	Mahjong Club
Nov 21	Table of Friends
Nov 22	Mahjong Club
Dec 3	Happy Feet Lunch
Dec 13	Mahjong Club
Dec 19	Table of Friends



Have you checked out our
Facebook page?

<https://www.facebook.com/FriendshipForceGreaterDesMoines/>

Alliance Française of Central Iowa
and
Des Moines Sister Cities Commission
invites Friendship Force Members and friends . . .



Bastille Day Fête

Friday, July 12

5:00 - Doors open

5:30 - Brief program

Dinner

Ding Darling Shelter

Birdland Park

2100 Saylor Road * Des Moines

The celebration will include a pétanque tournament, French accordion music, and lots of food. There will be prizes for the best French dish so be sure to enter yours in the contest.

The Alliance will provide roast pork, baguettes, and tableware. We hope you'll bring your enthusiastic selves and a dish to share. You may bring beer or wine in non-glass containers.

Questions? Pat at westphalp@central.edu

President's Message



Hello Friendship Force Members and Friends,

This year, I broke my vow of never traveling during the glorious month of May, when my garden is at its most beautiful with azaleas, crabapple, redbuds, tulips, iris, lilacs, and dogwood in full bloom. I had a good reason this year, a Castles & Garden tour of Scotland. *Yes, I am a garden nerd.* This trip reminded me of how much I enjoy traveling – seeing new places, meeting new people, and learning new things – and how our Friendship Force club gave me the opportunity and travel bug on my first international journey in 1986. *Yes, I was a wee bairn then.*

Speaking of travel, are you ready for a road trip to Milwaukee? With the FFI North American Conference within driving distance, please consider participating for networking opportunities, engaging workshops, and celebrations of friendship. Visit the conference website for more information:

<https://whova.com/web/gjG-Tw7jXN2ln78ilbTPPmlqLicFmnx-NZKq8rLCuk4%3D/>

If you are interested in attending the conference and wish to carpool or room share, contact Janette at j.house@mediacombb.net and let her know.

Finally, some good news about traveling . . .

The US Department of Transportation issued new requirements on refunds when flights are canceled or delayed and on revealing “junk” fees before booking. Here’s what we know about the D.O.T.’s new rules, which will begin to go into effect in October.

- There’s now one definition for a “significant” delay.
- Passengers will get prompt refunds for cancellations or significant changes for flights and delayed bags, for any reason.
- Passengers with other flight disruptions, such as being downgraded to a lower service class, are also entitled to refunds.
- Airlines must give travel vouchers or credits to ticketed passengers unable to fly because of government restrictions or a doctor’s orders.
- Fees for checked baggage and modifying a reservation must be disclosed upfront.
- The rules, which apply to all flights on domestic airlines and flights to and from the United States operated by foreign airlines, have varying start dates.

For the complete article with further explanations:

https://www.nytimes.com/2024/04/24/travel/airline-refunds-fees.html?te=1&nl=travel-dispatch&emc=edit_tl_20240427

In friendship,
Shelley Bain
FFGDM President

The traveler sees what he sees, the tourist sees what he has come to see. -- Gilbert K. Chesterton

Activities



The Harkin Center Tour

Wednesday, July 17

1 pm

Black Cat Ice Cream following

On Wednesday, July 17, there will be a tour of the Tom and Ruth Harkin Center for our Friendship Force members and their guests. It will begin at 1:00 pm and last about 2 hours, depending on our interest and questions.

The Center is located at 2800 University Avenue in Des Moines. There is a large parking lot south and to the west of the building.

Former U.S. Sen. Tom Harkin, along with his wife, Ruth, founded the Harkin Institute for Public Policy & Citizen Engagement at Drake University in 2013. It is a nonpartisan policy nonprofit focused on labor and employment, people with disabilities, retirement security, and wellness and nutrition.

Since it will probably be a hot day, after the tour we plan to go to the Black Cat Ice Cream at 2511 Cottage Grove Avenue for something good and cold!

Please let Alice Rasmussen know by July 15 if you plan to attend. Her email is off4ever@aol.com.



Sundaes on Sunday

Sunday, August 4

1 pm

Luther Memorial Church

1201 Grandview Ave * Des Moines 50316

Join your Friendship Force friends for a cool summer activity – Sundaes on Sunday. The Activities Committee will provide the ice cream and you bring your favorite topping to share such as caramel sauce, coconut, pecans, strawberries, or other fruit.

The program will feature the ambassadors from the recent Oregon journey. Especially to members who have not traveled with Friendship Force, come and find out how much fun and learning goes on when you travel with our club or another club.

Hope to see you there.

Alice Rasmussen is taking reservations at off4ever@aol.com. Let her know by July 31 if you'll be there.



More Scones or Pavlova, Anyone?

The club held its first fundraiser since before COVID, a Traditional Afternoon Tea, at the home of Isabella Hurless-Banks on Sunday, May 5.

The guests were welcomed with a glass of prosecco followed by a selection of sandwiches, scones, jam, clotted cream, desserts, and tea. Attendees enjoyed a relaxing afternoon of delicious fare and pleasant conversation.



Thank you to Isabella Hurless-Banks, Shelley Bain, Jane Escobar, and Ginny Renda for coordinating the tea, including making the mostly homemade delights, and Anita Lindfield for donating the prosecco. The money raised will be earmarked toward covering some of the host costs for the upcoming Japan inbound journey.



Tiny Trees Project was a Great Success

On May 11, a small tree-loving group of members and grandkids volunteered at the DSM Tiny Trees project, distributing trees to people as they drove up. Cathy Jensen, Shelley Bain, Darlene Blake Beers, Pat Headley and two of Pat's grandkids – Eleanor and Carl, enjoyed helping the community on a gloriously bright and sunny morning. The kids were especially helpful – running up to drivers, taking their orders, and

running back to the tent where the rest of us checked lists and bagged the orders. As a bonus, we got to meet Christine McQuillans's husband Shane who is the Des Moines City Arborist. Volunteers were allowed to take as many trees as they could plant and Eleanor and Carl, who live on a farm, took a dozen trees each, hoping to create a grove of oaks and other varieties.



Informative Iowa PBS Tour

A tour of IOWA PBS tour was held on Wednesday, May 22, with 17 members attending. Our guide, Ms. Caryline Clark, was a wealth of information explaining the many attributes of this network station. Celebrating 50 years of bringing educational, cultural, world-class news, agricultural updates and political information to the State of Iowa. We viewed studios where programs were being developed; Studio 1, where local programs are produced; Maytag Auditorium, where a variety of special events take place on a weekly basis, the archival library, master control area, and many others areas of interest.

Special programs are exclusively developed for elementary school children, weekly agricultural updates, STEM educational resources, and Iowa Pathways, all about IOWA. These programs are all funded by foundations and public funds. All programs are viewed with no commercials.



A most appreciated organization with dedicated employees who, with their special talents, develop wonderful, entertaining, education programs for all Iowans! --- Nancy Lundstrom, tour coordinator



Walking Downtown Des Moines' Auto Row

Twelve of us toured the architecture of "Auto Row" on the west end of downtown Des Moines on June 4. Our guide Edd Soenke and his friend Bill Anderson, who joined us later, were full of stories about the development of this area from the dilapidated state it had fallen into by the end of the 70s to its current exciting form. We stopped at The Cave, a natural wine bar at 1437 Walnut, for a break that turned into an hour-long Q and A, people were so taken with the topic. The Iowa Architectural Foundation is now offering seven different walking tours that explore the city's hidden and not so hidden architectural gems.

– Pat Westphal, walk coordinator

Journeys



FF Kansas Outbound Journey

August 22 – 27, 2024

Ambassador Coordinator

Else Johnson gram.elese@gmail.com

Assist Ambassador Coordinator

Lenne Orona crotia2023@gmail.com

This journey is full at 17 ambassadors who are looking forward to the road trip to Wichita. Look for their report in a future newsletter.



2025 Journey Matches and More

Where shall we go and who shall we welcome? We received two matches from FFI for 2025 – an international outbound

and a domestic outbound. We'll announce them once they have been confirmed by the host clubs.

In addition, Journey Director Mike Davis is working on securing a domestic inbound for 2025 and domestic inbound and outbound for 2026. If you are familiar with other FF clubs that you think would like to come to Des Moines or have our club visit them, please give those contacts to Mike at mjdavisconsulting@gmail.com.

FF Saitama Inbound Journey



September 13 – 19, 2024

Host co-Coordinators

Ginny Renda and Shelley Bain

We are expecting a group of 15 Ambassadors from Saitama, Japan, on September 13 for 7 days, 6 nights.

There are several ways you can help make this a memorable journey for our guests. You can greet the ambassadors at the Welcome Party, be a Day Host, invite a few guests to your home for dinner, or wish them a pleasant journey at the Farewell Lunch.

The Planning Committee is finalizing the itinerary of planned activities and will share that with the members via email so you can be as involved as you like.

---- Ginny, rendaginny@gmail.com

Special Interest Groups

Mahjong Club

Our newest club is underway. Sally Merritt's lessons were an excellent introduction to the game. The Mahjong Club (we need a clever rename) will meet the 2nd and 4th Fridays of the month at 1:00 pm at a place determined by that day's host. Players will RSVP if they plan to attend and if at least 3 people can attend, the game is on! If you are interested in learning this intriguing game or joining the club, contact Sally at merritt69_99@yahoo.com.

Performing Arts Lovers

PAL has two to eight members who attend each performance they are invited to. If you are interested in joining the club and inviting members to performances you wish to attend, contact Pat, PALS coordinator, at WestphalP@central.edu.



Members at Des Moines Register's Storytellers

Lunch Friends

Our gatherings are open to anyone who enjoys delicious food, engaging conversations, and a warm and welcoming atmosphere. If you would like to join our lunch group, please email me at 1ordmco@gmail.com.

----- Christine McQuillan, Lunch Friends Coordinator

Table of Friends

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 at rendaginny@gmail.com.

---- Ginny Renda, TOF Coordinator

Crafting Club?

Several members have casually expressed an interest in forming a new club for the purpose of expressing themselves artistically, making cool items for themselves or friends, creating gifts for inbound ambassadors, or crafting ornaments for a Friendship Force tree at Christkindlmarket. So many options! If you would like to learn, improve your skill, teach a craft, or coordinate the group, let me know. We'll put together a brainstorming meeting to explore the options.

---- Shelley Bain, bainshelley@gmail.com

Book Friends

Join us on the 4th Monday of each month from 2:30 to 4:00 pm at Northwest Community Center, 5110 Franklin Avenue in Des Moines. In the summer we sometimes meet at Gray's Lake Park.

We are open to all Friendship Force members and their friends - the only requirement is a love of books. Contact coordinator Connie Walters at yourfriendconnie@gmail.com or 515-971-1916 for more information.

DATE	TITLE	AUTHOR	MEMBER	NOTES
July 22	The Spitfire Girls	Saraya Lane	Ginny	Historical fiction of UK and US female pilots in WWII.
Aug 26	Loving Frank	Nancy Horan	Dee	Fictionalized account of Mamah Borthwick's love affair with Frank Lloyd Wright.
Sept 23	Maisie Dobbs	Jacqueline Winspear	Charlotte	Historical mystery, set in 1910-1929 England.
Oct 28	Once and Future Witches	Alix E. Harrow	Connie	Set in 1893, sisters struggle for autonomy and power in a patriarchal world.
Nov 25	2025 Recommendations			
Dec 16	Crow Mary	Kathleen Grissom	Ginny	The story of a Native woman caught between two cultures in 1870s.

2024 FFGDM Leadership

Board Members		Social Clubs
Shelley Bain – President shelleybain@centurylink.net	Nikki Hubbard nihubbard@aol.com Anita Lindfield anitalindfield@gmail.com	Ginny Renda – Table of Friends rendaginny@gmail.com
Janette House - Secretary j.house@mediacombb.net		Christine McQuillen – Lunch Friends 1ordmco@gmail.com
Mike Merritt - Treasurer merritt2007@sbcglobal.net	Marla Carr – Activities Co-Chair marlakcarr@yahoo.com	Pat Westphal – Performing Arts Lovers WestphalP@central.edu
Mike Davis – Journey Director mjdavisconsulting@gmail.com	Nancy Lundstrom – Activities Co-Chair nancylundstrom@mchsi.com	Connie Walter – Book Friends yourfriendconnie@gmail.com
Darlene Blake Beers - Veep darleneblake@hotmail.com	Alice Rasmussen – Membership Chair off4ever@aol.com	Sally Merritt – Mahjong merritt69_99@yahoo.com

Member News




Our Sympathy
to the family of former member

Katie Kendall
June 28, 1935 — April 13, 2024



New Member
Jeanne Houge
1010 SW Magazine Rd Apt 1206
Ankeny, IA 50023
515-371-2295
Jewell70AHS@gmail.com

Where in the World

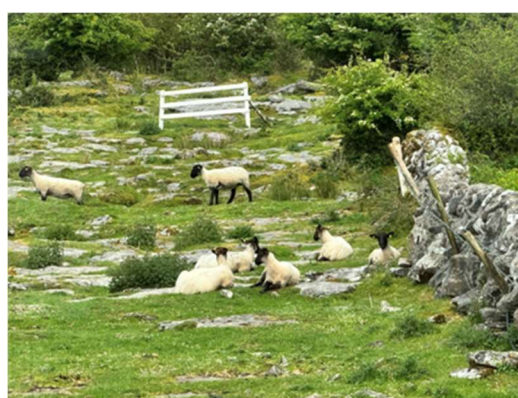
Is Nikki Nubbard? . . . In Ireland!

Our trip was terrific. Everything was lush greens and many flowers. The Cliffs of Mohr were better than expected. We got to have a horse and carriage ride and I got to drive (of course the horse knew where he was going). The boat ride was a welcome surprise. Food was excellent—except for our last dinner. Luckily we had had a huge delicious lunch!



We got to visit oldest distillery in Ireland. As the oldest licensed distillery of its kind in Ireland, the Kilbeggan Distilling Company has seen its share of trials and triumphs. Founded in 1757, the distillery spent the next 200 years making a whiskey beloved the world over. So when tough times ground its gears to a halt, the town came together to save the whiskey that built the town. It wasn't quick or easy, but they persevered. Today, every bottle

produced stands as proof that the spirit of Kilbeggan never wavered.



Mail membership application and check to: **FFGDM, PO Box 13136, Des Moines, IA 50310.**
FFGDM membership dues cover a calendar year, January 1 through December 31.

Email _____ Birthday MM and DD for newsletter _____ / _____

[illegible]

<input type="checkbox"/> Activities Committee	<input type="checkbox"/> Membership Committee	<u>Inbound Journey activities:</u>
<input type="checkbox"/> Board Member (future)	<input type="checkbox"/> Newsletter Editor	<input type="checkbox"/> Day Host
<input type="checkbox"/> Board Treasurer (future)	<input type="checkbox"/> Outreach Committee	<input type="checkbox"/> Farewell Party Volunteer
<input type="checkbox"/> Facebook Maintenance	<input type="checkbox"/> Photographer	<input type="checkbox"/> Journey Coordinator
<input type="checkbox"/> Financial Audit (annual)	<input type="checkbox"/> Website Coordinator	<input type="checkbox"/> Home Host
<input type="checkbox"/> Fundraising Committee		<input type="checkbox"/> Journey Planning Team
<input type="checkbox"/> Greeter at Activities	<u>Outbound Journey activities:</u>	<input type="checkbox"/> Small Dinner Host
<input type="checkbox"/> Journey Director	<input type="checkbox"/> Journey Coordinator	<input type="checkbox"/> Welcome Party Volunteer
Please list a skill or interest you have, not listed above, that you are willing to share.		
<hr/>		

8 | Page