



friendship force  
GREATER DES MOINES



2024 FFGDM Calendar  
(Dates and activities subject to change)

Sep 3	Lunch Friends
Sep 6	Mahjong Club
Sep 9	Board Meeting
Sep 13-19	Journey from FF Saitama, Japan
Sep 20	Mahjong Club
Sep 23	Book Friends
Oct 2	Lunch Friends
Oct 7-10	FF North America Conference
Oct TBD	Mahjong Club
Oct 14	Board Meeting
Oct 17	Table of Friends
Oct TBD	Mahjong Club
Oct 28	Book Friends
Oct 28	Annual Dinner Meeting (page 6)
Nov 5	Lunch Friends
Nov TBD	Mahjong Club
Nov 11	Board Meeting
Nov 21	Table of Friends
Nov TBD	Mahjong Club
Nov 25	Book Friends
Dec 3	Happy Feet Lunch
Dec 9	Board Meeting
Dec TBD	Mahjong Club
Dec 16	Book Friends
Dec 19	Table of Friends
Dec TBD	Mahjong Club

**sou·ve·nir**

*a thing that is kept as a reminder of a person, place, or event.*

You are invited to bring a souvenir or two from your travels to display at the Annual Meeting on October 28. Come and share your story!



## FF Saitama Inbound Journey

### Welcome Potluck Dinner

Friday, September 13

6:00 pm

Luther Memorial Church \* 1201 Grandview Ave  
Des Moines, IA 50316

Bring a casserole, side, salad, or dessert to share.  
RSVP, if attending, by 9/9 to Ginny at  
rendaginny@gmail.com  
and let her know what dish you are bringing.

### Iowa Cubs Picnic and Game

Sunday, September 15

See page 2 for details

### Glassblowing Demonstration

Tuesday, September 17

2:00 pm

Mainframe Studios \* 900 Keosauqua Way  
Des Moines, IA 50309

RSVP, if attending, by 9/9 to Ginny at  
rendaginny@gmail.com

### Farewell Lunch

Thursday, September 19

See page 2 for details

All FFGDM members are invited to join the Saitama ambassadors –

## Picnic and Game



### Iowa Cubs vs Louisville Bats

Sunday, September 15

11:45 - Arrival | Noon - Lunch | 1:08 - Game

Principal Park, 1 Line Dr, Des Moines, IA 50309

#### Cost

\$32 per person includes

All-you-can-eat hamburgers, hot dogs, chips, potato salad and soft drinks, Reserved Grandstand Seat, and one premium item per ticket: Iowa Cubs baseball cap, t-shirt (M or XL), logo baseball, or mini-bat

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#### Reservations

Due by Wednesday, August 28.

Make checks payable to FFGDM and mail to Shelley Bain, 1008 38<sup>th</sup> St, Des Moines 50311-3619.

Name(s)

\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Select 1 item per person:

\_\_\_\_ baseball cap, \_\_\_\_ logo baseball, \_\_\_\_ mini-bat,  
\_\_\_\_ t-shirt (size \_\_\_\_M or \_\_\_\_XL)

## Farewell Lunch



Thursday, September 19

12:30 pm

Machine Shed \* 11151 Hickman Rd  
Urbandale, IA 50322

#### Menu

Fried Chicken \* Baked Ham \* Dinner Salad  
Buttered Corn \* Mashed Potatoes and Gravy  
Homemade Bread & Butter  
Coffee, Tea, or Soda.

#### Cost

\$24 per person (tax and tip included)

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#### Reservations

Due by Monday, September 9.

Make checks payable to FFGDM and mail to Shelley Bain, 1008 38<sup>th</sup> St, Des Moines, IA 50311-3619

Name(s)

\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

## Activities

### Sundaes on Sunday



Thank you to Alice Rasmussen and Karen Kilpatrick for coordinating Sundaes on Sunday on August 11, Lenne Orona and the Southern Oregon Ambassadors for



sharing their journey, Cathy Jensen for describing her experiences at the Paris Olympics, and all the people who helped with set up, greeting, serving, and clean up. We couldn't have a successful event without you. Plus the Tillamook Ice Cream and variety of toppings were delicious.



### Harkin Institute Building Tour

Have you ever Toured the Harkin Institute Building? You should because it's a fascinating building.

Members and guests toured the Institute on July 17 and learned it is one of the most ADA-conforming



buildings in the country. A group of variously disabled people advised the architect of what they need in a building and the result, while a compromise for each group, was thoughtfully designed to the needs of most.



After a walk through the Institute's beautiful garden of Iowa-native plants, we wandered over to Black Cat Ice Cream to sample their intriguing flavors and enjoy the day outside on the store's patio.

Thank you to Alice Rasmussen for coordinating the tour and ice cream stop.



## Bastille Day Fête

Friendship Force members and guests enjoyed the annual Bastille Day Fête, hosted by Des Moines Sister Cities Commission and Alliance Française of Central Iowa, on July 12 at Ding Darling Shelter. The fête started with the background of live French accordion music and proceeded to singing "La Marseillaise", tasting wine, enjoying a potluck dinner, and attempting to play petanque on the wet lawn.

None of our members won prizes for best food item and none won a gift certificate for petanque but it was a nice, relaxed evening to chat with old friends and make a few new ones. Viva La France!



## All-Iowa Friendship Force Picnic

On June 29, a dozen members took a road trip to Homestead (Amana) on a lovely day. We joined members of other Friendship Force Clubs in Iowa – Central Iowa (Ames), Cedar Rapids/Iowa City, and Quad-Cities to renew friendships, play games, learn about Amana History, hear about club journeys for this year and next, and tour a nearby garden or two.

Being Friendship Force, food was involved. The BBQ-style lunch was catered by the Ox Yoke Inn and included an interesting take on baked beans that were loaded with burnt pork ends and vinegar. Desserts were mostly homemade and delicious.

Thank you to FF Cedar Rapids/Iowa City for hosting. A good time was had by all, although some would have wished for more shopping time at the Amana General Store. We're looking forward to the 2025 picnic – in Des Moines.



## 2024 FFGDM Leadership

### Board Members

Shelley Bain – President  
shelleybain@centurylink.net

Janette House - Secretary  
j.house@mediacombb.net

Mike Merritt - Treasurer  
merritt2007@sbcglobal.net

Mike Davis – Journey Director  
mjdavisconsulting@gmail.com

Darlene Blake Beers - Veep  
darleneblake@hotmail.com

Nikki Hubbard  
nihubbard@aol.com  
Anita Lindfield  
anitalindfield@gmail.com

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

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

Alice Rasmussen – Membership Chair  
off4ever@aol.com

### Social Clubs

Ginny Renda – Table of Friends  
rendaginny@gmail.com

Christine McQuillen – Lunch Friends  
1ordmco@gmail.com

Pat Westphal – Performing Arts Lovers  
WestphalP@central.edu

Connie Walter – Book Friends  
yourfriendconnie@gmail.com

Sally Merritt – Mahjong  
merritt69\_99@yahoo.com

*“I travel light. I think the most important thing is to be in a good mood and enjoy life, wherever you are.”  
Diane von Furstenberg*

**Special Interest Groups**

**Mahjong Club**

Our newest club is well underway and challenging but Sally Merritt’s lessons have been an excellent introduction to the game. The Mahjong Club (we need a clever rename) meets twice a month at 1:00 pm at a place determined by that day’s host. Players 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](mailto: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](mailto:WestphalP@central.edu).

**Lunch Friends**

Our gatherings are open to anyone who enjoys delicious food, engaging conversations, and a warm and welcoming atmosphere. We meet at 11:30am on alternating first Tuesday or first Wednesday of the month. If you would like to join our lunch group, please email me at [1ordmco@gmail.com](mailto: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](mailto:rendaginny@gmail.com). ----- Ginny Renda, TOF Coordinator

**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](mailto:yourfriendconnie@gmail.com) or 515-971-1916 for more information.

DATE	TITLE	AUTHOR	MEMBER	NOTES
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.

**Member News**



Dawn Marsh  
 430 NE 16th St  
 Ankeny, IA 50021  
 515-205-8022  
[decmarsh@aol.com](mailto:decmarsh@aol.com)

Karen McNeal Sol  
 3921 Kingman Blvd  
 Des Moines, IA 50311  
 515-229-3111  
[karenmsol53@gmail.com](mailto:karenmsol53@gmail.com)

**Friendship Force of Greater Des Moines**  
invites you and your guests

# Annual Dinner Meeting

Monday, October 28, 2024

Machine Shed Restaurant  
1151 Hickman Rd, Urbandale, IA 50322

**Social Time**

6:00 pm

Members are invited to bring a souvenir from an FF journey to display.

**Welcome and Dinner**

6:30 pm

followed by

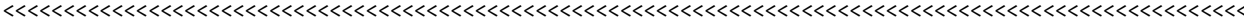
**Annual Meeting and Elections to the Board of Directors**

**Family-Style Dinner**

- Fried Chicken \* Smoked Pork Loin \* Dinner Salad \* Buttered Corn
- Mashed Potatoes and Gravy \* Homemade Bread & Butter \* Coffee, Tea, or Soda
- Cash Bar

\$28 per person (includes meal, tax, and gratuity)

For more information: Shelley at bainshelley@gmail.com



**RSVP**

Paid reservations are required by Monday, **October 21**

Make check payable to FFGDM and mail to: Shelley Bain, 1008 38<sup>th</sup> St, Des Moines, IA 50311-3619

Enclosed is \$ \_\_\_\_\_ for \_\_\_\_\_ reservations at \$28 each.

# of Vegetarian Meals Requested \_\_\_\_\_

Name(s) \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_