

friendship force
INTERNATIONAL



Happy 40th
Anniversary,
Friendship Force of
Greater Seattle!
Happy Leap Day!



The Friendship Force of Greater Seattle Newsletter #53

February 29, 2024

FFGS 40th Anniversary
Celebration, April 28
Venue finalized soon!

May 13-20, 2024
Montreal, Canada
Inbound- Joyce, Sue,
Elaine, coordinators

July 19 – 25, 2024
Harrisburg Inbound
Host Coordinator: Judi

Cincinnati Inbound
September 15 – 22, 2024
Ambassador
Coordinator: Pura,
Sharon and Doug

HAPPY LEAP DAY!
(much improved over
Leap Day, 2020 ...)

President's Comments:

We are off to a great start for 2024. We had a wonderful presentation for our recent general meeting. John Loacker entertained and informed us about maps and how technology has changed their use and production. It was fascinating. Our next general meeting, celebrating FFGS's 40th anniversary, will be Saturday April 27th. Our next board meeting is March 20th. I am planning to send out a calendar for the rest of the year in the next week or so. This will allow everyone to mark their calendars in advance. Dates may occasionally change due to speakers schedules etc., but we will try to stick to the published schedule. Remember to sign up for hosting or other support (day hosting, small group dinners or coordinating lunches and welcome/farewell events) for our upcoming inbound journeys from Montreal and Harrisburg. I really appreciate the enthusiasm this group brings to all these events. We would like to make sure that everyone plays a part. No job is too small. We are looking forward to traveling to Cincinnati in September and hopefully to New Zealand later in the year. Hope to see you all at our 40th anniversary party!

--- Judi , President FFGS

The Boys in the Boat: Fiat Lux – By Daniel James Brown “It tells a story. It tells how – aided by the spectacular generosity of the citizens of Seattle in a very tough time – those nine young men showed us all what we can do when we climb in a boat and pull together as one.”

[Listen to the Keynote presentation](#) given by Daniel J Brown at the 2014 UW Libraries fundraising event.

Where does Leap Year Come From?

In 46 BC, Julius Caesar implemented a solar calendar of 365 days and an extra leap day every fourth year. Previous to his reform, the ordinary calendar of Rome consisted of 355 days with an occasional extra 22 to 28 day month inserted after February 23rd as needed to keep the start of the year roughly corresponding to the start of Spring. In principle, this worked well, except that the term of office for each Roman official, including the official in charge of the calendar, was set as one to three years. Since the pontifex could determine how long the year was to be, he could manipulate the term of office of his friends and foes. Caesar chose to use his power to control the calendar to decree a 455 day long calendar for his term as pontifex and to standardize the year going forward.

I am unsure who changed the start of the year from March to January. The result of that change is that September, (7th month) was now the 9th month of the year. Similarly, the formerly 8th, 9th, and 10th months became the 10th, 11th and 12th.

The new calendar yields a year of 365.25 days, which is actually longer than the solar year of 365.24217 days. As a result, the calendar drifted by about 3 days every four hundred years. To correct that, Pope Gregory XIII instituted a new calendar in 1582 that skipped three leap years every 400 years. When countries adopted that calendar, they had to drop some days from the current year to make up for the accumulated errors in the past. Thus, Oktoberfest is actually held in September and the October Revolution that overthrew the Tsars occurred in September.

Extra day, extra joy!
Celebrating the bonus 24
hours of Leap Year Day.

Leaping into the bonus day
like there's no tomorrow!
Happy Leap Year Day!

Embracing the extra 24 hours
with a leap of faith and a dash
of excitement!

Every four years, time gives
us a little gift. Cheers to the
bonus day!

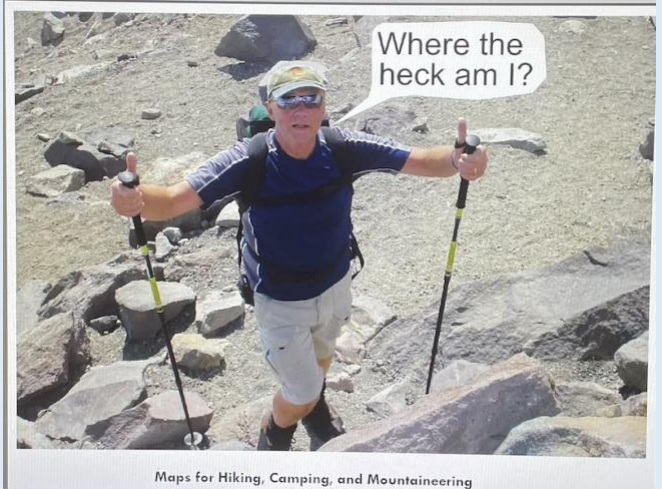
An extra day to dream, dare,
and dance! Leap Year, you're
our favorite!

Taking a leap into the
unknown on this special day.
Who knows what wonders
await!

Today, time is on our side!
Happy Leap Year Day, let's
make it unforgettable!

Savoring the sweetness of the
bonus day – like a rare,
cosmic treat!

FFGS General Meeting Sun, Feb 18th 2 – 4 pm John Locker, Kroll & Metsker Maps



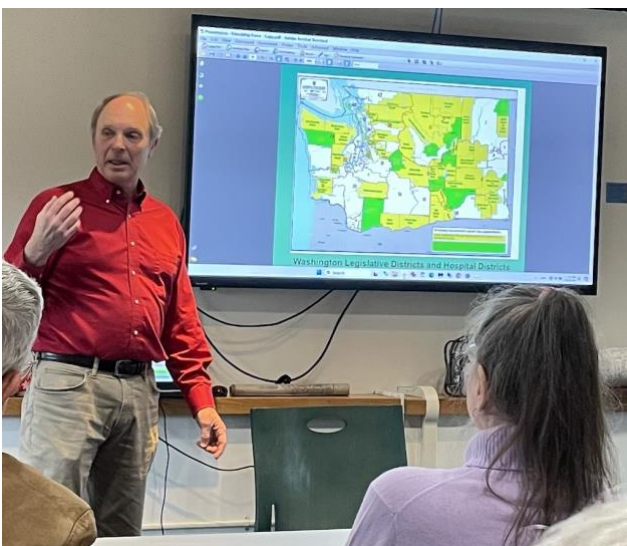
February's General Meeting program was presented by John Locker, owner of Kroll Maps and co-owner of Metsker Maps in Seattle. John gave an interesting historical presentation of Seattle's map usage and discussed how maps have changed over the years. He showed how old maps were made with glass plate solar prints and hand-colored maps. Computers started changing the way maps were made in the 1980s. He spoke of the advantages of the modern equipment that is now used, and some disadvantages of electronic maps that we use on phones and computers.

These are some of the maps needs that his company has filled over the years.

- Advertising – businesses would have maps printed with their store locations
- Tourism – displaying points of interest.
- Street maps showing bus routes
- Maps showing playgrounds or parks
- Maps that show electrical grids or other utilities
- Real Estate purchases – what properties are vacant?
- School districts, voting districts, police precinct boundaries
- Lawsuit disputes over property

John showed some historical maps from Seattle's early days. He told us about some resources that he has used, and which are available to the public.

- LIDAR (Light Detection and Ranging) data. It is used to make high resolution maps.
- USGS Topoview – download many free maps including historical maps.



Did You Know? - - - Harrisburg

Source: *Wikipedia*

- Is the capital of the State of Pennsylvania, its population in 2021 was 50,135.
- Harrisburg is located on the Susquehanna River; it was incorporated in 1791.
- First held in 1917, the Pennsylvania Farm Show is the largest indoor agriculture exposition in the U.S.
- The Three Mile Island nuclear plant near Harrisburg experienced a partial meltdown on March 28, 1979, resulting in the temporary evacuation of 140,000 people from the area.
- Harrisburg is located thirty-nine miles northeast of Gettysburg, the National Civil War Museum is located in Harrisburg.



Did You Know? - - - Eagles (From Interesting Facts)

“Although Benjamin Franklin once disparaged (possibly in jest) the bald eagle's "bad moral character," America's national bird upholds a high standard for family life by (mostly) remaining faithful. Following a kamikaze courtship ritual in which two birds lock talons and tumble end-over-end until they nearly hit the ground, the male and female settle into a period of domestic bliss marked by dad's willingness to undertake incubation and feeding duties. The "divorce" rate for these birds is less than 5%, according to scientists. And while they spend large chunks of the year alone, bald eagles mark their fidelity with a shared long-term commitment to nest building: One such home put together by an eagle couple in Florida was found to measure 9.5 feet long and 20 feet deep. It holds the record for the largest bird's nest ever documented.”



2024 Inbound and Outbound Journeys!

Montreal, Canada Inbound: May 12 – 19, 2024

Coordinators Joyce, Sue, and Elaine are excited to host Montreal in just over two months! Thanks to all of you who have agreed to host. We could still use a back up host or two, and of course volunteers to help with picnics, welcome or farewell events, day hosting, or small group dinners! Please email Joyce, Sue, or Elaine.

Harrisburg, PA Inbound: July 19 – 25, 2024

Barbara B (member of both FFGS and the Harrison club) and other Harrisburg club members are coming to Seattle! **Judi** will be the host coordinator and is ready to include you as a host for this fun inbound journey. Just let her know that you can host! She would also like to have day hosts, small dinner hosts, and helpers for picnics and other journey events. Everyone is welcome for all events!

Cincinnati, OH Outbound: September 15 – 22, 2024 Pura, Sharon, and Doug are ambassador coordinators for this journey and are excited to be planning this outbound journey. Let them know if you would like to be included!

International Day of Happiness is March 20th!

International Day of Happiness is March 20th. The International Day of Happiness is celebrated throughout the world on the 20th of March. It was established by the United Nations General Assembly on 28 June 2012 with the aim to make people around the world realize the importance of happiness within their lives. In 2015, the United Nations launched 17 Sustainable Development goals to make people's lives happier. Its main development goals are: eradicate poverty, reduce inequality and protect our planet. The United Nations invites people of all ages to join in celebrating the International Day of Happiness.

What and when is World Friendship Day?

World Friendship Day is observed each year on March 1st, marking the date that Friendship Force International was officially established. On March 1st, 1977, President Jimmy Carter introduced the organization's mission to a group of state governors at the White House, asking them to return to their states and identify a volunteer leader who would serve as State Director for the Friendship Force in their state. Now, every March 1st is an opportunity to honor the connections that enrich our lives.

[FFI North American Regional Conference](#) – October 7 – 10, 2024, Milwaukee, WI

Click the link above for more information about the conference and registration. The registration fee is \$258, rooms \$160 per night. Conference activities will be focused on Oct 8 – 9 with a plenary session, regional workshops, topic workshops and opening and closing receptions. There will also be opportunities for guided tours of Milwaukee highlights. We encourage you to attend this conference.



Friendship Force Pledge

As a member of the Friendship Force
 I recognize that I can make a difference
 I recognize that I have a mission
 That mission is to be a friend of the people of the world.
 As I embark on this adventure,
 I know that others will be watching me
 I know that through my example to my fellow citizens
 And the people of other nations
 The cause of friendship, love, and peace will be furthered
 I CAN MAKE A DIFFERENCE

Local Places worth exploring - *Kenmore!*

Located at the north end of Lake Washington, Kenmore is home to Kenmore Air, which has been flying float planes around the Pacific Northwest since 1946. It was started by three friends from high school working on a single floatplane in a garage on the site of an old shingle mill. They now fly seaplanes and wheeled planes to 45 destinations from Seattle. You may be familiar with their Lake Union location as well.



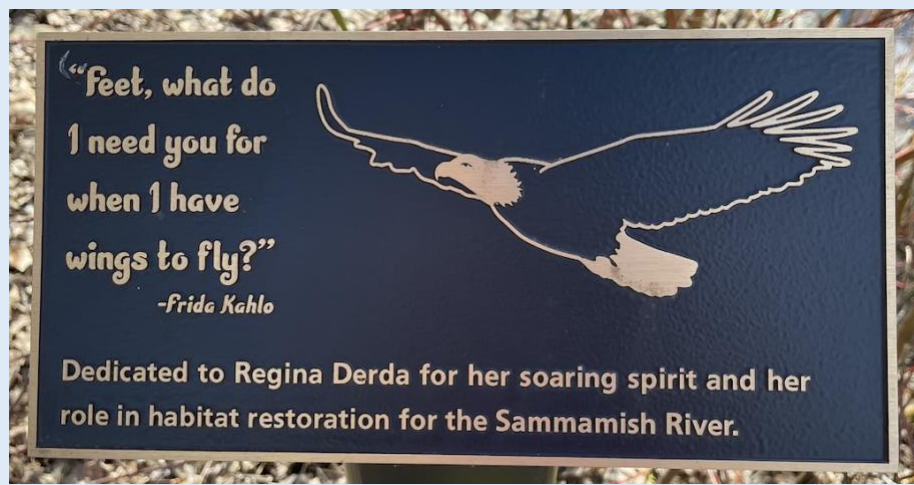
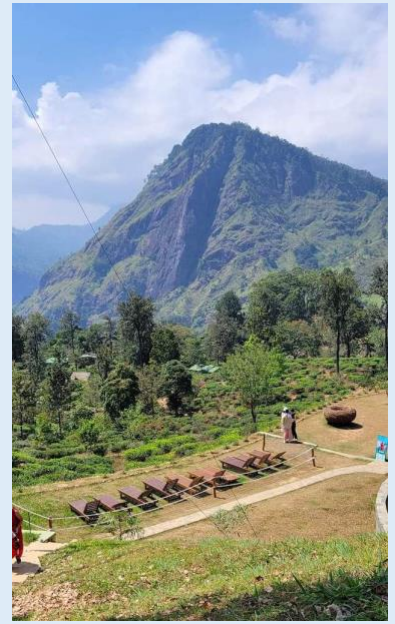
Kenmore is home to many beautiful parks including:

- **Wallace Swamp Creek Park**
- **Swamp Creek Park**
- **Moorlands Park**
- **Linwood Park**
- **Sammamish River Burke – Gillman Trail**
- **Tracy Owen Station at Log Boom Park** (you may remember hearing of the 8 foot long, 300 pound white sturgeon that washed up along the waterfront a few feet from the swim beach at Log Boom Park mid September 2023.
- **St Edward State Park**, the original home of the St Edward’s Seminary which was completed in 1931 and designed by notable Seattle architect John Graham Sr. His firm was also responsible for many notable buildings around the country including the Space Needle. St Edward’s Seminary closed in 1976. Archbishop Raymond Hunthausen had a vision of preserving the grounds as a state park. In 1977, the property and the majority of the land were sold to the State of Washington to become Saint Edward State Park. In 2017, Daniels Real Estate entered into a public – private partnership to preserve and transform the main building in *The Lodge at St Edward State Park*.
- **Rhododendron Park** is centrally located in the heart of Kenmore. This 13 – acre park features one of the largest public collections of hybrid rhododendrons in the Northwest.

Kenmore boat storage



International and Local Travel Photos!



Barbara, on an FF National Capital Area Journey to **Sri Lanka**. The house where she has been staying is near a busy road where cows wander by, roaming freely. Trying on a batik wrap at Baba Batiks in Matale, Sri Lanka.



Downtown Kirkland has a huge Sequoia, planted in 1946. It is right along Lake Washington Boulevard and sometimes easy to miss! Goat Hill is across Juanita Drive from Juanita Beach. The road going up Goat Hill is so steep and narrow that I refuse to drive up it in a car. But it makes a lovely hike with gorgeous views on the way up and from the top. There is also a lovely park at the top – Juanita Heights!

Bellevue Square celebrates Black History Month – Deyonté Weather

“With over 15 years of ready-to-wear experience, Deyonté has developed a bespoke and tailored approach to his high-end designs. His garments are urban and luxurious. He has developed an eye for fit on the body that is beautifully apparent in all of his work.” DWCollection.com



Graffiti Blanc



Bird of Paradise



*Graphite Grid
Statement Coat.*



*Astrum Faux
Leather Suit*



*Terra Flora
Fantasy Trench*

Graffiti Blanc: Streetwear meets the slopes in this asymmetrical hand painted puffer featuring Deyonté Weathers graffiti artwork. **Bird of Paradise:** This design was inspired by the Bird of Paradise flower color and shape. Incorporating floral elements has continued to be a theme throughout his designs. **Graphite Grid Statement Coat:** This piece features wool plaid and hardcore mesh fabric, giving this outerwear a sporty, unconventional look. **Astrum Faux Leather Suit:** A star amongst the planets, this piece in chocolage brown imagines a bold high-fashion space traveling suit. **Terra Flora Fantasy Trench:** Taking influence from his last name, Deyonté Weather incorporates components of weather into his designs. With this trench coat, you are transported into an urban jungle, enveloped in a tropical terrarium showcasing a bold statement.

FFGS Social Activities! – The Boys in the Boat!

We enjoyed seeing, “The Boys in the Boat” at the Landmark Crest Cinema on January 23rd. A very special thanks to Karen who hosted a lovely happy hour at her house afterwards!





*New FFGS
member:
Lee
Huang*



*Lee and her husband, Allen showshoeing
at Mt Rainier*

*Lee treating patients in
Northern Thailand*

Lee Huang has been living in the Seattle area for 28 years. She immigrated from Kunming China in 1995. She was an ophthalmologist before coming to the US. Lee and her husband Allen have three adult children. Allen is a senior electrical engineer; their youngest daughter Vivian is teaching English in Seoul, Korea. Lee visited Vivian in September 2023.

Lee has been practicing Acupuncture in Washington since 2001. She is an owner of Able Acupuncture & Herbal Medicine on Mercer Island. She worked as an ophthalmic technician at MW Eye Associates in Seattle before she practiced acupuncture. Lee and Allen participated in a mission trip in Northern Thailand in 2023. Lee volunteered to give the local village's residents acupuncture treatment. Lee's hobbies are hiking, lake swimming, kayaking, and gardening. Lee has joined FFGS, but not Allen since he still works full time. Lee and Allen are residents of Newport Hills in Bellevue. Lee is looking forward to building up relationships with FFGS members and participating in many activities.

Travel Tips!

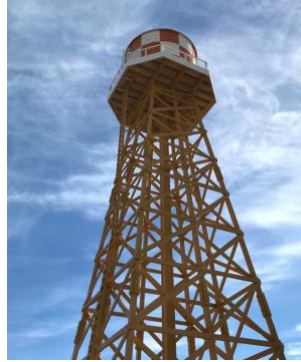
Dave suggests packing a tennis ball to massage your feet after a long day. He also packs an extension cord because outlets are usually too far away in homes and hotels if you wish to work on your phone while charging it from the bed.

Mark noticed a Washington Post headline. "A Tesla crashed in Oslo harbor. A floating sauna came to the rescue."

Mark suggested maybe we could volunteer with Seattle PD Harbor Patrol in a floating hot tub boat protecting drivers around Lake Union? There are two companies that rent hot tub boats on Lake Union. Perhaps this could be a new revenue source for FFGS? Let Mark know what you think!

[A Japanese American Incarceration Camp in Colorado Is America's Newest National Park](#)

More than 10,000 Japanese Americans were imprisoned at the Granada Relocation Center, also known as Amache, during World War II.



Teacher John Hopper and students at Granada High School have been working to preserve and maintain Amache since 1993. Working with other preservation groups, they located, reassembled and returned a water tower to the site.

Amache had military-style barracks, mess halls, a school, a hospital, a post office, a recreation center and other shared facilities. When the camp closed at the end of World War II, the federal War Assets Administration sold off many of its buildings. Today, Amache is mostly a bare plot of dusty grassland—all that remains are a few building foundations, the camp's original street grid and some of the flowers planted by internees.

Red Lentil and Cauliflower Soup



Ingredients (Recipe from Bob)

- 2 tablespoons neutral oil such as avocado or canola
- 1 large yellow onion (12 ounces), chopped
- 3 cloves garlic, minced or finely grated
- 1 tablespoon grated fresh ginger
- ½ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- 1/8 teaspoon cayenne pepper
- 2 tablespoons tomato paste
- 1½ cups dried red lentils, rinsed and picked through to remove any stones
- 7 cups low-sodium chicken or vegetable broth plus more if needed
- ½ teaspoon salt, plus more to taste
- 4 cups bite-size cauliflower florets (from ½ medium head)
- 1 cup light coconut milk, plus more for optional garnish
- 2 tablespoons fresh lemon juice, more to taste

Directions

- Heat the oil until shimmering in a 4-quart soup pot over medium heat
- Add the onion and cook, stirring until tender but not brown, 4 to 5 minutes
- Add the garlic and ginger and cook, stirring, until aromatic, 30 seconds
- Stir in the cumin, turmeric and cayenne pepper until aromatic, about 30 seconds
- Stir in the tomato paste to incorporate, followed by the lentils
- Add the broth and salt, bring to a boil
- Reduce the heat to medium-low and simmer, uncovered, for 15 minutes
- If the lentils have absorbed most of the broth, add more as needed. Start with 1 cup for a thick but soupy consistency
- Add the cauliflower and return the mixture to a boil
- Reduce the heat so the soup is at a simmer and cook until the cauliflower is soft, 20 to 25 minutes
- Remove from the heat, use an immersion blender to puree until smooth
- Stir in the coconut milk and lemon juice, taste, season with additional salt if desired.

Recipes from Bob: Tomato Soup



Ingredients

- 6 cups chopped fresh tomatoes
- One 14.5 oz can chicken broth
- 4 cloves garlic, minced
- 1 large onion slice
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 or 2 teaspoons white sugar
- 1 teaspoon salt

Directions

- Combine tomatoes, chicken broth, garlic cloves, and onion in a stockpot over medium heat
- Bring to a boil, then gently simmer for about 20 minutes to blend flavors
- Blend ingredients in the stockpot with an immersion blender until smooth, remove any unblended items like tomato skins
- A blender or food processor can be used in lieu of an immersion blender
- Transfer soup to a second container
- Melt butter over medium heat in the empty stockpot
- Stir in flour to make a roux, whisking until the mixture turns medium brown
- Slowly whisk in a bit of the tomato mixture to prevent lumps from forming, then gradually stir in the rest of the soup
- Season with sugar and salt to taste
- Add basil or other herbs prior to serving if desired

Potato Leek Soup



Ingredients

- 4 tablespoons unsalted butter
- 1½ pounds trimmed leeks, cleaned and thinly cut
- 2 teaspoons kosher salt, plus more to taste
- 1¼ pounds Yukon Gold potatoes, unpeeled, cut into eighths
- 3 cups chicken or vegetable broth, or more as needed to adjust thickness
- 1 cup half-and-half
- 1 pinch cayenne pepper

Directions

- Melt butter in soup pot over medium-high heat
- Add leeks and salt, cover, cook until leeks begin to wilt
- Uncover, reduce heat to medium or medium-low, cook until leeks are soft and almost paste-like, 30 to 40 minutes
- Place potatoes in uncovered pot; add chicken broth
- Adjust heat so mixture simmers slowly, cook until potatoes are soft
- Puree mixture with an immersion blender or in batches in a blender
- Whisk in half-and-half
- Heat over medium heat, add more salt as needed, and cayenne pepper
- Garnish as desired
- Serve with a hearty bread

Note: You'll need 1½ pounds of leeks after they've been trimmed. Leave about an inch of the dark greens.

Spring Plant Sales!

Benefiting the Washington Park Arboretum

Sunday, April 14. 10 a.m. to 2 p.m. Graham Visitors Center

Free parking and admission

Spring is in the air, and it's time to carry out those exciting garden plans and projects! Add new life and beauty to your home by buying trees, shrubs, and perennials at our volunteer run **Cloney-Harris Plant Nursery and Pat Calvert Greenhouse**, next to the Graham Visitors Center. At our annual Spring Plant Sale in mid April, the nursery will re-open for the season (April through October), and the greenhouse will be back operating at full capacity. Volunteers will be on-site from 10 a.m. to 2 p.m. to help you with plant selections. Why not go native?

Spring 2024 Native Plant Sale

Celebrate Spring, Native Plant Appreciation Month, Earth Day and the return of the Washington Native Plant Society, Central Puget Sound Chapter Spring Plant Sale! What better way to celebrate than with native plants for your garden or in planters for your deck or balcony?

We will have a large selection of native trees, shrubs, perennials, and ground-covers ideal for Western Washington gardens and supportive to wildlife. Native plant experts will be available throughout the event to answer questions about gardening with native plants.

Our Plant Sale benefits the Central Puget Sound Chapter of the Washington Native Plant Society's education and public land stewardship/restoration programs. Washington Native Plant Society is a 501(c) (3) non-profit organization. *Please remember to bring your flats or boxes for your plants.*

Sunday, April 14th, 2024, 10:00 am** to 4:00 pm

Aaron Education Center and Paccar Pavilion, Bellevue Botanical Garden, 12001 Main St, Bellevue. Shop early for best selection! Overflow parking is available on Main St. at Wilburton Hill Park.



Native PLANT SALE
April 14, 10-4

Bellevue Botanical Garden
12001 Main St
Bellevue

Web: wnps.org
Facebook: [wnps.centralpugetsound](https://www.facebook.com/wnps.centralpugetsound)
Benefits
© Washington Native Plant Society
501c-3



12-Foot Travolta



Olinda puppets – Joe in 2019

A 12-foot Travolta: Olinda, Brazil, has become famous for its giant puppets during Carnival including one made just after "Saturday Night Fever." FFGS had a November 2019 outbound Journey to Belem and Recife. The Recife Club took us to Olinda and we got to see many of the giant puppets – what an amazing experience! Our hosts in Brazil loved FFGS club member, Linda (in Portuguese, Linda means 'beautiful') We often heard them say, 'O Linda!'

10 of the Most Breathtaking Places in the U.S. *The Discoverer Blog*

“From towering mountains to seaside vistas, there's no shortage of beautiful landscapes across the U.S. that will leave you standing in wonder and awe.” Two from this list are located right here in Washington! North Cascades, Washington



Credit: Tobin Akehurst/ Shutterstock

North Cascades, Washington

“Rocky peaks, meadows sprinkled with wildflowers, and high alpine lakes are the name of the game at North Cascades National Park. Hiking is the best way to experience the stunning landscapes, although many treks are arduous and reserved for experienced trekkers. Make your way up to one of the fire towers, with 360° panoramic views of the Cascades, for a once-in-a-lifetime experience. Visitors can actually spend the night inside Desolation Peak’s fire tower, particularly famous for its association with Jack Kerouac, but perhaps more famous now for its editorial-worthy photo opportunities.”

Hoh Rain Forest, Washington

“Walking through the Hoh Rain Forest is like stepping through a portal of plants. Verdant swathes of mossy green span in every direction, filling your vision with pure green delight. Nestled inside the Olympic National Park, the Hoh Rainforest is one of the last temperate rainforests in North America. Stroll beneath a cathedral of vegetation at the Hall of Moss or go searching for pale, yellow banana slugs. Olympic National Park is also home to microcosms of plant and animal life in its tidepools and snow-capped peaks, a range that spans over a million acres.”

Hoh Rain Forest, Washington



Credit: Roman Khomlyak/ Shutterstock

Celebrating the life of FFGS member, Pat Nelson

Pat Nelson’s memorial will be this **Saturday, March 2nd at 1:00 pm** at the West Seattle Senior Center. Her daughter, Cynthia, said that Pat really loved being in Friendship Force - travel and FFGS members meant so much to Pat for so many years. Cynthia is looking forward to sharing time and memories of her mother with club members on Saturday and hopes that FFGS members will be able to come. Cynthia’s brother Barry and wife Donna will be here from New Hampshire along with her sister, Andi and husband John and son Hans from West Seattle.

There will be ice cream – one of Pat’s favorite foods!

The WS Senior Center is at: 4217 SW Oregon, a cross street at the north end of the West Seattle junction. Parking can be an issue, but there are parking lots to the west and east of California Ave, and street parking if one is lucky.

“Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile.” — Mother Teresa

“Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others.”

— Martin Luther King Jr.