



friendship force
COLUMBIA - CASCADE

Friendship Force Flyer

Columbia Cascade
Portland, OR/Vancouver, WA



President's Corner

World Friendship Day 2016 was a huge success, thanks to the efforts of Wayne Potter. I hope that you had a chance to attend and celebrate with us. We had visitors from several Northwest FF clubs, our regional director, and many local citizens interested in travel and world peace.

Please take a moment out of your busy schedule to reflect on the world and make a pledge to help make our world a more peaceful place and to encourage active friendship with neighbors, friends, and our greater communities. World Friendship Day is featured in this issue of the Friendship Force Flyer.

As I mentioned in the last newsletter, the board's survey has been sent and is in our email in-box. We are looking for feedback on who our members are, what you want the club to do for you, and how to prioritize your goals. Please take a few minutes to provide us with your feedback so we can provide each of you with the resources to meet your desires. You may return the surveys by email or mail as provided at the bottom of the survey form.

We have three exchanges for 2016 to spread our message of friendship. This will keep us all very busy and help us explore some new cultural awareness. FF Mundo Maya from Chiapas, Mexico, will be visiting in June. We have the opportunity to visit Solo Surakarta, Indonesia, in August. In October our ambassadors will be visiting Havana, Cuba, and

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Dallas, Texas. Take a look at your calendar, and if you have availability and interest, join us on these adventures.

Volunteering is another way to spread our message of friendship and peace. We have lots of work ahead of us to prepare for the 2016 exchanges. We appreciate your help in any capacity you can manage.

Lastly, I suggest that we begin a new tradition: at our meetings and gatherings: let's bring packaged food for the needy. We will collect your offerings and deliver them to a local charity. Helping to feed the hungry will be another step forward in making our local communities a more peaceful environment for friendship to flourish. Let's continue to celebrate all year and make new friends every day.

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Past Event Report

World Friendship Day 2016

by Lori Reynolds



Master of Ceremonies, Casey-Moffatt-Chaney

World Friendship Day 2016 was celebrated Saturday, March 12, 2016 at St. Luke’s Episcopal Church in Vancouver WA. We had a large gathering of nearly one hundred participants, including contingents from two Pacific Northwest Friendship Force clubs: Lower Columbia from Longview/Kelso and MidWillamette Valley from Albany/Salem/Corvallis

Our regional field representative, Marilyn Peterson, was also present and helped welcome the audience to the festivities.

Casey-Moffett-Chaney, MC welcomed everyone to the festivities and Jack Burkman, Vancouver Council member, read the Dedication of World Friendship Day proclamation which was signed by Keith Leavitt, Mayor of Vancouver.



Vancouver Council Member, Jack Burkman

Lori Reynolds, FFCC President, spoke briefly about the beginning of Friendship Force in 1977 by President Jimmy Carter and founder Wayne Smith, as well as the tradition behind our annual celebration of this event. We all were encouraged to participate, engage with the exhibitors, and make some new friends around the room.



Members of Servas tell attendees about their club

Present were the Columbia River Peace Corps, Servas, Partners of the Americas, Mongolian Quilting Project, Health in Harmony, Model United Nations, Dining For Women, Syrian American Medical Society, Portland-Suzhou Sister City Organization, Friendship Force of the Lower Columbia, and Keeping Kurrent Show.



Northwest Harmony Chorus Sweet Adelines serenaded us with songs of friendship and love

World Friendship Day Report Continued



Lunch catered by C&L Catering included an international spread of items representing a number of countries around the globe. We ate heartily of fondue, English sausage rolls, pita bread with hummus and olives, Swedish meatballs, and fresh fruit.



Reverend Jaime Case, Rector of

St. Luke’s Episcopal Church provided a short prayer for world friendship from his book of prayers. We are very

appreciative of being able to celebrate at this lovely local community hub and help this church community with their mission of spreading global peace.



Sharon hands out FFCC Membership Books for 2016 while Marge talks about the Upcoming Exchange to Indonesia



Emily shows others how to make interesting crafts at our activity booth

Trina Jones, Senior Development Manager of Health In Harmony, spoke about her work in Indonesia fostering a healthy world by investing

in the link between human and environmental health at the very local community level.

Morgan Deters, Secretary General of the NW Model United Nations – Seattle, spoke about her work with the high school and university program.

Northwest Harmony Chorus Sweet Adelines serenaded us with songs of friendship and love. And as they were departing the audience was encouraged to stand up and sing “Let There Be



Peace On Earth” to which the departing singers helped elevate the chant to a wonderful chorus. Thank you to Mary Dickson for suggesting such an endearing way to end the joyful day of festivities. And a huge thank you to Wayne Potter for all his work in planning this best-ever World Friendship Day.



Wayne Potter, FFCC World Friendship Day Coordinator 2016

Upcoming Events

Taste Travelers Sample Local Delicacies

By Mary Dickson



If you can't travel far afield, plan to travel with your FFCC friends to restaurants in the metro area where you can have a taste of another culture. The first Taste Travelers of 2016 enjoyed Tommy O's Hawaiian cuisine on January 28 in downtown Vancouver. Twenty-one long-time FFCC members ate pulled pork and other island delicacies. The restaurant agreed to seat us in the bar, where we had the entire room to ourselves (but only if we could guarantee that we were all over 21!).

In February over 25 FFCC members and friends traveled to the other side of the world for brunch at Broder Soder at the Scandinavian Restaurant and Heritage Center in Southwest Portland.

At each of these restaurants besides a chance to taste food from other cultures, there was time to get better acquainted with fellow FFCC members, talk about places they have traveled with Friendship Force or would like to visit in the future, and make new friends in our own club.

Here is a tentative list of dates and places for Taste Travelers in coming months:

April 1 (Friday, 11:30 AM): HK Red Tea House, Dim Sum, Southeast Portland

May 17 (Tuesday, 9:30 AM): Fleur de Lis Bakery and Café, French, Northeast Portland

June 29 (Wednesday, 11:30 AM): Boriken Restaurant, Puerto Rican, Beaverton

July 20 (Wednesday, 11:30 AM): McMenamin's on the Columbia, Pacific Northwest fare, Vancouver

August 9 (Tuesday 12 noon): Cartlandia, one of Portland's largest food cart pods, Featuring a variety of foods, Southeast Portland

September 29 (Thursday, 5 PM): Marrakesh Moroccan Restaurant, Northwest Portland

October 11 (Tuesday, 11:30 AM): Otto and Anita's, German, Southwest Portland

Thanks to Emily Smith for the wonderful restaurant ideas. Emily and others brainstormed a variety of restaurants, days of the week, and times of day for additional Taste Travelers events, hoping that FFCC members could attend when it is convenient. We encourage all members and potential members to attend. It is simple—we get together for a delicious meal, chat, and have fun—nothing formal, nothing fancy, just putting the force of friendship into practice. Put these dates on your calendar and join us for delicious food. Bring a guest who can see how much fun we have in FF Columbia Cascade. Email reminders will be sent out before each Taste Travelers event.

Upcoming Events

Inbound Exchange in June

June 7-14, 2016

By Gwen White



The inbound exchange from Murray Bridge, Australia, has been cancelled by their club. Fortunately, we have been able to reallocate this exchange with the FF Mundo Maya club from Tuxtla, Chiapa, Mexico.

Their club will be visiting us June 7-14, then visiting FF Victoria-Vancouver June 14-21. This inbound exchange is capped at 14 participants due to the small size of the FFVV club.

Tentatively, we have plans to visit the Coast, Pittock Mansion, a couple of local gardens, and watch the Rose Festival Parade on June 11.

Bobbie Klabin-Smith is unable to continue as ED as she redirects her energy toward improved health. So we are recruiting a new ED. Several members have offered to work on the committee.

The next committee planning meeting is scheduled for April 25, at 9:30 AM at Gwen White and Jim Arnoux's home.

If you can help with planning, would like to host, or can be ED, please contact Gwen White.

Exchange to Solo Surakarta, Indonesia in August

By Marge Terdal, ED



Sign up now for the FFCC outgoing exchange to Solo Surakarta, Indonesia. Dates for this exchange are August 20-26, with a post tour to East Java and Bali August 26-September 6.

Solo is located in the center of Java, one of the larger islands in Indonesia. While there we will be visiting a mountain area with waterfalls, the largest Buddhist temple in the world, a Hindu temple, a batik home industry, and Southeast Asia's largest textile factory. We will have time with our host families; most if not all, are Muslim, the predominant religion in Java.

Indonesia has a tropical climate. August is in the dry season and is a peak time for tourist travel. You will want to bring lightweight clothes, and, while in Java, women should keep shoulders covered, and wear pants or longer skirts.

On the post tour we will travel by air-conditioned bus, and all hotels have western-style toilets and showers. Activities include watching birds and wild animals in a national park, a sunrise trip to a famous volcanic crater, snorkeling and sunbathing, a full day cruise in Bali, tea with a princess in Bali—and much more. Cost for this 11-day tour, including hotels, most meals, admission fees, is about \$1500 per person.

Application forms are available on the FFI website, and should be sent to Marge Terdal,. The Solo club has room for only 15 ambassadors, so if we do not have 15 people by late March, this will be advertised on the FFI website.

Upcoming Events Continued



Outgoing Exchange to Dallas, Texas, in October

By Pat Reynolds, ED

Dates for this outgoing domestic exchange have been confirmed for October 9-22, 2016. We will be having a pre-exchange trip to Havana, Cuba, for six nights, followed by seven nights with homestays in Dallas, Texas.

Activities in Havana will include several meals with artists or in a palador's home, educational history and art lessons, walking in the downtown area, and visiting the Institute of Superior Arts, Museum of Fine Arts, and Colon Cemetery. We will also deliver educational supplies to a local charity, visit the Ernest Hemingway estate, watch a dance rehearsal, and listen in on some evening music.

The Dallas club will provide a trip to the Stockyards, a BBQ dinner, a day trip to Fort Worth, and a walking arts tour of downtown Dallas. Depending on interests there may be visits to the Bush Presidential Library, the Dallas Cowboy Stadium, or an engraving/printing museum. Interested ambassadors will be sent an informational packet in late March, with a preliminary planning meeting in early May. If you are interested, contact Pat Reynolds

Friendship Force Regional Conference

Olympia, Washington

April 14-16, 2016

Coming soon: The Pacific Northwest and Northern Rockies Regional Friendship Force Conference, is scheduled for Thursday to Saturday, April 14-16. The conference this year is sponsored by FF Olympia, with Matthew Nidek from Atlanta as the keynote speaker and leadership development as the theme. It will be held at the Double Tree by Hilton in Olympia, Washington.

At this annual conference, Presidents of regional clubs will meet on Thursday evening to discuss plans and share ideas. Other sessions will be held Friday afternoon and Saturday morning; this is an opportunity where all participants can learn and have fun. The Friday evening buffet dinner, followed by local entertainment, is also a time for getting reacquainted with other FF members and making new friends from local clubs.

Registration is now open. Cost is \$75 for the conference with payment made out to FF Olympia and sent to Ted Samland, Conference Chair, 7710 56th Ave NE, Olympia WA 98516. You must make room reservations by contacting the Double Tree of Olympia at 360-570-0555. Give them the code FFI 2016 when you register to get a conference rate and discount.

FF Olympia has also arranged for several optional excursions to the Washington State Capitol, Hands-on Children's Museum, the Performing Center, and a special performance by Masterworks Choral Ensemble (\$18 additional). Please contact regional chair Marilyn Peterson for more information.

Columbia Cascade Calendar

2016

April 1	Taste Travelers, HK Café
April 14-16	Northwest Regional Conference, Olympia, WA
May 17	Taste Travelers, Fleur De Lis Bakery Café
June 7-14	Incoming Exchange from Mundo Maya, Mexico
June 29	Taste Travelers, Boriken Restaurant
July 20	Taste Travelers McMenamins on the Columbia
August 9	Taste Travelers Cartlandia Food Cart Pod
August 20- September 6	Outgoing Exchange to Solo-Surakarta, Indonesia, post-exchange tour to East Java and Bali
September 16-19	International FFI conference Marrakesh, Morocco
September 29	Taste Travelers, Marrakesh, Morocco restaurant
October 11	Taste Travelers Otto and Anita's German Restaurant
October 9-22	Outgoing exchange to Dallas, TX, with pre- exchange tour to Havana, Cuba
November	Annual Meeting

For information or to signup to participate in these events email

ffcc.events@gmail.com



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2016 Officers

Lori Reynolds
President

Gwen White
Vice President

Jerry Bacon
Secretary

Merlin Miller
Treasurer

Margo Foeller
Member-at-Large

Bob Porter
Past President

Board Committee

Chairpersons

Sharon Dawson
Membership
503-234-4530

Phyllis Bacon
Historian

Mary Dickson
Activities

Communications
Need Volunteer

Emily Smith
Parliamentarian

Exchange Coordinators
Need Volunteers

Coordinators

Emily Smith
Marguerite Morin
Hospitality

Dick Van Ingen
Email

Bob Porter
Webmaster

Newsletter

Marge Terdal
Editor

Bob Porter
Graphic Design & Layout

Membership Application

Annual dues cover the cost of the newsletter and expenses for exchanges and activities of the Friendship Force of Columbia Cascade, as well as membership in Friendship Force International.

Single Membership \$30

Family Membership \$50

Dual Membership (single)\$15
(more than one chapter)(family)\$25

New Member? YES NO

If new member, we need name(s) for name tag:

Date_____

Name_____

Address _____

City, State, Zip _____

Telephone_____

Cell Phone_____

Email Address _____

Questions:

Call Sharon Dawson
503-234-4530

Please circle Interest:

Hosting incoming ambassadors

Day Hosting

Activities, Planning Committee

Attending local activities

Speakers' bureau

Travel on Outgoing exchanges

Send with payment to

(make checks payable to FFCC):

Sharon Dawson, FF

3275 SE Ankeny Street

Portland, OR 97214

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 to the people of the world. As I embark upon this adventure, I know that others will be watching me. I know that through my example to my own fellow citizens and the people of other nations, the cause of friendship, love and peace will be furthered.