



## President's Letter

Hello and Happy Spring, Everybody!



Although it has looked and felt like spring for several days this spring, we have had all kinds of weather! Now that we are almost half through the calendar definition of spring, I am thinking that the change of seasons is sort of like the change that is currently going on in our own club, Friendship Force of Central Iowa.

Two years ago, 2021, we were fully amid Covid-19; my Covid card says I'd had two shots of Covid vaccine by this date, but no boosters. FFCI and FFI were wondering if we would survive as a local club and an international organization. Our local goal was to find ways to socialize safely.

Fast forward to today! FFCI is now a busy club! We have a calendar that would have challenged some of our calendars in the pre-Covid pandemic era! I hope you have noticed this change! I would like to see more change, and the change I would like to see is for each of you to be more active and give the board feedback about ways we can better serve you—what would you enjoy, what would inspire? Being a part of a book club, trivia group, eating together group, attending opera or plays together, hiking, volunteer at a food bank/food at first together, having coffee together, swimming, reading with children at a day care or elementary school, “you name it” group? If so, would you start one? Three makes a group, or maybe it can start as two, then ask somebody else to join you, and then

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## Calendar of Upcoming Events

**May 11, 2023**

**LEO - Planning Luncheon for Long Island Inbound 11:30 am**  
Pizza Ranch, 1440 Boston Ave.

**Saturday, June 24, 2023**

**All-Iowa Club Picnic - noon-3:00**  
**Homewood Golf Course Clubhouse,**  
401, E. 20th St., Ames.  
Alta Byg, chair Committee

**Reservation due to Margaret Eppin by JUNE 14**

**August 14 - 19, 2023**

**Inbound Journey - from Long Island, NY**  
Dennis Dake, Journey Coordinator  
First week @ Quad Cities FF, Aug 10 - 14

**September 11-19, 2023**

**Outbound Journey to Missoula - Western Montana**  
Sedahlia Crase / Margaret Eppin Co-Journey Coordinators

**Pay SPECIAL attention to information requested on pages 4 thru 7.**

**YOUR RESPONSE IS VITAL TO THE SUCCESS OF OUR JOURNEYS (BOTH INBOUND AND OUTBOUND !!!)**

add it to this Newsletter and integrate it into our calendar as a monthly, twice a month, alternate months activity that involves anybody who'd like to be a part of it.

And another thing I'd like to say, before my last year in this role winds down – I really need to say this ! With as many emails as I send you, I rarely receive any personal feedback and I would like to have some feedback, good or bad. Just say something to me!! And I mean that. Tell me what you like that we are doing, that I am doing, and tell me what you don't like that I am doing and suggest how you'd like to see things done. Would you like to be written or phoned to be asked to volunteer on a project such as the All-Iowa Picnic, the inbound from New York-Long Island, working on a social event (that, by the way, is no small task)? Nothing just happens unless somebody has ideas, relays those ideas, or calls somebody and says, for example, "Would you help me do a great Halloween party for FFCI?"

I wouldn't mind just having you talk to me about yourself; tell me about yourself, your strengths and what you'd like to do with your FFCI membership; what brought you to FFCI? That might sound crazy to you! But we are called FRIENDSHIP FORCE! In the board meetings over the past two years, I have been asked or told that I need to move on with the agenda. So now as one who has been asked to talk less, I would like to ask you to talk more! Below I will briefly mention what we've been doing, though much of our work this year is still to come.

As we have done for the past few years, the FFCI Board of Directors meets in alternate (odd number) months on the second Saturday at 9:30 and we try to finish by 11; occasionally we must move it around due to personal schedules. For the rest of this year, I will send a reminder, the agenda, and the Zoom link so the whole membership and any of you may attend the meetings, just not vote.

The following is evidence of how much more involved we have become now that we are in the post-pandemic era of Covid, and I am proud of all of you who have done so much work during covid, still are working hard now, and are planning to do more.

### **Recent events**

February 15: Many Of us trekked over to Ogden to enjoy a meal at the Lucky Pig Pub and Grill; we ate, played games, and had a loud and wonderful time! Thank you, Corry, Charene, and Dorothy for your creativity and work.

April 22: About 15 of us had a wonderful German dinner and participated in a Murder Mystery Theatre at The Cloud in Ames; what a hoot! Thanks to Charene and Corry for your work in arranging for us to experience this fun time and yummy food.

### **Upcoming events**

May 11: We'll gather at 11:30 at the Pizza Ranch for a LEO (Let's Eat Out) buffet lunch which will be preceded by a brief (5-min.) business session to consider a change in the time restrictions for our annual meeting date, then lunch, followed by a working session related to hosting our incoming 15 ambassadors from New York-Long Island in August (see full article below). Thank you to Dorothy and Dennis Dake and their committee members: Ginny & /Stu Huntington, Roger and Corry Bertelsen & Lynn Avant for making these arrangements.

June 24: This year Ames is hosting the annual All-Iowa Picnic from noon-3 at the Homewood Golf Course Clubhouse, 401, E. 20th St., in Ames. Thanks to Alta Byg and her committee – Jerry Byg, Kueier Chung, and Margaret Epplin for their great work on this event. As president of our club, I am pitching in a bit, too. We do hope to see a huge turnout from our own members! Iowa has three other clubs, Greater Des Moines, Cedar Rapids/Iowa City, and Quad Cities (see full article below). BUT we need to have more of us than all of them to serve, informally as warm and friendly locals who approach our guests and ask them about themselves, their club, etc. We're the only

club not tied to one of Iowa's major cities, but we can show that although we may be from a smaller area, we have what it takes to make them say, "Hey, they put the big pot in the little one today!"

August 14-19: Inbound ambassadors from the Friendship Force of Long Island New York Club will be in Ames (see full article below). All of us need to work together when we have an inbound group, so we hope each of you will do at least one activity during this week, even if it is attending one or several events, because a great turnout of us indicates we are interested in them, our guests. Our warmest thanks to coordinator Dennis Dake, and committee Dorothy Dake, Ginny and Stu Huntington, and Lynn Avant, and Corry and Roger Bertelsen. Remember to volunteer to do something. Anything is something! Could we shoot for a 90% involvement rate? That's a huge challenge, but you have nearly a week to make it happen!!

Sept 11-19: Ambassadors from FFCI will journey to Friendship Force of Missoula--Western Montana (see full article below). I am thankful to Margaret Eppin who agreed to serve as co-coordinator with me; we are hopeful that the journey will fill, and we are super excited to be making this trip to visit new places, new scenery, and wonderful new friends.

Oct. 2-5: Friendship Force International will hold its 2023 FF World Conference in Dubrovnik, Croatia October 2-5; this will be the first such conference since the conference several of us attended in 2019 in Boulder, CO. Registration is still open for the FFI World Conference, and I suspect it will be a great event. I have registered for the conference and both a pre- and post-tour. I hope others from our club are considering attending. Find more information at [www.my.friendshipforce.org](http://www.my.friendshipforce.org) at the top of the page after logging in; it is featured on a revolving mode with some other topics. If you want to stop it when the conference comes around, click on it, and begin exploring.

Nov. ?: We have not set a date for our annual meeting and are hoping the motion to be voted on at the short business meeting on May 11, its passage will allow us to hold it later than Oct. 15. World Conference and post-conference tours push us to or after October 15 on conference years. Having it later in the year gives us more of our year to report in our Annual Report at the annual meeting.

Dec. 2: Tentative date for holiday party, depending on the small group planning it.

Finally, Individual Journeys is a new FFI concept that people have asked about for a long time. This is explained on the website: [my.friendshipforce.org](http://my.friendshipforce.org) -- but in a nutshell, a person/host decides what they could offer an ambassador who'd want to do what the host is providing, so host would post it on FFI's Individual Journeys area of their website and include dates or those could be negotiated, and then somebody wanting to visit that area for a short time, an ambassador, would answer that posting, the two would be matched up, and it would result in another kind of peacemaking among strangers from around the world. It would be especially nice for an individual FFI member who feels they can't be very involved in ongoing activities but wants to invite a person(s) into their home for maybe a few nights and has an agenda they could follow to show the ambassador around their local area. The ambassador pays FFI the nightly fee as usual; FFI is involved and lists the journey. It sounds fascinating!!

Have a great week and month! I hope to see you at Pizza Ranch on May 11, on a committee, at a board meeting, or hear from you via phone or email.

With gratitude for you and for all you are doing,  
Sedahlia Crase, President  
Friendship Force of Central Iowa  
[sedahlia@iastate.edu](mailto:sedahlia@iastate.edu)  
515-708-4012

## Planning for August 14 – 19 Inbound Journey from Long Island, NY

At our May 11<sup>th</sup> LEO we asked this question “How are you going to Participate???” ***Fill out the enclosed Reservation Form to tell the planning committee and reserve your place in this first post-COVID FFCI INBOUND JOURNEY.***

On May 11<sup>th</sup> 20+ FFCI members enjoyed a Buffet lunch in a private room at Pizza Ranch while laying ground-work for a successful in-bound journey by 15 ambassadors from Friendship Force of Long Island, NY. This journey will start on August 9<sup>th</sup> with the Ambassadors at Friendship Force / Quad Cities for 5 days of activities and socializing.

Then on **Monday, Aug. 14** the **FFCI HOME HOSTS** will drive to the **Amana Colonies** to meet and have **lunch with their assigned AMBASSADORS** and the home hosts from the first week Quad Cities experience. The group will arrive **back in Ames in the late afternoon**. Our **WELCOME PARTY** featuring songs, food and games led by Corry Bertelsen will give the 15 ambassadors the flavor of Central Iowa hospitality. Corry now has all the help she needs. **Bravo!!** *Order your \$10.00 ticket to attend and to help defray expenses on the enclosed Journey Reservation Form.*

**Tuesday, Aug 15: IOWA STATE FAIR DAY** Transportation arrangements are still being decided but if you are willing to drive one or more ambassadors to Des Moines you can mark the following reservation form to indicate your ability. Special parking arrangements are being arranged and we will provide for your parking from Journey funds. We will also have *early Fair Entry tickets for you at \$11.00 per ticket by marking this request on the Volunteer Reservation Form. Please provide a check for the ticket to accompany on the attached Journey Reservation form if you plan to drive and go.*

**Wednesday, August 16: IOWA STATE UNIVERSITY DAY** We'll see the campus art collections and outdoor sculptures, have a box lunch, and tour the Horticulture Research Farms. We'll spend the evening meal at a select number of dine-arounds. Local day hosts, evening Dine-Around Hosts, and drivers are needed throughout the day. *Cost of Box Lunch and Drink \$12.00, Order on Journey Reservation Form.*

**Thursday, Aug `17: TRIP TO WINTERSET** Take a tour of John Wayne's birthplace and museum, plus a quilt museum. Lunch around the historic town square and enjoy an afternoon tour of the Bridges of Madison County. ***Day Hosts and drivers are needed*** (Indicate your willingness to accompany the ambassadors on this day – ***see reservation form in this newsletter.***) *Order admission tickets for John Wayne Birthplace and Museum \$19.00 & Quilt Museum \$6.00 on Journey Reservation Form.*

**Friday, Aug 18: AMES SHINES** We'll show off gems like **Reiman Gardens** in morning (*Mark number of free passes your Reiman Gardens current Membership allows to admit.*) and 4:00 **FAREWELL PARTY AT COOP/Dinner** featuring local entertainment planned by Marcia Thompson and team at the coop, hosted by Judy Mongin. The evening is capped off with tickets to the ANNUAL SENIOR VARIETY SHOW, headlining some familiar Friendship Force members. ***Order TICKETS TO SENIOR VARIETY SHOW ON RESERVATION FORM \$12.00 each***

Your ambassadors might like some free afternoon time in downtown Ames, or time to pack for tomorrow's flights or just relax before the 4:00 Farewell Party/Dinner.

# Long Island Inbound Journey August 14 - 19, 2023

## Volunteer Reservation Form

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

Address \_\_\_\_\_

Cell Phone (     ) \_\_\_\_\_ Home Phone (     ) \_\_\_\_\_

E-Mail \_\_\_\_\_

### HOSTING

#### HOME HOST

(Visual Evidence of meeting Covid Protocol Required)

#### DAY HOST

Total Number  
Ambassadors you  
would be willing  
to HOST

FEMALE	
MALE	
COUPLE	

DRIVE TO AMANA  
COLONIES TO PICK  
UP AMBASSADOR(S)  
ON 14TH

YES	NO
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YES	TRANSPORTATION
YES	HOSPITALITY

All hosts mark days you are available  
in left hand column and submit  
check for admission tickets & meals

<input type="checkbox"/>	<b>Mon Aug 14 (Amana Colonies &amp; Amos</b> Order off menu and pay individually for lunch Attend Welcoming Party - evening. Planned by Corry Bertelsen	Drive to Amana to meet FPQC week 1 hosts & ambassadors Ticket Price \$10.00	
<input type="checkbox"/>	<b>Tue Aug 15 (Iowa State Fair)</b> Purchase early admission ticket to state fair for everyone requesting one. \$11.00	Planner Ginny Huntington \$10 [provided for parking] Drive to State Fair <input type="checkbox"/> Day Host at Fair <input type="checkbox"/>	
<input type="checkbox"/>	<b>Wed Aug 16 (ISU Day)</b> Day Host at ISU <input type="checkbox"/> Drive # _____	ISU Tour of public art and ISU History. Planner Lynn Avant Cost of HyVee box lunch and drink \$12.00 Drive or ride with another FPQC member on Agriculture/Horticulture tour	
<input type="checkbox"/>	<b>Thur Aug 17 (Winterset Day)</b> Drive to Winterset and tour Bridges - Can take # _____ Riders	Drive one or more ambassadors to Winterset, IA & af- ternoon tour of John Wayne Museum and Birthplace and Bridges to Madison County. Lunch Tickets to John Wayne Museum and Birthplace \$19.00 & Quilt Museum \$ 6.00.	
<input type="checkbox"/>	<b>Fri Aug 18 (Farewell Day)</b> I will attend Farewell Party at Coop Apartments - Judy Mongin Contact Marcia Thompson or Dorothy Dake to see how you can help. Bring a meal item in place of purchasing a Meal ticket.	Retman Gardens Tour Tell Dorothy Dake if you can offer to provide free passes based on your Retman Membership. number <input style="width: 50px;" type="text"/>	
Evening: Hosts take Ambassadors to Amos Senior Variety Show. Ticket to Senior Variety Show \$12.00			
- Page 5 -			<b>TOTAL (transfer to back (side 2</b>

Page 2 - Long Island Journey - Volunteer Reservation Form

NAME: \_\_\_\_\_

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YES

**Sat Aug 19 (Transport Ambassadors to Des Moines Airport)**

Plane tickets to leave no earlier than 11:00 am.

I will drive # \_\_\_\_\_ to airport.

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Enter Total Payment from  
side #1  
*Check made out to FFCI*

Date PAYMENT RECEIVED \_\_\_\_\_

CHECK #

**PAYMENT MUST BE RECEIVED PRIOR TO MAY 30, 2023**

Send check to:

Dennis M. Dake  
Long Island Inbound Journey Coordinator  
2860 Greensboro Circle  
Ames Iowa 50010

All these plans involve hours of preparation by all our members. *We need Home Hosts and Day Hosts, Drivers, cooks, and clean-up crew.* In other words, it takes a village (or many, many FFCI members volunteers.) to pull this off. Take a plunge and learn how enjoyable an inbound journey can be.

**IF YOU HAVE NOT ALREADY DONE SO: PRINT OUT & FILL OUT THE ENCLOSED INBOUND JOURNEY VOLUNTEER RESERVATION FORM INDICATING:**

- 1 Mark what you would like to participate in, & volunteer for to help make this journey a success.**
- 2. Mark cost of advance admission tickets you would like us to purchase.**
- 3. Total your requested purchases on this page and submit with a check made out to FFCI and mail to**

Dennis M. Dake, Long Island Inbound Journey Coordinator  
2860 Greensboro Circle  
Ames, Iowa 50010

Do it as soon as possible, **DEADLINE FOR RESERVATIONS: MAY 30, 2023** - Page 6 -

## Excitement is Growing About Our Outbound to Missoula—Western Montana September 11-19

The outbound journey appears to have shaped up to be a great experience- people-filled outbound. Those of us who have signed up for this journey are eager to head west in four months, September 11-19, for a week plus of new friendships, activities, and an immersion in and clearer understanding of the western Montana and Rocky Mountain culture. That should bring us closer as we experience how they view the world and vice versa. Who knows – maybe they might decide to come to visit us soon!

Our trip is almost at its maximum, we have now reached out to clubs in Iowa and the Midwest Regional Group. Looks like we will have a full group of ambassadors as we depart on this journey. Our members were given early, middle and recent opportunities to sign on and you did; thank you!



Margaret Eppin and I are serving as co-coordinators and enjoying getting to know each other a bit better as well. We look forward to this journey and hope this first outbound, post-Covid epidemic, will be the first of many more outbounds both in the US and abroad! We'll keep you updated via our FFCI Facebook page so you can travel along with us day by day.

In Friendship,  
Margaret and Sedahlia



## Calling All Members!!! *The inbound exchange needs you*

We are still in **need of one or two more home hosts**. One couple who planned to host two people had to drop out, due to a change in circumstances. Currently there are two unrelated single women ambassadors from Long Island who need home hosts. We also **need another day host, and two or three more drivers to drive either to Amana Colonies Aug 14<sup>th</sup> to pick up the Long Island travelers, to the Iowa State Fair on Aug 15<sup>th</sup> and/or to Winterset on Aug. 17<sup>th</sup>.**

If you have room in your heart and home or car, please call **Dorothy Dake 515-292-1145** or email her at [dotdake42@gmail.com](mailto:dotdake42@gmail.com). Remember you must have proof of COVID vaccinations to host or drive.

*Save the date!*

**Friendship Force**

**of**

**Central Iowa**

**Will be hosting the**

**All-Iowa Picnic**

**in Ames**

**On Saturday, June 24**

**Watch for more information to follow.**

**Questions? Email: [altajerbyg@gmail.com](mailto:altajerbyg@gmail.com)**



**Friendship Force of Central Iowa**  
**Will be hosting the**  
**All-Iowa Picnic in Ames**  
**Homewood Golf Course Clubhouse**  
**401 E 20<sup>th</sup> St. Ames 50010**  
**Noon to 3:00**  
**Saturday, June 24, 2023**

Rain or Shine

Food catered by Hickory Park Restaurant

**Turkey, Beef, Pork, Saucy Southerner, Potato Salad,  
 Coleslaw, Baked Beans, Chips, Dessert, Iced Tea and Water**

**Vegetarian meal option available upon request**

**All-Iowa Friendship Force Picnic Reservation**

Paid reservations are due **June 14**.

Make checks payable to FFCI and mail to Margaret Epplin, 2114 State Avenue, Ames IA 50014

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

Club \_\_\_\_\_

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

Check if requesting a Vegetarian Meal

\$ 16 per person

Number of tickets

Total amount enclosed

\_\_\_\_\_

\_\_\_\_\_



friendship force  
CENTRAL IOWA

# ***THIS FALL THE SURVIVAL OF FFCI IS ON THE LINE New FFCI Leaders Needed***

*COMING FALL Elections for 2024 - 2025 Officers  
Let's keep FFCI Going and Growing*

**For this Fall's Election FFCI needs CANDIDATES FOR:**

- 1. President (2024 - 2025)**
- 2. President - elect (2024 - 2025)**
- 3. Membership**
- 4. Publicity**
- 5. Historian**

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**Contact Sedahlia Crase to volunteer.**

Phone: 515-708-4012

email: [sedahlia@iastate.edu](mailto:sedahlia@iastate.edu)

**help lead FFCI into the future**

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**To have a club we MUST HAVE leaders.  
Join these continuing leaders.**

**Past President:** Sedahlia Crase

**Secretary and Information Technology:** Margaret Epplin

**Co-Treasurers:** Jerry & Alta Byg

**Newsletter:** Dennis Dake

**Activities Coordinators:** Charene Starcevic & Corry Bertelsen & Dot Dake

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## **STEPS IN GETTING FULLY REGISTERED FOR FFCI AND FFI FOR 2024**

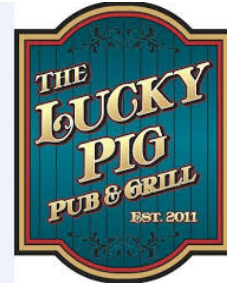
- 1. Send in your FFCI Membership Form with \$40 check to Jerry Byg Treasurer**
- 2. On Internet go to FFI Member Portal and register for your Individual Account.**
- 3. Volunteer to help lead FFCI Activities, sign up to participate, and ENJOY YOUR CLUB!**

# *Report: Events since our last Newsletter*

## **1st LEO of the Year: The Lucky Pig Pub and Grill in Ogden Wednesday, February 15 Corry & Roger Bertelsen - Planners**

It's been a while since we gathered at The Lucky Pig LEO in Ogden. We ate some delicious food, sang a few songs, including Happy Birthday! Our best number was "Tell Me Why," sung in two-part harmony, which will soon be reprised.

Our LEO ended on a sweet note. Corry and Sedahlia treated us to homemade chocolate cake to celebrate birthdays. P.S. Corry, of all people, won the door prize: a cute little piglet to add to her grandchildren's farm set. One might say it was truly a lucky pig. Thanks to Corry and Roger Bertelsen for setting up this LEO.  
Dorothy Dake



**MURDER MYSTERY DINNER IN BERLIN: APRIL 22,2023  
AT THE CLOUD RESTURANT**

The people seen in these two photos are all members of the Berlin Police Force, crime solvers (who were also suspects) caught in a murder case. Just as in The Agatha Christy mysteries, all were sequestered as the facts unfolded. The police officers, all members of Friendship Force of Central Iowa, were gathered in “The Cloud” for a four-course dinner, when mayhem erupted.

No sooner than the appetizer was served, a murder was revealed by Chef Hans. Between the salad, entrée and dessert, Inspector Volkswagen interrogated diners, as clues began to stack up. His deputy assisted with little luck. A diner in the corner looked suspicious, but, alas, it was a red herring.

Near dessert time the Police Force, aka FFCI, solved the mystery, using scientific clues and superior intelligence. The least likely suspect, Hans the Chef, was hand cuffed and charged with the crime. Justice prevailed.

Thanks to Charene Starcevic and Alta Byg for planning this event.



**Berlin Police Officers - Table #1**

(From left to right) Marybeth Buchele, Diane Bryne, Lynn Avant, Corrie Bertelsen, Roger Bertelsen, Dennis Dake, & Dorothy Dake



**Berlin Police Officers at Table #2**

(from left to right)  
Stu Huntington, Ginny Huntington, Alta Byg,  
Jerry Byg, Margaret Epplin, Ron Mowers,  
Sedahlia Crase.