

friendship force
INTERNATIONAL



After attending a Seattle Storm basketball game on 5 September, Bob took a picture of the full moon beside the Space Needle. A thin haze was in the air from local wildfires. Looking closer at the picture, he noticed his iPhone had picked up lights in the background. Expanding the image, he saw a string of Starlink satellites launched that morning from Cape Kennedy. The 3 horizontal bright lights to the right of the Space Needle are planes on final approach to SeaTac. By the time he took a second picture (41-seconds later) both the satellites and planes had passed out of view. He was at the right place at the right time. Interestingly, the 200-hundred mile high SpaceX Starlink satellites are built in Redmond, only about 20-miles from the Space Needle.

The Friendship Force of Greater Seattle Newsletter #63 November 5, 2025

FFGS Board Meeting, 12-2pm
Wednesday, Nov. 19, 2025
Broadview Library

FFGS Holiday Luncheon
Sunday, Dec 7th, 12:30 pm
Des Moines Anthony's

April 2026: Stratford St.
Mary, Canada – Denise and
Sue P are coordinators

May 14 – May 28, 2026 to
Gifu and Nara, Japan; Pura
and Bob coordinators

August 2026, Cincinnati
Inbound, Karen/Joyce
Coordinators

October/November 2026
Richmond, VA/Orlando, FL
Outbound, Ilene and Sue N
coordinators

President's Letter:

The year has flown by, but what a busy and fun year! Our last inbound for this year was Winnipeg in October. It was a small group but we all had a great time and made some new friends. Elaine put together a great agenda and kept us all on track.

The general meeting was a great review of the beauty of New Zealand. Bob and Joyce did a fantastic job. The food was lovely too. It was nice visiting with some of our members we haven't seen in a while.

We have coordinators for our 2026 inbound and outbound journeys! They are working to get dates finalized. It is time to start planning for a great year. Thanks for those who stepped up to get things rolling. Feel free to join us at our board meeting November 19th at the Broadview library from 12:00 - 2 pm. All are welcome, but journey coordinators are especially encouraged to attend. I am looking forward to our annual holiday party! Get your meal options and money to Mark and don't forget to search your home for the perfect white elephant gift!

- - - **Judi, FFGS President**

“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 (on the Japanese Internment)

2026 FFGS Journey Assignments – Let’s travel!

Inbound: **April 2026 - Stratford St. Mary, Canada** to Greater Seattle FF
Denise and Sue P are co-coordinators (hoping for mid-April - Easter is April 5th)
 This time frame should give FFGS a chance to show off our beautiful tulips in bloom!
BE SURE TO LET DENISE AND SUE P KNOW THAT YOU WOULD LIKE TO HOST!

August 19 – 26, 2026 - Greater Cincinnati, USA to Greater Seattle FF
Karen and Joyce will be co-coordinators for this inbound exchange. (Proposed dates)
 We are so looking forward to hosting Cincinnati who hosted us September 2024.
BE SURE TO LET KAREN AND JOYCE KNOW THAT YOU WOULD LIKE TO HOST!

Outbound: May 2026 - GSFF to **Gifu and Nara, Japan**; **Pura & Bob** co-coordinators
 Our outbound to Japan is from **May 14-21 (Gifu) and May 21-28 (Nara)**.
 The allotted 12 for the Gifu exchange has been reached, but let Pura know if you would like to be on the waiting list. For the Nara week, there may be a space or two available – again, let Pura know if you would be interested in attending!
 FFGS applications for either or both of the weeks need to be filled out by **November 11th** to ensure a spot. The Gifu club can host 12 ambassadors while Nara can host 15.

October/November 2026 – Seattle to Greater Orlando, & Richmond, VA
Ilene and Sue N are the co-coordinators. Exact dates have yet to be determined, but they anticipate the end of October to Virginia and first week of November to Orlando. The Orlando club can host 20 people & Virginia club can host 16-18 people. It’s not too early to let Ilene and Sue N know that you are interested in attending!

Coordinators:
 Denise, Sue P
 Joyce, Karen
 (Karen at Cincinnati)



Coordinators:
 Bob, Pura,
 Ilene, Sue N



Taste of New Zealand: October 19th FFGS General Meeting

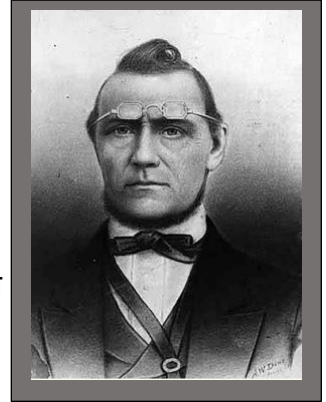


A special thanks to Bob and Joyce for their presentation about the wonderful February 2025 Outbound Journey to Hamilton, New Zealand. It was really fun to reconnect with their club (who we hosted July 2023) and to see NZ through all of the wonderful activities that they planned for us. Through the before and after Hamilton side trips, New Zealand really came alive with its incredible beauty.

History Link: Seattle appears in print for the first time on October 30, 1852

On October 30, 1852, the Olympia newspaper *The Columbian* prints an advertisement for Dr. David S. Maynard's store, the "Seattle Exchange." This (and a notice in the same issue about Henry Yesler's sawmill) marks the first use of the name Seattle in print.

Seattle founders briefly called their village "Duwamps" or "Dewamps" after the native name for the Duwamish River. Physician and merchant "Doc" Maynard (1808-1873) was lured north from Olympia in the summer of 1852 by his friend Chief Seattle (d. 1866), and he returned the favor by convincing his new neighbors to rename the settlement in honor of their de facto host. Chief Seattle was reputedly alarmed by the appropriation of his name but remained a friend of the newcomers.



Blueberry Baked Oatmeal (12 servings)

- Mix together: 1/2 cup pecans
- 3 cups oats
- 1 Tbsp cinnamon
- 1 1/2 tsp baking soda
- 1/2 tsp nutmeg
- Mix together: 2 1/2 cups milk (cow, coconut, oat milk)
- 1/2 cup maple syrup or honey
- 3 eggs
- 4 Tbsp coconut oil or butter (1/2 cup)
- 1 Tbsp vanilla extract
- 4 cups blueberries (1 cup for topping)

Layer blueberries (3 cups), dry oat mixture, drizzle wet ingredients, scatter 1 cup blueberries on top. Bake at 350 degrees for 40 minutes.

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

You don't have to cook fancy or complicated masterpieces – just good food from fresh ingredients.” - - - Ina Garten

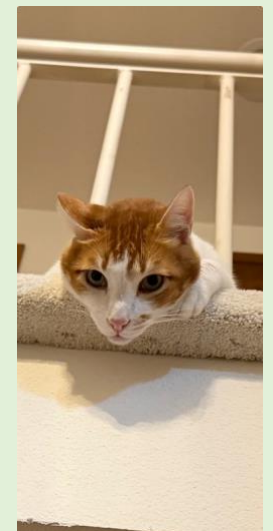
Winnipeg Journey, October 9 – October 15, 2025



Visiting one of our northwest trolls!



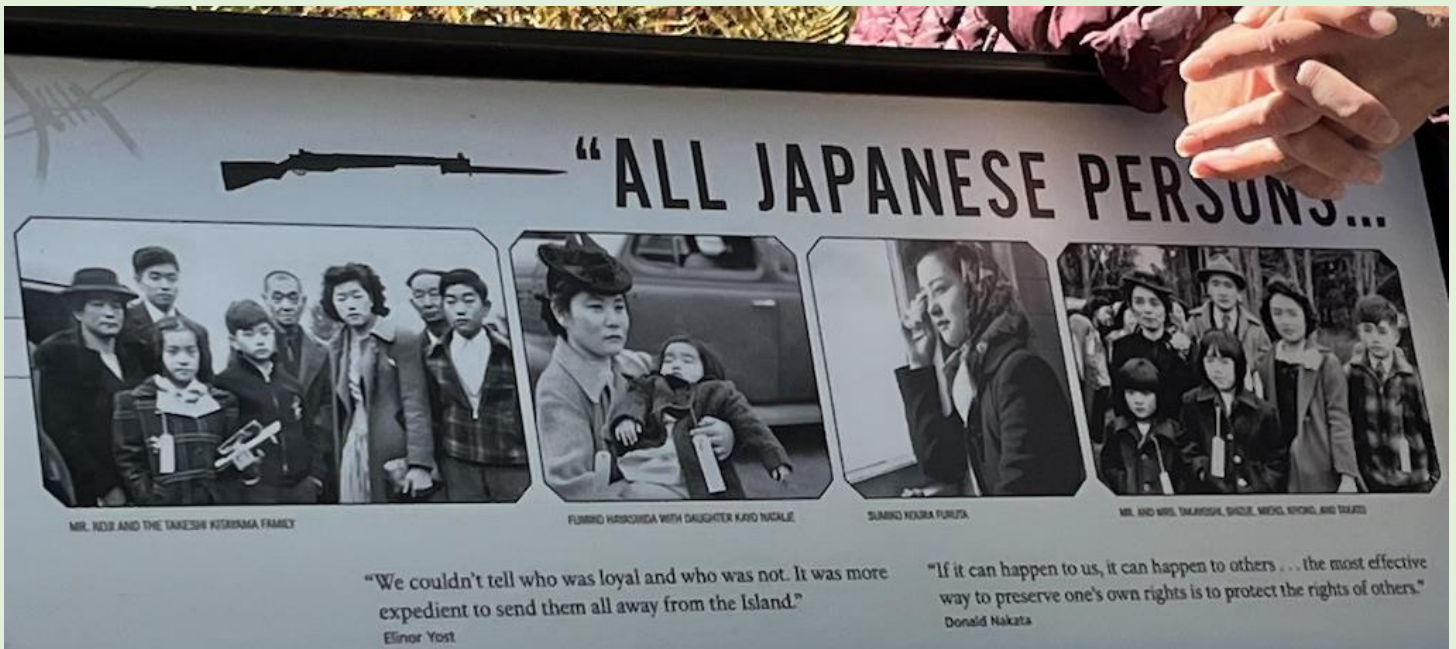
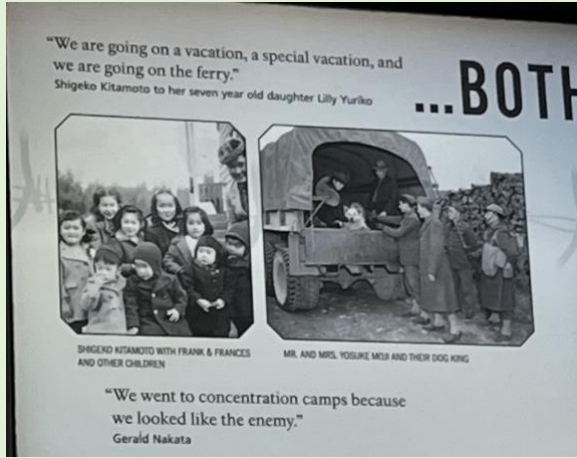
Sunset/Mt Rainier viewing for Farewell



Conway saying farewell

Winnipeg Journey, October 9 – October 15, 2025

Lily Kiamoto speaks to the group about her experiences at the internment camp from the age of seven.



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.

Geraldine “Jeri” Rask: March 12th, 1946 – September 16th, 2025

From a young age, Jeri was drawn to nature and being of service to others. In her early 20's, Jeri joined the VISTA volunteers and traveled from Cleveland to live on a Navajo reservation in Wheatfields, Arizona. Living in a hogan for over a year, she met lifetime friends, taught English, learned the Navajo language, and worked with the Navajo people to develop economic opportunities in their community. This experience influenced Jeri's desire to be of service to others and sparked a desire to be an advocate for civil rights and social change.



Tom and Jeri married in 1972 in Cleveland, welcomed a daughter, Kristen, and another daughter, Chelsea, 13 months later. They relocated to Cleveland Heights and lived there for over 30 years in the home they remodeled themselves.

Jeri worked as an early child educator and social worker for many years, including work with organizations such as Health Hill Hospital for Children and the Cleveland Center for the Blind.

After Jeri's husband passed away in 2012, Jeri left Cleveland for Edmonds, Washington where she spent the last 12 years of her life, close to her daughters and granddaughter, Remy. Jeri embraced the Pacific Northwest, joining groups such as Happy Hikers, Advocates for Women, **Friendship Force**, and the Unitarian Universalist Church of Edmonds. She enjoyed many years of exploring our beautiful parks and trails, and traveling overseas,.

A celebration of life will be held at the Unitarian Universalist Church in Edmonds on January 11, 2026 at 3 pm. In lieu of flowers, the family requests that donations be made in memory of Jeri to 'Doctor's Without Borders' or the 'Sierra Club'.

Friendship Force of Greater Seattle 2025 Holiday Party

Sunday, December 7, 12:30pm - 3:30pm, Anthony's Home Port in Des Moines

Mark would love to have your checks by December 1st so he can turn in the counts!

Please join us for our annual Friendship Force Holiday Party on December 7th!

We will have a lovely lunch at Anthony's Home Port Restaurant in Des Moines, with a White Elephant gift exchange following the lunch.

Please select one of these menu items below. The prices include a **20% gratuity and the tax.**

- Kalbi Chicken, glazed with tamari and ginger \$37
- Lingcod Caddy Ganty, in sour cream, onion, bread crumbs \$45
- 7oz Sirloin Steak \$46
- Grilled Portobello \$34

Coffee & tea are included, with dessert provided by the club.

The restaurant bar will be available for drinks, soda, etc.

This would be a nice event to invite guests and people interested in the club.

Once you have selected a menu item, send your menu choice and check to Mark (by 12/1/25).



REWIND - - - *Memories of Journeys Past* Napa Sonoma, California, February, 2019



Day of the Dead, November 1st and 2nd

November 1st: Celebrated as Día de los Angelitos (Day of the Little Angels), which is dedicated to deceased children. **November 2nd:** The main Day of the Dead celebration for adults, known as Día de los Muertos, or the Day of the Dead.

1. **It's a joyous celebration, not a solemn one:**

The holiday is a time to celebrate and remember loved ones, making it a festive occasion filled with music, dancing, and colorful decorations, rather than a mournful one.

2. **Ofrendas are central to the tradition:**

Families build altars in their homes called "ofrendas" (offerings) to honor and welcome the spirits of the deceased. These altars are decorated with candles, flowers, and the favorite foods, drinks, and personal items of those who have passed.

3. **Marigolds guide the spirits:**

Known as "cempasúchil" or "flowers of the dead," their strong scent and bright orange and yellow color are believed to help guide the souls of the dead back to their altars.



Día de los Muertos (Day of the Dead) in Mexico



Día de los Muertos (Day of the Dead) in Basel, Switzerland

5 PNW Hot Springs Hikes To Do During Fall



[Baker Hot Springs](#) *(When should we go?)*

Location: Mount Baker

Mileage: 0.6 miles

Elevation gain: 52 feet

Pass: Northwest Forest Pass

After you've tackled the potholed road to reach the parking area, head out on a short walk through the forest. Before long, you'll reach Baker Hot Springs, a rectangular natural pool surrounded by a forest of fir trees. The water is pleasantly hot, though with a distinct natural sulfur smell. Switch between dips in the hot springs and plunges in the small pool of cold water nearby.

Goldmyer Hot Springs: 10 miles, 200' elevation

Sulphur Creek Trail: 3.6 miles, 900' elevation

Fat Bear Week 2025 crowns a winner - Chunk



12 chunky brown bears in Alaska's Katmai National Park and Preserve have been battling it out in one of the most cutthroat places on the planet – the internet. As part of the park's annual **Fat Bear Week**, the oversized ursines are pitted against each other in online popularity contests, where fans from around the world vote for the bear they like best. A live camera lets voters follow along with the bears as they forage for salmon in a last-gasp chance to pack on the pounds ahead of their upcoming winter hibernation.

Seattle park hides old-growth wonderland in plain sight

The Magnificent Forest: The name refers to the 120 acres of old-growth forest within Seward Park on Lake Washington. It's the largest patch of old-growth forest in the city.



“Seward Park itself is a 300-acre area that includes Bailey Peninsula, a thumb of land that seems to be hitching a ride from the boats of Lake Washington. The park is named for former U.S. Secretary of State William Seward, who is famous for negotiating the purchase of the Alaska Territory from Russia (known, at the time, as Seward’s Folly); opposing slavery; and surviving an assassination attempt that was part of the same plot that killed President Abraham Lincoln. The park, long used as a hunting, fishing and gathering site by Indigenous people (most notably the Duwamish), was purchased by the city in 1911 from William E. Bailey for development as a public park. It was one of many parks designed by the Olmsted Brothers.”

- ### SEWARD PARK BY THE NUMBERS
- 300 acres:** Size of Seward Park
 - 120 acres:** Size of the Magnificent Forest
 - 250 years:** Age of the oldest trees
 - 1911:** Year the park was acquired by the city
 - April 14, 1865:** Date of the Lincoln assassination and Seward attack