



friendship force
COLUMBIA-CASCADE

Friendship Force Flyer

Columbia Cascade



Presidents' Corner

Bill Turner
KC Sarr

Page	Table of Contents
1	Presidents' Corner
2	Calendar
3	Taste Travelers Taste Mongolian BBQ
4	Taste Travelers Travel to PDX
5	New FFCC Website
6-8	Kentucky Incoming Journey 2026
9	Letter from FF Saskatoon
10	Our Newly Renovated Portland Airport
11	Dental Vacation in México
12	Birthday Celebrations
13	Happenings in the Lives of our Members
14-15	Membership Application

Hello everyone,

In May, FFCC welcomed the club from Western Kentucky. Over a brief week, we showed them historic Fort Vancouver, downtown Portland, the beautiful Columbia River Gorge, including a drive east to see the National Neon Museum in The Dalles.

We wrapped up their visit with a trip out to the coast, which included a short train ride from Garibaldi to Rockaway Beach and back, a seafood lunch, a visit to the Tillamook Creamery, and a wonderful early supper of salads and Tillamook ice cream at Sharon Dawson's beach house with its magnificent view of the Pacific Ocean.

In June, members of our club will be traveling out to visit a club in Ulaan Bataar, Mongolia.

Looking forward to more adventures together.

*In friendship,
KC & Bill*



 **Columbia Cascade**
Calendar 

2026

11 June 2026 FFCC Board Meeting Zoom

18 June - 2 July 2026 Mongolia Outbound

AC*: Emily Smith epsmithot@msn.com

15 August 2026 FFCC Annual Potluck Picnic 10:00am-2:00pm

Overlook Park 1301 N Fremont St, Portland

RSVP: Pat Stryker pat.stryker@icloud.com

14-21 October 2026 Greater Harrisburg Outbound

21-29 October 2026 New Haven, Connecticut Outbound

AC*: Mary Dickson MBDinOR@gmail.com

1 November 2026 Annual Meeting Potluck

December 2026 Holiday Party

Journey Coordinators Are Needed!

Contact Larry Spiegel for information or if you wish to volunteer!

laurencespiegel@gmail.com

*Ambassador Coordinator Outbound /*Host Coordinator Inbound

For general information email: ffcc.events@gmail.com

Officers

KC Sarr
Co-President

Bill Turner
Co-President

Gwen White
Secretary

Corinne Spiegel
Treasurer

Nadine Hayden
Member-at-Large

Laural Engeman
Past President

Board Committee

Sharon Dawson
Membership
503-327-4152

(TBD)
Historian

Mary Dickson
Activities

Emily Smith
Parliamentarian

Corinne Spiegel
Communications/Webmaster

Larry Spiegel
Journey Director

Laural Engeman
Journey Treasurer

Coordinators

Bill Turner
Email

Newsletter

Marty Muncie
Graphic Design & Layout

PAST EVENTS

Taste Travelers Taste Mongolian BBQ in Beaverton

by Mary Dickson, Activities

Taste Travelers met on 17 March at **Chang's Mongolian Grill**, 1935 NW 157th Place, Beaverton.

A group of long time members, new members, and potential members ate lunch at the Mongolian grill in Beaverton. It was great to see long time member Kathie Kimmey and to welcome new members Alan and Andrea.



There was lots of food that people could customize to their taste, with veggies and non-meat options. With an all-you-can eat format, no one went away hungry.

Of course, we realized that this assortment of food is probably not representative of what our members will experience on their journey to Mongolia, but being together was symbolic of Friendship Force worldwide.



Taste Travelers Taste & Travel to PDX on 14 April 2026

by Mary Dickson, Activities



For our April Taste Traveler adventure, we traveled to PDX! Why, you ask?

Well, with all the recent changes to the airport, Gwen suggested that we check out where we would meet incoming ambassadors and where we could get something to eat while waiting. Although we couldn't see the artwork and features beyond security, we did get a good look around the area on the main floor and the baggage claim area. In addition, we had a good lunch on the mezzanine level at Loyal Legion Oregon Beer Hall.

The newly renovated airport is very user friendly. Volunteers wearing "Ask Me" shirts are available to guide you. In addition, on the large information screens, you can take a photo of a QR code that links you to a map. You put in your destination, and it will show you each turn you need to make to get where you want to go.

All the stores are local, no chain restaurants like in many airports. As in the past, the stores and restaurants offer goods and services for local prices without higher prices just because it is the airport. The bathrooms offer modern sinks with water, soap, and hand dryer incorporated into the sink (no dripping water on the floor). All in all, it's a very pleasant experience. It's fun to see people's eyes light up when they arrive and see the lovely wood ceiling and trees and plants everywhere. It definitely has that "Oregon feel".

Next time you're there, see if you can find Sasquatch, welcoming travelers in the baggage claim area.



New Friendship Force Columbia Cascade Website!

by Corinne Spiegel, Communications/Webmaster

Friendship Force Columbia Cascade (FFCC) has a newly-revised website! Please see www.FFCCPortlandVancouver.org for the latest updates. You'll now be able to see upcoming activities on the Calendar tab; learn more about the history of FFCC; learn about upcoming journeys; view



posts from past journeys; see our latest Newsletters; and get all the information you'll need to be an Ambassador or Host with our club. You'll also find a link to Friendship Force International to pay your annual dues and fees for journeys directly to FFI.

www.FFCCPortlandVancouver.org



Western Kentucky Incoming Journey 2026

by Gwen White, Co-Host Coordinator



FF Columbia Cascade had a fun time with Western Kentucky for our recent journey May 22-28. One of my favorite parts about hosting a journey is that I am always reminded of how much I enjoy getting out and appreciating our beautiful places.

Our visitors from Western Kentucky arrived on May 22 and were met by their hosts at the airport. The following morning we went to

local farmers markets then to Vancouver for a Welcome Brunch in Georgie Buckler’s social room. Thank you, Georgie, for making your facility available and to Pat Stryker for organizing the day. Pat made delicious casseroles for the potluck, guided us through Fort Vancouver and talked about the development of the waterfront. It was a fun day with beautiful weather.

Sunday was a long day in the Columbia Gorge. We started at the Women’s Forum where Marty Muncie shared the geologic history of the Gorge. We then drove to beautiful Multnomah Falls where many hiked up to the bridge. Next on the itinerary was Bonneville Dam where we watched the fish on the fish ladders and at the hatchery. We had lunch in Cascade Locks at the Bridgeside Restaurant overlooking the Columbia River. Then we went on to The Dalles for a very unique experience.



We visited the Neon Museum in The Dalles. Thank you, Mary Dickson, for suggesting and setting this up for us. If you have never been there, is it amazing. The docent/curator/developer of this museum was passionate about neon and his enthusiasm was infectious on his tour. In addition, they are repairing and renovating the animals from the Jantzen Beach carousel. Their goal is to have a





functioning carousel in The Dalles using the original animals. Our visitors loved the museum as did our own members. We all agreed to visit again. Next on the agenda was a hike at Rowena Crest where the wildflowers were quite beautiful. It was a lovely sunny day in the Gorge. Thanks to Larry Spiegel for organizing this day.



We had no planned events for Memorial Day, but many enjoyed the Rose Garden, Washington Park, Council Crest, OMSI, and other sites around town. We were glad for a quieter day after the long day at the Gorge.



Tuesday we took a walking tour on "Portland Day" led by Emily Smith. We started at Pioneer Courthouse Square, made our way over to the Portlandia statue, walked along the waterfront and back into downtown to have lunch at the Portland food carts. After lunch, part of the group went to Powells Bookstore. Thank you Emily Smith for organizing this day.





In the evening, we attended small hosted dinners, one at Corinne and Larry Spiegel’s with assistance from Marty Muncie and another at Emily Smith’s with help from Andrea Cabrera.

Wednesday was a full day with a ride on the Oregon Coastal Railway from Garibaldi to Rockaway and back. We enjoyed fresh fish at the



Fish Peddler restaurant and then took the self guided tour at the Tillamook Cheese Factory. That is always a fun place to go.

We made our way to Lincoln City where we were graciously hosted by Sharon Dawson at her beach house. We had a lovely ocean view and many took a walk on the beach.



Our Farewell Dinner was prepared by Linda Strom and Mary Jane Bartlett. Thanks to everyone who participated to make this a fun day.



I want to give a big shout out for the hosts. It is always fun to host and make new friends, but it can be a lot of work having someone in your home, cooking, driving and participating in all the events. Thank you to Laural Engeman, Emily Smith, Gwen White and Jim Arnoux, Larry and Corinne Spiegel and to our new members James and Nadine Hayden. Additional thanks to Laural who put together the journey brochure and to Emily for making the gift bags.

I think our new friends from Kentucky left with smiles on their faces and good memories of their visit to the Portland/Vancouver area.



Here is the letter prepared by the President of FF Saskatoon. I think that they have graciously explained what many of us are feeling.

shared by Georgie Buckler

I would just like to add a different perspective about the limited number of clubs wishing to visit the US right now.

There are many reasons FFI members are not traveling to the US. None of them should be interpreted as an affront to our American friends. FFI Saskatoon stands in solidarity with our American friends who support justice, equality, respect, dignity, and diversity. We fear for them as we watch their democracy and traditional American values erode. We are here to support however we can. By not visiting the US we are not pushing them away. Our reasons for not visiting have to do with us. Not them.

Friendship involves reciprocity. It is important that our American friends understand our challenges and why we may not be visiting right now.

First is fear. FFI Saskatoon honors and celebrates diversity. Our diversity in terms of race, sexual orientation, personal beliefs/circumstances, and religion makes it feel very unsafe for many of us to cross the US border. We trust that our American friends can appreciate our hesitancy. As we have seen the average US citizen has no recourse against ICE. Our host could do nothing if we were in trouble. During the protests against ICE in Minnesota, a Canadian reporter asked how Canadians could help and support. The protestors said please do not come to the US.

Second, there are significant financial reasons. The Canadian dollar is worth about 73 cents US. That was hard before. Now, US tariffs have resulted in job losses. For some families this means loss of income for younger members and need for financial support from older members. We have no idea what the upcoming trade talks related to CUSMA will entail. Uncertainty is difficult and we are bracing for very difficult economic times. I think many Americans consider Canada an economic equal. This is not true. Economically and militarily we are a mouse. The US is an elephant.

Friendship Force says it is people not politics. Unfortunately, some politics can hurt people. Canadians are hurting. Our economy, our nationhood and our sovereignty are under significant threat. We ask for understanding and support from our American friends. We may not be able to visit for a while but we support you as you fight for your nation and we need your support to help us. Together we will get through this.

Deborah Hay
President Friendship Force Saskatoon

Our Newly Renovated Portland Airport

by Gwen White



Thanks to Sharon Dawson for sharing this article with some of our members. I thought it was worthy of sharing with the whole club. It is a short article/photo clip about the newly renovated Portland International Airport. It is an amazing story of how it has been locally sourced for the vast majority of the work. I will look at the airport with a new vision. Please follow the link listed below.

<https://www.youtube.com/watch?v=3DiIJP36CAE>

Thoughts from our Co-President, KC

We were saddened to see the note from FFI Friendship Force International showing that there were almost no requests from clubs abroad to visit the United States in 2027. We would like your ideas of what kind of journeys we could suggest that would involve our club and other nearby clubs for next year. One suggestion has been made by a club in Montana that would highlight the unique geology of our area due to the Ice Age Missoula Floods. If you have any other ideas, please email them to K.C. Sarr or Bill Turner.

*K.C Sarr kcsarr@att.net
Bill Turner bbturnerbb@icloud.com*

Dental Vacation in Mexico A Different Sort of Journey

by Mary Dickson



In March, Mary Dickson and Jerry Sunday flew to Cancun, Mexico, so Mary could get an implant for a new tooth. Kaiser wanted nearly \$9,000 to replace one tooth, and the clinic in Cancun charged about one-third! The clinic was busy with 32 dentists and patients from the US and Canada. Everything was immaculate, the dentists were skillful and friendly, and it was a wonderful experience.

Even with the cost of airfare (free trip with frequent flyer miles), a large condo (shared with friends), and incidental expenses, it was 40% of the cost here!



When Mary wasn't at the clinic, they visited the Mayan ruins at Chichén Itzá and other local sites. The implant was only part of the procedure, so Mary and Jerry will go back in November for Mary to get the tooth installed. A second part of the dental vacation in the colder Portland weather sounds like fun!

Celebrate FFCC Members Birthdays!!

Sharon Dawson June 5
Wayne Potter June 11
Saaku Saar July 4

Andrea Cabral August 1
James Hayden August 19
Evelyn Wilson September 30



In keeping with the spirit of friendship and getting to know our fellow members we would like to wish everyone a Happy Birthday.

Happy Birthday Sharon, Wayne, Saaku, Andrea, James & Evelyn

To have your birthday added to our list please contact Sharon Dawson at 503-327-4152.





Happenings in the Lives of Our Members!



Taste Travelers at PDX on April 14 discovering “Where’s the Wood From?” at the Portland International Airport.



FF Columbia Cascade greeted FF Western Kentucky at the Welcome Brunch on May 23, 2026. Pat Stryker made breakfast casseroles and we all contributed to a great meal. Emily made and passed out gift bags to our Kentucky visitors. Everyone was looking forward to a week exploring Oregon and Washington.



COVID GUIDELINES

COVID is still with us and is likely to be an ongoing concern. We encourage all participants in FFCC activities to stay vaccinated and to follow precaution guidelines such as mask wearing in crowded situations and frequent hand washing. If you are feeling sick even in the slightest of ways or have been exposed to someone with covid, please do not come to FFCC events. We need to all protect ourselves and each other as best we can. Let's all stay healthy.

“The Power of Unity in Difficult Times”:

https://friendshipforce.org/changing-times/?utm_source=Klaviyo&utm_medium=campaign&kx=kwMeIDrGJW_ELFnbcE8qQI9yes2lg_nYR8eiRMHuKBcl.RaH2Qb

“In Uncertain Times, Connection Matters More than Ever”:

<https://manage.kmail-lists.com/subscriptions/web-view?a=RaH2Qb&c=01HZFABT5N42S5W40M3AT7RK61&k=861c8b4e922ba5a7415e76f48380da90&m=01JNERJ6F192881MJH8BGXGPZN&r=01JNGNZ0S7AWHN1BZJ70J1X2RS>

**CHANGING THE WAY YOU
SEE THE WORLD**



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.

A World of Friends is a World of Peace!

Each Friendship Force experience begins with the desire to explore. We explore new countries and regions. We explore new cultures and new ways to connect across the barriers that separate us. Friendship Force introduces people at the personal level. By sharing a home, meals and conversation, people connect. Through home hospitality we become friends, seeing beyond governments and borders into the heart of a country and its people.



Friendship Force Columbia Cascade Membership Application

FFI Dues for new members are paid directly to FFI and are \$100 for one year paid by credit card at the site my.friendshipforce.org to sign up.

Note: Local yearly dues for FFCC have been suspended for 2026. They are projected to be about \$25 in 2027 paid to FFCC.

When you sign up with FFI, contact FFCC Membership chair at sharondawson14@gmail.com. She can answer questions and will want additional information to welcome you, put you on the mailing list and send you a Membership Book.

Membership FFI: \$100
FFCC Dues: Suspended 2026
Dual Dues: Suspended 2026 (more than one chapter)

New Member? YES NO

Birthday: mo/day _____

Date _____

Name _____

Address _____

City, State, Zip _____

Phone _____

Email Address _____

Questions:

Sharon Dawson, Membership
503-327-4152
sharondawson14@gmail.com

Please circle Interests:

- Hosting incoming ambassadors
- Day Hosting
- Activities, Planning Committee
- Attending local activities
- Speakers' bureau
- Outgoing exchanges

How did you hear about Friendship Force?

Print out FFCC Application form and send to:

Sharon Dawson
3275 SE Ankeny,
Portland, OR 97214

