

friendship force
INTERNATIONAL



Save the date for our annual Summer Picnic!

It will be on Sunday, June 22nd starting at 1 pm. The Summer Solstice is 7:41 pm that Friday, so we'll be ready to celebrate! More details will follow shortly with venue and all.

The Friendship Force of Greater Seattle Newsletter #60 May 7, 2025

FFGS Board Meeting
Wed **May 21**, noon – 2 pm
Kenmore Library

FFGS to Mariner's Game
Tuesday, May 27th
Organized by Dave

FFGS Summer Picnic
Sunday, June 22nd from 1 pm
Details to follow soon!

*Alajuela, Costa Rica **Inbound***
Joyce & Sue – co-coordinators
July 3 – 10, 2025

*Manitoba, Canada **Outbound***
Pura – coordinator
August 9 – 16, 2025
There are a couple of spots available – let Pura know if you'd like to go!

Winnipeg, Canada **Inbound**
Elaine - coordinator
Sept 30 – October 7, 2025
Have you volunteered to host, day host, host a small group dinner, etc?

President's Letter:

Welcome back to all those who have been traveling. With the New Zealand journey and extensions as well as the Cuba trip, it has been a busy few months! We can all take a breather in May. June will have our annual picnic on the 22nd. We will welcome Costa Rica to Seattle from July 3rd – 10th, and we have our outbound trip to Manitoba, Canada August 9th – 16th. Be sure to ask Joyce or Sue Porter how you can participate in the upcoming Costa Rica inbound journey.

The exciting news is that we have received our FFGS journey assignments for 2026!

Inbound: March - **Stratford St. Marys, Canada** to FFGS, USA

July - **Greater Cincinnati, USA** to Greater Seattle, USA

Outbound: May - Greater Seattle, USA to **Nara and Gifu, Japan**;

October – Greater Seattle, USA to **Greater Orlando, Florida** and **Richmond, Virginia**

The timing isn't set in stone; we will know more once we have coordinators assigned for each journey from each of the clubs. 2026 will be another great year for Friendship Force of Greater Seattle. Let me know if you would like to coordinate one of these journeys. Looking forward to seeing many of you at the Mariner's game on May 27th!

- - - **Judi, FFGS President**

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. - - - James Dent

Summertime is always the best of what might be. - - - Charles Bowden

2025 Inbounds and Outbounds – Pack your bags!

Inbound Journeys: (*Joyce, Sue, & Elaine would love volunteers to help!*)

Alajuela, Costa Rica to Victoria/Vancouver Island, and FF Greater Seattle

Coordinators: Joyce and Sue; July 3 – 10, 2025

Winnipeg, Canada to FF Greater Seattle and FF Columbia Cascade

Coordinator: Elaine; dates Sept. 30 – Oct. 7, 2025

Outbound Journeys:

FF Greater Seattle to **Manitoba, Canada** –Coordinator: **Pura;**

August 9 – 16, 2025 *Let Pura know if you are interested in joining this terrific journey! There are a couple of spaces available.*

2026 FFGS Journey Assignments – sign on to be a coordinator!

Inbound: March - **Stratford St. Marys, Canada** to FFGS, USA

July - **Greater Cincinnati, USA** to Greater Seattle, USA

Outbound: May - Greater Seattle, USA to **Nara and Gifu, Japan;**

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Raewyn's Crackers (New Zealand club)

½ cup cornmeal

½ cup rice flour

¼ cup sesame seeds

¼ cup linseeds

¼ cup sunflower seeds

¼ cup pumpkin seeds

¼ cup olive oil

Mix all dry ingredients, then pour in oil. Add up to one cup of boiling water. Mix until a soft dough. Roll between two pieces of parchment paper as thin as possible. Lift onto tray. Indent with knife and sprinkle with sea salt. Bake at 150 degrees C (302 F) for 50 minutes or until brown.

Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people get together to eat. - - - Guy Fieri

April 6, 2025 General Meeting:



Pilgrim Prayer

“Guard these your children who, for love of your Name, make a pilgrimage to Compostela. Be their companion on the way, their guide at the crossroads, their strength in weariness, their defense in danger, their shelter on the path, their shade in the heat, their light in the darkness, their comfort in discouragement, and the firmness of their intentions; that through your guidance, they may arrive safely at the end of their journey, enriched with grace and virtue, may return to their homes filled with salutary & lasting joy.”



Ilene shared the Camino de Santiago trip that she and Don took in August of 2023. Ilene’s younger sister Betty joined them. They started at the Northern border of Portugal and traveled North into Spain, walking through the towns of Vigo, Redondela, Arcade de Riba, Ponedra, Caldas de Reis, Paddron and ending in Santiago de Compostela. Usually starting each morning about 8:30am, they walked 10 – 16 miles per day, totaling 70 miles in seven days. It was an enriching and enjoyable and she would do it again!

Did You Know: Camino de Santiago

(Google, Wikipedia.com)

- Consists of several pilgrimages routes in France, Spain and Portugal, the destination is the Cathedral of Santiago de Compostela, believed to be the burial place of the Apostle Saint James the Greater.
- Camino de Santiago means, “The Way of Saint James” in English.
- Established in the 9th Century, the Camino de Santiago is a UNESCO World Heritage Site.
- The Compostela is a certificate of accomplishment given to pilgrims on completing the Way. To earn the Compostela, one needs to walk a minimum of 100 km, or 62 miles.
- A little under 500,000 received their certificate of accomplishment in 2024.



Did You Know - - - Canada (Sources: Google, Wikipedia.com)

- *Canada is the world's second largest country by area. It's estimated 2025 population is 41,000,000.*
- *Canada is highly-ranked in international measurements of government transparency, quality of life, economic competitiveness, innovation, education and human rights.*
- *The British North American Act of 1867 established the Dominion of Canada, with the confederation of the provinces of Ontario, Quebec, Nova Scotia, and New Brunswick.*
- *British Columbia agreed to join the confederation in 1871, with the promise the federal government would complete a transcontinental railway to Victoria within ten years to connect the West Coast to Canada's Eastern Provinces. Lacking this, British Columbia would consider annexation to the United States.*
- *The Canadian Pacific Railroad completed the line in 1885, a distance of 2,858 miles, an impressive achievement for a country of only 4.3 million people at the time.*



People Who Live the Longest Swear by These 9 Rules

They suggest:

Move naturally, but don't overdo it

Purpose: Find your 'reason for being'

Downshift: Keep it mellow (stress causes inflammation)

80% Rule: Measure your meals (eat until 80% full)

Plant Slant: Eat your greens (Mediterranean diet?)

Wine at Five: Don't skip the sip

Belong: Find your place (be part of a community)

Loved Ones First: Family matters

Right Circles: Find a close circle of people that support healthy behaviors

What is Friendship Force?

Founded in 1977 by visionary Wayne Smith and supported by the late President Jimmy and Rosalynn Carter, Friendship force International is a nonprofit cultural organization focused on promoting understanding, cultural education, and citizen diplomacy through homestay journeys and personal friendships. Through these exciting personal encounters, strangers become friends – and we know that by experiencing different views, you can discover common ground.

Nine FFGS members toured to Cuba for a one week trip “in support of the Cuban people”. Enjoy the schedule of activities and the colorful pictures!

Day 1 – April 13 Sunday – arrival in Havana, orientation of neighborhood, welcome dinner at Dayze’s with musical quartet.

Day2 – April 14 Monday – breakfast with family, City tour (on bus), we will visit 4 plazas and see the central park. After lunch we will do a bus tour of our neighborhood, the Revolution Square and Miramar.

Day 3 – April 15 Tuesday – breakfast with family. Visit to school (where our guide, Jorge’s daughter attends), visit Arte Corte, a social project with art, a school for cutting hair, and a community center (where Paul teaches entrepreneurial classes). Bring your donations for school, hair salon and hair styling.

Day 4 – April 16 Wednesday – breakfast with family. We are off to Vinales valley to see where tobacco is grown and have lunch in the country. Pack a small overnight bag and bring your swim suit and walking shoes. We will visit a tobacco farm and have lunch there. We will take a small meander of the town (local artists with items for purchase), then head to our hotel. Dinner at the hotel.

Day 5 – April 17 Thursday - breakfast in the hotel. We will depart for Las Terrazas which is a selfsustained community. There are ruins of a coffee plantation there that we will visit. We will also visit the small community which has a clinic, a pharmacy, a disco and a grocery store. We will also visit some local artists from the region and have lunch there.

Day 6 – April 18 Friday – Breakfast with the family. We will visit a local garden that grows crops in Playa, then we will visit Hemmingway’s statue and his former home, now museum (closed on Good Friday). Then we will go to Muraleando, a community art project (old water tower) with beautiful murals. We will have lunch there, with music! The farewell dinner will be in our neighborhood (Blue Moon, an entrepreneurial restaurant) with a local band (clarinet, violin, keyboards, drums, vocals)

Day 7 – April 19 Saturday – Breakfast with family, depart early for the airport.



Our brand new tour bus



Very, very, skinny aisle



Our neighborhood restaurants



Our tour guide, Jorge



Dayze’s – meeting point



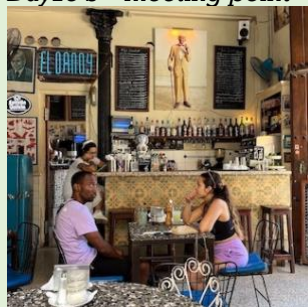
Balcony at our hosts’ home.



Dayze at Welcome Dinner



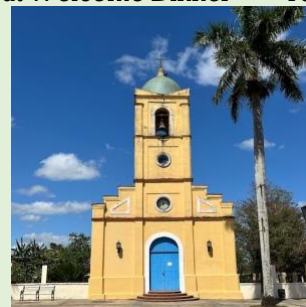
1960's apartments

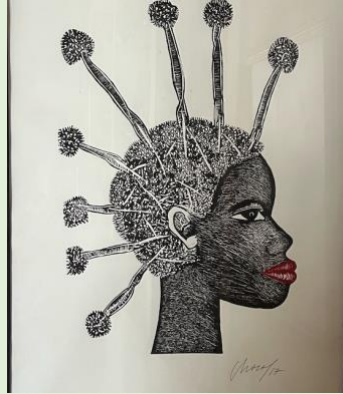
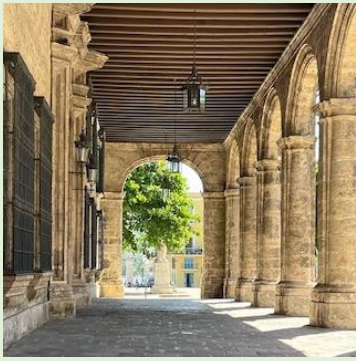


Dandy Bar



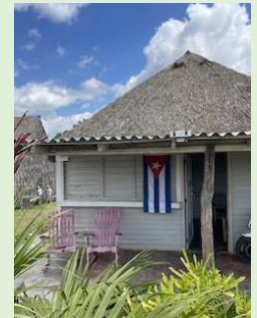
Crumbling infrastructure





Entrepreneurial Fashion

Cuban Paella

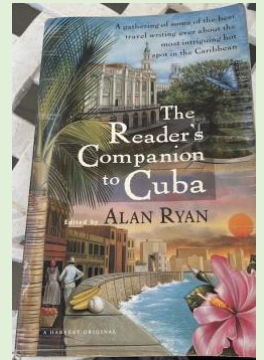
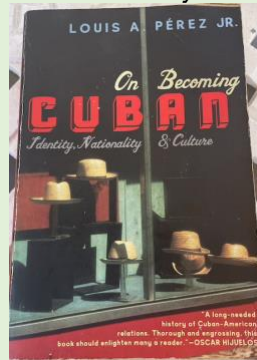


National Police Headquarters

Electric Bus

Goofy kid

Thatched roof house



1962 Missile Crisis

Pop up grocery store.

Lecture by University Professor

Recommended reading about Cuba



Colorful and decorative murals

Door Tiles



Cathedral Plaza



Decorative door tiling



Hemingway's favorite bar



Street Artist drew Joe



Plaza Vieja



Pieced scaffolding



Cuban Dumpster Diving



Sunset over the neighborhood



Stroll along the water



Hazards to avoid



Sun setting, headed to dinner



Pumpkin Soup, Lobster special at a Paladar



Gelato for dessert



No longer a Mall



Jorge's daughter's school.



Dance lesson w/questions for students



Entrepreneurial beauty school & barber shop





Street Art comes to life



Vintage Cars everywhere



Tobacco Farm



Cigar demonstration



Group Photo



Grinding Coffee



Las Terrazas Guide



Coffee time with alcohol



Medical Clinic



Dropping off medical supplies



Artist, Lester Campa Melo



Making beautiful, recycled

naner



Local city nursery in Playa – plants for sale

Water Tower, 50 years a dump, now a community art center



Inside the water tower gallery

Muraleando Community Art Center



Water Tower Restaurant with local band – homemade instrument

Dance demo

Tee shirts from local artist



Murals in collaboration with Jeannie Schultz, Charles' widow

Hemmingway House (closed)

Hemmingway Statue

Cuba is often described as a place of both beauty and decay, captivating visitors with its vibrant culture, stunning landscapes, and unique charm. Quotes about Cuba often highlight its romantic atmosphere, even with its challenging history. Travelers are drawn to its enchanting cities, lush forests, and the constant beat of tropical music.



Dance lesson before Farewell Dinner



Farewell Dinner at Blue Moon, a private restaurant



Farewell Dinner Band



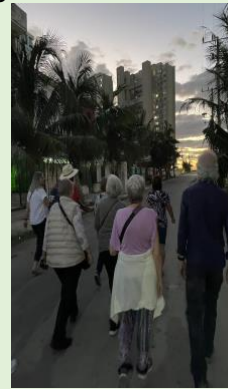
Roberts and Lynn dancing at Farewell



Announcements and thank you



Accountant Barbara with too many pesos (290 – 390 per dollar)



Evening walk



Catching a Zen moment

Activities “in support of the Cuban people” (notes for Customs on returning to the US).

1. Stayed with private families (their private businesses) and discussed with them during breakfast and other times their reality of doing business in Cuba and how to make that work.
2. Visited Arte Corte, an entrepreneurial center where people learn to be barbers and learn entrepreneurial skills to start their own businesses. We brought donations to their center to support their efforts.
3. Visited Muraleando where artists cleaned up the neighborhood and started a mural art project to sell their private art for profit and to support their project. We donated art supplies and added a Peanuts art mural.
4. Visited local private businesses downtown that are popping up and discussed their challenges.
5. Visited a tobacco farm in Vinales to understand what percentage of the growth the farmers product that they get to keep to sell and how to maximize their profits and independence.
6. Visited a local garden and discussed the crops that could be grown right in the community of Havana.
7. Practiced using simple words in Spanish to communicate more easily with the Cubans.
8. Ate dinners in privately owned restaurants (paladares) in Havana.
9. Frequented and supported small business in Cuba selling things to support themselves.
10. Visited a middle school and participated in English as a second language activities.

In the news ...

Julia Parsons, WW2 Navy codebreaker, dies at 104



VIDEOS

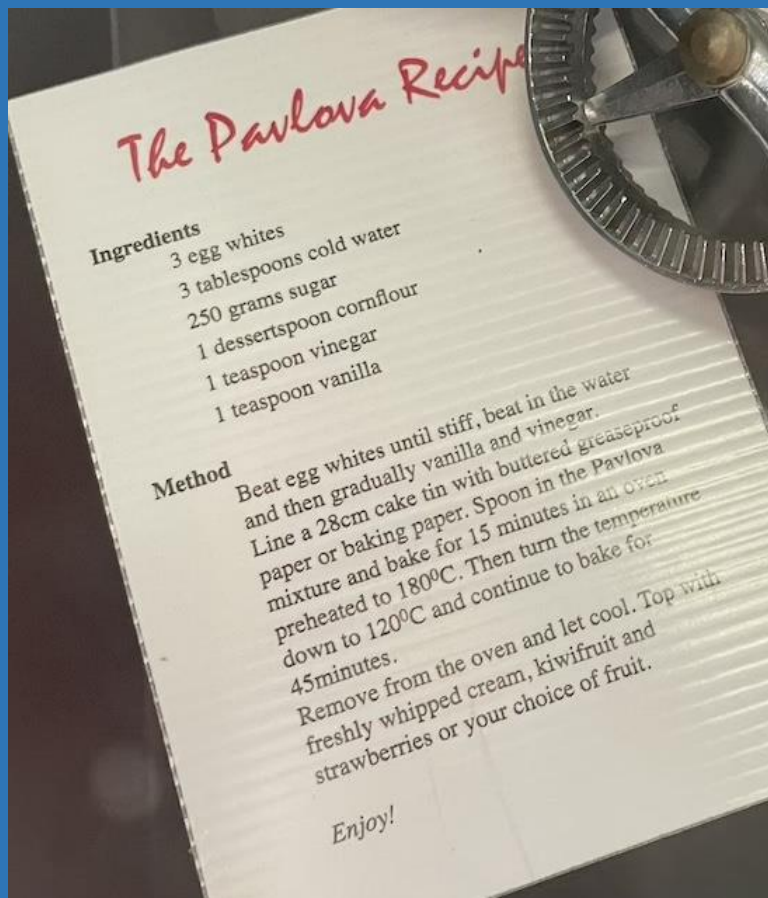
Click [here](#) to read, “The Story of WWII Code Breaker and Navy WAVE Julia Parsons” who died April 18, 2025 at the age of 104. She was the last surviving U.S. Navy WWII codebreaker.

Click [here](#) and [here](#) for videos about Julia’s work & life.

From Wikipedia

Julia Mary Parsons (*née* **Potter**; March 2, 1921 – April 18, 2025) was an American [Navy cryptanalyst](#) during [World War II](#), a [WAVE](#) and member of a secret all-women team of codebreakers at the [Naval Communications Annex](#), Washington D.C., now nicknamed the [Code Girls](#),^{[1][page needed]} which decrypted enemy naval radio messages.^{[2][3]} Parsons' section, codenamed "Shark" worked on German Navy U-boat communications encrypted with the Enigma machine. According to a veteran's group, until her death at age 104, she was the last surviving U.S. Navy World War II codebreaker.^[4] She was the subject of a local TV documentary,^[5] honored by a field appearance with the [Pittsburgh Steelers](#) football team^[6] and a 29 March 2024 mention in the [Congressional Record](#).^[7]

Due to her secrecy oath, she did not disclose her wartime codebreaking work to anyone, even her husband and family, until 1997, when she learned it had been declassified in the 1970s.^[2] From then on, as one of the few surviving veterans of this secret elite World War II occupation, she shared her story with [Girl Scout](#) troops, college robotics clubs,^[8] and in a [Ken Burns](#) documentary, was the subject of a TV documentary^[5] and honored at a field appearance with the [Pittsburgh Steelers](#).^[6] Parsons was thought to be the oldest [Wordle](#) player in the world; her children received her Wordle results daily as a sign that she was still healthy.^[2]

**The Great Pavlova Controversy**

It seems that the Wellington chef who pioneered the pavlova did not publish his recipe. This has encouraged other claims, and the debate has been further confused by two entirely different pavlova recipes which appeared around 1927. One of these was for a molded jelly with multicolored layers. The other recipe referred to a number of small meringue cakes, which developed into the larger single pavlova as we now know it.

Australia’s claim to the pavlova is much later, dating from 1934. When a Perth chef covered a meringue cake with cream and fruit his efforts were described as “as light as Pavlova”. Obviously, the Russian ballerina made a big impression on Australia during her visit nine years earlier.

Travel Pictures from the Florida Everglades ...



Airboat ride on the River of Grass



Identifying birds in the Everglades



Anhinga



Lots of Alligators in the fresh water area of the Everglades. Crocodiles live in the saltwater marshes farther south



Alligators mating – [watch a video](#)



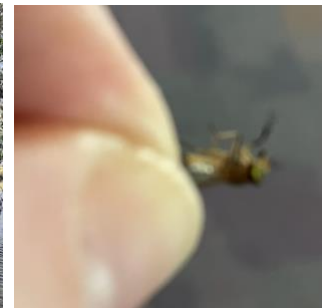
Crocodiles at Guy Bradley Visitor Center in Flamingo, Florida



Turtles in the Everglades with a turtle road crossing



Mangrove roots and trees



Mosquito in visitor's center

More Everglades Wildlife



WA's Ruby Beach picked among best beaches in the world

Lonely Planet has picked Ruby Beach in Olympic National Park as among 25 of the "world's best beaches." It's the only one from the United States to make the list, with the travel guide company tagging the coastal spot the "best beach for beachcombers." "Ruby Beach is a great introduction to Washington and the Pacific Northwest, Lonely Planet wrote. "It looks like waters have lashed wildly against the shoreline here until trees have toppled and the (sea stacks are) found with a swirling froth crashing at their feet."



Sources: Esri, National Park Service
MARK NOWLIN / THE SEATTLE TIMES

Travel Tips! Are you looking for Seattle items to take as a hostess gift? The **Made in Washington** store at SeaTac Airport has a great selection! Where do you find gifts?



Carousels!

(Pictures from my friend, Linda's collection)



Friendship Force Pledge

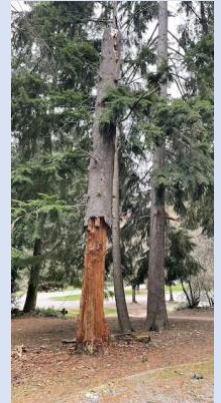
As a member of the Friendship Force
 I recognize that I can make a difference
 I recognize that I have a mission
 That mission is to be a friend of the people of the world.
 As I embark on this adventure,
 I know that others will be watching me
 I know that through my example
 to my fellow citizens
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

Costa Rica Inbound, July 3 – 10, 2025: DRAFT SCHEDULE

11 Ambassadors arrive by Victoria Clipper on July 3rd
Thursday, July 3rd: Arrive via Victoria Clipper (4:15 pm?), settle in with hosts
Friday, July 4th: 4th of July activities in Kirkland, kayaking at Juanita Beach, walk in Juanita Bay Park, **Welcome potluck** at Joe/Joyce home, fireworks
Saturday, July 5th: 10 am at Kubota Garden, noon **picnic** under plane at Museum of Flight, tour museum, Duwamish Longhouse? **Small group dinners**
Sunday, July 6th: Free day with hosts, **take host to dinner**
Monday, July 7th: 10:00 am Space Needle/Chihuly Glass Museum, Monorail to Westlake Mall, Pike Place Market, **no host lunch** (market), Monorail back
Tuesday, July 8th: Take 9:35 ferry to Kingston, **beach walk and lunch** at Sue N's house on Kingston waterfront, visit Poulsbo, take ferry home
Wednesday, July 9th: Ballard Locks, **Farewell potluck** at Dave/Judi's house
Thursday, July 10th: Early flight from SeaTac airport

Local Places worth exploring: Hamlin Park

Hamlin Park is a popular 80-acre park in Shoreline, offering a variety of recreational activities, including hiking, walking, and biking. It features a well-established trail system, including a 2-mile loop for running and a smaller, kid-friendly paved bike loop.



Snoqualmie Falls: Local tip – go visit after a heavy rainfall!



Free shuttle returns to a new era of Seattle's waterfront

“The shuttle service operated by TransWest returns this year with three shuttle buses and will run every day through mid-September.

With pickups and drop-offs every 20 minutes from 10 a.m. to 8 p.m., the service is designed to help people visit the waterfront, featuring stops close to the Seattle Aquarium, Pike Place Market and Colman Dock.

Visitors can [catch the shuttle](#) at Seattle Center/Space Needle, Pier 69, Pier 62, Pier 56, Pioneer Square and King Street Station in the Chinatown International District.”

“[The park will host more than 270 public events](#) from May through October, including musical performances, fitness classes, cultural festivals and more.”

