



Hello FFCi Members,
What a wonderful year we have had in Friendship Force of Central Iowa! I am proud to be associated with this club, and I'm glad I could serve as president at this time, although at the beginning it was a grim-looking time for us as it was for our parent organization, FF International. But we had

some wonderful times, great programs, good participation, and this past summer and fall, we were back to having an inbound and an outbound, as you'll read and see more about in Dennis Dake's wonderfully prepared Newsletter!

I want to thank Dennis and Dorothy Dake, Co-Chairs of the inbound visit from Long Island (NY) Club, for the great job they did with all aspects of this inbound in August. After months of planning, it all came together and the weather even gave us a break from the extreme temperatures we had on either side of that week. Our days and evenings were full of activity. It is a ton of work to pull off a great inbound, and this one was great. I want to summarize it all by saying it was a HUGE SUCCESS. Read about and view photos of the event inside the Newsletter and a list of people who made it all happen, people who participated in some way. You were a wonderful group of committee members, both formal and informal – it's a long list.

Eleven ambassadors, including co-chairs Margaret Epplin and I, journeyed to the Western Montana, Missoula Club in September. Initially a large number of FFCi's wanted to participate, but various life events intervened, and we had to look outside our club and were successful in filling the outbound to Missoula's satisfaction with 11 ambassadors. Our time was well planned and we experienced a variety of cultural experiences particular to western Montana, e.g., a program by a Blackfoot native American about his life and family and another program about and by smoke jumpers. We were well cared for by our host families and the mountains were beautiful. It was an excellent outbound. Read our overview and see photos of this journey elsewhere in this newsletter.

In addition, Friendship Force International held its World Conference this fall in Dubrovnik, Croatia, a beautiful city with many planned cultural experiences. However we will highlight that event in the first newsletter in 2024, so we can better cover our club's inbound and outbound experiences in this volume of the Newsletter. Also, throughout the coming winter and spring programs, we will offer to do programs on both our outbound to Missoula as well as FFI's World Conference, so watch for those.

I am not planning to serve in the role as president after this year ends December 31. I will serve on the board as the past president. Currently we are working on finding somebody to serve as president and also secretary. Finding a president has been difficult, which is why last year I agreed to serve an extra year and now really am stepping down. I will happily offer whatever I can to be helpful to the person who is elected. If nobody is found, we will most likely move to a more committee run board for our organization, which is what many clubs

Calendar of Upcoming Events

December 2, 2023

Holiday Party

& White Elephant Gift Exchange

11:30-2:00

Village Cooperative of Ames

2525 Bobcat Drive

around the world have already begun doing; leadership in terms of being the president or chair seems to be in a low ebb for Friendship Force post Covid. I think we can manage and still have all the social, hosting, planning, travel, and benefits of being a member – and maybe it will become the new norm. Who knows?

As I look back over this time I have served in this role, I am most reminded that at no time did people not step up to work on committees, planning a party or a program, bringing food for meals, coming to eat that food at the meal ☺, doing set-ups for events and cleaning up afterward, doing creative programs, driving, going to LEOs, having that white elephant holiday party the first Saturday of every December (except during Covid), and so much more. Over this time, several of our members and past members have passed away and we have assisted in both mourning their passing, and lifting up their lives in celebration.

I look forward to hearing from you if you'd like to volunteer for president or secretary, if you have ideas on how to re-organize our club to meet the needs of the membership and of FF International, or anything you want to share. Shortly I'll write you about your preferences for 2025 outbounds and how many inbounds you'd like to do in 2025. So start thinking about where YOU would like to go and watch for my communication on that.

THANK YOU THANK YOU THANK YOU

Wishing you the best in the coming holidays. I hope to see you at the holiday party on December 2 (see article elsewhere),
Sedahlia

2024 - 2025

FFCI Leaders Needed

Let's keep FFCI Going and Growing



For next year FFCI still needs:

1. **President or Co-Presidents**
2. **Vice President**
3. **Secretary**
4. **Bi-Monthly event planners**
5. **Membership**
6. **Publicity**
7. **Historian**
8. **Communications**

Contact Sedahlia Crase to volunteer.

Phone: 515-708-4012

email: sedahlia@iastate.edu

help lead FFCI into the future

To have a club we need leaders. Join these continuing leaders to keep FFCI ALIVE.

Who will help lead FFCI in 2024 onward???

Upcoming Event
December 2, 2023

FFCI Holiday Party & White Elephant Gift Exchange

COME 11:30-2:00

Village Cooperative of Ames
2525 Bobcat Drive



1. Please bring a dish to share



and

2. A Wrapped item for our
White Elephant Exchange



JUDY MONGIN, Host and Chair, Holiday Party Committee

Past events since our last Newsletter

LONG ISLAND INBOUND JOURNEY

AUGUST 14 – 19, 2023

MONDAY, AUGUST 14: Fourteen ambassadors were picked up in the Amana Colonies by our volunteer drivers. Most of the visiting ambassadors came from Friendship Force of Long Island NY, but Florida, California and Georgia FF Clubs were also represented. We introduced one another and lunched in a private second floor dining room of the Ronnenburg Restaurant in Amana. Our visitors must have been tired from a long morning touring the Hoover Presidential Library with their first week Quad Cities home hosts.

That evening we gathered on the second floor of First Christian Church in Ames for a memorable Welcome Party. The dinner was attended by 42 people. The room looked festive with Ginny and Lee Molgaard's centerpieces: beautiful African violets. Individual gift bags filled with donated items collected by Carole Magilton from organizations from throughout Ames were passed out. Peggy Faden, dressed in lime green from head to toe, sang "Lime Jello Marshmallow Cottage Cheese Surprise" poking fun at Iowa rumors that we are the center of the Jello Belt of the U.S.

A delicious meal was prepared and served buffet style by Charene Starcevic, Corry Bertelsen, Alice May, Heather Matusiak, Karen Wilson, Peggy Faden, Diane Oppedal, Carole Magilton, and Marcia Thompson. The menu was a Nicoise salad, Jello salads, polenta rolls, sangría, and iced tea. Elaine Harms baked one of her special cakes with the FCCI logo for dessert. The food was first rate, thanks to Corry Bertelsen and her efficient team. They really started our week off right!



Going through the food serving line.



Organizer and Leader of the Welcome Party feast, host extraordinaire Corry Bertelsen



FCCI Welcome cake another masterpiece from FFCI member Elaine Harms



The Belles lead the sing-a-long.

LI Host Coordinator, Ivan Ziegler was the proud winner of the Welcome Party Door Prize; several large home grown Iowa Zucchini.



After dinner we joined in a sing along led by Dorothy Dake, Peggy Faden, and Ginny Molgaard. Stu Huntington introduced himself as a past president and told his “fake life story” involving one job after another, full of puns and jokes. Ginny Huntington went over the schedule for the next day at the State Fair. Dennis Dake covered activities that were coming up the rest of the week and handed ambassador and their home hosts brochures for the week’s planned activities. Ambassadors enjoyed their day but were ready to retire and rest up for their next day at the state fair.

TUESDAY, AUGUST 15: The next day, State Fair Day, provided perfect weather, convenient parking, shuttle bus service to the fair grounds and plenty of choices: Entertaining shows, animals, food, art, and the butter cow, to name a few. Some even saw the birth of a calf or a goat! With Ginny and Stu Huntington in charge, everything ran smoothly.

WEDNESDAY, AUGUST 16: On Wednesday we were in the capable hands of Lynn Avant and Judy Mongin for our Ames and ISU Day. Nick Howell and his “people mover” provided an educational tour of the ISU Horticultural Farm. (Nick knows how to make learning fun!) There were so many good questions, but, alas, it was time to move on to Ada Hayden Park, where Judy was ready for us with the box lunches.

Next stop was central campus for a guided tour of art and architecture. Our two excellent guides finished with a visit to the Food Science Creamery; we ate our ISU ice cream in the lovely courtyard surrounded by Christian Peterson’s sculptures.

After some free time, in downtown Ames, ambassadors and hosts met at Della Viti for drinks before dinner. Most then joined host Ann Hein for a 7:30 showing of “The Bridges of Madison County”, held at the Green Hills movie theater.



Nick Howell on the “people mover” tour of ISU Horticultural Farm



Memories on 1st Tea Room Lunch spot in Winterset

LI ambassador Paula Duck-er chats with table members while waiting for food service at Memories on 1st.



THURSDAY, AUGUST 17: DAY 4 found us caravanning to Winterset where lunch was served in a quaint, underground tearoom. We had plenty of time for quilts and John Wayne before touring three covered bridges with our knowledgeable guide.



LI ambassador, Shiela Ziegler and FFCI member Dot Dake explore the Birthplace and Museum dedicated to movie actor John Wayne.



We enjoyed a large variety of beautiful quilts on display at the Iowa Quilt Museum in Winterset.



After viewing the Hollywood Movie Bridges of Madison County on Wednesday evening we were able to take a guided tour of the actual bridges and other attractions of Winterset.



LI Ambassadors Shiela and Ivan Ziegler discuss facts about the Bridges of Madison County with FFCI member Diane Oppedal (on left). LI Ambassadors enjoy the view from one of Madison County Bridges with FFCI member Jerry Byg. (center)



FFCI members Ron Mowers & Margaret Epplin enjoying the sights on the Bridges of Madison County tour.

FRIDAY, AUGUST 18: On Friday everyone met in the morning at Reiman Gardens, a rare gem with its flowers, glass sculptures and butterfly wing. After some needed rest and lunch at home with hosts, it was nearly time for goodbyes. Judy Mongin hosted the Farewell dinner in the spacious party room in her apartment building (Village Cooperative). Marcia Thompson and her crack team provided an amazing feast and game night as well. Thanks for all the hard work and planning: you made it all seem effortless.

The final activity, The Senior Variety Show, filled out the day with songs, dances and skits. One ambassador commented, "It was a hoot!"

On **Saturday August 19th** there were planes leaving from late morning to early afternoon. A special thank you to all who drove to the Des Moines Airport. We appreciate all the hosts, day hosts, and drivers (what would we do without Park Woodle?) Without all of you, this week could never have happened.

OUTBOUND JOURNEY TO FF WESTERN MONTANA-MISSOULA SEPTEMBER 11 - 19, 2023

On September 11, 2023, six FFCI members journeyed to Missoula, MT where we were hosted by the FF Western Montana-Missoula. The six ambassadors from our club were Sedahlia Crase, Margaret Epplin, Joan Matthews, Judy Mongin, Ron Mowers, and Diane Oppedal. In addition to these six FFCI members from our own club, we were joined by two members from FFGDM, two from FFCR/IC, and one from FFEW/NI (Eastern Washington/Northern Idaho). This was a great mix and we enjoyed getting to know the members who had joined us for the journey along with our hosts and other members of FFWM-Missoula.

The members of FFWM-Missoula proudly shared their home city as well as the surrounding area. The visit was packed full of highlights of the Missoula area including Traveler's Rest State Park, the only documented campsite for the Lewis and Clark expedition; the Confederated Salish Kootenai National Bison Range, where some of us sited bison feeding; the Mission at St. Ignatius whose history is entwined with the early settlement of that area; Ft. Missoula Area and Museum; the beautiful Carousel of Missoula, where we rode the "horses;" Missoula Smokejumper Center, a first for many of us; Blackfoot Pathways: Sculpture in the Wild; Garnett Ghost Town; the new award winning Missoula Public Library; and a Walking Tour of downtown Missoula.

Free time activities included seeing the University of Montana campus, hiking up the mountain to where a large M was visible above the campus, and lots of conversations with hosts and ambassadors. We all enjoyed small group dinners in member homes, as well as dinners in Missoula, lunch at the Traveler's Rest, and a wonderful going away dinner.

Our club gifted the Missoula Club with a check for \$110 for their favorite charity. We made new friends with both Missoula members and the five members joining us in this fabulous homestay. We had a fantastic journey and learned a lot about things that were new to many of us. We are grateful for all of the support from each of you for your interest and wishing us well.

Margaret Epplin and Sedahlia Crase, Co-Coordiators



Buck Hitswithastick a Flathead Native American native to Missoula area, discussed and demonstrated Pre-European Contact dress, tools and weapons and customs.



Ron Mowers FFCI member with a prototype of a Smokejumper which we learned about at the Bureau of Land Management Smokejumper unit in Missoula.

OUTBOUND JOURNEY- MONTANA (CONTINUED)



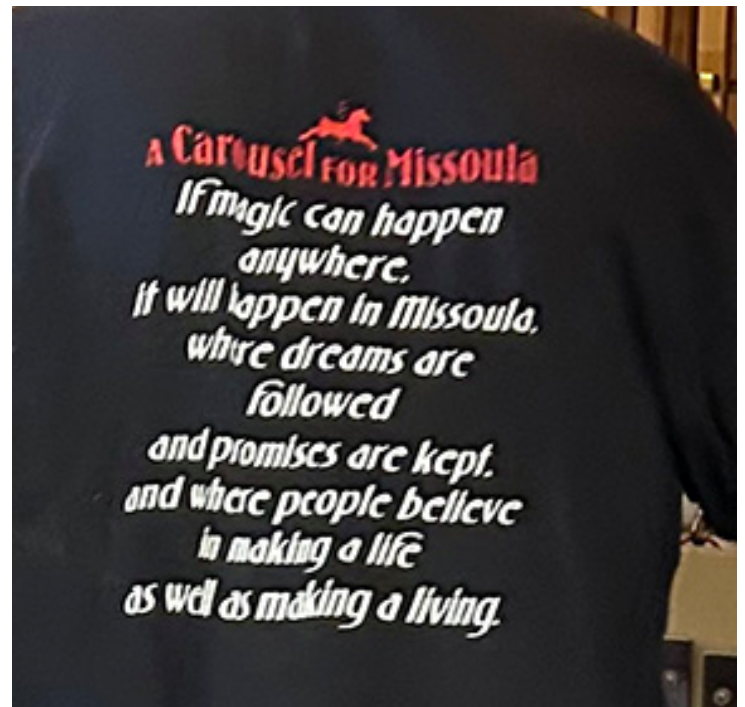
Sedahlia Crase inspects one of the art installations at the Blackfoot Pathways - Sculpture in the Wild in Lincoln, MT



Joan Mathews and Judy Mongin together at the Blackfoot Pathways at the Sculpture in the Wild, standing in front of the "Barber Chair". A barber chair happens when a tree midway through the felling cut splits vertically. The end of the tree then flips up and out unexpectedly, reminiscent of the old barber chairs that were titled far backward to allow a barber to shave a customer's face.



Tour guide at Travelers' Rest State Park. The area where Lewis and Clark Expedition, the Corps of Discovery made their campsite in the summers of 1805 and on their return trip in 1806. As of summer 2002, archeologists uncovered evidence of the Corps of Discovery's visit to the area, the only campsite on the Lewis & Clark Trail with physical evidence of them.

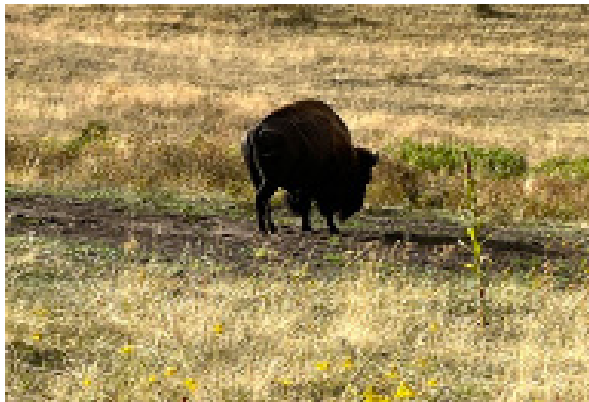


Quote on back of shirt taken at the Carousel, a great memory for all of the ambassadors who traveled on this Journey.

OUTBOUND JOURNEY- MONTANA (CONTINUED)



Diane Oppedal with beautiful Montana Scene after hike on buffalo range. (Below) Single bison grazing on bison range. seen from moving car.



Scenic view outside restaurant where Joan Mathews and Sedahlia Crase took their home hosts out to dinner



Diane Oppedal's Montana home host, Donna Munyer, shown with an arrangement of flowers and courds,purchased at the farmers market.

OUTBOUND JOURNEY- MONTANA (CONTINUED)



Ambassador Judy Mongin with Home Host Virginia Bouras-saa at opening ceremony at Missoula's Confluence Center.



Ambassadors Margaret Epplin & Ron Mowers with home host Michael Flanagan FF WW - Missoula



FFCI ambassadors Diane Oppedal and Sedahlia Crase with their host Donna Munyer at opening ceremony at Confluence Center, Clearwaters Foundatin in Missoula.



Ambassador Joan Mathews with Home Host and Missoula Journey Committee Chair, Rita Cheek at opening ceremony.



Sharon Bowers, FF CR/IC along with Richard Schroeter, FF WW/NI listen to lecture on the internment of U.S. citizens at Ft. Missoula at Historical Museum at Ft. Missoula (HMFM)



Ambassador Marty Novak (FF Cedar Rapids/Iowa City) and her Home Host Susie Batiuchok at opening Ceremonies at Missoula Confluence Center.

OUTBOUND JOURNEY- MONTANA (CONTINUED)



FFCI member Sedahlia Crase and Richard Schroeter, FF Western Washington/Northern Idaho, listen to a lecture from a faculty member from University of Montana at the Missoula Fire Sciences Laboratory tour.



Claudia Jean Holcomb & Carol Ann Grim (left to right) both members of FF Greater Des Moines, take a break from getting to know their hosts Tom and Lori Webster to pose for a photo.



Journey Farewell dinner in Missoula Restaurant.



Ambassador Ron Mowers with Home Host Michael Flanagan at Irish fest in Missoula.

MESSAGE FROM OUR MEMBERS
FROM CAROLE MAGILTON

Joan Herwig wrote the following article pertaining to a lady from the New Zealand Friendship Force. Alice has since passed away. She certainly was living proof that Friendship Force does promote friendship among countries.

Carole Magilton

We say that Friendship Force is about meeting people and becoming friends, about experiencing the culture and daily life of people in other places, about sharing, and communicating. And this has certainly been the Friendship Force experience for Carole Magilton and me. We could not have anticipated the richness, the wonder, and the amazing connections with Friendship Force members from around the world when we joined FFCI in 2007! Here is a brief story of one such "connection during our recent exchange to New Zealand.

We first met Alice Walker in 2009 when we joined our FFCI Exchange to Saratov, Russia. She joined our Open World exchange that took us to Moscow, Saratov, and St. Petersburg. A very amiable, energetic woman who enthusiastically told us about her beloved New Zealand as we traveled together throughout Russia and became friends.

Then, in 2010 we had an FFCI Exchange to Accra, Ghana, and Alice, again, decided she would like to join us since she had not been to Africa yet. So, early on the morning of our first day in Accra, we heard a knock on our bedroom door....and there was Alice! She had arrived in the wee hours of the morning and was "full steam ahead" for adventure and new Friendship Force connections. And we shared many memorable events and cultural places during the 2010 World Cup when Ghana beat the USA!

In the passing years, Alice has come to visit us FFCI ambassadors in Iowa on several occasions and she has remained in email contact with some members.

In early 2014, Carole and I began to explore possibilities for an FF exchange to New Zealand that would include the October 14 to 16 FFI World Conference plus an extended tour. We found the Sarasota, FL Friendship Force club's New Zealand exchange plus conference and tour of the FF World Catalog, it fit our criteria perfectly. We applied and made the necessary arrangements. And guess what? Yup, you guessed it! Our homestay was in Whangarei, New Zealand Alice's home Friendship Force club. Did you also guess that Alice was the Exchange Director for this Sarasota, FL Exchange? How incredible is that?

We are happy to report that Alice continues to be an "amazing energizer bunny" as she led us into gardens and museums and the Maori Treaty Grounds, organized afternoon tea and evening dine arounds and attended to our various comforts while sharing the best of her community. Alice and her red Ford were a force to be reckoned with! At the end of our Whangarei exchange, we all decided that we want to be Alice "when we grow up"Alice is 87 years old.

Indeed, it was a pleasure to experience Alice's community, to befriend her friends and so to learn about her beloved New Zealand.

Wonder where we'll see Alice next?

Joan Herwig and Carole Magilton



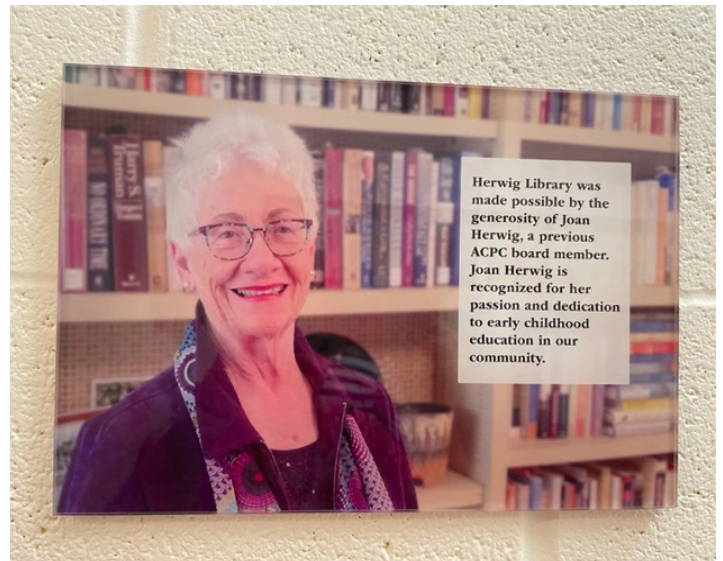
Joan Herwig and Alice on an earlier Journey together with other FFI friends..

NEWS FROM THE MEMBERSHIP

Carole Magilton sent a flyer inviting FFCI members to attend the Open House in honor of Joan Herwig's Library at Ames Community Preschool. This was held on Monday, October 23, at Ames Community Preschool 920 Carroll Ave, Ames. Joan was a very active member of FFCI serving as president and leading several journeys. Margaret Eppliin, FFCI Secretary

On October 23, 2023 many current, active FFCI members took the opportunity to accept this invitation and attended the community wide celebration honoring the opening of the Joan Herwig Library at the Ames Community Preschool, 920 Carroll Ave in Ames. Joan was a long time active member of FFCI as a former Club President, Club Historian, Journey Coordinator and in many other leadership positions on the FFCI Board.

A Plaque honoring Joan is mounted beside the door to the Joan Herwig Library



Herwig Library was made possible by the generosity of Joan Herwig, a previous ACPC board member. Joan Herwig is recognized for her passion and dedication to early childhood education in our community.



On September 9, Dennis Dake FFCI Inbound Journey Coordinator presented a check for \$150 to Patty Yoder, Executive Director of Food at First as a charitable gift from the 15 Ambassadors from Friendship Force of Long Island, New York, who participated in our recent Inbound Journey. This donation is given to Food at First to support their organization's efforts to provide food to the hungry & needy citizens of Ames and surrounding area 365 days per year.