



March 14th: Historian & Author, Debra McCauslin, will speak on the history of the Underground Railroad in Pennsylvania



Friendship Force of Greater Seattle Newsletter: March 1, 2021

Upcoming FFGS Events!

Sunday, March 14, 2021 2 pm General Meeting on Zoom Author Debra McCauslin – Underground Railroad

Wednesday, April 14, 2021 Zoom Board Meeting: *Noon*

Sunday, May 16, 2021 at 2 pm Karen Bush (FF of Sarasota) will speak on: Cambodia and Vietnam



President's Comments

As spring approaches, the good news is that significant progress is being made against Covid-19 — infection rates are down; people are being vaccinated at an increasing rate; a third vaccine has just been approved. As the days get longer and warmer, we look forward to a return to more normal activities over the next several months.

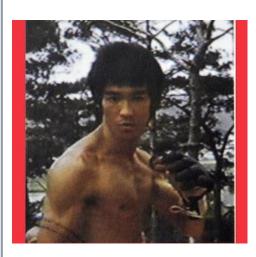
In order to comply with European Union security requirements, all Friendship Force members will require a unique member ID. Additional guidance will be available over the next few weeks, but be aware that each member will require a unique email address to pair with their unique member ID. Members currently sharing an email address with another must ensure each has their own email address.

Several long-term members, each strong contributors to our club, have recently departed our club. To recognize their contributions and ensure each remains part of our Friendship Force family, the board will be inviting each to continue as Associate members. They will continue to receive the club newsletter and may participate in club social activities if they choose. There are no Associate dues. Another announcement this month concerns ensuring the health and safety of our members as we renew journey planning activities. A club Covid-19 policy is under development, with additional details to follow. Finally, I expect to receive notification of our 2022 journey assignments shortly, and will let you know as soon as I know. Please let me know if you have questions. - - - **Bob**

Historian and author Debra McCauslin will speak to us about the Underground Railroad in south central Pennsylvania, particularly Adams County/Gettysburg, a region well known for assisting slaves pre- and post-Civil War. She will tell us about an African American community called Yellow Hill which provided a safe haven during the Battle of Gettysburg (July 1-3, 1963) and played an integral part in the Underground Railroad. The Religious Society of Friends (the Quakers) were well known for their work in the anti-slavery movement, and Debra will describe how their religious perspective led to action in the Civil War era.

Wing Luke Museum Virtual Tour Sunday, Jan. 10, 2021

Our virtual tour of the Wing Luke Museum emphasized the historical everyday life of Chinese immigrants in Seattle and Bruce Lee's early career and social justice interests. Our hosts took us on a tour that showcased Seattle social clubs, sports clubs, and inexpensive housing where Mr. Lee would have had his first experiences of life in Seattle. The friendly and informative guides had anecdotes about their own experiences related to Bruce Lee's life story. Our docent was impressive in his ability to carry a camera and keep up a running commentary so that we had a live view of the scenes he was describing without running into walls or other pitfalls. It will be well worth seeing the exhibits again when we can do so in person. Check out this interesting article on Bruce Lee's Seattle connections.



February 7, 2021 Zoom Presentation featuring Mengwei (Crystal) Chen Point of View: How to Communicate Culture to Mitigate International Crises

Ms. Chen told her moving story of life as an eight year old child who moved to a country she didn't understand and without speaking the language. One of her funny anecdotes was about drawing a picture of a bathroom, trying to get across her message, only to be misunderstood several times until another child figured out that she wanted to find one, not illustrate one. Crystal jokingly mentioned that this early language improvisation is perhaps why she still uses her hands a lot when communicating! She has learned to be successful as an American without losing sight of her heritage. She is the Founder and President of the Ancient Chinese Association (ACA) at the UW that helps American students and others to understand more about the Chinese culture than the stereotypes while enhancing the meaning of culture and combating miscommunication and crises. Awed by her work as a 2020 summer intern with the White House Initiative on Asian American and Pacific Islanders (WHIAAPI), we can't wait to see what Crystal does next as she prepares to graduate this spring in Marketing and English. Thankfully, she plans to stay in the area. We look forward to another presentation by Crystal in the future!



Prepare for our new name!

Seattle Tacoma Friendship Force (STFF) is changing TO Friendship Force of Greater Seattle (FFGS). Make out your membership checks as STFF to our treasurer, Barbara C, until the change has been made at the bank.



Looking ahead to MAY!

Karen Bush from the Friendship Force of Sarasota, will return with a program on Cambodia and Vietnam. She was our October, 2020 speaker on Indonesia, and we welcome her back to share her great slides and tell us about her Friendship Force journey to Cambodia and Vietnam.

Mark your calendars for Sunday, May 16th at 2 pm.









Elaine - March 2021 New Member Profile!

Elaine grew up near Atlantic City, New Jersey on the Atlantic Ocean. Her parents owned a motel where she worked doing everything from cleaning to laundry count to working the office. She enjoys a lifelong craving for the ocean.

She graduated from the University of Pennsylvania and began work at a Eugene, OR private school for children with developmental delays. Inspired by educational processes and techniques they piloted in association with the University of Oregon, Elaine earned a Masters in Education from Portland State U. She also began practicing Buddhism with Soka Gakkai International, which teaches how to chant, face every problem and challenge, and overcome them.

Working at a summer camp for speech-impaired children in the Blue Mountains near La Grande, Oregon, Elaine became fluent in sign language. She then worked as a sign language interpreter in a classroom, a Special Education Teacher, owned and operated an Italian bread bakery, ran a work experience unit for developmentally delayed high school students and taught some of the most dangerous young men in Oregon. These young men were only dangerous because of the severe nature of their autism spectrum disorder combined with being raised in a public institution for those with developmental delays. Through chanting, strong determination, and teaching her staff how to work safely and with deep respect for these students, Elaine was able to find jobs in the community for them and keep everyone protected. At the end of that teaching opportunity ARC of Benton County awarded Elaine *Teacher of the Year*.

In 1994 Elaine moved with her family to Battle Ground, WA (mockingly named for a 1855 battle wisely avoided between Fort Vancouver's Captain William Strong and the Klickitat nation.) She spent a year writing, then returned to the classroom, first elementary school and a few years later to high school, teaching students with learning differences.

While teaching Biology to a reluctant student, Elaine realized the subject fascinated her. For her "mid-life" crisis she returned to school to get certified in Biology. She taught Biology, Microbiology, Zoology, and AP Biology. Seattle has wonderful companies and organizations that support authentic research in the classroom. In association with Fred Hutchinson Cancer Research Center, Systems Biology, NW Association of Bio-Medical Researchers and others, she was able to conduct wonderful labs in the classroom, have students analyze data and return results to the investigators, write grants for for research equipment and bring students on field trips to work side by side with scientists.

Elaine took a teaching job at Issaquah High School, closer to the bio-tech available in the Seattle area, and moved to beautiful Snoqualmie. Nestled in the Cascade foothills near Snoqualmie Falls, there are endless wonderful trails - the Raging River Mountain trail (absolute favorite), Big Si and Little Si trails, Mount Tenerife and Rattlesnake Ridge.

Elaine retired in 2014 and started traveling: the Black Sea, Italy, Japan, the Galapagos, Peru, New Zealand, Myanmar, Vietnam and Cambodia. She loves outdoor adventure far more than touring big cities! Her cousin, Margie Johnston, who lives near Washington, D.C. introduced her to FFI. Margie and Elaine love to travel together - their trip to New Zealand was through Friendship Force. This trip took in the Maori Village, Te Whakarewarewatanga O Te Ope Taua A Wahiao (lunch cooked in a steaming, volcanic vent), mountain bike riding, kayaking and blooming botanical gardens, maintained by her host. The greatest treasure, of course, was meeting so many wonderful FF members and getting to know them! Elaine is HOOKED on the wonderful connectedness of our members!

Concerned about her city's rapacious growth, plans to build on a brownfield site that would worsen pollution of the Snoqualmie River, and tens of millions of dollars missing/poorly spent, Elaine ran for City Council. It was a great adventure talking to residents about their worries/priorities for the city. She didn't win and doesn't plan to run again, but is still involved with Citizens' Climate Lobby and Snoqualmie Community Action Network.

Elaine enjoys hanging out with her daughter who works for King County doing contract review and fighting for racial and social justice. And she loves visiting her son and family in Pocatello, Idaho. He is the Jazz Department Head at Idaho State University. Elaine has two grandchildren.

Zooming Towards Friendship - Mary D, FFCC Activities Coordinator

In late **November**, the FF club of Greater Seattle showed us their lovely area, shared its history, had fun contests, and began the process of making friends with members of FFCC. Using Zoom, 18 members shared virtual day trips in and around Seattle. They did a great job of introducing themselves and sharing the beauty of their area.

In addition, there were some really fun activities. The first evening, everyone was asked to wear raingear (this is the Pacific Northwest). Prizes were awarded for the best. For the final evening, it was "Classy Tops and Casual Bottoms." Jim A won a prize for his outfit--an authentic Panama Hat, sports jacket and shirt set off with a tie from Australia. When he stood up, he revealed swim shorts from Myanmar. What a fun time we had, enjoying creativity and good old laughter, in short supply recently. FFGS sent prizes for the winners of the contests.

FFGS initiated a very worthwhile discussion on the most useful travel tips. Both clubs contributed suggestions (see p. 4 of FFGS January 1st newsletter for a great list!) Afterwards, FFGS sent items made by members and club pins.

In February, FFCC reciprocated with two evenings and an afternoon ending on Valentine's Day. We heard presentations on: *History of Portland* and the *Tryon Creek Natural Area* (Larry and Corinne S), *Travel Inspired Fabric Art* (Gwen W & Emily S), *Tualatin Valley and Quilty Blocks* (Emily S), *Ft. Vancouver and Officers' Row* (Georgie S), *Columbia Gorge and Mt. Hood* (Laural E), *Portland Japanese Garden* (Mary D), *McMenamin's* (Sharon D), *Mt. St. Helens* (Jane P, FF Lower Columbia Club), *Gifford Pinchot National Forest and Mt. Adams* (Pat S). What great ideas when in-person Journeys can take restart!

On Valentine's Day, participants wore creative, Valentine-inspired Covid masks. Such amazing creativity! **Winners from FFCC** were Jim A, David & Doris M, Marguerite M, Sharon D, and Billie G. Karen, Linda, Ilene, and Eleanor were **FFGS winners**. Prizes, goody bag items, and club pins are off to members of FFGS. Thank you, Pam B, for making notecards as prizes for all the winners.

We had a great discussion on the best hostess gifts that we have received. These included such things as wheat from Kansas, pottery plates, local fabric, shells from NZ, slippers, jewelry, and a Japanese fan. Lori R says that she sends a postcard to her Ambassadors about 6 weeks before they arrive to welcome them and another about 2 weeks before. She explains the expected weather and makes guests feel welcome even before they arrive.

We also talked about what we like to take as hostess gifts as well as great places to find hostess gifts. Wonderful gifts can be found at gift shops such as at Multnomah Falls, Bonneville Dam, Oregon Historical Center, Timberline Lodge, and Rose Garden as well as places like Powell's Books, Saturday Market, and Seattle's Pike Place Market. Suggested items included: huckleberry/marionberry jam, bookmarks, homemade items like notecards or jam, dish towels, local cookbooks, books, or fabric, picture books of our area, touristy coffee mugs, history calendar of area, Pink Martini CD, postcards and stamps, coasters, Oregon salt, re-useable area themed bags, blown glass, subscription to a local magazine, dried smoked salmon, Seattle chocolates/bars, Aplets and Cotlets, local t-shirts or hats.

This would not have been possible without the help of FFCC members Gwen W (technical expertise to create/present PowerPoint talks), Gwen W & Emily S (goody bag items) and Pam B (notecards prizes).

Members of both clubs supplied info about their interests. We also talked about matching Virtual Friends for those with similar interests. We are invited to Zoom events with the Seattle club and will be inviting them to our events, like trivia contests. We are making plans for a book discussion, also.

Originally, the idea was to get to know members of a club geographically close enough that we could visit each other when we can safely travel again. I believe that we have met that goal and that our clubs have established a fun working relationship. Our in-person meetings will certainly enhance our developing friendships. - - - Mary D, FFCC





The vaccines are coming!

Many of us have had our 1st or even our 2nd doses! The pictures below are from an impromptu work party to sort through club party supplies and decide who will store them. Now, we're ready for some "socially distanced walks, take-out, and 6-foot chats." Let the social committee know when you are ready to join in!





Marsh Park in Kirkland (*pictured below*) is one of 53 Kirkland parks. This would be perfect for a meet-up with take-out, a stroll along Lake Washington Boulevard, fantastic views, and a beautiful sunset. This is one of several great waterfront parks along the LW Boulevard from downtown Kirkland to Carrilon Point (1.6 miles). A stroll along the Beach in West Seattle is another great take-out, walk, stroll option. Great weather is coming!





Judy, Brian, Bart, Roberta, and others have been talking about going to Issaquah's Triple X for several years! It is the last Triple X in the area and they have a great set of outdoor tables. Perhaps this would make a great FFGS informal meet-up. If you're like me, you are ready to visit and see people in person!

Did You Know?... that almond milk isn't a recent health fad?

- The use of almond milk dates from at least the 12th century in Europe
- It was used as a substitute for milk, eggs, and meat while fasting during Lent
- Since producing almond milk requires considerable effort, it's use was restricted to the nobility and well-off
- Almonds and almond milk were regarded as healthy, and good for the sick and invalid
- Almonds were also considered good for the brain, especially for the brains of students
- Nuts as brain food is a very old concept

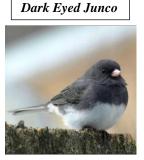
Source: Gastro Obscura, "In the Middles Ages, the Upper Class Went Nuts For Almond Milk, Jim Clarke, December 8, 2017



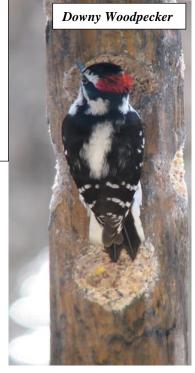
From the Seattle Fantasy Virtual Farewell Dinner Mark cooked roasted fingerling potatoes in butter and garlic, served with sauteed broccoli and house salad, paired with Oregon wine! (Others enjoyed a Salty's Latte or a Baby Yoda Martini...)











Winter Birding Tips from Bart & Roberta

These birds will come to feeders at this time of year: Black Capped Chickadees, Chestnut Backed Chickadees, Song Sparrows, and Dark-Eyed Juncos. Birds that will feed on seed that falls on the ground include Spotted Towhees, White Crowned Sparrows, Stellar Jays (if there are peanuts available), Fox Sparrows (if you are lucky). Suet feeders are excellent for Downy Woodpeckers and Red Shafted Flickers. A word of caution, however, because there are concerns this year about Pine Siskins carrying salmonellosis. "You can help to stop the spread of salmonellosis by discontinuing backyard bird feeding until at least April 1, to encourage birds to disperse and forage naturally," said WDFW veterinarian Dr. Kristin Mansfield. I would suggest you Google Pine Siskins to help identify this bird, and if you see them around your feeders, it might be wise to discontinue feeding and also take down hummingbird feeders for the next month or so. If you don't see the Pine Siskins in the area, some other experts say to clean hummingbird feeders well and frequently (as well as all bird feeders) and leave the feeders up because the hummingbirds especially need the nutrition this time of the year. If you put thistle seed in a feeder you might see American Goldfinch, although it may be a little early for them to be around. American Robins as well as several other birds are beginning to sing to let themselves be known and tell us

spring is on the way! - - - R&B



If Money were no issue & the borders were open, where would you go?

- Joe: Switzerland where grandkids, son, and daughter-in-law live
- Elaine: Madagascar!
- Joyce: Santorini (Greece) with my children/grand children
- Where would you go?



What have you been reading?

- *Elaine: Black Sun*, a pre-Columbian fantasy where religious groups vie with one another for power. It evokes racial/gender equities & what happens when power ignores the humanity of everyone they consider below them.
- Judi: The Sum of Us by Heather McGhee. Part history, part inspiration, the author uses data to show the costs of racism to all of us, answering questions I never understood. Why do people act against their own self interest? Why is it changes that make so much sense never get made? Reading this book helped me see hidden forces that have molded our country and our personal actions. No matter your politics, it is a fascinating book.
- Judy: Follow the River, by James A. Thom, Behind Closed Doors, by B.A.Paris & The Guernsy Potato Peel Pie Literary Society by Mary Ann Shaffer & Annie Barrows. (Brian has read 29 books!)
- *Karen: Agatha Raisen* books (there are 34 so far) by M.C. Beaton
- *Denise: Soul of an Octopus* by Sy Montgomery. Sy is a research scientist who is also a wonderful writer! She takes on the question of what consciousness might be in octopuses. She includes research from various aquariums, including our own Seattle Aquarium. The book is full of surprising reveals, including the bonds between octopuses and their caretakers. A compelling read!
- *Joyce: The Book of Forgiving* by Desmond Tutu, Nobel Peace Prize winner, Chair of The Elders, and Chair of South Africa's Truth and Reconciliation Commision, (along with his daughter, the Reverend Mpho Tutu). This book offers a manual on the art of forgiveness.

We have been binge watching...

- Karen: Agatha Raisen series on Acorn TV (Joe, Mark, Denise, and Joyce vouch for these!)
- *Elaine: Heartland*, a Canadian public television family drama series set in the rolling foothills of the Rockies. Set on a horse ranch that treats troubled/neglected horses and finds them new homes.
- Judy: Most of the PBS crime solving series Vera, Midsomer Murders, Prime Suspect, Father Brown, and Murdoch Mysteries (Judy may not be the only one watching all of these, just saying...)
- Joe: Several YouTube channels (free) such as, Sailing Uma (life aboard a 36' sailing home), Living Big in a Tiny House, and Grand Designs NZ

"Darby O'Gill and the Little People"

St. Patrick's Day is March 17th! Celebrate with an "Irish" movie such as "Darby O'Gill and the Little People". It is actually a 1959 Disney movie, which means that it is a sanitized 1950's version of Irish culture, but still fun to watch. You will enjoy seeing a very young Sean Connery in this movie! (*Sean was Scottish, not Irish, but close enough for Disney...*)





The story takes place in the small, fictional town of **Rathcullen** and is about a caretaker and his daughter who tries to catch the king of leprechauns, King Brian. Expect lots of tricks and shenanigans, both human and leprechaun, and a romance between the daughter and the new caretaker, Sean. You can watch it on YouTube or Disney streaming channel. Watch the trailer here

Making Travel Friends through FF Journeys

I met Jenny S, one of my day hosts, on my first Friendship Force trip, in New Zealand. We just had so much fun talking and found we had a lot in common. We were both divorced, both liked to travel, and both had kids. She came to visit me in Seattle and I visited her in New Zealand. We went on car trips, boat trips, camped, and hiked. One of my favorite trips was our biking trip along the Danube, June 2017. We met up in Munich, Germany, and spent a week touring museums and old castles every day, including touring Neuschwanstein castle, a tour through Bavaria, and a trip to several other castles. We then took the train to Passau, in Southeastern Germany for a biking cruise on a Danube river cruise boat. We biked during the day and cruised at night, going through a total of 12 locks. We stopped at wonderful places such as Vienna, Austria, Bratislava, Slovakia, and Budapest, Hungary. My favorite day was biking through the Wachau region in Austria - biking through wine fields, ancient castle ruins on the hill tops, and walking our bikes through tiny picturesque towns with old buildings and food markets. The temperatures were in the upper 90s - but we had pleasant breezes while biking and lemon sodas at the rest stops. Friendship Force has allowed me to meet many interesting people from other cultures - this has led to many marvelous adventures. I have hosted other people that I met in Friendship Force. What a great way to make wonderful new friends! - - - Karen





GROUNDHOG CLIMATE CHANGE





Thanks, **Karen**, for organizing our February 2nd Zoom Movie Night featuring the 1993 classic movie, *Groundhog Day*. With trivia, prizes, and spring/winter attire, it was a night to remember (over and over and over...)

Enjoy these quotes from the movie night, *Groundhog Day*.

"This is one time when television really fails to capture the true excitement of a large squirrel predicting the weather."

Cop: "You can go back to Punxsutawney, or you can go ahead and freeze to death."

Phil: "I'm thinking."

"When Chekhov saw the long winter, he saw a winter bleak and dark and bereft of hope. Yet, we know that winter is just another step in the cycle of life. But, standing here among the people of Punxsutawney and basking in the warmth of their hearths and hearts, I couldn't imagine a better fate than a long and lustrous winter."

"Leaders must either invest a reasonable amount of time attending to fears and feelings, or squander an unreasonable amount of time trying to manage ineffective and unproductive behavior." Brené Brown











Karen had a giant sequoia tree taken down – fun to watch!















Mill Ends Park is a tiny urban park consisting of one tree, located in the median strip along the Willamette River in Portland, Oregon. It is 2' across and the smallest park in the world.











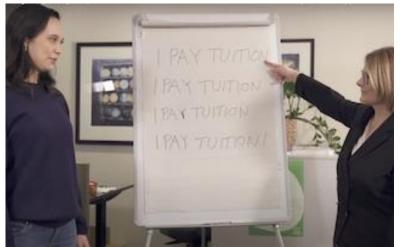
Days of Confinement Video



Stay Sane and Carry On Video



GM Will Ferrell Super Bowl Ad



Response from Sunniva Whittaker, University in Norway



Match Made in Hell: Satan & 2020



Crystal Chen: Guqin Performance

If you would like to watch a video of Crystal Chen's Guqin performance, please email Barbara B who can send you a link to Crystal's Google Drive

Covid-19 Advice from the past (and some inspiration)...





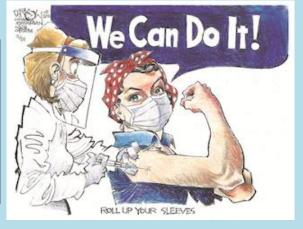




I don't have time
to worry about
who doesn't like me..
I'm too busy
loving the people
who love me.



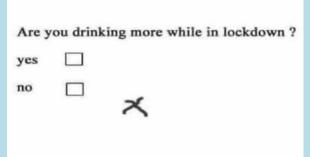
Thank you to all of you who have sent me favorite jokes, sayings, and pictures – it has obviously been a long pandemic...

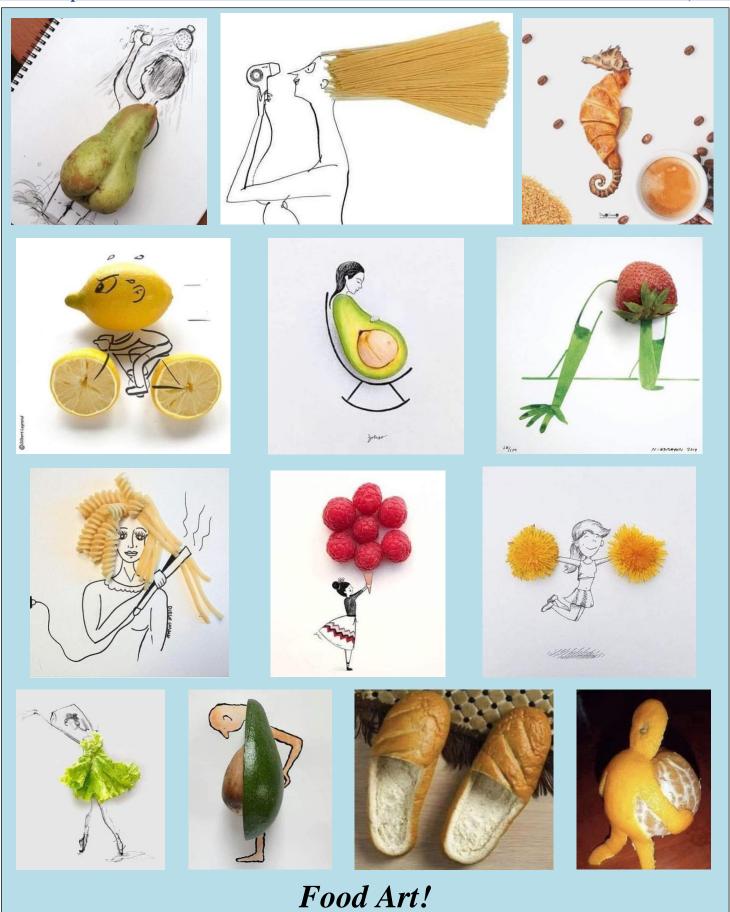






































If you get an email about pork, ham, salt, & perservatives, do not open it! It's spam!

Do y'all remember, before the internet, people thought the cause of stupidity was lack of access to information? Yeah. It wasn't that.

Oh, you hate your job?
Why didn't you say so?
There's a support group for that. It's called everybody, and they meet at the pub.

Remember when you were little and your underwear had the days of the week on them?
Those would be helpful right now.

Not all girls are made of sugar and spice and everything nice.
I'm made of sarcasm, wine, & everything fine.

If these last few months have taught us anything – it's that stupidity travels faster than any vírus on the planet.

I've finally reached "The Wonder Years".

Wonder where I parked the car? Wonder where I left my phone? Wonder where my glases are? Wonder what day it is? I'd like to thank whomever told my mom that WTF means "Wow, that's fantastic." Her texts are so much more fun now.

The Officer said, "You're Staggering". I said, "You're quite handsome yourself". We just laughed and laughed.
I need bail money...

Me: This show is boring.

Boss: Again, this is a Zoom

conference.

2019: Stay away from negative people. 2020: Stay away from positive people.

I was born to be wild, but only until around 9pm or so...

To get rid of unwanted junk during spring cleaning...
Put items in an Amazon box and leave the box on your porch...

I never thought the comment, "I wouldn't touch him/her with a 6-foot pole" would become a national policy, but here we are!

This virus has done what no woman has been able to do - cancel sports, shut down the bars, and keep men at home!

1 20 21
The world's most anticipated

palindrome

During the Middle Ages they celebrated the end of the Plague with wine and orgies. Does anyone know if they have anything like that planned when this one ends? (Asking for a friend...)

Never in a million years could I have imagined I would go up to a bank teller wearing a mask & ask for money.

Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well.

People are scared of getting fined for congregating in crowds.

As if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.

Mary, exhausted having just gotten Jesus to sleep, is approached by a young man who thinks to himself; what this girl needs is a drum solo.

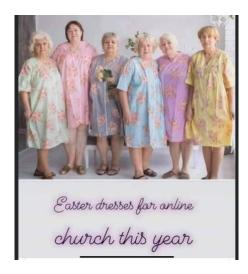
I hope the weather is good tomorrow for my trip to the Backyard. I'm getting tired of the Living Room.

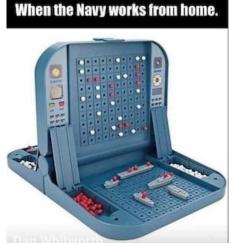
The world has turned upside down. Old folks are sneaking outside the house & their kids are yelling at them to stay indoors!

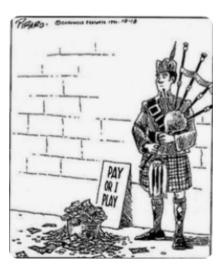
I'm sick of all the Irish stereotypes. As soon as I finish this drink, I'm punching someone.

I'M IRISH
BUT DUE TO 2021 RESTRICTIONS
YOU MAY NOT KISS ME!

There's nothing so bad that it couldn't be worse. --- Irish Proverb

















Why it's a big deal that Kamala Harris is Vice President.

Here's a simple visual aid. Until:

the red box, she would have been enslaved,

the blue box she couldn't vote, the yellow box she had to attend a segregated school and the green box, she couldn't have her own bank account.

--- Trina O'Connor on Twitter

On a completely random note – some of our club visited the Irish town of Moneygal which was home to Barrack Obama's maternal great-great-great grandfather, Falmouth Kearney. President Obama visited in 2011.















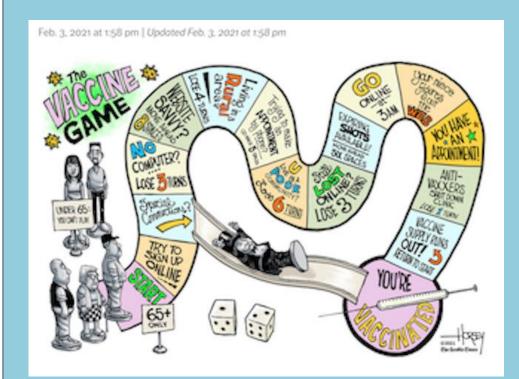












Would you believe my neighbor was knocking on my door at 2:30 AM this morning...



Luckily I was still up playing the bagpipes





I washed my hands so many times, I found the answers to my 8th grade social studies test.



THIS IS HOW READY I AM





