



friendship force  
GREATER DES MOINES



**FFGDM 2016 Activities**  
(dates and activities subject to change)

May 9	Board Meeting
May 13 - 18	FF Western NC inbound exchange
May 22	Isle of Wight Ambassador Meeting, 1:30 pm at the Ames Public Library
June 5	Sundaes on Sunday Social, 3:30 – 5:30 pm at Luther Memorial Church
June 13	Board Meeting
June 18 – 26	FF Isle of Wight outbound exchange
July 11	Board Meeting
July 14	Bastille Day, sponsored by Alliance Francaise and Des Moines Sister Cites, at Ding Darling Shelter at Birdland Park
July 17	Iowa FF picnic, Ding Darling Shelter at Birdland Park
Aug 8	Board Meeting
Aug 15 - 22	Farm to Table inbound theme exchange
Sept 12	Board Meeting
Sept 14 - 19	FF Louisville outbound exchange
Sept 16 – 19	FFI Conference in Marrakesh, Morocco
Oct 10	Board Meeting
Oct TBD	Annual Meeting
Nov 14	Board Meeting
Dec TBD	Holiday Party
Dec 12	Board Meeting
2017	
April	Outbound exchange to FF Mundo Maya de Tuxtla Gutierrez, Mexico
June 23-28	Inbound exchange from FF Louisville
Aug 24-27	40th Anniversary FFI Conference, Manchester, England
TBD	Outbound exchange to FF Austin and FF San Antonio
Oct	FFGDM 40 <sup>th</sup> Anniversary Party



FF Western North Carolina  
Ambassadors

## Farewell Party

Tuesday, May 17  
6:30 pm

**Smoky D's BBQ**  
5055 NW 2nd Avenue  
Des Moines

Cost is \$15 and includes a choice of two meats, buns, potato casserole, coleslaw, ice tea or lemonade, bars or cookies, tax and tip. Pay at the door by cash or check made payable to FFGDM.

RSVP, required if attending, by May 10 to Marla Carr at (515) 238-6372 or marlakcarr@yahoo.com

**President’s Message**



Dear Friendship Force Members,

Our first inbound exchange of 2016 kicks off on May 13 with the arrival of our friends from FF Western North Carolina. If you attended Springfest, you know there are several more exchanges on our plate. The most important is our first theme inbound exchange – *Farm to Table: Culture and Cuisine* with ambassadors from Oregon, Connecticut, Texas, Kansas, Georgia (the country) and Australia. This is exciting!

It was great seeing many club members at the St Patrick’s meeting of the Scottish Heritage Society. This collaboration was similar to the “Acquiring a Taste for Danish Hygge” meeting we co-sponsored early last year and our participation in the Bastille Day celebration sponsored by Alliance Francaise last July. If you know of other organizations where we can combine efforts, please let me know.

Finally, thank you to those who completed and returned their member surveys. It was no surprise that the majority of you joined because you wanted to travel with Friendship Force and that you enjoy meeting new people both domestically and around the world. Friendship Force strives to provide you with those opportunities, with your help.

In friendship,  
*Shelley Bain*  
FFGDM President



**Activities Committee**

This fun committee plans activities such as LEOS (Let’s Eat Out), Springfest, Sundaes on Sunday, and the Holiday Party.

Contact Karen at 278-4491 or karenkilpatrick@gmail.com

**40<sup>th</sup> Anniversary Committee**

Our club will celebrate its 40<sup>th</sup> Anniversary in 2017 and we need co-chairs and a committee to develop a plan for the celebration. We are particularly interested in having long-time members and past members join the committee.

Contact Shelley at 279-8908 or shelleybain@centurylink.net

**Farm to Table: Culture and Cuisine**

There are a lot of single ambassadors on this exchange so we need lots of beds. If you can home host, day host or help plan the welcome or farewell party, let Carol Grant know.

Contact Carol at 226-9844 or carol.grant@mchsi.com

**Be a Board Member**

We will elect 3 people to the Board at the Annual Meeting in October.

If you are interested in serving and would like more information, let one of the current Board members know.

## Activities



Over forty members celebrated Spring at Springfest on April 17. A social time of wine and cheese gave members the chance to meet and greet old and new friends before a catered lasagna dinner.

The program included members who shared 10 favorites things about their recent exchanges: Sharon and Jerry Dunkin participated in their first exchange - to Santa Barbara, Shelley Bain spoke about the Garden Exchange in Oregon, Beverly Lytle spoke about the Discovery exchange to France and Spain, and Charlotte Buttin shared her experiences in India.

Thank you to Elese Johnson and her committee Kathie Swift, Karen Kilpatrick, Chuck Kilpatrick, Alice Rasmussen, Ken Rasmussen, Pam Sadler, Dee Willemsen, Elaine Bredesky, Marla Carr, Jerry Carr and Janette House who pulled everything together to make it a fun day.



## Sundaes on Sunday

June 5  
3:00 – 5:00 pm

Luther Memorial Church  
1201 Grandview Avenue  
Des Moines

Join your Friendship Force friends for a cool summer activity – Sundaes on Sunday. The Activities Committee will provide the ice cream, you bring your favorite topping to share such as caramel sauce, coconut, sautéed apple slices, pecans, bananas, etc.

Bring a friend or two!

RSVP, if attending, by June 1 to Karen at 278-4491 or [karenkilpatrick@gmail.com](mailto:karenkilpatrick@gmail.com)

### SAVE THE DATE



## All Iowa FF Club Picnic

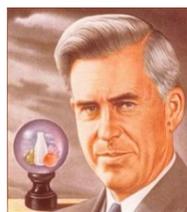
Sunday, July 17

11:30 – 3:30 (time not confirmed)

Ding Darling Shelter  
Birdland Park \* Des Moines

The four Friendship Force clubs in Iowa - Cedar Rapids-Iowa City, Greater Des Moines, Central Iowa and Quad Cities – are holding an All-Iowa Club Picnic.

### SAVE THE DATE



## Farm to Table: Culture & Cuisine Theme Exchange

Welcome Party – Monday, August 15

Farewell Party - Sunday, August 21

If you can help with the Welcome Party -  
Contact Carol at 226-9844 or [carol.grant@mchsi.com](mailto:carol.grant@mchsi.com)

If you can help with the Welcome Party -  
Contact Marla at 238-6372 or [marlakcarr@yahoo.com](mailto:marlakcarr@yahoo.com)

## Exchanges

FF Louisville, KY  
September 14 – 19, 2016  
outbound



You are invited on a 5-night exchange to FF Louisville on September 14 – 19. We don't have the details, but if you are interested, contact Exchange Director, Shelley Bain at 279-8908 or [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net) for more information.

FF Mundo Maya  
April 2017  
outbound



Our club is traveling to FF Mundo Maya de Tuxtla Gutierrez, Mexico with FF Central Virginia. This is a beautiful part of Mexico and FF Mundo Maya is an experienced host club which welcomes 3 inbound exchanges each year. If you would like to be the Exchange Director, for this easy exchange, apply before the deadline of May 15. Contact Shelley Bain [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net) or 279-8908 for more information.

## A Message from the FFI Board of Directors

If you did not receive this communique in your email, please take a few minutes to read this important message...



friendship force  
INTERNATIONAL

### *Leadership Communique:* Update from Recent Board Meeting

Dear Friendship Force Club Leaders,

Earlier this month, the Friendship Force International Board of Directors met for the 76th time in our history to discuss, among regular business, the current state of the Friendship Force mission worldwide. There is no doubt that our mission of “promoting global understanding across the barriers that separate people” continues to be an important calling for all of our clubs and members, as evidenced by the hundreds of delegations and thousands of ambassadors forging new friendships through the Friendship Force each year. We speak for the entirety of the Board when we say we are honored to be working hand-in-hand with you as we continue to seek realization of the full potential of our mission. Your presence was felt in every conversation and decision made throughout the weekend.

Perhaps more important than any specific decisions made throughout the weekend was the depth of the discussion around each of the topics presented. Building on the messages about FFI's financial position shared

during the Vancouver Conference in 2015 is a heightened awareness that the decisions we make now may profoundly influence our organization's success in the future. To that end, there was an intentional effort to keep the long-term goals of the organization in mind while we wrestled with acute issues mostly related to our currently stable but tenuous financial position.

Bringing clarity to the Board's role in organizational governance, as well as accountability to how we move forward, was a significant focus of the weekend's activities:

- The Strategy Committee has been reconstructed and is now called the **Strategy and Innovation Steering Committee**. In addition to its original purpose of overseeing the progress of the strategic plan and its eight initiatives, this committee will also help organize and assess the impact of several pilot initiatives launched in the past 24 months. This committee is also charged with vetting *new* initiatives and ensuring that the mission of Friendship Force isn't compromised, but *enhanced* and *strengthened* by these endeavors.
- The Board approved the creation of a **Policy Review Committee** whose purpose is to work with staff in resolving several current issues related to the wording, contradictions, and general confusion around some parts of the club and exchange policies. With the thanks to many of you for forwarding your concerns related to club policies to Jeremi, the Committee has already begun in earnest to present clarifications to the Board at their next meeting.
- Recognizing the need for a concerted effort to devise a fund-raising philosophy, a fund development plan, and to help align the existing Legacy Fund with the goals set forth in the Strategic Plan, the Board unanimously approved the creation of a **Fund Development Committee**.

In addition to a comprehensive update on the database and website project, the Board also spoke extensively about the need to elevate worldwide awareness for the Friendship Force and about how the launch of the revised website is one such opportunity to project a refreshed presence of our organization to the world. Presentations by FFI staff touched on ways to clean up the Friendship Force brand that will be implemented this year, as well as new communication tools currently in development to help bring the worldwide Friendship Force family a little closer together.

Over the next several months, more details and news about actions being taken by Friendship Force Board and staff will be shared. In the meantime, and if there was one message received and reciprocated during this most recent Board meeting, we must begin to *take action* in 2016.

In friendship,

**Jeremi Snook**, CEO and **Bob Duncan**, Board Chair

### *First Impressions of FFI CEO Jeremi Snook*

Adrienne Moen, John Tone, Marla Carr, Beverly Lytle, Shelley Bain and Janette House attended the Midwest & Great Lake Regional Conference April 29 - May 1 and had the opportunity to meet new FFI CEO Jeremi Snook. He impressed most of the conference attendees, this is what people were saying about him: articulate, understands FF history, understands non-profit management, has a handle on our financial situation (at last!), has a vision to take FFI into the future, improved things already, so glad I got to hear him speak, we are lucky to have him, and he 'gets' it. It was an excellent conference so expect to read more in future newsletters.

## Club Business Report

### We Are Pleased To Welcome Our Newest Members

The Membership Committee consists of Charlotte Buttin, Carol Grimm, Alice Rasmussen and Ken Rasmussen who provide a great service for our club. The committee members call potential members to answer their questions about Friendship Force and meet with new members to give them the new member handbook and share upcoming activities.

Springfest brought us 4 new members, thanks to invitations from present members!

Please add these names to your membership list:

John and Joyce Cook  
100 W Hillcrest Dr.  
Indianola, IA 50125  
515-229-8910  
jrc8383@msn.com

Jane Escobar  
713 20th St  
West Des Moines, IA 50265  
515-371-7687  
janeescobar@yahoo.com

Lenne Orona  
10632 Sharon Cir  
Urbandale, IA 50322  
630-290-6659  
leorona@aol.com

Change of address and phone number:

Doris Andre  
3520 Grand Ave. #S252  
Des Moines, IA 50312  
515-271-6584

#### MEMBER DIRECTORY

Members received a 2016 Member Directory earlier this year.

We'll email an updated directory as needed. Alice at [off4ever@aol.com](mailto:off4ever@aol.com)

#### LOST

10" square Corning Ware dish that was left at a potluck at Crowne Pointe last year. If you have it, call Karen at 515-382-2492

### Board of Directors and Committee Chairs

Shelley Bain - *President*  
Marla Carr - *Vice-President*  
Ron Grohe - *Treasurer*  
Janette House - *Secretary*  
Beverly Lytle  
Cookie Major  
Alice Rasmussen  
Susan Stroope  
(open)

Karen Kilpatrick – *Activities Chair*  
Marla Carr – *Western North Carolina Exchange Director*  
Mary Marshall – *Isle of Wight co-Exchange Director*  
Charlotte Buttin – *Isle of Wight co-Exchange Director*  
Alice Rasmussen - *Iowa FF Picnic Chair*  
Carol Grant – *Farm to Table Global Exchange Director*  
Shelley Bain – *Louisville outbound Exchange Director*  
Nancy Lundstrom – *Annual Meeting Chair*  
(open) – *Mundo Mexico Exchange Director*  
Janette House and Alice Rasmussen – *Louisville inbound co-Exchange Directors*  
(open) – *40<sup>th</sup> Anniversary Celebration co-Chairs*  
Del Wynn - *Webmaster*

[shelleybain@centurylink.net](mailto:shelleybain@centurylink.net)  
[marlakcarr@yahoo.com](mailto:marlakcarr@yahoo.com)  
[regggg@hotmail.com](mailto:regggg@hotmail.com)  
[j.house@mediacombb.net](mailto:j.house@mediacombb.net)  
[bdlytle@gmail.com](mailto:bdlytle@gmail.com)  
[cookster50@gmail.com](mailto:cookster50@gmail.com)  
[off4ever@aol.com](mailto:off4ever@aol.com)  
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[dpmmgm@msn.com](mailto:dpmmgm@msn.com)  
[cbuttin@gmail.com](mailto:cbuttin@gmail.com)  
[off4ever@aol.com](mailto:off4ever@aol.com)  
[carol.grant@mchsi.com](mailto:carol.grant@mchsi.com)  
[shelleybain@centurylink.net](mailto:shelleybain@centurylink.net)  
[nancylundstrom@mchsi.com](mailto:nancylundstrom@mchsi.com)  
[j.house@mediacombb.net](mailto:j.house@mediacombb.net)  
[off4ever@aol.com](mailto:off4ever@aol.com)  
[wynndl@centurylink.net](mailto:wynndl@centurylink.net)

The most dangerous worldview is the worldview of those who have not viewed the world.

-- Alexander von Humboldt 1769 -1859

FFGDM Policy & Procedures Changes

The Board updated the Policies and Procedures at the April Board meeting. The two significant additions are *italicized* below:

4.10 An outbound Exchange Director may incorporate into the Ambassador’s fees only his/her direct costs for transportation to and from the host city or cities, international or domestic. The cost shall be prorated between 50% for a minimum of 10 Ambassadors and 100% for 20 Ambassadors and shared equally by each Ambassador. *The cost per Ambassador must not exceed \$100.*

5.6 *All Home Hosts who host for our club and are not members of our club shall be given a one year single or family membership for the remainder of the current year or the current and following year if hosting after September 1.*

If you would like a copy of the Policies and Procedures emailed to you, contact one of the Board members.

**More Travel Opportunities**



**Want to Travel with Friendship Force in 2016?**

Follow this web trail: <http://www.friendshipforce.org> ... TRAVEL FOR GOOD ... Check Out Other Upcoming Exchanges.

The web trail will open a document that list exchanges with unfilled ambassador positions by destination and who to contact at FFI for more information. Check it out! Here’s a sample...

To Latin America					
Start Date	Exch#	Exchange Name	Spaces	FFI Fees	FFI Contact
June 1, 2016	12633	New Mexico, USA to Lima and Tarapoto, Peru	4	\$330.00	Laura Romero <a href="mailto:laura@friendshipforce.org">laura@friendshipforce.org</a>
June 15, 2016	12649	Colonial Carolina, USA to Bogota, Colombia	5	\$165.00	Laura Romero <a href="mailto:laura@friendshipforce.org">laura@friendshipforce.org</a>
June 24, 2016	12525	Central Arizona, USA to Campinas, Sao Jose do Rio Preto and Recife, Brazil	7	\$495.00	Ana Smulski <a href="mailto:ana@friendshipforce.org">ana@friendshipforce.org</a>
July 1, 2016	12524	Ciudad de las Flores, Costa Rica to Belo Horizonte and Blumenau, Brazil	10	\$280.00	Laura Romero <a href="mailto:laura@friendshipforce.org">laura@friendshipforce.org</a>
To Europe and Eurasia					
Start Date	Exch #	Exchange Name	Spaces	FFI Fees	FFI Contact
April 30, 2016	12599	Moscow, Russia to County Durham, UK	2	\$140.00	Elena McCarty <a href="mailto:elena@friendshipforce.org">elena@friendshipforce.org</a>
May 1, 2016	12600	St. Petersburg, Russia to Cankaya, Turkey	7	\$140.00	Elena McCarty <a href="mailto:elena@friendshipforce.org">elena@friendshipforce.org</a>
May 9, 2016	12591	Santiago, Chile to Varel and Kiel, Germany	6	\$280.00	Laura Romero <a href="mailto:laura@friendshipforce.org">laura@friendshipforce.org</a>
May 25, 2016	12592	Bogota, Colombia to Karsiyaka Bay, Turkey	5	\$140.00	Laura Romero <a href="mailto:laura@friendshipforce.org">laura@friendshipforce.org</a>
May 27, 2016	12588	Lethbridge, Canada to Halle-Saale and Hamburg, Germany	3	\$280.00	Allison Lindsey <a href="mailto:allison@friendshipforce.org">allison@friendshipforce.org</a>

**CHANGING THE WAY YOU  
SEE THE WORLD**



friendship force  
GREATER DES MOINES

# MEMBERSHIP APPLICATION

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

Mail membership application and check to:

FFGDM, PO Box 13136, Des Moines, IA 50310

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

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Individual Membership at \$30	\$
Family Membership at \$40	\$
Newsletter mailed to you at \$10	\$
Contribution	\$
Total Enclosed	\$

Please check which activities you are interested in. *Check as many as you like.*

- |                                       |  |   |
|---------------------------------------|--|---|
| <input type="checkbox"/> Activities   | <input type="checkbox"/> Community Service | <input type="checkbox"/> Exchange Planning    |
| <input type="checkbox"/> Membership   | <input type="checkbox"/> Fundraising       | <input type="checkbox"/> Exchange Home Host   |
| <input type="checkbox"/> Newsletter   | <input type="checkbox"/> Website           | <input type="checkbox"/> Exchange Day Host    |
| <input type="checkbox"/> Photographer | <input type="checkbox"/> Communications    | <input type="checkbox"/> Exchange Dinner Host |
| <input type="checkbox"/> Other: _____ |  |   |

Friendship Force of Greater Des Moines is a 501(c) 3 nonprofit organization.

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