



The Friendship Force of Greater Seattle Newsletter #55 July 1, 2024

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

FFGS Board Meeting
 July 31, 2024 12 – 2 pm
 Broadview branch,
 Seattle Public Library

FFGS Summer Picnic!
 Tuesday, Sept 3, 2024
 More info to follow!

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

Do you have an idea for a summer social activity? Let Mark know and let's do it!

President's Letter: Welcome to summer!

Now that we have passed the longest day of the year, we need to focus on packing in as much fun and joy as possible. We are hoping for great weather to welcome our guests from Harrisburg! They arrive Friday, July 19th and depart Thursday, July 25th. Thank you so much to all for stepping up to handle all the tasks big and small. We have a fun agenda planned and would love to have everyone join us for any of the activities, especially the Welcome Happy Hour & Farewell Potluck. The schedule is on the next page.

We are in the process of planning our annual picnic! It looks like a weekday will give us more flexibility and fewer crowds. More info will be coming shortly, but save the date of September 3, 2024 – our tentative date!

Our next board meeting is July 31st. The location will be the Broadview branch of the Seattle Public Library.

The Cincinnati Outbound Journey is September 16 – 23, 2024. Everyone has their forms in and Pura, Sharon and Doug are doing a great job keeping us organized.

More information coming soon on our 2025 calendar
--- Judi , President FFGS

“Freedom is the recognition that no single person, no single authority or government has a monopoly on the truth, but that every individual life is infinitely precious, that every one of us put in this world has been put there for a reason and has something to offer.” --- Ronald Reagan

Harrisburg Inbound Program Agenda: July 19 – 26, 2024

July 19 Friday

- Ambassadors arrive in the evening

July 20 Saturday

- Space Needle – 9:30 am
- Chihuly
- Amazon Spheres: 1:00 to 3:00 pm
- Welcome happy hour at Joyce and Joe’s house – 5 pm

July 21 Sunday

- Meet at the Heron rookery 1pm
- Explore the fish ladder and locks
- Visit Troll: Frankie Feetsplinters
- 2pm concert in the locks park – Emerald City Sax quartet (bring a chair or blanket)
- Barbeque at Golden Gardens Park – we have Shelter 1 reserved from 3 to 10 pm.

July 22 Monday

- Meet at and explore the Pike Place market (meet at Pig at 9 am)
- Walk to waterfront
- Wings over Washington 11:00 am virtual flight over Washington
- Argosy locks cruise 12:30 pm sailing to Lake Union
- Small group dinners

July 23 Tuesday free day

July 24 Wednesday

- Meet at Lincoln Park at 9 am parking lot 2
- Walk to Bruun Idun Troll - .3 miles on paved path (coffee and pastries)
- Drive to Fauntleroy Ferry to catch 10:25 boat to Vashon
- Meet at Dockton Park for a picnic lunch
- Drive to Point Robinson park to find Oscar the Bird King troll and Lighthouse
- Mukai farm and garden or General Store with u-pick berries
- Explore town of Vashon
- Take your host to dinner – many options on Vashon or West Seattle

July 25 Thursday

- Japanese garden 10:30, tour at 11:00
- Volunteer Park – Picnic
- Conservatory
- Asian Art Museum
- Farewell dinner – Dave and Judi’s house

July 26 Friday – Departure

Thanks to those hosting small group dinners for the Harrisburg, PA inbound!

| <u>Dinner Host</u> | <u>Host</u> | <u>Guests</u> |
|--------------------|-----------------|-------------------------------|
| Ila | Bart & Roberta | George & Kathy |
| Pura | Keith & Eleanor | Ingrid |
| Mark & Carol | Dave & Judi | Barbara, Ginny, Don, Jack |
| Mark & Denise | Karen | Linda, Christine, DonR, Kevin |
| Lee & Allen | Doug/Sharon/Sue | Dominick, Jane, Katie |

Iringa, Tanzania Exchange May 17 – June 4, 2024

(Carol and Mark)

As you know, Mark and I recently joined the Sacramento Friendship Force Club on an exchange with the Friendship Force Club in Iringa, Tanzania. There were 12 of us and the trip leader was Ray Missman. Ray did an amazing job of coordinating our complicated and amazing itinerary.

We stayed with a family on the outskirts of Iringa. Shadrack the father and Rosemary the mother are both teachers. Shadrack is the superintendent of schools. They have two daughters, Goodness (15) and Charity (13) and a son Robert (2). They bought their home 3 years ago. It is on one of the worst roads we encountered on the trip, with a huge mud hole turned to clay large enough to swallow a car! We had a wonderful time meeting our hosts' parents, outings with the club, and parties. One outing included a visit to a stone age area to see artifacts, museums, a hospital, and a Masai Boma; a small village made of dung/stick round houses, built by the women and surrounded by brush/sticks to keep wild animals out.

For the going away party the hosts had local clothes made for each of us out of the beautiful local fabrics. It was a very colorful party. The people of Tanzania that we encountered were friendly, hardworking, open and honest. We had a fabulous time with Shadrack, his family and their FF Club.

Other outings included a visit to a new Orphanage where the Sacramento club donated enough food to support them for 3-4 months. We donated some fresh fruits and vegetables to add to the beans and rice staples. Together we donated enough soda for every child (149) and small candies. The children we saw were under 10 years old; the others were at school. The orphanage has only been open for a year and is still in the process of building the facility. It is run on donations.

We also visited Calvary Secondary School. The Iringa FF Club and their church started the boarding school, working with the mayor of the area. It serves students who would not be able to attend school due to distance, funding or family difficulties. For example, one girl was there because her mother had contacted Shadrack begging for his help to get her daughter enrolled. They were Masai and her father wanted to have his daughter married to receive the bride price of 10 cows (the going rate for a woman). Shadrack was able to help her but she will not be able to go home until she graduates, has a good job and proves to her father that it was a good choice. On vacations she stays with Shadrack's family or his parents.

The students at the school performed and sang traditional dances. They also served us a wonderful lunch of local foods. The school has two main classrooms that also serve as sleeping areas for the students. The teachers are unpaid volunteers. Tuition for 1 year is \$800 per student. The Sacramento FF Club donated 2 scholarships. PJ Missman had been a high school science teacher. She brought all of her teaching materials, posters, books, and other equipment as a donation. They were thrilled. The school was very short of teaching materials and textbooks for all subjects. Three of our club members (Judy & Dave and Karen) sent money with us for a donation to the school and orphanage. We were able to donate over \$200 toward textbooks and supplies. I wish you had seen the expressions on their faces! Thank you so much for your generosity! Shadrack was able to procure the books at a very reasonable price, thus, stretching the donation. They have now received the books and sent us pictures of piles of textbooks and teaching manuals. We were very impressed with our hosts and their club. They have a strong desire to ensure their children and the next generation get a good education. They also believe in giving back to their communities to make them stronger. It was an experience we will never forget.



Presidential Quotes (in time for July 4th!)

“To announce that there must be no criticism of the president, or that we are to stand by the president, right or wrong, is not only unpatriotic and servile, but is morally treasonable to the American Public.” - - Theodore Roosevelt

“The example of changing a constitution by assembling the wise men of the state, instead of assembling armies, will be worth as much to the world as the former examples we had given them.” - - Thomas Jefferson

“The care of human life and happiness, and not their destruction, is the first and only legitimate object of good government.” - - Thomas Jefferson

“We need not fear the expression of ideas – we do need to fear their suppression.” - - Harry S. Truman

“We need a spirit of community, a sense that we are all in this together. If we have no sense of community, the American dream will wither.” - - Bill Clinton

“I have a different vision of leadership. A leader is someone who brings people together.” - - George W. Bush

“Freedom is the recognition that no single person, no single authority or government has a monopoly on the truth, but that every individual life is infinitely precious, that every one of us put in this world has been put there for a reason and has something to offer.” - - Ronald Reagan

“Being president is like running a cemetery: you’ve got a lot of people under you and nobody’s listening.” - - Bill Clinton

“I’m a success today because I had a friend who believed in me and I didn’t have the heart to let him down.” - - Abraham Lincoln

“To some generations much is given. Of other generations much is asked. This generation of Americans has a rendezvous with destiny.” - - Franklin D. Roosevelt

“The test of our progress is not whether we add more to the abundance of those who have too much: it is whether we provide enough for those who have too little.” - - Franklin D. Roosevelt

“To those who cling to power through corruption and deceit and the silencing of dissent, know that you are on the wrong side of history; but that we will extend a hand if you are willing to unclench your fist.” - - Barack Obama

“Our American values are not luxuries but necessities – not the salt in our bread, but the bread itself. Our common vision of a free and just society is our greatest source of cohesion at home and strength abroad – greater than the bounty of our material blessings.” - - Jimmy Carter

“It is neither wealth nor splendor, but tranquility and occupation, which give happiness.” - - Thomas Jefferson

“If you could kick the person in the pants responsible for most of your trouble, you wouldn’t sit for a month.” - - Theodore Roosevelt

“If it can happen to us, it can happen to others ... the most effective way to preserve one’s own rights is to protect the rights of others.” Donald Nakata (Manzanar Internment Camp)

People Who Live the Longest Swear by These 9 Rules

“Longevity expert Dan Buettner examined the regions with the longest-living populations in the world, where residents are 10 times more likely to reach the age of 100. Buettner discovered nine common characteristics in these ‘Blue Zones.’” [Click on the link above to read the article!](#)

Move Naturally: Don’t Overdo It

Purpose: Find Your “Why”

Downshift: Keep it Mellow

80% Rule: Measure Your Meals

Plant Slant: Eat Your Greens

Wine at Five: Don’t Skip the Sip

Belong: Find Your Place

Loved Ones First: Family Matters

Right Circles: You Get What You Give

If You Want to Live to 100, Here's the Surprising Thing to Prioritize – Happiness!

“After a 10-year journey of studying positive psychology, [Stephanie Harrison](#), author of [New Happy: Getting Happiness Right in a World That's Got It Wrong](#).

According to Harrison, based on the available research, [happiness](#) actually impacts longevity a lot more than we might realize. *“True happiness comes from crafting a life that is authentic, purposeful and connected. It’s not an end outcome; it’s a way of being. When we have an accurate understanding of happiness, we can see that it’s much more accessible. We can look around each day and ask, ‘How can I treat myself with kindness and compassion?’ or ‘How can I help someone else?’ or ‘What can I do to connect with a person I love?’ These are the moments of true happiness that add up to create a happy and meaningful life.”*

Montreal Hosts and Ambassadors (Welcome Potluck)



Visiting the Trolls with our Montreal friends...



Bainbridge Island



West Seattle



Fremont



Ballard



Issaquah

More Montreal photos!



Picnic at Alkali Beach



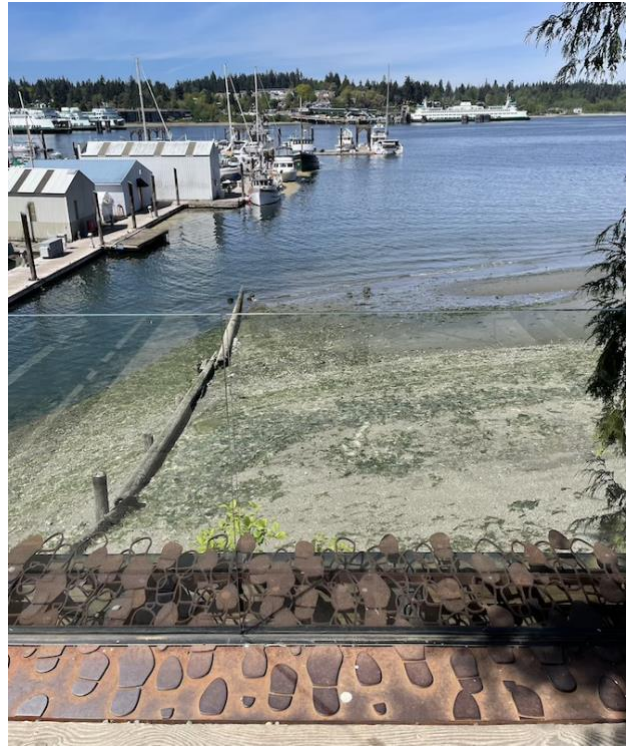
Snoqualmie Falls



Commodore Park Herons and their nests

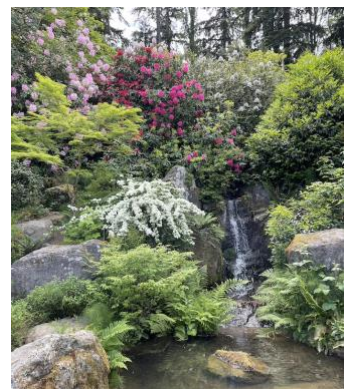
Bainbridge Island Japanese American Exclusion Memorial

This site memorializes the forced removal of Japanese Americans – two-thirds of them American citizens – during WWII. Here on the south side of Eagle Harbor, you can follow history’s path to the ferry landing, where on March 30, 1942, the very first community under Exclusion Order #1 departed their Bainbridge Island home for an uncertain future.



To express their appreciation for the week they enjoyed together with the Greater Seattle Friendship Force in May, the Montréal Friendship Force Group gave us \$50 to donate to a cause of our choice (instead of giving us a book or other physical object). The board agreed unanimously to donate the money to the Bainbridge Island Japanese American Exclusion Memorial Association. The association is very grateful for our donation and we can enjoy future visits to the BIJAEM knowing we have supported them in this way. Congratulations! - Elaine, co-coordinator, Montreal Inbound Journey

Kubota Gardens



Fujitaro Kubota emigrated from Shikoku, Japan in 1907 and established the Kubota Gardening Company in 1923. Projects of his included the garden at Seattle University and the Japanese garden at Bloedel Reserve on Bainbridge. In 1987, Seattle bought the garden from the Kubota family.

Group Pictures!



Space Needle



Kubota Garden



Bainbridge Island Japanese American Exclusion Memorial



3 sets of sisters!



Rain on Marie and Pierre at Snoqualmie Falls



Issaquah Fish Hatchery Tour



Ivar's Statue



M of Flight



Sleepless in S Houseboat



Gas Works Park



Farewell Event Appetizers



Farewell Event Entrees



Co-coordinators Sue, Joyce, & Elaine

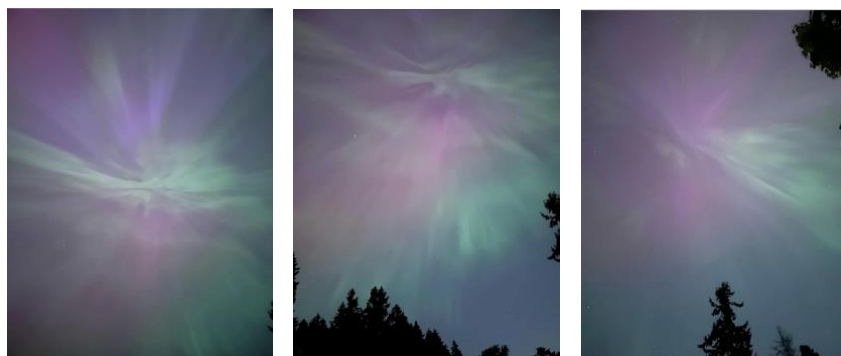


FFI info from Christiane

Did You Know? - - - Cuba

(Source: Wikipedia)

- Was first settled 6,000 years ago by people from Central and South America. Europeans arrived in 1492 when Christopher Columbus claimed the island for the Spanish.
- Cuba is the largest country in the Caribbean by area, its population is about 11,000,000. If superimposed on a map of the United States Cuba would stretch from Delaware on the Atlantic coast to Chicago.
- More than one million Cubans – 10% of the population, emigrated to the United States in the first 30-years following the 1959 revolution. Cubans continue to emigrate to the U.S., with 224,000 attempting to enter via the Mexican border in 2022 alone.
- Education is mandatory through secondary school. Cuba’s literacy rate is 99.8%, its high school graduation rate is 94%. The country provides universal health care.
- Although Cuba continues to experience severe shortages of food and medicine the general mood of the population remains resilient.



*Pictures taken in Kirkland from the May 2024 Aurora Borealis (Northern Lights)
(photos by Joyce’s friend Jane)*

**Do you have your free 60+ Seattle Gold Card? It is good for some terrific discounts!
Pick up a Gold Card at any of the following locations:**

- o [The Seattle Public Library branch](#) nearest you
- o [Seattle Parks and Recreation community centers](#)
- o Senior Centers located in Seattle ([interactive map](#))
- o [Customer Service Centers](#) (neighborhoods)

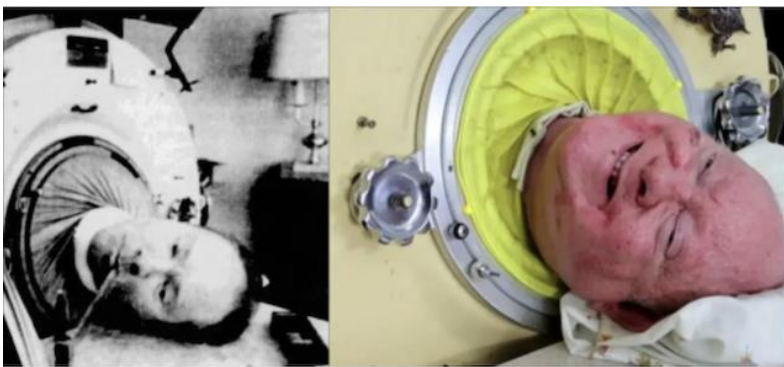
Paul Alexander: spent over 70 years in an iron lung

Paul Alexander was one of several thousand who were infected and paralyzed by polio in 1952. That year, a polio epidemic swept the United States, [forcing businesses to close](#) and polio wards in hospitals all over the country to fill up with sick children.

With help from his iron lung (and for small periods of time without it), Paul managed to live a full, happy, and sometimes record-breaking life. At 21, Paul became the first person in Dallas, Texas to graduate high school without attending class in person, owing his success to memorization rather than taking notes. After high school, Paul received a scholarship to Southern Methodist University and pursued his dream of becoming a trial lawyer and successfully represented clients in court.

Paul was reportedly hospitalized with COVID-19 at the end of February and died on March 11th, 2024. He currently holds the Guinness World Record for longest survival inside an iron lung—71 years.

Polio thankfully no longer circulates in the United States, or in most of the world, thanks to vaccines. But Paul continues to serve as a reminder of the importance of vaccination—and the power of the human spirit.



“It is only thanks to concerted vaccination efforts that there hasn’t been a new case of polio in the US since 1979, or in the UK since 1984. By 2000, the World Health Organization had declared all of the Americas and the western Pacific region polio-free. India, which had seen 200,000 cases of polio a year through the 1990s, was [declared polio-free in 2014](#) after a series of aggressive vaccination campaigns. The virus is now only endemic to three countries in the world – Afghanistan, Nigeria and Pakistan – and cases of polio number in the dozens.”

At left:
Children in Iron Lungs in the 1950’s

Do you know anyone who suffered from Polio as a child? Two of my cousins contracted polio (one as a toddler and the other as a pre-teen). Both are now suffering from post-polio syndrome. Joe’s best friend from Junior High and HS also has post-polio syndrome.

What is it Post-polio syndrome?

[Post-polio syndrome](#) is a group of potentially disabling signs and symptoms that appear decades after the initial polio illness. These signs and symptoms usually appear between 30 to 40 years after having polio.



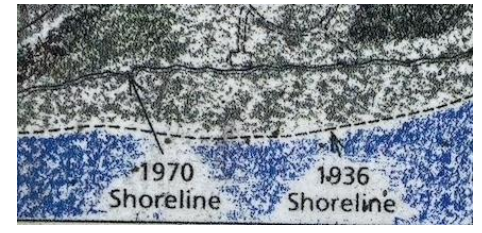
Friendship Force Pledge

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

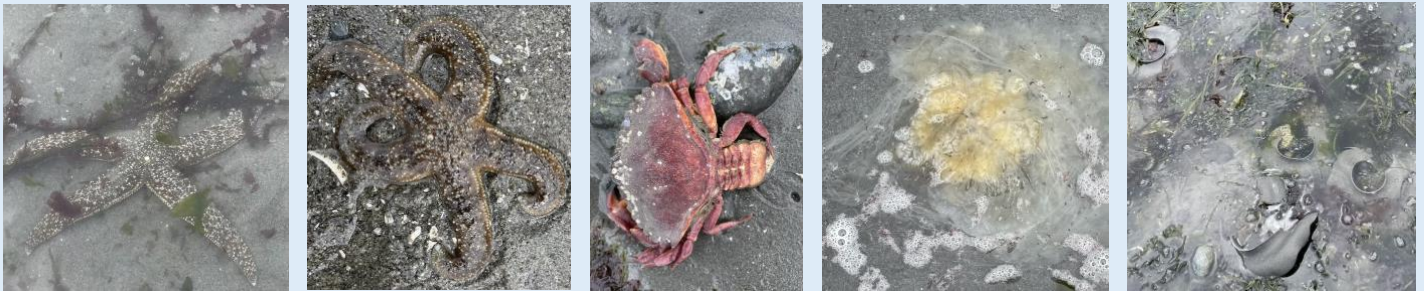
Local Places worth exploring:

Golden Gardens

Between 1936 and 1970, wave action eroded the beach by almost 80 feet, moving the shoreline back nearly 80 ft. Restoration efforts in the 90's stabilized the beach with natural pebbles that would not migrate away quickly with wave action.



July 21st/22nd should also offer low tides to enjoy the expansive beach & sea creatures.



White Rock, BC

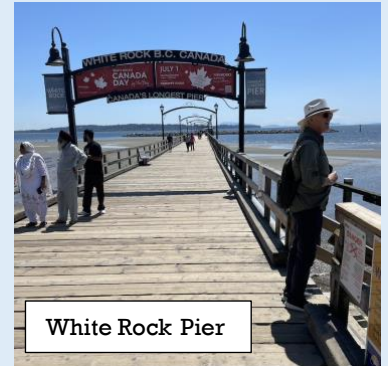
At only 111 miles and just a 2 hour drive, this made for a great day trip! Half way up we stopped to visit the massive red cedar stump at the Smokey Point rest area. The tide was very low at the White Rock beach with very warm water as the tide came in over the warm sand. We found many places to eat and a fun beach vibe in town. Next, we drove to Point Roberts which is on the southernmost tip of the Tsawwassen peninsula, south of Vancouver, BC. The population is just 1191 people. We went through customs 4 times that day: the US – CA, CA – US, US – CA, CA – US all in one day.



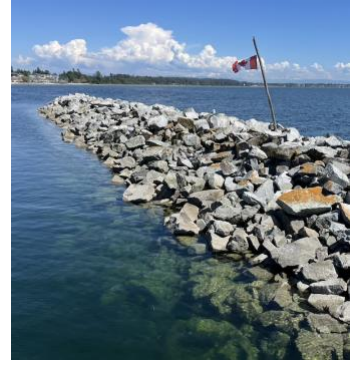
This Western Red Cedar is 20 ft in diameter and more than 1000 years old.



White Rock, BC



White Rock Pier



White Rock is just over the border into BC

White Rock Beach (after Fish & Chips)



Children of a Common Mother >

Point Roberts, US



Vashon Island



Oscar the Bird King



Maury Island Point Robinson Light House



Mt Rainier from Maury Island



Vashon Ferry Terminal



Quartermaster Harbor, Dockton Park

Maury Island is a tied island in Puget Sound. It is connected to Vashon Island by an isthmus built by local homeowners in 1913.

Quartermaster Harbor and the Maury Island Aquatic Reserve are home to many different species of fish, birds, and mammals including salmon, herons, and one of the only remaining populations of the native Olympia oyster in King County.

Cincinnati, OH Outbound: September 16 – 23, 2024

Pura, Sharon, and Doug are preparing for our exciting outbound journey in mid-September! We all look forward to traveling together in just over two months!

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.



University of Washington ...

2h · 🌐

The University of Washington tied for No. 7 on the U.S. News & World Report's Best Global Universities rankings, released on Tuesday. The UW maintained its No. 2 ranking among U.S. public institutions.

More: <https://www.washington.edu/news/2024/06/27/uw-ranks-in-the-top-10-on-a-us-news-world-report-list-of-best-global-universities/>

University of Washington ranks in the top 10 on list of best global universities



For all of you [UW grads](#), this is great news! I will be sharing this with 'friends' who questioned my choice of University!

A special congratulations to Karen and Joe who not only graduated from the UW but also worked there for 30 plus years!

5 Quick Ways to Speed-Clean Your House for Surprise Guests! – Bree Coven, Seattle Times

1. Clear the countertops
2. Sweep the entryway
3. Vacuum the living room
4. Give them something to look at (flowers?)
5. Set a timer for however long you have

Titanic. The Exhibition July 25 – Sept 8

Titanic. The Exhibition is coming to Seattle after sold-out runs in London, New York, and D.C. bringing with it a selection of original artifacts including personal stories of the ship's passengers and crew.

About the historian (Tickets are \$28-\$33 for 6 or more) Claes-Göran Wetterholm is probably one of the world's greatest authorities on the history of the Titanic. An eminent ethnologist, historian, researcher and writer, he is the author of several books on the ship, most notably *Titanic* (1988). He has dedicated more than 40 years of his life to investigation and studying the history of the Titanic, and since 1987 he has contributed to numerous exhibitions. He has also taken part in four expeditions to the wreckage of the ship (1993, 1994, 1996, and 1998). Since 2003, he is the curator and historian for this exhibition.

Throughout the years he has carefully selected the artefacts and personal stories that best convey the philosophy behind the display: empathy and a sense of closeness with all those who were aboard.

