



friendship force
COLUMBIA-CASCADE

Friendship Force Flyer Columbia Cascade



Co-Presidents' Corner

Bill Turner
K.C. Sarr

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Dear FFCC Friends,

Happy Summer!

A number of FFCC members traveled to Mongolia in June where we visited the bustling capital of Ulaanbaatar, but spent most of our time in the green rolling countryside under blue skies. We stayed in traditional and upscale yurts (gers). We drove through and hiked endless grasslands that support herds of horses, yaks, cows, sheep and goats, including the famous cashmere goat. We had a great time with our warm and amiable hosts. I encourage all of you to visit this beautiful country if you get the opportunity.

Please check the calendar for upcoming events such as the Annual Meeting Potluck on November 1st. At this meeting, we will elect new officers, go over details of the upcoming journeys, enjoy each other's company and the potluck dishes. This

meeting is open to everyone and we encourage our new members to attend so we can get to know each other.

We are looking for hosts and Journey Coordinators for the upcoming visits. Please step up and get involved. This is your club and we need your help.

In friendship,
K.C. & Bill
Co-Presidents



Columbia Cascade Calendar



2026

8 September 2026 Honey Tasting Experience

with **Bee-Licious Honey** 1:00pm, 1780 NW 113th Ave, Portland
RSVP: Gwen White gwenmwhite@msn.com or 503-869-6270

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 11:30am

Georgie Buckler's Rec Room, 5535 E Evergreen, Vancouver
Please bring your favorite potluck dish.
Contact K.C. Sarr kcsarr@att.net for additional information.

December 2026 Holiday Party

2027

March 2027 Senegal Outbound

AC: KC & Saaku Sarr kcsaar@att.net
Contact KC if you are interested.

May/June 2027 Long Island Outbound

AC: Bil Turner bturnerbb@icloud.com
Contact Bill if you are interested.

August 2027 Isle of Wight , England Inbound

Contact Larry Spiegel laurencespiegel@gmail.com
if you are interested in hosting or serving as Host Coordinator.

October 2027 North Colorado Inbound

Contact Larry Spiegel laurencespiegel@gmail.com
if you are interested in hosting or serving as Host Coordinator.

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

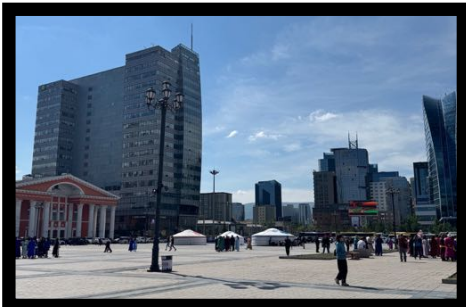
Friendship Force Columbia Cascade Travels to Mongolia 18 June - 2 July 2026

by Emily Smith and Gwen White

On June 18, fifteen ambassadors began their adventure in Mongolia. There were 13 from FFCC, 1 from Southern Oregon and 1 from Spokane. The journey was a combination of 6 days of homestay in Ulaanbaatar, the capital city, and 9 days of touring into the countryside at 4 different ger camps (the Mongolian yurt). We traveled in a small comfortable bus which picked us up in the morning. In addition to the FF Mongolian Coordinator, we had a second guide who stayed with us the entire time. He recently joined FF after living in the USA for 6 years. He spoke excellent English.



Mongolian Hosts & FFCC Ambassadors at the Welcome Dinner in Ulaanbaatar.



The first day in Ulaanbaatar was spent visiting the city center which included Sukhbaatar Square, temples and museums. Most of the ambassadors purchased cashmere gloves at the museum gift shop the first day as it was unseasonably cold.





The next day we drove into the countryside to see Turtle Rock at Terelj National Park. Then we visited a nomad's ger and watched the milking of the yaks. We were invited inside to sample yak yogurt, cheese, butter and milk. They were surprisingly delicious.

In the countryside there were hundreds of herds of free range sheep, goats, cattle, horses, yak and camel. They are extremely proud of their horses, which are different in appearance than ours, being much smaller. The countryside was beautiful with green plains and rolling hills.



This was our home in the countryside where we stayed in “resort” areas in gers. We sometimes had 2 per ger, but often had 3 or 4. What better way to get to know our Friendship Force friends than by being roommates.



At one of the ger camps on Ugli Lake there were hundreds of rock cairns. These serve as markers for burial or sacred sites. We built a cairn in honor of Friendship Force USA.



We participated in traditional sporting activities in Ellen Tasarlhai, a part of the Mongolian Els sand dunes.



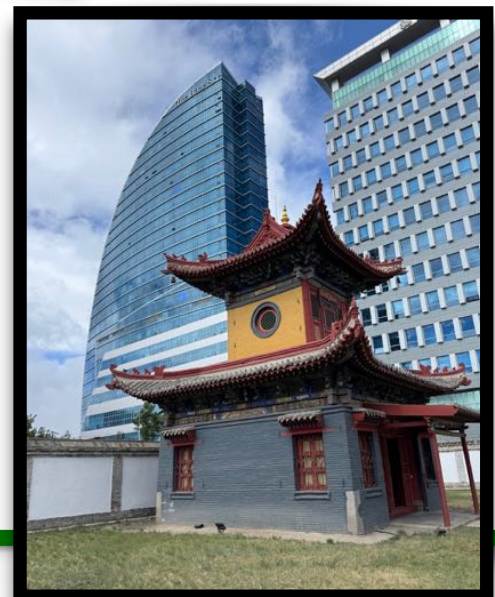
We toured this enormous Genghis Khan Equestrian Stature in Tsonjin Boldog, Mongolia. Genghis Khan played a crucial role in the history of Mongolia in the 11th century conquering many of the surrounding countries. He is still revered today by the people of Mongolia and is remembered in museums. Throughout the country, you see many statues and tributes to him and his descendants, who ruled after him.



We did not visit the Gobi Desert, which is in the southern part of the country, but we did visit a smaller hot, sandy dune area, complete with camels, called the “Little Gobi”.



Mongolia is a country of contrasts. The capital is an enormous modern city where nearly half of the country’s population resides in high-rise buildings. Nestled between the tall, modern buildings you find ancient temples, statues, and shrines. This, plus the city’s traffic congestion, contrasts sharply with the wide open sparsely populated countryside where people still live their nomadic lifestyle.





On our return to Ulaanbaatar, we visited a cashmere factory where we had a personal tour and were able to purchase cashmere products. Later we enjoyed traditional music and dance performances..



Prior to departing from the USA, we had a discussion concerning being flexible and adaptable. Things we adapted to: helping to push the bus when stuck in a rut, having no hot water in some ger campgrounds, walking long distances to the bathroom in the cold in the middle of the night, and dealing with weather that fluctuated between 75 and 36 degrees (with a wind chill factor of 15 degrees), and a surprise snow flurry our first day in the capital.



Our wonderful group adapted very well making this an unforgettable journey.

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



Friendship Force Columbia Cascade Annual Potluck Picnic 2026



The FFCC Annual Potluck Picnic was held on 15 August at Overlook Park, 1301 N Fremont St, Portland, OR. It was a perfect day to come together to share tasty picnic treats with old and new friends. Great to see Honorary members: Donna, Marguerite & Carol. Also, Lori Reynolds and Sheri Van Loo came in from the coast.



Thank you, Pat for organizing this fun event.

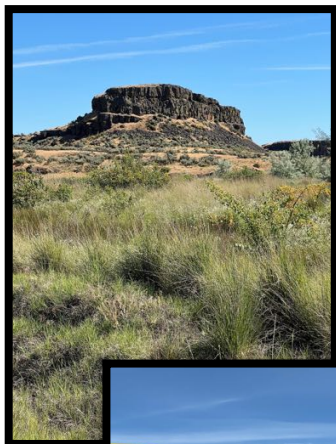
JUNE 2026 ROAD TRIP IN THE PACIFIC NORTHWEST

by Laural Engeman

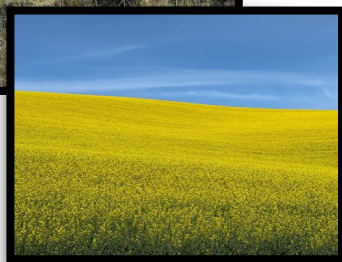
It has become something of an annual springtime tradition that Laural and her brother, Richard, take a road trip to visit Pacific Northwest sights that they haven't seen before.



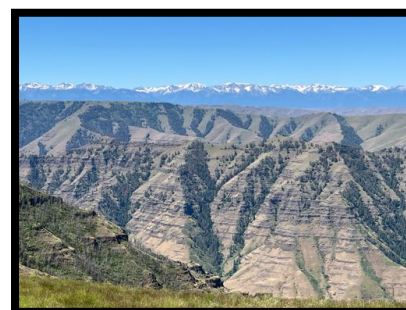
This year's adventure took them to the Drumheller Channels, the channeled scablands near Othello and Palouse Falls, WA. They traveled back roads past canola/rapeseed fields, up the Grande Ronde River to Enterprise. The next day they went up the Imnaha River to Hat Point which overlooks the immense Hells Canyon of the Snake River.



Laural did the driving, with her 4-wheel drive SUV which included many miles of single-lane gravel roads. They were stunned to embrace the fact that most of Oregon and southeast Washington was an astounding mass of basalt, layers and layers of it. Then there were the Wallows, sitting right next to all that basalt, huge crags of snow covered granite.



“We've probably seen hundreds of photos of Hells Canyon on the Snake River-but using our real life eyes, that had survived 25 hair-raising road miles to stand at Hat Point, elevation 6,980 feet, presented a very different experience. It was stunning!”, says Richard.



Learnings from a Recent FF Journey

by Mary Dickson



I was lucky enough to go to Japan with the Seattle area club in May. Our host clubs, Gifu and Nara, offered the ultimate hospitality and our home and dinner hosts made our visits special. The clubs organized fun and interesting daily activities.

We visited a gorgeous Shinto Shrine where we were dressed in kimono and participated in a service.

Here I am with my cousin Bob, Journey Coordinator with the Seattle club

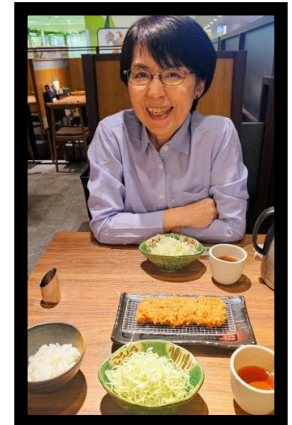
Beyond the wonderful activities, I learned the power of friendship at a new level. Despite wearing compression stockings on the flight to Japan, doing in-seat leg exercises, and walking around several times, a few days after I arrived, I developed a severe red rash on both legs. We thought it was heat rash as every day exceeded 80 degrees and there was much walking (we climbed very steep stairs to reach the top of an old castle). Insect bites might cause the rash too. There was little pain, but the rash and swollen legs and feet were frightening.

My Gifu host took me to the only clinic open on a Saturday where they prescribed a lotion and vitamin C.

After our stay in Gifu, we took the shinkansen (bullet train) to Nara, where we again enjoyed wonderful people and experiences. The leg problem did not clear, though the redness and swelling subsided. I thought it would just take time.



When my legs did not improve, **Hiromi Makino**, a Sapporo club member who visited us in 2024 and whom I traveled with for several days after the journey ended, helped me find a clinic in Hiroshima. An ultrasound revealed Deep Vein Thrombosis (DVT), a life-threatening condition. Hiromi acted as my translator at Hiroshima Prefectural Hospital ER, where I was prescribed blood thinners. My journey home was further complicated by a cancelled United flight and an approaching typhoon. After navigating four trains to Narita and a rebooked flight through Seoul, I arrived home two days late and am now recovering under my physician's care.



What did I learn?

The power of Friendship Force is real; navigating a foreign medical system would have been nearly impossible without Hiromi.

Practical tips for FFCC travelers

1. Wear compression stockings on all long flights. If you don't wear them because they are too hard to put on, here's a video that shows the easy way: <https://sockwellusa.com/pages/how-to-put-on-a-compression-sock>
2. Do leg exercises on the plane, like seated calf raises, ankle pumps and circles, as well as walking up and down the aisle several times.
3. Stay hydrated on the plane.
4. Know your rights regarding medical treatment when you travel. Keep all receipts for medications and treatment. (I spent many hours using Google Translate to translate my receipts and bills from the clinic and hospital and was reimbursed by Kaiser about ten days after submitting everything.)
5. Carry your medication list with you.
6. Know what your travel insurance can and cannot do when flights are delayed or cancelled. United Airlines refunded my unused ticket. When I asked for additional compensation for my train fares and other expenses, I was denied. However, because I was polite with the agent, she added 10,000 miles to my frequent flyer account.
7. A major learning was to seek medical attention more quickly. At this age, I should assume it could be more serious than heat rash!

Despite all this, I am eager to travel to Harrisburg, PA, and New Haven, CT, on the FF Journey in October.

Celebrate FFCC Members Birthdays!!

Evelyn Wilson Sept 30

Larry Spiegel Oct 13

Bonnie Plummer Oct 17

Mary Dickson Oct 25

Alan Israel Nov 18

David Moore Nov 22

Joan Gilbert Nov 27

Nadine Hayden Nov 29

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 Evelyn, Larry, Bonnie,
Mary, Alan, David, Jean & Nadine**



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





Happenings in the Lives of Our Members!



Ingrid Donnerstag & Marty Muncie toured the Gordon House in Silverton, built by Frank Lloyd Wright in 1963.

Larry & Corinne Spiegel will celebrate their 50th wedding anniversary on 14 November 2026.

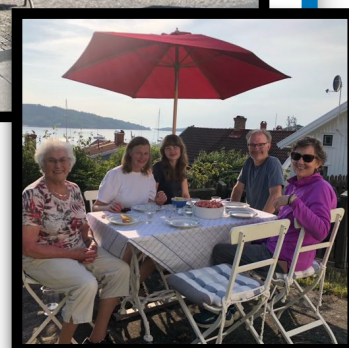


In the countryside of Mongolia, **Gwen White** found an orphaned lamb to comfort.

Ingrid Donnerstag spent July in Sweden visiting castles and celebrating her aunt's 90th birthday.



Gwen White & Jim Arnoux with daughter & granddaughter on a street corner in downtown San Francisco cheering their son running in the San Francisco Marathon.



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_ELFnbcE8qQl9yes2lg_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

