



friendship force

CENTRAL IOWA

October/November 2025

FFCI Officers

President

Alta Byg

Vice-President

Marcia Thompson

Treasurer

Jerry Byg

Secretary

Cheryl Binzen

Newsletter

(You are needed)

Membership

Dennis Dake – Needs a co-chair

Activity Committee

Charene Starcevic

Dot Dake

Margaret Epplin

Name Badges

Kueier Chung

Carole Magilton

Friendship Committee

Susan Woodle, Needs a co-chair

Add your ideas

We are always open to additional thoughts and ideas.

Dear FFCI Members,

It is time for our club to begin planning for the upcoming 2026 year. Our activity committee is already coming up with some fun events for the upcoming year. Hope you will consider becoming involved, and join us for another year of friendship, fun and travel.

Saying that, it is also time to find officers for the upcoming year. Just remember, this club cannot survive without volunteers. The key to any volunteer organization is to have several people who step up and help as much as they are able. The adage, “Many hands make light work” refers to any task becomes easier and quicker when a group of people contribute their efforts. To throw your hat in the ring, please email altajerbyg@gmail.com. If you enjoy this organization, please volunteer!

Join us at the Annual Meeting and election of Board members which will be held on November 22 at 10 am at Northcrest Great Room.

Richmond, Virginia outgoing journey was September 9 through the 16th, we had a blast; wish you could have joined us. See the article below to find out what all went on.

Alta Byg, FFCI President

Upcoming FFCI Dates:

October 17, Happy Hour; Witchcraft & Skepticism.

Watch your email for time and additional information.

November 22, 10 am to 2 pm FFCI Annual Business Meeting; Northcrest Great Room.

December 6th, FFCI Holiday Party - Village Cooperative of Ames, 2525 Bobcat Drive

We need 2 people to be Journey Coordinators for the incoming journey in the spring. We also need 2 people for the outgoing journey in September. Please text Alta at 515-450-8397 or email at altajerbyg@gmail.com

It is time to renew your FFCI membership

We will have membership forms available at the Annual meeting on November 22. Be prepared, bring your check book and a pen to complete the membership form. The annual fees for FFCI will remain at \$40.



Journeys for 2026

Your input is needed for an incoming and outgoing journeys

I have ONLY heard from 3 members and a decision needs to be made. We need your opinion!

We have received information about the upcoming journey. The Southern New Jersey club would love to visit our club in **spring of 2026**. We need to let Taryn with FFI know if we are NOT interested in hosting an incoming journey. The good news is that we have prepared for Brandon as an incoming journey so much of the preparation work has been done.



Before September 30, please fill out the survey. Click on the link to pull up the survey:
<https://forms.gle/tg2wGBddkuxfEPDa6>

September 2026 Outgoing

Central Iowa, USA has been given an outgoing journey for 2026. Our club will be traveling to Greater Hamilton and Burlington, Canada. Greater Hamilton and Burlington Canada are in the Niagara Falls area. On our recent journey to Azerbaijan and Armenia, we were very lucky to have the opportunity to meet Willie & Joan Avis, who are members of Greater Hamilton and Burlington, Canada. They are an awesome and funny couple and it sounds like their club will show us a fabulous time while we are visiting.

Click on the following link to give our leaders some input.

Before September 30, please fill out the survey. <https://forms.gle/3rML9iY9JWPYWE3c7>



R to L: Jane Carr, Rose Schultz, Joan & Willie Avis

The best way to get more members is for our club to do more things and invite people to join us! Your input and assistance are vital!

Let's Eat Out at Aunt Maudes.

Charene Starcevic and Margerat Epplin organized a LEO at Aunt Maude's at 11:30 am, on September 18th. As co-chairs for the activity program Margaret and I are thrilled with the group of 16 members who attended this LEO.

Thanks to those who attended: Alta & Jerry, Lynn Avant, Lynne VV., Marybeth, Judy, Peggy, Dot & Dennis, Stu & Ginny, Kitty, Park & Susan who brought a guest, Josie, and myself. Margaret and Ron were unable to attend and we missed them both.

Everyone introduced themselves and talked about a variety of things we enjoy.

We requested ideas for our monthly get togethers from everyone and received many great ideas. We will be presenting them to the group and hope to fill out our 2026 calendar at the Annual Meeting on November 22nd.
Charene Starcevic



Ginny Huntington, Jerry Byg, Alta Byg, Dennis Dake, Park Woodle, Kitty Fisher, Josie Rose, Lynn Avant, Charene Starcevic, Judy Mongin, Lynne Van Valin, Susan Woodle, Dot Dake, Stu Huntington, Peggy Faden and Marybeth Buchele.

HISTORY HAPPY HOUR: WITCHCRAFT & SKEPTICISM

Save the date: October 17th

Ames History Museum, 416 Douglas Ave.
Join Lynn Avant and Joan Mathews as they are planning a special evening out at the Ames History Museum. This will be a spooky evening at the museum! You will enjoy 2 drinks, a witchcraft history talk, and time to view the museum's exhibits. Be aware, you must be 21+ to attend this event. You will need to bring a valid ID.

NO bribery will be allowed.

**Watch your email for
more information!**

Upcoming Dates for 2026

2026 Board meetings are open to all members, please feel free to attend either in person or via Zoom. If interested in attending via Zoom, contact

(put these dates in your calendar):

Board meeting – January 20, 2026 at 4 pm.

Board meeting - March 17, 2026 at 4 pm.

Board meeting - June 16, 2026 at 4 pm.

Board meeting - September 16, 2026 at 4 pm.

FFCI Annual Meeting: November 7, 2026 at 10 am

**2026 North American Regional Conference:
April 24-26 Memphis, Tennessee**

FFCI Catching a Radio Wave!



Twelve members of FFCI attended the 29th Annual Senior Variety Show "Catch a Radio Wave!" on Saturday, August 16th. Thanks to Kitty Fisher for organizing and getting tickets to the attendees of the show. Kitty not only helped organize this gathering, she was also a performer in the Senior Variety Show. Another FFCI member, Peggy Faden also performed at this fun, money raising event. The other members just enjoyed some of the jokes, antics, and music of the talented performers.

After the Senior Variety Show, the members stopped at Torrents Brewing Company, 504 Burnett Ave. to have pizza from Papa Johns and beverages from Torrent, play some games, challenge our brains with some trivia questions. Just to let you know, our members are very smart and rocked the trivia questions. Jerry thought the trivia questions were too hard for our group.

(Told you so, Jerry!)



Pictured: Karen Wilson, Judy Mongin, Charene Starcevic, Lynne Van Valin, Park & Susan Woodle, Cheryl Binzen, Dennis & Dot Dake, Margaret Epplin & Ron Mowers, Jerry & Alta Byg, (Not pictured: Peggy Faden and Kitty Fisher) Peggy and Kitty had a cast party before they could join us at Torrent.



Left: Kitty (center) not only helped organize the FFCI event, she helped organize and performed in the Senior Variety Show.

Central Iowa Friendship Force Journey to Richmond, Virginia



On September 9, 2025, seven Iowa Friendship Force members arrived in Richmond, Virginia 20 minutes early and caught the Richmond Friendship Force setting up for our welcome. We were warmly met by our hosts and many members of the Richmond Club. The Welcome Party was held in the lovely home of Margaret Grove, where we were served a traditional Southern dinner of Fried Chicken, Collard Greens, Cornbread and Sweet Potatoes. On September 10th, we visited the Virginia Museum of Fine Arts. We saw art from around the world; many

paintings and statues as well as one of the largest Faberge' collections in an American Museum. At the end of the day, we had a self-guided tour of the Mexican artist Frida Kahl. Frida created art while overcoming Polio, a bus accident, which left her in a whole-body cast and almost constant pain. The evening of the second day we enjoyed some food and drink while listening to some jazz musicians. Thursday, we started at Virginia State Capitol.



Designed by Thomas Jefferson in 1785. We toured the governor's mansion and St. Paul's Episcopal Church where many famous men in history attended church.

At the church, some of the stained-glass windows were created by Tiffany Glass. The following day we were able to visit the Luck Stone Quarry, going down into the quarry pit to watch some of the large trucks being filled, watching them dump their load into the stone crushers. It was very interesting and we each got to take a souvenir home. The people from Iowa took home a small rock, where some of



the locals picked up several large rocks.



On September 12th we visited the University of Richmond. One of the stops was a newly reopened Geology Museum, where we saw many rocks which fluoresced in different light waves. We saw fossils one of which was from the Badlands of South Dakota.

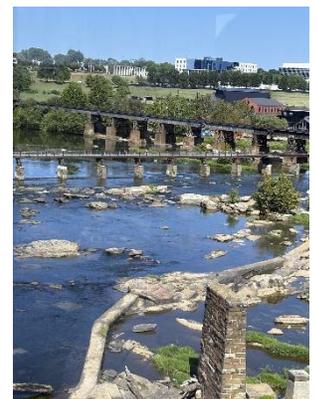
On Saturday, we went on a Trolley ride around Richmond. Many of the people from Richmond joined us and learned things about their city. After lunch we went for a River Walk

which was built to hold back the floods which come when they have hurricanes along the coast. Sunday, we spent time with our hosts, people all saw something special.

Jerry and Alta went to Williamsburg, VA. Monday, we went to Virginia Commonwealth University to visit the special collections. We saw books as art; we were all were



fascinated. We had lunch at Texas Inn, which is a great place to eat. If you are looking for a place to invest, they are getting ready to sell franchises. The final evening the Farewell party was in the back yard of a member's home. We were serenaded with a kazoo, given a poem of our visit and plenty of food to enjoy. We all had a great time, but the best testament was what first time traveler Susan Woodle asked which



was, "Are all journeys this Magical?" The answer is YES, join us on the next one. Alta & Jerry Byg

Save the Date!!!

Join us on November 22, 2025 at 10 am

at 2300 Northcrest Parkway, Great Room

For the FFCI Annual Meeting

We will be holding the annual meeting beginning at 10:30

Membership renewal, bring your check book, membership will

remain the same at \$40 for 2026

Watch your email for the meeting agenda.

We will have a Pizza party with free will donation

Paper plates, soda, water, and dessert will be provided



SAVE THE DATE!

April 24-27, 2026

Memphis, Tennessee

**2026
North American
Regional
Conference**

**WELCOME CANADIAN, MEXICAN, AND USA MEMBERS!
DETAILS AND REGISTRATION THIS SUMMER**

