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# THE INSIDE JUICE

Newsletter of the Columbia River Peace Corps Association

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November, 1995

Volume 14 - Number 10

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## FROM THE PRESIDENT...

**FOOD FOR THOUGHT ("CAUSE THE BEER'S AT THE PIGOUT):** Recently I listened to a discussion as well intentioned people made statements about the lives of "people in developing countries." Comments ranged from governments, religions, traditions, and simple lack of incentive as being responsible for the wretched lives they live, to others that suggested perhaps the miserable souls would have been happier had they never been exposed at all to ideas outside their culture.

As Peace Corps Volunteers we saw a world more complex. We saw practices that made us grit our teeth, but still we came back with a deep respect for the people we lived with and their way of life. We saw firsthand it is not the lack of affluence that creates wretched lives, but rather inadequate education, water supplies and medical facilities.

**SO WHAT?** Why get upset over a little discussion? My fear is that this same ignorance is being played out in our nation's foreign policy. Overseas assistance is being drastically cut. Peace Corps is dealing with their budget reductions by eliminating programs, pulling out of some countries and delaying entry into others. And this in an era where so many infant democracies are emerging for the first time!

**Bringing the world back home has never been more important.** Foreign assistance to these countries is especially vulnerable right now because they have few advocates. Well, maybe Returned Peace Corps Volunteers need to become those advocates! We have a rare insight that few people possess. Let's get the word out to our lawmakers, friends and associates. Foreign aid has brought positive results, both to the developing world and to our own country. It's time to stop cutting foreign assistance programs. *Mike Waite*

## 1996 INTERNATIONAL CALENDAR SALES UPDATE

Calendar sales are in full swing! We have sold most of our original order of 500, and will place another order on November 1st. A big thank you to our phone callers who have called almost our entire membership. They include Mariana Bornholdt, Nancy Cicerello, Christine Egan, Paul Erickson, Pat Greendale, Mitch Haas, Richard Hayes, Nancy Kurkinen, Gabriella Maertens, Thrina Parent, Lisa Rowan, Irene Richman, and Elizabeth Samuels. These folks have done a fantastic job!

**To all of you out there selling calendars to friends and coworkers, please get your orders in immediately as we need to order those calendars now.**

80% of our proceeds this year are going to benefit the Volunteer Literacy Tutoring Program at Portland Community College. This program assists immigrants who are learning English, as well as GED students, by linking them with volunteer tutors. The funds that we provide the Literacy Tutoring Program will also be used to help students with GED fees, instructional materials, and emergency needs.

**We are now starting to look for a beneficiary of next year's calendar sales.** If you know of a worthy local organization with some sort of international focus, please let one of us on the Calendar Committee know about it: Jackie and Mike Spurlock, 224-4265; Jerry Porter, 281-9576; or Karen McAlister, 591-7950. Again, a big thank you to all callers, sellers, and purchasers of this year's international calendar. Oh, one more thing...

**FABULOUS PRIZES TO BE GIVEN AWAY!** The Grand Prize, for the most calendars sold is a \$20 gift certificate to the Alexis Greek Restaurant (on West Burnside), plus a Columbia River Peace Corps Association sweat-shirt. 20+ calendars sold wins a sweatshirt only. *Jackie Spurlock*

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## 1996 INTERNATIONAL CALENDAR ORDER FORM

Name: \_\_\_\_\_ Number of calendars ordering, times \$8.00 = \_\_\_\_\_  
Postage @ \$1.50 per calendar\* = \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Total = \_\_\_\_\_

Make checks payable to: Columbia River Peace Corps Association, and send to: Jerry Porter, 3404 NE 25th Ave.

\*No charge for pick-up, just call beforehand to arrange!

Portland, OR 97212 Ph: 281-9576

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Columbia River Peace Corps Association, P.O. Box 802, Portland, OR 97207

CALENDAR OF COMING EVENTS

- NOV. 4 WEST CASCADE PEACE CORPS FESTIVAL, EUGENE (Dance & Auction)
- NOV. 11 WEST AFRICAN PIGOUT
- NOV. 11 BEYOND BEIJING: FROM GLOBAL VISION TO COMMUNITY ACTION  
Bringing the 1995 International Women's Conference Home  
1:00 – 5:00 p.m. at the Westminster Presbyterian Church, 1624 NE Hancock, Portland, OR  
Free and Open to Everyone! For more information call: Colleen Wilson 725-5895, Sylvia Erickson 848-8107, or Judy Brodkey 234-1012.
- NOV. 12-18 NATIONAL GEOGRAPHY AWARENESS WEEK (Sponsored by Nat. Geographic Magazine)  
Geography: Passport to the World  
Call Gabriella Maertens at 280-5220 if you are able to give a presentation that week at Madison High School in NE Portland. *(Editor's note: I gave two presentations at my son's school last year and found it infinitely rewarding. C'mon, dust off those slides and call Gaby!)*
- NOV. 18 WEATHERIZATION PROJECT
- Who: The CRPCA and the Community Energy Project (CEP)
- What: A weatherization session!
- Where: Right here in Portland! The CEP usually covers homes in North, Northeast, and Southeast Portland.
- When: Saturday, November 18. We may request an afternoon session if a morning session (9 – 1-ish) is too early for us.
- Why: Cold season is approaching and the Columbia River RPCVs are once again planning to turn out and help the Community Energy Project. The CEP uses simple technology to weatherize homes of low-income residents w/disabilities.
- How: Leave a message with your name and phone number for Joanne Wu at 234-9359. She will also be calling those of you who had signed up to help with previous weatherizing projects.

**WEATHERIZATION PROJECT UPDATE**

Thanks to all of you who are volunteering to come out and lend a hand on November 18th! **In addition to fostering the Peace Corps spirit, weatherizing will be a great opportunity to learn about energy conservation techniques to use on your own home.** Here are some tips on what to expect:

- Dress in layers and wear warm shoes. Some of our work may be outside, though most of it is inside.
- If you can, have a bite to eat before coming out. I also like to bring a little snack, because I get HUNGRY as the noon hour approaches. Remember, we are scheduled to work until 1:00 p.m. and we will be moving around quite a bit! Usually a bagel and some fruit carries me through the work session.
- The Community Energy Project can't provide tools for all of us, so it would be helpful if we could bring along: hammers, screwdrivers (both standard and phillips), tin snips, utility knives or strong scissors (these will be used to cut thin strips of plastic), staple guns, pencils, step ladders (iff you can fit one in your car), and work gloves if you feel like it. I usually just go barehanded! **Make sure to put your name on your tools, so you won't lose them during the day!**

If you don't have these tools (like me), don't worry. We'll team you up with someone who does. If you aren't an expert handyperson (like me), don't worry about that either. We will be using simple techniques that you can learn in one morning.

The Community Energy Project office is at 422 NE Alberta, at the corner of Grand Avenue. We will meet at the office at 9:00 a.m. and then go to the residences from there.

If you have any questions or want to get signed up, give me a call (or leave a message) at 234-9359. See you on the 18th!

*Joanne Wu*

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**WELCOME NEW MEMBERS! • WELCOME NEW MEMBERS! • WELCOME NEW**

Pamela Strong – Uzbekistan 1992-95, and  
Chris Hagerbaumer – Palau, Micronesia 1989-91

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**West  
African  
Pigout**

Menu:  
Palm Butter  
Pumpkin Soup  
Potato Greens  
African Pineapple  
Peanut Soup  
Cassava Leaf  
Peanut Soup  
Lots of rice  
Plantain Chips

**\$10.00**

**November 11, 1995  
Unitarian Church  
4504 East 18th Street  
Vancouver, WA**

**Liberian and other West African Food  
All you can eat  
Free beer**

# West African Pigout 5

**Think Globally Eat Locally**

Still salivating from last year or are you wondering what makes people pack themselves into an area to devour home brewed beer and African food. Perhaps it's the healing properties of Peanut Soup. Regardless of the reason RPCV's, and friends are invited to the West African Pigout. This year I'd like to make a special effort to invite nominees going into the Peace Corps. If you know of someone invite them. Once again we're making preparations for the West African Pigout. We will be in the Unitarian Universalist Sanctuary in Vancouver, WA where the accommodations are larger. I have some special entertainment lined up and am receiving help in supplying beer. The menu is primarily Liberian/Sierra Leonean food with a couple of dishes from neighboring countries. Once again Cassava leaf soup will be on the menu after it's disappearance last year. We are also introducing a new dish, African Pineapple Peanut Stew. Other menu items are: Palm Butter, Peanut Soup, Potato Greens, Collard Greens, and Pumpkin Soup. We'll have plenty of rice to put the sauces over. I even have a couple of bottles of Palm Wine. I'm thinking of raffling them off to a lucky table.

Date: November 11.

Times: 5:00 Open the doors and socialize

6:00 Serve food

7:15 Begin entertainment

We need to know how many people are coming so please call. If you get the answering machine leave

your name, number in party, and phone # you can be reached. Call 360-574-7455. Please call as early as possible so we don't have to make last minute changes.

I do need volunteers to serve food, beer, and clean up. Let me know if you can help

## Directions to the West African Pigout:

### North on I-205

Travel north up I-205 to exit 30 the Orchards/Vancouver exit, Highway 500. At exit 30 take the Vancouver lane and head west. Once on highway 500 go to the second set of stoplights and turn left onto Stapleton Road. Stay on Stapleton road until you get to the second set of stoplights which is E. 18th Street. Turn right. Go several blocks down 18th. One block past a sign that says Thunderbird Village is the parking lot for the Unitarian Universalist Church. Turn left and you're there.

### North on I-5

Go north on I-5 to exit 2, Orchards exit, in Vancouver. Travel to the third stoplight on highway 500. Turn right onto Stapleton Road. Stay on Stapleton road until you get to the second set of stoplights which is E. 18th Street. Turn right. Go several blocks down 18th. One block past a sign that says Thunderbird Village is the parking lot for the Unitarian Universalist Church. Turn left and you're there.

## The Legend of the West African Pigout

The Peace Corps Foresters were a peculiar group. They drove around the countryside on broken down motorcycles donated by an international agency (CARP). Most often they were seen in the ditch line fixing tires or putting the motorcycle chain back on the sprocket. They also had an affinity for crashing into trees. It became a sport among those with cars to run the foresters off the road.

One day the Foresters plight turned around. Rumor has it that they caught a timber company stealing logs. They extracted a bribe so large that they were able to build a school and had a party to initiate it. They invited people from all the villages around and paid to have huge quantities of food prepared. After thoroughly cleaning out a 50 gallon herbicide drum they filled it with palm wine. Numerous fires were lit and people gathered around as several Foresters sang, danced, and told jokes about Peace Corps Staff, and American Politicians. It was so well received that it was repeated in other villages.

Late in the evening a portly forester collapsed. A doctor was called in and diagnosed the ailment as acute gluttony. After that the event became known as the West African Pigout. It is a little known fact that the event has been repeated in odd corners of the world. The World Almanac reports the West African Pigout being held in Kazakhstan, New Brunswick and on the west coast of the United States.

## INTRODUCING A JOURNAL OF SUSTAINABLE DEVELOPMENT AND EDUCATION

This is a brief description of a proposal for an international sustainable development journal that will respond to an important need that is honored more in words than in deeds: empowering the community side of development partnerships. If you agree, please write me a brief letter. Describe, from your experience, why this journal would make a difference. Foundations, the source of start-up funding, want to see support from people around the world. If you are still in contact with Peace Corps friends and co-workers, please share this article or a translation of it, with them.

The sustainable development approach acknowledges that the prosperity of any one of us is linked to, not at the expense of, the prosperity of all of us and our environment. Even if that expense is hidden from view, shifted to others, the environment or the next generation.

The *Journal* will be a forum where community leaders and educators, whose informed participation is crucial to sustainable success of development policies, can share their experiences with each other. Their expertise will help inform and guide their peers and the political leaders and experts who work with them. Equal access to information and communication resources is essential to partnerships in which both partners are empowered.

Each issue will use case studies to examine the why, how to, and results of projects in a different topic area. All reports will be followed by commentaries plus an author's response. Community leaders and educators are the *Journal's* primary audience and authors, but the articles will be written and edited so as to appeal to development and education experts. The case studies will need to be good stories as well as instructive reports.

The *Journal* will start as an English language bi-annual publication. If possible, it will be distributed free to current U.S. Peace Corps Volunteers and by subscription to all others. A twelve page draft proposal is available on request. Michael Arnott, 61 Slade Street, Belmont, MA 02178. Phone: (617) 484-5068. (Philippines 1979-81)

**REMINDER!** – Gabriella Maertens suggests the membership be thinking about possible contributions (clothing, non-perishable food items, etc.) for our annual **Christmas Family Sponsorship**. More on this project in the next newsletter.



**LUNCH • DINNER  
BANQUETS • COCKTAILS**

**GREEK SPECIALTY  
FOODS**

**ALEXIS**  
215 West Burnside  
Portland, Oregon 97209  
PH. (503) 224-8577  
FAX (503) 224-9354

### OFFICERS (Note "open" positions. Volunteers gratefully accepted.)

#### President

Mike Waite 360-574-7455  
e-mail mwaite@Pacifier.com

#### Steering Committee

Gabriella Maertens 254-5161  
Debra Deetz 284-4842

#### Secretary-Treasurer

Marilyn Watts 557-1765

#### Program Coordinator

Barbara Pugh 297-0636

#### Program Host

Charlene Holzworth 284-3444

#### Membership

JoAnn von Rohr 282-1721

#### Restaurant Coordinator

Alma Cunningham 223-9298

#### Community Representative

(open position)

#### Development Education

(open position)

#### Weatherization Coordinator

Joanne Wu 234-9359

#### Newletter Editor

Richard Hayes 288-0810

"The Inside Juice" is published by the Columbia River Peace Corps Association, P.O. Box 802, Portland, OR 97207. **Submissions** for the December 1995 newsletter should be received by November 25. Please type them if you can for maximum clarity and mail to: Richard Hayes, 6105 NE Sacramento St., Portland, OR, 97213-4074.

**Please note:** All submissions are subject to editing by your intrepid editor and their inclusion depends on available space. Remember, if you don't send me anything then I get to reminisce about my PC experience or make up stuff that could be really boring. You have been warned!

**MEMBERSHIP - ADDRESS CHANGE - RENEWAL FORM**

NAME:

ADDRESS:

PHONE: (home) \_\_\_\_\_ (work) \_\_\_\_\_

COUNTRY OF SERVICE AND YEARS THERE:

PEACE CORPS ASSIGNMENT/SECTOR:

CURRENT OCCUPATION:

- NEW MEMBERSHIP
- MEMBERSHIP RENEWAL
- NEW ADDRESS, EFFECTIVE: \_\_\_/\_\_\_/\_\_\_
- JOINING CRPCA and NPCA (\$35 individual/\$50 family)
- JOINING CRPCA only (\$15 individual/\$22.50 family)
- JOINING NPCA only (\$20 individual/\$27.50 family)

PLEASE MAKE CHECKS PAYABLE TO: **COLUMBIA RIVER PEACE CORPS ASSOCIATION**  
CLIP, AND MAIL TO: **P.O. BOX 802**  
**PORTLAND, OR 97207**

Columbia River  
Peace Corps Association  
P.O. Box 802  
Portland, OR 97207

Address correction requested



Aug 1, 1995  
Marie Hermanson  
[REDACTED]  
Portland, OR [REDACTED]



If this box is checked, your membership has expired. Please renew using the membership form inside!



If this box is checked, you have received a complimentary copy of our newsletter. To become a member of Columbia River Peace Corps Association and receive future issues, please see the membership form inside!