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Returned Peace Corps Volunteers of Oregon Newsletter

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MAY POTLUCK AND MEETING

Our next potluck and program meeting will be held May 20th at the home of Linda Hendrickson at 140 SE 39th Ave, directly across from Laurelhurst Park. It is easy to locate, but if you need directions, her phone number is 239-5016 or call me at 254-5161.

Potluck is from 6-7PM, followed by a short meeting and program. Our guest presenter will be Mariana Bornholdt who was a university teacher in Ghana from 87-89. She will present a slide show entitled "Icons of African Art and Power". The slides are of the current Smithsonian African Art exhibit. See You there!

If you have ideas for a presentation, or you would like to be a presenter at a future program meeting, please call me at 254-5161.

Your Program Coordinator,
Gabriella

RENEWAL NOTICE

If you received a bright pink renewal notice with last month's newsletter, it's time to return it with your \$7 membership fee. If not received by the end of May we will need to delete your name from our mailing list.

CALENDAR

MAY 20TH-Potluck and Program
Slide show of African art.
See write-up for more details.

MAY 24TH-Board meeting at
Gabriella's, call 254-5161
for directions.

JUNE 24-Dinner meeting
location yet to be determined.

JULY 20 - 22, 1990
NRPCV'S National Conference
in Eugene, OR. Plan now to
attend, send your money by
June 1st and save \$20.

APRIL POTLUCK

Our annual potluck was well attended. Well over 60 people and several children gathered at Fulton Park last Sunday. We had lots of interesting food, some interesting entertainment arranged by Ira Frankel and a good time was had by almost all. We did have one unfortunate accident, a child was injured and taken to the emergency room. We don't have any details yet but hope it wasn't too serious.

CONGRADULATIONS to Mary Lou Belozier, who has been accepted to Med School at the Univ of Oregon in Sept 1990.

CHANGING OF THE GUARD

Here I am writing as Vice-President. Gee, it feels very different. It would feel even different if there were a president. But we do have several new officers. The board of officers of RPCVs of Oregon, old and new, met Thursday, April 19 to poise itself for the new era.

We welcome **Douglas King** as the new **Newsletter Editor**, and welcome back **Joann Von Rohr** as **Secretary/Treasurer**. Joann was Program Coordinator before Gabriella. Special Thanks! to Barb and Davy for the great jobs they've done. They've both decided to continue their involvement as members of the board without specific offices. And we look forward to the **Swahili Dinner** that Davy will be planning in the coming year.

I'd like to thank Cathy Van for her work as the **Speakers Bureau** coordinator for the past year. Some changes are in the offing in the operation of the Bureau. Jean Campbell of the **World Affairs Council** runs a program of foreign students speaking to classes in Portland area schools and feels that you all would be a very valuable added resource for the request she gets. Gabriella and I met with Jean on April 18th, and we decided to merge our operations, with the World Affairs Council taking over most of our job in coordinating speakers. Gabriella as the new **Speakers Bureau** Coordinator will coordinate recruitment of speakers and act as liaison with the World Affairs Council. We also discussed the possibility of working together on Development Education projects. This type of cooperation between the World Affairs Council and RPCVs of Oregon should be a boon to both groups.

Brenda will continue as **Restaurant Coordinator**. Thanks to both Brenda and Gabriella for the work they've done preparing the Annual Potluck. Brenda's been keeping busy making personal phone invitations to all our members.

We still need a new **Program Coordinator**. Gabriella's a hard act to follow, but the programs are set for the next couple of months, and we should be able to find someone.

Molly Leuschel was a new face at the meeting. We had called Molly and asked her if she wanted to be an officer even though we'd never seen her before. She had the good sense to decline, but has volunteered to be on our nascent Development Ed. committee, along with Gabriella and its chair, Development Ed, when he gets back from his Habitat for Humanity work in San Diego.

Let's see, what's left? I was unanimously elected to be the new **Vice-president**. Well, no one objected, anyway. I'll assist the new chairperson, when we find one. For the moment, the new board has agreed to meet next month; Gabriella volunteered to host that meeting.

We talked about what we could do to find a new chair. Should the chair be someone new? A recently returned vol with fresh experiences and lots of energy? But we can't ask someone who hasn't even been involved in the group to be an officer, let alone chair. The best would be for someone who's been involved to be chair. But we don't have anyone. It was suggested we adopt a structure with offices of past, present and future chair. Would it work with us? Nominations are now open for present and future chairperson!

Your vice-president
Jerry



REGIONAL MEETING SEATTLE

Leaders of RPCV groups from Seattle (RAVN), Eugene (West Cascades RPCVs), Tacoma (Puget Sound RPCVs), and Portland (Us), met in Seattle on March 31. The main agenda items were the National Conference in Eugene and the National Council.

NATIONAL COUNCIL NOTES

Priorities: 1) Straighten out membership mess. A lot of membership information was lost, leading to members not getting their magazines and newsletters and wondering why they joined the National Council. The membership system is being revamped. 2) Fund-raising to keep the group going. An important source of funds is membership, which leads back to #1. Members receive the World View Magazine and a new monthly newspaper-style newsletter and help support the Council's goals of furthering Development Education and bringing our experience to influence national policy.

The new Chief Executive Officer of the National Council is Lynn Gray, replacing Timothy Carrol.

It's hard to get a feel for what the National Council is or does from the perspective of our group. I encourage you all to come to the conference next summer in Eugene to feel the excitement of all those involved volunteers, to make connections with friends you haven't seen for a long time, and to get a feeling for the national organization.

EUGENE CONFERENCE NOTES

Friday: Presidents Forum in the morning; general opening speakers at 1:30; 13 regional updates on current events; meeting of Friends Of groups and a Salmon Bake with Salsa music in the evening.

Needed for Regional Updates: People with in-depth knowledge and recent experience of environmental issues in North, Central, and Southern Africa. Most of the update speakers are American University Professors. Let Jerry know if you know anybody.

Saturday: A.M. - Choose two of eight speakers on Sustainable Development in the third world (e.g. water issues, garbage imperialism, deforestation). P.M. - Workshops to discuss morning topics and seven others in order to prepare resolutions for forming the National Council's Legislative Agenda.

Note: recommended reading: Our Common Future, Oxford University Press, 1987.

Sunday at Noon: End.

Other things: Career Fair (your resume can be included in a packet give to employees who will be there), Mayor's Reception, Shriver Award, International Fair, African Dance, General Meetings (divided into two meetings this time to give time between the proposal of resolutions and the debate and vote), Open Mike, Fun Run, Map Project (Attempt to make world record world map).

Advantages to registering early: Help out the planners; housing is first come first serve; it's cheaper.

Volunteers Needed: Facilitators, Open Mike, Run/Walk, Map Project painters (pick a square - 1/2 hour) and cleaners. Call Jerry if you'd like to help.

Jerry



RECIPE CORNER

FAVORITE DISHES FROM THE CARIBBEAN

POT ROAST OF BEEF IN BLACK SAUCE

4 pounds lean beef for pot roast
3 tablespoons solid vegetable shortening or lard
2 large onions, peeled and sliced
1 tablespoon salt
8 pitted black olives
1/4 cup vinegar
1 teaspoon capers
1/4 cup raisins
4 medium onions, peeled
4-1/2 cups coarsely diced peeled potatoes
Flour (optional)

Wipe meat with damp cloth and brown on all sides in the shortening in large kettle or Dutch oven. Add sliced onions and brown until very dark. Remove and discard. Add 4 cups water and next 5 ingredients. Bring to boil, cover and simmer, turning meat occasionally, 1-1/2 hours. Add whole onions and cook, turning meat occasionally, 1 hour. Add potatoes, cover and cook about 45 minutes longer. If thicker sauce is preferred, thicken with flour-water paste. Serve sliced meat and sauce in bowls or shallow soup dishes. Makes 8 servings.

SWEET AND PUNGENT PORK

2 pounds lean pork, cut in 1/2" cubes
1/4 cup vegetable oil
1 cup chicken bouillon
2 green peppers, cut in eighths
1 cup pineapple chunks
3 tablespoons cornstarch

2 to 3 tablespoons soy sauce
1/2 cup vinegar
1/2 cup sugar
1/2 teaspoon salt
1/4 teaspoon pepper
Hot cooked rice

Brown pork on all sides in hot oil. Add 1/2 cup chicken bouillon; cover and simmer about 15 minutes. Add green pepper and pineapple and simmer 10 minutes longer. Mix remaining ingredients, except rice. Add slowly to pork mixture. Cook, stirring, until thickened. Serve on rice. Makes 6 servings.

RICE WITH CHICKEN (Arroz con Pollo)

1 frying chicken, about 2-1/2 pounds, cut up
Salt
3 tablespoons olive oil
1 onion, chopped
1 clove garlic, minced
1 green pepper, chopped
1 can (1 pound) tomatoes
1/3 cup sherry
1/4 teaspoon pepper
Pinch of saffron
1/2 teaspoon paprika
2 whole cloves
1 bay leaf
1-1/4 cups uncooked rice
1 cup cooked peas
Pimiento strips

Season chicken with salt. Brown on all

sides in the hot oil. Add onion, garlic and green pepper; brown 5 minutes longer. Add 1 cup water and remaining ingredients, except last 3. Cover, bring to boil and simmer 15 minutes. Add rice, bring to boil and stir. Cover and simmer 30 minutes. Garnish with peas and pimiento. Makes 4 to 6 servings.

SEVICHE

The lime juice "cooks" the fish so no other cooking is necessary.

1-1/2 pounds lemon sole, cut in thin strips
1 cup lime juice
1/2 cup olive oil
1/4 cup finely chopped onion
2 tablespoons canned green chilies, finely chopped
1/4 cup finely chopped parsley
1 clove garlic, finely chopped
1-1/2 teaspoons salt
1 teaspoon black pepper
Dash of hot pepper sauce
Chopped cilantro (fresh coriander)

Cover fish strips with the lime juice and refrigerate 4 hours. Drain. Blend remaining ingredients, except cilantro, and toss with fish strips. Chill. Garnish with chopped cilantro and serve as appetizer or main dish. Makes 4 to 6 servings. *Note* This dish is often made with tiny scallops. It can also be made with crab. Chopped plain or Italian parsley can be substituted for the coriander. #

IF OUR WORLD WERE A VILLAGE of 1,000 people, what would its ethnic and religious composition be? IRED Forum, a publication of the Geneva-based Innovations et Réseaux pour le Développement (Development Innovations and Networks), cites the approximate populations as follows:

In the village would be:

564 Asians
210 Europeans
86 Africans
80 South Americans
60 North Americans

There would be:

300 Christians (183 Catholics, 84 Protestants, 33 Orthodox)
175 Moslems
128 Hindus
55 Buddhists
47 Animists
210 without any religion or Atheist (or other)

Of these people:

60 persons would have half the income
500 would be hungry
600 would live in shantytowns
700 would be illiterate

(The source, according to IRED Forum, is Frères Sans Frontières.)