

friendship force  
INTERNATIONAL



**Happy  
40th  
FFGS!**



**The Friendship Force of Greater Seattle Newsletter #54 May 8, 2024**

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

**May 22, 2024**  
**Board Meeting**  
*Judi's house*  
**Potluck at noon**

**June 23, 2024, 2 - 4 pm**  
**General Meeting**

**July 19 - 25, 2024**  
**Harrisburg Inbound**  
**Host Coordinator: Judi**

**Cincinnati Outbound**  
**September 16 - 23, 2024**  
**Ambassador**  
**Coordinators: Pura, Sharon, and Doug**

**President's Letter:**

Happy Spring! We had a wonderful 40th anniversary party. It was so nice to see everyone including some of our long term members. Thank you to Karen for gathering and creating the fabulous display boards. Thanks to Bob for putting together a great slideshow. Thanks to Mark for arranging the hall and the wonderful food. It was a fantastic team effort!

Next up is our inbound group from Montreal. They are arriving on Monday. Joyce, Sue and Elaine have put together a very fun agenda. I hope that everyone will be able to join in.

Our May board meeting is May 22. We will have a potluck lunch at my house. Let me know if you have any questions or suggestions you would like to discuss.

We received our journey matches for 2025. We will host Alajuela, Costa Rica and Winnipeg, Canada. We will visit Manitoba, Canada and Richmond, Virginia. Dates to be determined. Bob is still working with Hamilton, New Zealand to see if we can fit it in.

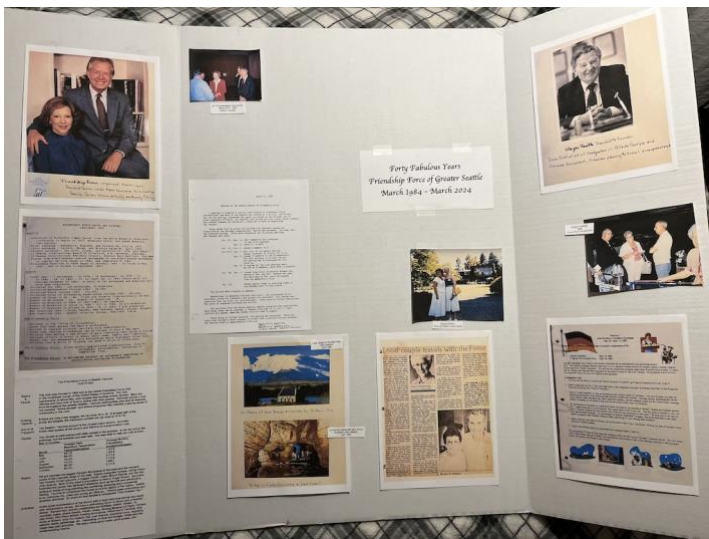
Our next general meeting is June 23rd. Pura is working on a fun presentation. We will be sending out details soon.

We have a busy year. Harrisburg will be visiting in July. Cincinnati is looking forward to hosting 19 of us in September.

Enjoy the wonderful Spring weather!  
Judi

*The true beauty of Montreal lies in its people, who carry its spirit with every step. - - - Unknown*

# FFGS 40<sup>th</sup> Anniversary Celebration Gibson Hall Saturday, April 27<sup>th</sup>, 11:30 – 2:30 pm



Mark and Carol are off to **Tanzania**, traveling with the Sacramento Club! They leave May 11<sup>th</sup>. They will be staying with a family of 5 in Iringa. Shadrack the father is headmaster for the whole school system. His wife Rosemary is a teacher of the middle grades. They have 3 children; two girls (Gladness 15, and Charity 11) and Rob (2 years almost 3). Mark and Carol are looking forward to spending a week with them. While there they will visit the Mount Calvary School which is a Private Open school. The Sacramento Club is giving two \$800 scholarships which is the cost of one year's tuition. The ambassadors will be also giving books and school supplies. They will also visit the hospital and the Kiliminjaro Orphanage, one of the 3 orphanages in Moshi. They promise to have pictures for the next newsletter!



## **39 Fabulous Years - Ila Hemm in Friendship Force of Greater Seattle**

Ila moved to Seattle in 1967 and was a Middle School Librarian for many years. After hearing about FFI from a friend in Iowa, Ila joined the Seattle Tacoma Club in 1985, one year after it was founded in 1984. Ila served as club secretary for several years along with various other committees.

Ila has many fond and humorous memories of her FF journeys. In Durham, England, Ila and Kay Frankenstein were roommates and the two of them got to share a twin bed at their host's home for that journey. She enjoyed her walk on Hadrian's Wall with Kay and her host.

On a journey to Bratislava and Budapest, Ila's roommate was Pat Nelson, who was up very early every morning to go for a run. For this journey, Ila was impressed with the government buildings. She saw special curved recesses in the windowsills designed to hold the cigars of the politicians on break. On her journey to Hamilton, New Zealand, Ila discovered that she does not like Vegemite or Marmite. Perhaps you feel the same? On the other hand, Ila was impressed with Vienna's great coffee and pastries. Ila also went on journeys to Memphis, Tennessee, Lethbridge, Alberta, Orangeburg, South Carolina, Hartford, Connecticut & Salzburg.

Bob and Inga Freund were the coordinators for an exchange to Freiburg, Germany and greatly impressed Ila with their organizational skills and attention to detail. Bob and Inga were members of our club for many years before moving on to Olympia and joining the club there. Their last journey was with our club to Thailand.

Ila has had some interesting and/or strange experiences on journeys. On the 1994 Milwaukee, Wisconsin FF club to Brazil, they took the Corcovado railway to visit the Christ the Redeemer statue. At one stop they were given a sample of all the jewels found in Brazil. They continued on to Manaus to visit the beautiful Opera Hall and the many markets. Then they went to the Arianu Jungle Tower Hotel, where they stayed in wooden cabins and took canoe trips each day. A sloth was brought to them, and Ila was able to hold a small boa constrictor. Ila did not fish for piranhas, but others did, and ate them for dinner. She saw lots of coatimundis there and at Iguacu Falls. Also in Brazil, she had a day host who dropped her off at the host's home late at night, but it was a block of identical apartments. Ila didn't know which one was correct and she was worried about being outside all night. She knocked on several doors but was not able to communicate in Portuguese (before cell phones and google translate!) She finally found a security guard who spoke some English and he helped her find the right place.

In Memphis, there were two inbound groups on the same journey – FFGS and a Russian group. During the two weeks, members from the Russian club disappeared, one by one. She thinks they may have been secretly immigrating to the US!

In 2004, Ila went to China with a woman from FF. They visited a silk factory that sold scarves and comforters. She bought a silk comforter and still uses it on her bed. They went from Yangtze to the Shennong Ferry, and got into small sampan boats (8 ½ meters x 2 meters), which were paddled by men until the river became shallow and rocky. Then the men got out and pulled the boats with ropes as they walked along the shore. They returned by ferry, and she said they could see coffins in caves, because the water level was lowered due to the 3 Gorge Dam.

Ila has attended several Regional Conferences, including one where she met Mohamad Ali and Rosalind Carter! She marveled at Rosalind's electric handshake and vibrant personality. She thought the conferences were very informative and allowed people to meet other members from all over the world.

Ila has also traveled extensively with groups outside of Friendship Force including three trips to Japan. Her last trip was to Kauai with Kay to visit FFGS member Shirley Daughterman.

Ila shared that our club used to give short presentations for incoming clubs with various scenic attractions in Washington shown as pictures (salmon, Mt Rainier) or symbols (silver ribbons representing rain). Each club member talked about one item. The presentation was a hit even if they sometimes had to rely upon an interpreter. Ila's birthday is April 1st, so we wish her a belated happy birthday!



***“Of all the books in the world. The best stories are found between the pages of a passport.”***

**1984: A Summary of People and Events the Year Our Club Was Founded****People:**

*Sergey Brin and Larry Page are both 11-years old*

*Lady Gaga will be born in 2-years*

*Adele will be born in 3-years*

*Justin Bieber's mom is 9-years old*

**Events:**

*Winter Olympics in Sarajevo & Summer Olympics held in Los Angeles*

*The United Kingdom agrees to return Hong Kong to China in 1997*

*The Canadian entertainment company Cirque du Soleil is founded*

*Michael Jackson's hair catches on fire during filming of a Pepsi Commercial*

**Technology:**

*The first Macintosh computer*

*Costco is 1-year old*

*Amazon will be founded in 7-years*

*Facebook will appear in 20-years*

**TV Shows:**

*Dynasty*

*Dallas*

*The Cosby Show*

*The A-Team*

**Movies:**

*Ghostbusters*

*The Karate Kid*

*Indiana Jones & the Temple of Doom*

*The Terminator*

**Musicians and Songs:**

Fleetwood Mac "Rhiannon"

Michael Jackson "Thriller"

Cyndi Lauper "Time After Time"

Bruce Springsteen "Born in the U.S.A."

**World Leaders:**

United Kingdom: Margaret Thatcher

France: François Mitterrand

Soviet Union: Constantin Chernenko

United States: Ronald Reagan

**Births:**

Olivia Wilde

Scarlett Johansson

LeBron James

Mark Zuckerberg

**Population and Average U.S. Prices**

	1984	2024
US population	235,800,000	341,417,000
Interest rate	13.87%	7.94%
Inflation	4.3%	3.5%
Unemployment.	7.1%	3.8%
US new home cost	\$115,000	\$417,700
Average rent	\$432	\$1,713
Cost of a new car	\$6,300	\$49,096
Median household income:	\$26,430	\$74,580
Cost of a gallon of gas:	\$1.13	\$3.71
Cost of a dozen eggs	\$1.00	\$3.74.
Cost of a gallon of milk:	\$1.89	\$4.91.





***A thank you note from Pat Nelson's daughter, Cynthia***

*Thank you to the members of Friendship Force of Greater Seattle on behalf of my family. These words feel inadequate to encompass the length and depths of your friendships over the years. I thank the FFGS members from the bottom of my heart for being at our mother's celebration. Your presence meant so much to each of us. The generous help, including flowers, the emotional support, and so many of you being there for the service made the whole gathering so wonderful. I'm sorry not to have been able to talk with everyone but didn't have the greatest presence of mind that day...I didn't even remember to have anyone take pictures! You all were such an important part of Mom's life for so many years. Thank you.*

*With much appreciation to all of you,*

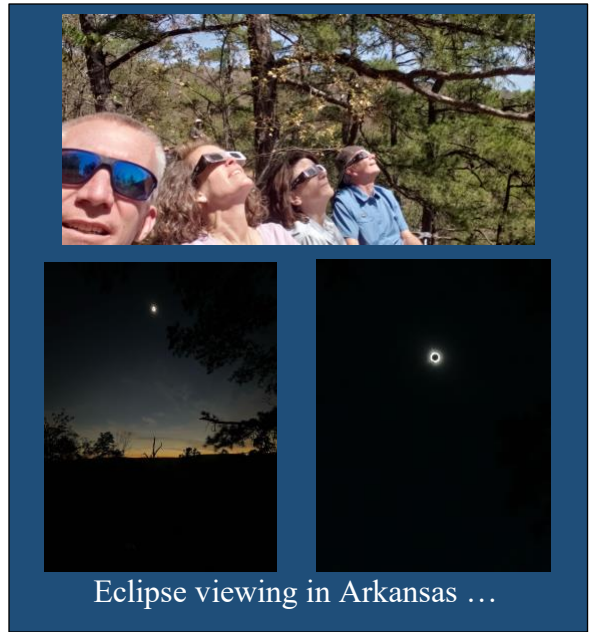
***Cynthia Nelson, Andi Bowen and Barry Nelson***



***Brian and Judy's beautiful Manson orchard – stay tuned for fruit picking updates!***

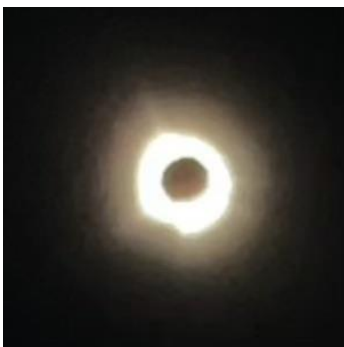
# Did You Know? - - - Eclipse

Source: *High Point Scientific, Scientific American*



## Solar Eclipse

1. A solar eclipse occurs when the moon passes between the earth and the sun, blocking our view of the sun.
2. It can only occur on a new moon when the sunlit side of the moon faces away from the earth.
3. The next total eclipse visible in the United States will occur on 23 August 2044 but will only cross Montana and North/South Dakota. 12 August 2045, a total eclipse will span coast to coast.
4. The sun's diameter is 400 times that of the moon but the sun is also about 400 times farther away from the moon – an amazing cosmic coincidence that has the moon precisely covering the sun's face when the two align.
5. Since the moon is gradually moving away from the earth, we just happen to exist at a time when the moon and sun appear almost identical in size, something no longer possible in 50 million years.



Arkansas



Austin



Dallas



Telescope image

*My niece sent pictures to me from friends and family as they witnessed the eclipse. The last photo is from a telescope image. - - - Joyce*



**[A solar eclipse helped prove Einstein’s theory of general relativity.](#)**

“During the total solar eclipse on May 29, 1919, the scientists were amazed as the stars seemed displaced from their usual locations because their light traveled to Earth on a curved plane around the sun. The light was deflected by around 1.7 arc seconds, just as Einstein had predicted, proving the physicist’s idea that gravity isn’t a force but a geometric distortion of space-time. Thanks to the experiment, the Royal Astronomical Society officially recognized Einstein’s theory of general relativity on November 6, 1919, roughly four years after its publication.”

**2024 Inbound and Outbound Journeys!**

**Montreal, Canada Inbound: May 12 – 19, 2024**

Coordinators Joyce, Sue, and Elaine are excited to host Montreal this coming Monday! Thanks to all of you who have agreed to host. All are welcome to join us for the picnics, welcome or farewell events. Let us know if you’d like to day host! 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 is the host coordinator. Just let her know how you can help with this journey. Everyone is welcome for all events!

**Cincinnati, OH Outbound: September 16 – 23, 2024** Pura, Sharon, and Doug are ambassador coordinators for this journey and are pleased to announce that we have 19 ambassadors interested in attending. Cincinnati now has a coordinator and co-coordinator and believe they can accommodate all ambassadors who have asked to go on this journey. They have received our club choices on activities and will now start putting together a schedule for us. More details to follow!



Stan Boreson, the King of Scandinavian Humor, died peacefully at home Fri Jan 27th; he was 91 years old. Stan was a musician, humorist, recording artist, and one of the Pacific Northwest's first TV stars. **May 5, 1925 – Jan 27, 2017**

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

Click the link 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/closing receptions. There will be 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: *University of Washington & Arboretum*



*Magnolias come in many shapes and sizes, from large shrubs with small, fragrant blooms, to enormous trees with huge and colorful flowers. The Arboretum has over 250 specimens representing over 100 different kinds. Since 2013 our collection has been awarded National Collection status, and is part of a continent wide consortium of gardens with exceptional and diverse holdings.*

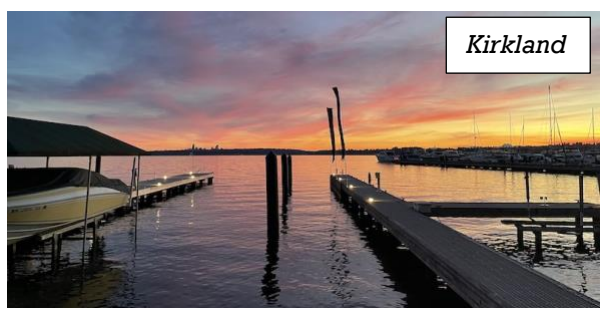


# Local and International Travel Photos!

Kingston Ferry



Indianola



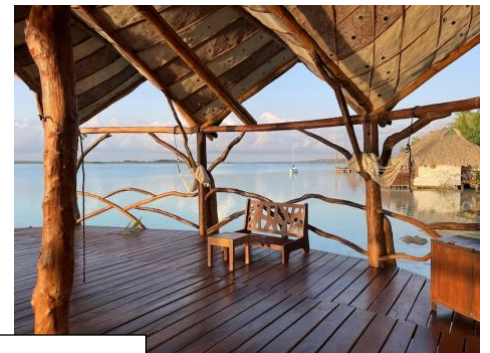
Kirkland



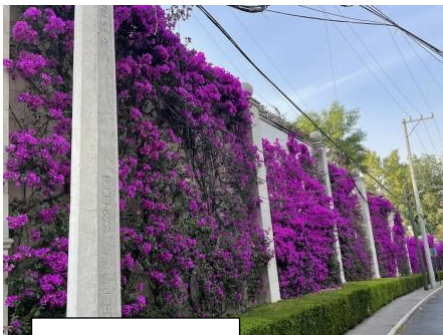
Cancun, MX



Mexico City



Lake Bacalar, MX



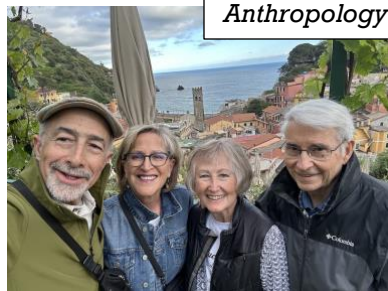
Bougainvillea



Anthropology Museum



Mahahual, MX





## Sculptures Around Town!



**Gold Bar**  
**coffee**  
**shop**  
**serves its**  
**own**  
**unique**  
**blend –**  
**and a**  
**triple shot**  
**of Bigfoot**

Our club visited the Big Foot Coffee Shop on the way to Leavenworth last summer during the National Capital Area's journey. Karen has been visiting this coffee shop for 25 years. One of Bob's ambassadors, Mari, has a PhD in Anthropology. She is posing at the North American Museum of Anthropology.



## Capturing Yosemite's gorgeous and elusive natural 'firefall'



*“California's Yosemite National Park is full of natural wonders. But at a certain time each year, photographers and visitors from all over gather hoping to see something extra special. Horsetail Fall is a seasonal waterfall that spills off the eastern face of the iconic El Capitan rock formation. For a couple weeks in winter, just before sunset, the light hits in such a way that the water glows gold and yellow, like lava. They call it the ‘firefall.’”*

**Evan Russel's photo of Yosemite's firefall in late February.**

## **Helping Care for Duwamish Sacred Places**

### Duwamish Hill Preserve, Tukwila Green Tukwila Partnership

Duwamish Hill is a sacred site of the Duwamish Tribe; we are honored to help in stewarding this special area by planting native plants in the forest and creation of a new pollinator meadow. Efforts also include removing invasive plants, soil improvement and mulching. Also included are special speakers and the launch of the Geocache Adventure Tukwila Legacy Trail. This is a sacred place referred to in the Duwamish Epic of the Winds story.

### Cecil Moses Park, Tukwila King County Parks

Cecil Moses Park is located along the west bank of North Wind's Weir. in the critical transition zone for young salmon moving downstream to Puget Sound with an extensive tidal mixing of fresh and salt waters which allows the young salmon to adapt from the fresh water of the Green-Duwamish River to the salt water of Puget Sound.. Work continues to improve the habitat quality of this important area by removing invasive plants, replacing them with native plants and mulching. We are honored to help in stewarding this sacred place of the Duwamish Tribe, which is referred to in their Epic of the Winds story.

### Herrings House Park, Seattle Green Seattle Partnership/Seattle Parks

Herrings House Park is part of the Duwamish ancestral site of the Duwamish həʔapus Longhouse and adjoins həʔapus Village Park along the river and provides the largest salmon habitat in the lower part of the river. This critical area for the juvenile salmon provides them a safe place to rest and forage for food before they enter Puget Sound. Volunteers will be renovating an area which will feature native plants that are important to the Duwamish culture and connect with the Longhouse, along with mulching and removing invasive plants. Also included are special speakers and tabling offering information about the river, its wildlife and efforts to improve its health.

### həʔapus Village Park and Shoreline Habitat, Seattle Port of Seattle & DIRT Corps

This is a sacred site of the Duwamish Tribe, being an ancestral location of one of the tribe's Longhouses and located across the street from the Duwamish Longhouse and Cultural Center. We are honored to help in stewarding this special area by planting native plants, removing invasive plants to create a healthy habitat along the river. Also included are special speakers and tabling offering information about the river, its wildlife and efforts to improve its health.

## [10 Washington road-trip spots recommended by the people who know them best](#)

**The Palouse:** One of the most beautiful drives you'll ever take

Want more details for a trip? Search [palousescenicbyway.org](https://palousescenicbyway.org).

**The UW Planetarium:** High-res, free viewing of the universe

*"There are four free public shows on the first Friday evening of the month. They book quickly at [facebook.com/uwplanetarium](https://facebook.com/uwplanetarium). A group of 10 to 40 people can request a free show at [astro.washington.edu/uw-planetarium#group](https://astro.washington.edu/uw-planetarium#group). Group types include K-12 students or seniors."*

**Long Beach:** *It might be hype, but the 'World's Longest Beach' is worth the drive*

*"In 2014, the town was included in [Travel + Leisure's](#) listing of "America's best beach boardwalks." The half-mile boardwalk near downtown Long Beach "appears as if suspended in the grassy dunes," proclaims its tourist bureau. More info on everything Long Beach: [visitlongbeachpeninsula.com](https://visitlongbeachpeninsula.com)."*

**Manhattan Project National Historical Park Hanford:** Our own 'Oppenheimer'

*"[The Manhattan Project National Historical Park Hanford \(nps.gov/mapr/hanford-wa.htm\)](https://nps.gov/mapr/hanford-wa.htm), headquartered in Richland, about 200 miles southeast of Seattle, offers two free bus tours. There is a B reactor tour at [manhattanprojectreactor.hanford.gov](https://manhattanprojectreactor.hanford.gov)."*

**Mount Rainier:** You want an easy summertime drive, not a 12-mile hike

*"This year, to enter the park at certain hours, you'll need to make a reservation (at [Recreation.gov](https://recreation.gov) or by calling 877-444-6777).*

For more about Paradise or Mount Rainier tourism, go to [VisitRainier.com](https://VisitRainier.com)."

**The Methow Valley:** A big little-town farmers market

*"Beginning April 13 through the end of October, on Saturday mornings from 9 a.m. to noon, you'll find the [Methow Valley Farmers Market](#)."*

**Ruby Beach:** Sea stars that kids love

*It's listed in the 2024 [Lonely Planet book](#) "Best Beaches: 100 of the World's Most Incredible Beaches"*

**Yakima:** Where 'American Graffiti' comes alive

*"["Cruising the Ave"](#) happens from 6-10 p.m. the second and third Saturday evenings in June through September. It takes place on Yakima Avenue."*

**Sun Lakes-Dry Falls State Park:** The dramatic remains of a catastrophic flood

*"A little more than a three-hour drive east of Seattle is one of this state's most astounding sights. You can stand on the edge of a 3½-mile wide canyon and look down 400 feet."*

**Husky Stadium:** Spring football practices are open to the public

*"Details for spring practice hours will be available at [Gohuskies.com](https://Gohuskies.com), or follow [@UW football](#) on X, the former Twitter."*



**MONTREAL INBOUND SCHEDULE: May 13 – May 20, 2024**

- 5/13: Monday: 11:21am Arrival** at Tukwila Train Station w/visit to Seward Park for walk and light lunch
- 5/14: Tuesday: 10:00 am Welcome Potluck Brunch** at 1<sup>st</sup> United Methodist Church. **1:00 pm - Space Needle** followed by **Chihuly Garden and Glass**.  
Small group dinners: Sue, Mark, Denise/ambassadors
- 5/15: Wednesday: 9:35 am** ferry to Bainbridge Island, **10:30 am** park at Art Museum, Walk to/from Troll, **11:45 am – 1:45 pm:** Art Museum, Lunch, stroll, shops  
**2 pm** BI Japanese American Exclusion Memorial
- 5/16: Thursday: 10 am Lincoln Park Troll,**  
**11:30 am picnic at Statue of Liberty at Alki beach,**  
**1 pm WS Water Taxi, Pike Place Market, Water Taxi back**
- 5/17: Friday: 10 am** Museum of Flight, **12:30** picnic lunch under airplane, **2 pm** Kubota Garden, Small group dinners: Elaine, Joyce, Joe, Sharon, Doug and ambassadors
- 5/18: Saturday:** Free Day with hosts! Small group dinner: Karen and ambassadors
- 5/19: Sunday: Issaquah Troll (optional) Noon: Issaquah Fish Hatchery Tour, 2 pm: Snoqualmie Falls, 6 pm Farewell potluck (4pm – optional pickleball/social)**
- 5/20: Depart:** Nine of the group will leave for Montreal on the 7:40 am flight. (arrive by 5:40 am) Sylvie, Gilles, Céline, René and Christine have other arrangements.

**Good to know! You can now sing “Happy Birthday” freely**

*“In 2013, a filmmaker named Jennifer Nelson filed another lawsuit after paying \$1500 to use the song in her documentary. Two years later, her lawyers found a piece of evidence that changed everything: A version of the song in an old songbook from 1922 published without a copyright notice. The long saga ended in 2016, as Warner Music Group agreed to pay back \$14 million in settlement claims to those who had been charged to use the song since 1949. **The song also had to be acknowledged as part of the public domain.** More than a century after the Hill sisters wrote the song that would inspire a cultural phenomenon, it finally became fair use.”*

**“Atlas Obscura catalogues the most unusual, surprising, and amazing places around the world, thanks to the discoveries shared by our intrepid community of travelers and explorers. There are now more than 27,100 incredible hidden wonders listed in the Atlas,”**

**See all 131 things to do in Seattle!**

You will recognize some of our FFGS favorites such as: The Fremont Troll, Ye Olde Curiosity Shop, Seattle Underground Tour, Museum of Pop Culture, Kubota Garden, The Red Hall at Seattle Central Library, the Gum Wall (Pike Place Market), Gas Works Park, Freeway Park, Amazon Spheres, Panama Hotel and Tea Shop, Carl S. English Jr. Botanical Gardens (at the Locks), Hiram M. Chittenden Locks, and the Lenin Statue of Fremont. There are many more (some really eclectic choices...) Enjoy reading through the list – suggest your favorites for an upcoming social event!

