



President's Letter to Membership

Dear FFCI Members,

By the time you read this, we will already be half way through the Friendship Force year. We have had some very interesting get togethers. We have heard from past friends and are looking forward to getting back together with them in September 2025. We have had some new members and if we have not yet met them, we look forward to meeting them. Thank you members for helping keep this club active and fun.

Sincerely, Alta Byg, President

Board of officers meeting September 17

Our next Hybrid Board of Officers Meeting will be held on September 17th from 4 to 5 pm at 2127 Coneflower Court. This will be open to all officers as well as the FFCI members. Plan on having some snacks and some wine. If you have something which needs to be brought before the board, make sure to get those thoughts or ideas to me at least a week before the board meeting so I can get it on the agenda.

FFCI Annual Meeting October 26

On October 26, at 10 am we will be holding our FFCI Annual Meeting. We have reserved a space from 10:00 to 1:00 on October 26 in the Fireside Room at Northcrest The Annual Business Meeting with a Pizza Party for everyone will round out the day. Watch Page 3 of this Newsletter for additional information on this important event.

World Friendship Day in March 2025

We still need someone to volunteer to plan an event for World Friendship Day in March 2025. World Friendship Day is observed by FFI each year on March 1st. It marks the date the organization was officially established. Now, every March 1st is an opportunity to honor the connections that enrich our lives.

Clubs and members are encouraged to plan activities on March 1, or throughout the month of March, that embody the spirit of friendship and showcase the power of cultural exchange.

Looking for inspiration? Why not host an international feast for friendship and ask your guests to bring dishes from different cultures? Or plan an event with a local school or cultural organization to learn about different world traditions, languages, and customs. You could make a positive impact in your community by organizing a volunteer service project. And, of course, you can use Zoom for virtual meet-ups with old Friendship Force friends from around the world.

If you would like to help organize an event, please contact Alta Byg at altejerbyg@gmail.com, FFCI President.

Calendar of upcoming events

September 17, 2024

Board of Directors Meeting
2127 Coneflower Court (all welcome)

September 18 2024

Fall Day Out at Lucky Pig and Deal's Orchard

RSVP by September 16 to Ginny Huntington

FFI North American Conference October 7 to 10.

closed enrollment email Debbie Powell at debbie@friendshipforce.org
about waiting list.

October 26, 2024

FFCI ANNUAL BUSINESS MEETING & PIZZA PARTY

Northcrest Fireside Room
10:00 to 1:00

RSVP to Dorothy Dake by October 2.

December 7, 2024

FFCI HOLIDAY GATHERING.

11:30 until 2:30.

Village Cooperative of Ames
Details next Newsletter

FFI North American Conference October 7 to 10.

It is too late to register, if you were hoping to attend and would like to be waitlisted in case of any cancellations, please email Debbie Powell at debbie@friendshipforce.org

Some topics which will be discussed are: Climate Change and why it matters to Friendship Force; Social media – Get into the game; Be a better global citizen; Trending to the Future: FFI's Evolution and more.

Central Iowa Friendship Force is giving a scholarship to the first 5 members who sign up to attend the North American Conference being held in Milwaukee Wisconsin. Get your tickets to the conference and send a copy to our Treasurer, Jerry Byg at jabyg@msn.com to request your scholarship reimbursement.



Incoming Journey for September 2025

In May, Dorothy Dake heard from Lori McBeth, of Brandon, Manitoba FFI Club. Lori and her husband hosted Dennis and Dot Dake in their home in 2017. The Brandon Manitoba Friendship Force club was to have been hosted by our club in 2020 which was curtailed by Covid 19. The board of officers have decided to invite them to be our incoming journey for September of 2025. This incoming journey will be a fun but challenging event. I have already heard from some people who indicated that they would be willing to take an active role in planning this inbound journey. If you will be able to take part in helping to plan this incoming journey, please contact Alta Byg, FFCI President at altajerbyg@gmail.com. Preparing for this incoming journey will take the whole club, please do not wait to be asked.

FFCI at the Cellar Winery Sunday July 21st

On July 21st, the afternoon was warm, the breeze was slight and the company was enjoyable. Lynn Avant, Charene Starcevic, Alta & Jerry Byg listened to some music with Major Blues and the Mugshots, while enjoying some hors d'oeuvres and wine. The Cellar Winery provides music every Sunday afternoon from 2 to 5. The Cellar is located at 2183 320TH Street, MADRID, IA 50156, south of Ames on South Dakota, turn right onto 320th Street, go 3.2 miles. The Cellar is on the right. Alta & Jerry are there most Sundays so come and join them.



October 26 - Annual Business Meeting and Pizza Party

FFCI ANNUAL MEETING AND PIZZA PARTY

OCTOBER 26, 2024

10 am to 1:00 pm



**Northcrest Fireside Room
2300 Northcrest Pkwy
(Just North of Ames High)**



Parking is limited so carpooling is recommended.

Those who participated in Chair Yoga know exactly where the Fireside room is located.



No gratuity or room rental fee: thanks to our Northcrest FFCI Member Diane Oppedahl.
There will be a jar marked "Kitty" for a free will offering for the pizza, not to be confused with our own Kitty Fisher.

10:00 Annual Business Meeting Called to Order

(quorum needed for votes)

11:45 approx. Pizza Party to follow

(veggies, salads and desserts provided by FFCI Board Members.)



Just so we can get a rough count
Please RSVP by October 2nd to
Dorothy Dake (dotdake 42@gmail.com)

Or call 515-292-1145

September 18 - FFCI - Fall Day Out

Members and friends join
Friendship Force
of Central Iowa
on Wednesday, September 18, 2024
for a Fall Day Out

Spend a beautiful fall day with us for lunch at the Lucky Pig in Ogden and then on to Deal's Orchard to walk through the fields of blooming flowers and have apple pie and ice cream.



Meet at 10:30 am at the First Christian Church parking lot at 611 Clark in Ames.

Cost is \$5.00 (for pie) and your own cost for lunch and any flowers you cut.

Please RSVP by Mon. Sept 16 to Ginny Huntington

gphuntington@gmail.com or 515-296-0248

and let us know...

- ? 1. How many are coming?
- ? 2. Do you need a ride?
- ? 3. Are you willing to drive and how many passengers can you take?



If needed, the rain date is Thu. September 19 th

July 23 - Clear Lake Trip

Dorothy and Dennis Dake and Corry Bertelsen planned the Clear Lake outing. They drove up a week in advance to familiarize themselves with the area and to gain information.

On July 23, seven FFCI members plus Nick Bertelsen left from the parking lot of First Christian Church in three cars at 8:45. En route to Clear Lake, they picked up a prospective new club member at the Dows exit. Their first stop was at a Freedom Rock in Clear Lake which was painted by one of Dennis' former students who has painted more than 70 others in the state. The next destination was the Surf Ballroom where they paid for a private tour and saw a black and white movie about the history of the ballroom. People were so fascinated by the place that it was difficult to leave and stay on schedule. The green



Surf Ballroom Clear Lake, IA



7 FFCI members plus guests pose with memorial to 3 rock stars who died in plane crash in 1959.



Dot Dake entertains with Buddy Holly song.



City park pavilion for lunch



room had signatures of many famous people on the walls who had visited there. Dot Dake performed a Buddy Holly number "Oh Boy" on the stage.

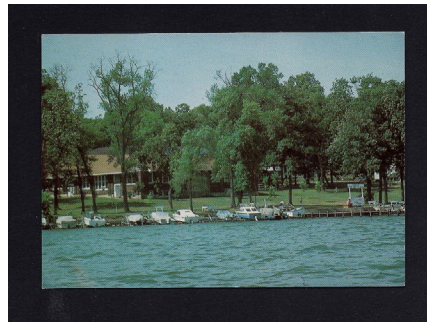
Suddenly a storm whipped up and it got cloudy, windy, and cold. They decided that after eating sack lunches in the City Park pavilion, they would get sweatshirts or jackets at the local thrift store because no one had thought to bring any due to the fact it was 85 degrees when they left Ames. No one wanted to be cold while out on the water in the boat. Everyone loved the store and wanted to continue shopping. As soon as they walked out of the thrift store, the sun was out and it was near 85 degrees again and no one needed their

purchases.

At 2:00 the nine explorers took off from the City Park for a 14-mile tour around the lake. They parked by the Sea Wall, which was built by the WPA in 1936 and is on the Register of Historical Places. One person in each car read from a script describing what we were seeing. The City Dock and the Clear Lake Yacht Club came next. They headed on South Shore Drive to see cute rental cottages by the City Beach and the Outing Club built by businessmen from Mason City in 1895. Their concept turned out to be the first condominium built in the U.S. They passed the only hotel on the water, the Lakeside Inn, and drove through the popular campground at Clear Lake State Park, then pulled into the parking lot of P.M. Park which was built in 1914 by the Oddfellows, a secret society. It is now a restaurant, hotel, and outdoor bar. They drove through the former Methodist camp where all of the cabins were once owned by churches. They drove past the Girl Scout Camp to the town of Ventura (also located on the lake) where we saw an art deco gymnasium and auditorium where basketball player Lynne



Clear Lake Sea Wall - on Register of Historic places.



Former Methodist Camp on lake front - now in private hands.



Ventura Jr. - Senior high school - Where Lynne Lorenzen set National scoring record.

Lorenzen set the national high school girls' career scoring record in 1987. At McIntosh Woods they saw the only two yurts in the state park system available for rental. They drove past the Regular Baptist Camp which has lots of fun things to keep kids out of trouble--like a climbing wall and an inflated pillow in the lake to jump onto from a diving board. There is always a waiting list to get into their camp sessions.

Back in the city limits of Clear Lake, the group stopped at the State Fish Hatchery to see tanks of typical fish found in the lake, such as walleye, perch, and muskie. Close to the Surf Ballroom they saw Three Star Plaza, a small city park that is a tribute to rock 'n roll icons Buddy Holly, Richie Valens, and JP "The Big Bopper" Richardson. A spindle sits in the center of the plaza, with three stacked records on top. With the push of a button, you can hear their stories and snippets of their songs.



DNR Fish Hatchery and Wildlife Exhibit



Three Star Plaza tribute to 3 rock and roll icons.

The group met up again at the Lady of the Lake paddlewheel boat by 3:45. It was supposed to take off at 4:00, providing there were enough people to take it out (which is 15). Good news! There were at least thirty-five people waiting to get on. Bad news! At 4:00 the boat owner showed up with a rubber hose in his hands which he said was an essential part of the boat which needed to be installed now so that the boat could go out at 7 P.M. They decided to go with plan B, which was to walk around the Central Gardens of North Iowa, which is



Lady of the Lake (a no show for engine repairs)



Gate to Central Gardens of North Iowa.

just a few blocks from downtown. It is three acres of themed flower beds, ponds, a stream bed, and art. They sat and talked in the shade before heading to the Half Moon restaurant at 5:30. The place filled up with people who came in later and were getting served before our group. (That often happens when you're in a large group.) But the FFCI group had lively conversations, so they relaxed and ate bread before the delicious meals arrived. Everyone was were back in Ames by 9:00.

Corry Bertelsen



Half Moon Restaurant and Supper Club

August 27 - Chair Yoga

On Tuesday August 27, twelve members of FFCI gathered at the Northcrest Fireside room for chair yoga. The surprise guest instructor was Cheryl Binzen's daughter Mira Binzen, a certified yoga therapist. Mira, who was extra kind to her students that day, lives in the Minneapolis area.

Diane Oppedal arranged for the venue and helped with set up and clean up. Carole Magilton assisted with refreshments, serving and clean up. Yoga poses were done sitting in a chair for no stress exercise. Thanks to all who organized and participated.



Left, Mira and Cheryl lead yoga exercises.

Right some of FFCI members participating.

