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Returned Peace Corps Volunteers of Oregon

JANUARY, 1990

P.O. BOX 802
PORTLAND, OR, 97207

VOL. 8
NO. 9

JAN MEETING

WHEN: Sunday, Jan 14th at 6 PM for Potluck and 7 PM for meeting followed by a program.

WHERE: ED & MARY WARMOUTH'S at 9219 SW Line Dr, Sp 12 5 miles South of Hillsboro, OR, see map. Questions? Lost? Call 628-3227.

WHAT: Potluck, meeting and program. Our guest presenters are Mary & Ed Warmouth, Dominican Republic, '85 - '87. After their Peace Corps experiences, they became involved with the Habitat for Humanity Program and worked for the International Organization in Georgia. Ed has slides and a video to share with us. This should be a very informative program. Our RPCV group is considering Habitat as a recipient of our fundraising efforts. Hope to see you at our potluck and/or program on Jan 14th.

EDITORIAL: Sorry, this newsletter is late again this month. With the Holidays, people were gone and the printers were closed, but I tried!!

On Sun. Dec. 10th, about 6 or 7 RPCV's gathered at THE TAJ MAHAL. Indian restaurant. It was an evening of lots of food for a few quality people. The group ordered off the menu, because of the small turnout. The food was delicious and I recommend that you try it sometime. Too bad most of you missed this, but it was a busy time of year, hope to see more of you at our Feb dinner.

MARK YOUR CALENDAR

JAN 14TH, 1990 Potluck and Program at Mary & Ed Warmouth's in Hillsboro.

FEB 18TH DINNER MEETING at B.J.'s Brazilian Restaurant in Westmoreland, the menu will include a fish dish, a chicken dish, a pork dish, and salad. The cost will be under \$10. With the drinks purchased separately. They have a dark Brazilian beer and a Brazilian soft drink. More details next month.

JULY 20 - 22, 1990 NRPCV'S National Conference in Eugene, OR. Resolve now to attend, we'll have a great time.

FROM JERRY

As the year comes to a close, my thoughts veer toward my last task as chair of this group: a peaceful transistion of power to a new board (though not necessarily all new board members). In spite of what's happening in Eastern Europe, our members aren't clamoring for free general elections.

Although I will not be president any more, I do plan to continue on the board in some capacity, perhaps in an at-large position. Other officers have also expressed an interest continuing their involvement, though in changing capacities.

Applications/Nominations will be very welcome for all positions/committees. At this moment, I expect our efforts to be mostly directed to finding people for Chair, Secretary/Treasurer and Programs Coordinator.

What I'd like most to leave the group with is some well-defined goals in terms of fund-raising, project support (e.g. Peace Corps Partnership) and Development Education activities. I think the way to accomplish this is to set up some committees (I know some people think that's a dirty word, but it just depends on how (or if) they're run) to set goals and keep on top of them.

Please let me know if you want to be involved!

Jerry

RECIPE CORNER

CHICKEN WITH PLUM SAUCE

Malay

The tart-sweet sauce is complemented by the sweet cashews.

2 tablespoons butter
2 tablespoons vegetable oil
2 broiler-fryers, cut up
Salt and pepper
1 cup tart plum jam
2 tablespoons cornstarch
2 tablespoons preserved ginger, chopped
1 clove garlic, minced
2 tablespoons soy sauce
2 tablespoons sherry
2 tablespoons cider vinegar
1-1/2 cups chicken broth
1/2 cup oven-roasted cashews, coarsely broken

In casserole, heat butter and oil and brown chicken. Season with salt and pepper and remove. In casserole, removed from heat and somewhat cooled, combine jam and cornstarch, stirring until smooth. Add ginger, garlic and liquids and, over high heat, cook, stirring, until sauce thickens. Replace chicken, spooning sauce over. (At this point you can stop and continue later. Refrigerate and increase baking time.) Bake, covered, in preheated 350°F. oven 1 hour, or until chicken is tender. When serving, sprinkle cashews over top. Good with rice and salad of your choice.

CHICKEN WITH RICE Pakistani

The recipe can be made with either rice (I prefer brown) or bulgur. If fresh gingerroot is unavailable, preserved ginger will substitute (omit the sugar).

2 tablespoons butter
2 tablespoons vegetable oil
2 broiler-fryers, cut up
Salt and pepper
3 medium onions, chopped
1-1/2 cups uncooked natural rice
Juice of 1 lemon
2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon sugar
3/4 teaspoon ginger
1 tablespoon chopped fresh gingerroot (or more, to taste)
2 cups yogurt
1 cup chicken broth

In casserole, heat butter and oil and brown chicken. Season with salt and pepper and remove. In remaining fat, cook onions until translucent. Add rice, stirring until each grain is coated. Into rice-onion mixture, stir lemon juice and seasonings. Replace chicken, spooning rice around and over it. (At this point you can stop and continue later. Refrigerate and increase baking time.) Combine yogurt and broth and pour over contents of casserole; bake, covered, in preheated 350°F. oven 1 hour, or until chicken is tender and liquid is absorbed. Serve with salad of your choice.

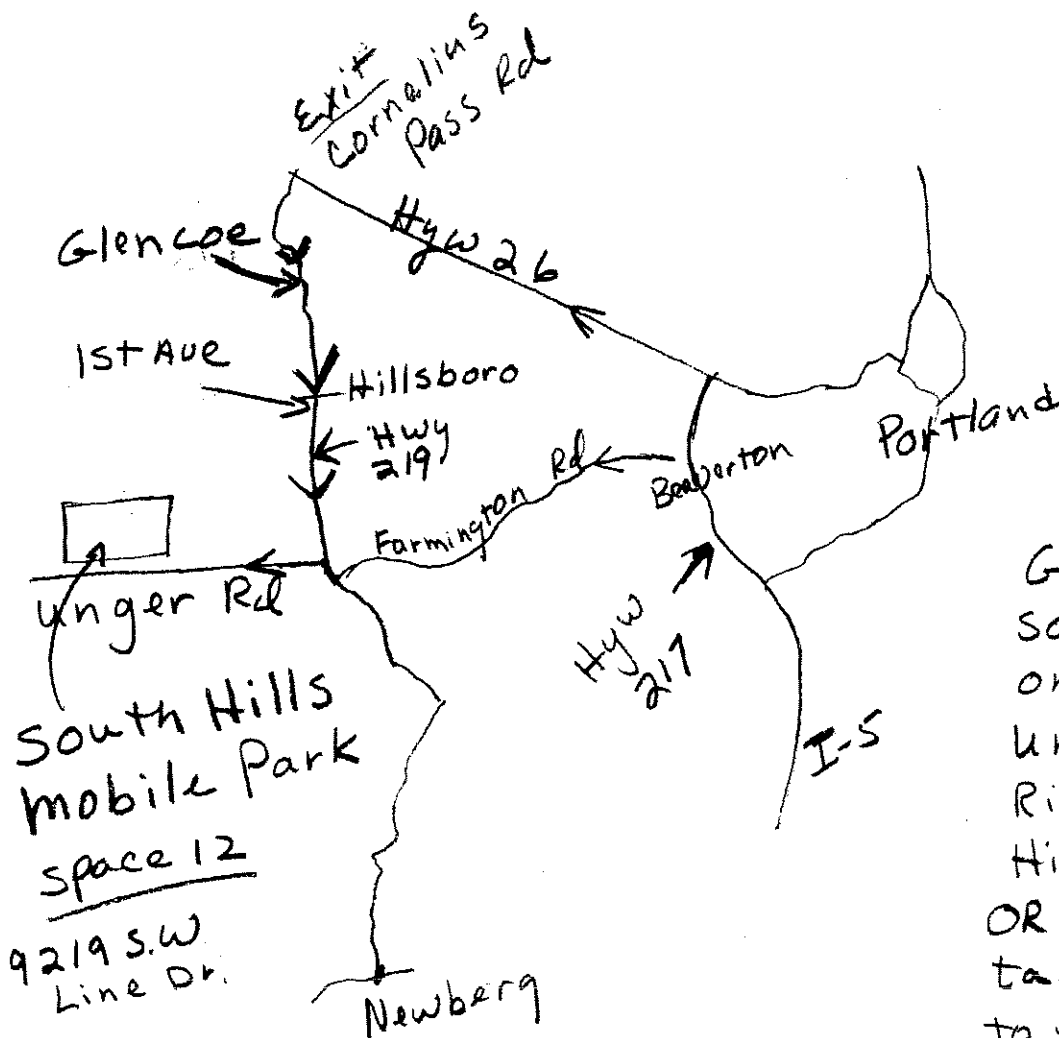


BLOOD DRIVE

ROLL UP YOUR SLEEVE!!

ROSALIE SCHMITZ (Tunisia '67 - '68) is chairperson for a Red Cross blood drive to be held at her church on Monday, Jan 15 (M. L. King Holiday) from 3 to 7 PM (but come by 6:45). It is at St. Ignatius' Dillon Hall, on SE 43rd, the 3rd bldg N of Powell. You need to be between 17 and 66 yrs old, weight at least 110 lbs. and not have a cold. If you have ever had hepatitis, you can't give blood. Same if you were in Africa after 1977 and had to receive any blood products or were "intimate" with the natives. Also it has to be 6 months if you took anti-malaria medication prophylactically or 3 yrs if you took it for an actual case of malaria before you can give blood. If you're in none of the above categories, you'll be more than welcome. You can just "walk in", but if you plan ahead, call Rosalie by Jan 11th at 236-8653 for an appointment. WE NEED YOUR TYPE EVERY DAY.

MAP TO THE WARMOUTH'S



Go 5 miles South of Hillsboro on Hwy 219 to Unger Rd, turn Right to South Hills mobile Park, OR from Beaverton take Farmington Rd to end (Hwy 219) turn Rt, then turn Left on Unger Rd,

PEACE CORPS PARTNERSHIP SCHOOL IN AFRICA

YES! I want to help the children of Wang'ata Primary School. Enclosed is my contribution to help buy materials for the new permanent classroom.

- | | |
|---|---|
| <input type="checkbox"/> \$ 5.00 buys 1 bag of cement | <input type="checkbox"/> \$ 50.00 buys 1 steel window |
| <input type="checkbox"/> \$ 14.00 buys roofing nails | <input type="checkbox"/> \$ 166.75 buys lorry full of building stones |
| <input type="checkbox"/> \$ 25.00 buys the classroom door | |

Amount Enclosed _____

Name _____
Address _____
City _____ State _____ ZIP _____ Phone _____

Please make your check payable to Peace Corps Partnership. Your gift is tax deductible if you itemize your return. 100% of your gift will be used to buy materials for the new classroom. Thank You! Please mail your check and this form to:

Linda Hendrickson
140 SE 39th Ave.
Portland, OR 97214

OF INTEREST

WILDLIFE RANCHING is a new growth industry and "may prove to be a more sustainable way of maintaining wild animal stocks than just keeping them in game parks," writes Diane Brady in Development Forum. The exotic tastes and lower fat content of wild game are appealing to a widening international market. Governments in East Africa and elsewhere are beginning to see the enterprise as a way to increase wildlife populations, protect farmers' crops and contain poachers. A rancher in Kenya was able to increase his stocks of giraffe, gazelle, ostrich and zebra by 40 percent since 1981 -- "despite the culling of 15 animals a week to sell to local restaurants like The Carnivore, a Nairobi tourist attraction that specializes in roasted game meat." The rancher claims greater efficiency, able to produce on one acre of land 14.6 pounds of gazelle "compared with only one pound of beef reared under traditional stock-raising methods." The prospects also appeal to land-hungry farmers, to whom "national parks are beginning to look like too much of a luxury."

OSTRICHES AND FOREIGN EXCHANGE: Zimbabwe has a scarcity of foreign exchange but an ample supply of ostriches. Put those two facts together and one gets an ostrich industry. "Since 1984," reports Vincent Nyanhete of Newslink Africa as reported in World Press Review, "the [ostrich] industry has grown from one ostrich farm to more than 20. The value of the ostriches is mainly in the sale of the skin and meat, though the feathers and the eggs also command high prices internationally. Ostriches are an endangered species and are fully protected by Zimbabwean law, but they are still abundant in the country's national parks -- perhaps because the Zimbabweans themselves attach traditional and religious importance to the birds' survival."

Dear Returned Peace Corps Volunteers,

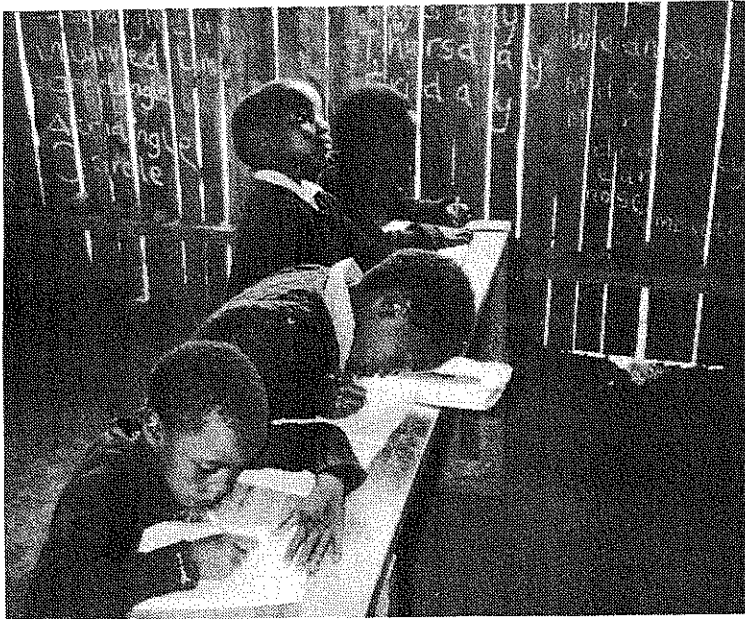
December 1989

A few weeks ago, I shared a special day with friends at a rural primary school in Kenya. Now, I'd like to share our story with you.

About a dozen mothers gathered in the schoolyard. Some had babies tied on their backs, and many were knitting or crocheting sweaters for their children while they waited. Inside the classrooms, even the littlest children knew something special was about to happen.

We waited. Waiting is a part of life in Kenya. Finally, after a couple of hours, we saw it! The lorry was coming, with the very first load of stones for the school's first permanent classroom!

As the lorry chugged into the schoolyard, the headmaster and the six teachers brought all the children out of the classrooms to watch. They had never seen anything like this before. The children, all barefooted and dressed in their green and white checked school uniforms, stood in wide-eyed amazement as the back of the lorry tilted up and up, and the heavy stones all tumbled onto the ground.



Even first graders study English, Swahili, and Kikuyu.
Parents hope to improve their classroom.

Someone said to me, "We must have a groundbreaking ceremony while you are here!" One of the mothers ran to the nearest farm to fetch shovels and pitchforks. Then the school chairman and parents raised their tools in unison, and turned over clumps of clay-rich soil, a symbolic gesture of the beginning of our partnership. I'll never forget the smiles and laughter, and the excitement of that day.

This is the beginning of a Peace Corps Partnership project at Wang'ata Primary school in Kenya. It's hard for us, in our rich country, to imagine how anyone could get so excited about a load of ordinary stone blocks. It may also be hard for us to identify with the people of Africa, because the western news media generally shows us the anonymous faces of those who are desperate and starving. But these

people in Kenya -- parents, teachers, and schoolchildren -- are friends, living in dignity despite poverty, and it was a joy to share in this special day.

I've developed a friendship with the families in this community over the past five years. Most of it has been through letter-writing, and I've been fortunate to visit them twice and stay in family homes. This Partnership grew out of my desire to do something to benefit this rural Kenyan community in a way that would involve my family, friends, and my own community here in the United States.

Wang'ata Primary School is a Harambee school, started in 1985. "Harambee" means "let's all pull together" in Swahili, and this is what the parents did -- they pooled their own money and labor to build the classrooms. The temporary classrooms are made of rough cut lumber with dirt floors and tin roofs. When I asked what I might do to benefit the community, the answer was: "You could help us build our first permanent classroom."

A Peace Corps volunteer in the area (Joyce Dannenberg from California) together with the school committee chairman (my Kikuyu friend Joram Kabiru) researched and wrote the official proposal. After months of working and waiting, the proposal was approved by the Peace Corps in Nairobi and Washington, D.C. The community will provide the labor. My job now is to raise \$3,707.00 for materials, and at the same time, I hope to help Americans learn something about rural life in Kenya's Central Highlands.



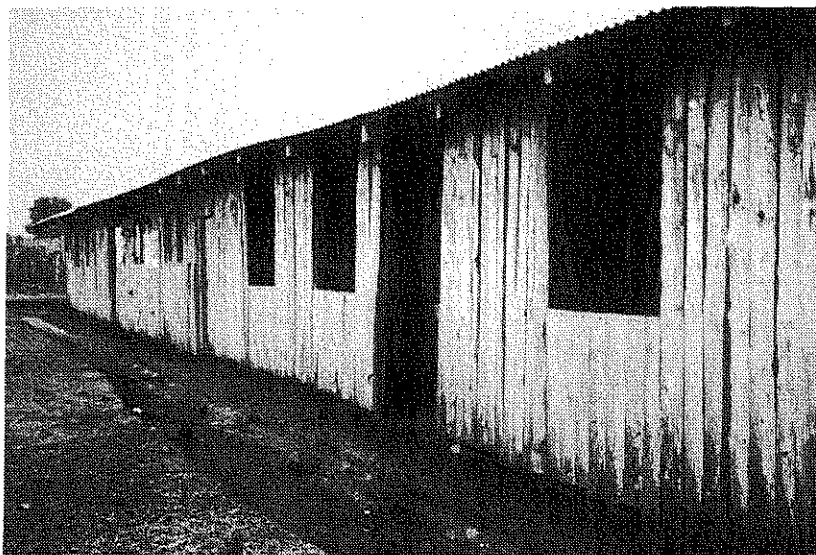
After a pottery lesson, a 4th grade student admires her work.

If you would like more information, please give me a call at 239-5016. I would be happy to talk with you about the details of this project. For the children of Wang'ata Primary School, and their parents, thank you for caring.

This joyful work has begun. The Peace Corps has advanced initial funding to start the construction. Children here in Portland are involved in a cultural exchange with the children at Wang'ata School. I've prepared a slide show on the school and Kikuyu family life. And many of us are busy planning fundraising dinners, and other events that will take place over the next few months.

Will your help us in this Partnership? There are several ways you can participate:

- o Make a donation to the project. Your check, payable to Peace Corps Partnership, is tax deductible, and 100% of your contribution goes to buy materials for the classroom. Peace Corps covers all administrative costs.
- o Host a fundraising dinner or other event at your home or church (I'll come with my slides, and I'll even help cook!)
- o Contribute school supplies or a magazine subscription to send to the school.



The temporary classrooms built by the parents at Wang'ata. With your help, the new permanent classroom will provide a healthier environment for the children.

Harambee,

Linda Hendrickson

Linda Hendrickson