



Pacific Waves



Volume 24, Number 5

September - October 2011

Do you wonder if our grant monies invested in small projects such as libraries, schools, and self-help projects might ever have an effect? Here is what such resources (though not PC related) can bring. William Kamkwamba of Malawi, at age 14, followed information from a local library and built a wind generator to produce electricity. Since then he has written a book about his journey which has led him to studies at Dartmouth College to become an engineer. A video by TED (Technology, Entertainment, Design, <http://www.ted.com>)—summarized below—tells his first efforts. On pages 6-8 are excerpts from his blog, a review of his book and references to other projects he has undertaken. -ed.

William Kamkwamba: Inventor

Video: TED, 2009, http://www.ted.com/talks/william_kamkwamba_how_i_harnessed_the_wind.html



To power his family's home, young William Kamkwamba built an electricity-producing windmill from spare parts and scrap -- starting him on a surprising journey detailed in the new book, *The Boy Who Harnessed the Wind*.

William Kamkwamba, from Malawi, is a born inventor. When he was 14, he built an electricity-producing windmill from spare parts and scrap, working from rough plans he found in a library book called *Using Energy* and modifying them to fit his needs. The windmill he built powers four lights and two radios in his family home.

After reading about Kamkwamba on Mike McKay's blog Hactivate (which picked up the story from a local Malawi newspaper), TEDGlobal Conference Director Emeka Okafor spent several weeks tracking him down at his home in Masitala Village, Wimbe, and invited him to attend TEDGlobal on a fellowship. Onstage, Kamkwamba talked about his invention and shared his dreams: to build a larger windmill to help with irrigation for his entire village, and to go back to school.

Following Kamkwamba's moving talk, there was an outpouring of support for him and his promising work. Members of the TED community got together to help him improve his power system (by incorporating solar energy), and further his education through school and mentorships. Subsequent projects have included clean water, malaria prevention, solar power and lighting for the six homes in his family compound; a deep-water well with a solar-

powered pump for clean water; and a drip irrigation system. Kamkwamba himself returned to school, and is now attending the African Leadership Academy, a new pan-African prep school outside Johannesburg, South Africa.

Kamkwamba's story is documented in his autobiography, *The Boy Who Harnessed the Wind: Creating Currents of Electricity and Hope*.

A short documentary about him, called *Moving Windmills* (<http://www.youtube.com/watch?v=arD374MFk4w>), won several awards last year; Kamkwamba and friends are now working on a full-length film. You can read the ongoing details on his blog (which he keeps with help from his mentor), and support his work and other young inventors at <http://movingwindmills.org/>.



(above) William's original windmill at his home.



William Kamkwamba: Inventor.....	1
Social Hour -- 8/18/11.....	1
<i>From the Pres:</i> A Great Summer.....	2
Board Minutes.....	2
SDPCA at 50th Anniv. in DC.....	3
from NPCA: Global Ed News 7/11.....	3
<i>Events Page</i>	4
Service Project at New Roots...-- 7/16/11	5
SDPCA at the Padres Game -- 7/17/11	5
Tonner ISF Grant Totals	6
Passing Kate Puzey PCV Protection Act.....	6
Two Books by African Authors.....	7
Avocado with Groundnut Dressing	7
From William Kamkwamba's blog-website.....	8-9
Potpourri	10
Survival Guide for Living in San Diego	10
Fundraising	11
Calendar, Contributors.....	12

Fundraising...

Help with December Silent Auction
see page 4

contact fundraising@sdpca.org

2012 Calendars on sale now!
see page 11

Social Hour -- August 18, 2011

This is from the Social Hour at Stone's Brewing Company and Bistro on Thursday August 18th. Eleven people attended and a good time was had by all. There were five people for whom this was their first SDPCA event!





P.O. Box 26565
San Diego, CA 92196-0565

Web: <http://sdpca.org>
Email: info@sdpca.org
Board Email: see below

Board of Directors 2011-12

Sharon Kennedy
Thailand (1989-91)
president@sdpca.org
communications@sdpca.org

Kris Slanina
Cameroon (1995-98)
(b) 619-278-8489
vicepres@sdpca.org

Gregg Pancoast
Costa Rica (1985-86)
(b) 619-540-4434
cfo@sdpca.org

Ashley Smallwood
Ecuador (2004-07)
secretary@sdpca.org

Carl Sepponen
Bolivia (1970-71)
Ecuador (1971-72 & 1977-78)
(b) 858-538-8478
fundraising@sdpca.org

Sarah Furhmann
Guatemala (2007-09)
social@sdpca.org

Open
speakers@sdpca.org

Courtney Baltiyskyy
Ukraine (2007-09)
globalawards@sdpca.org

Celeste Coleman
Ukraine (2005-07)
community@sdpca.org

Kathryn Jacobsen
Panama (2008-10)
membership@sdpca.org

Other Leaders

Marjory Clyne
Western Samoa (1972-74)
50thAnniv@sdpca.org

Brenda Terry-Hahn
Nepal (1964-66)
(b) 619-479-6620
new members chair
newmembers@sdpca.org

Don Beck
Bolivia (1967-69)
(b) 619-563-1575
webmaster@sdpca.org
newseditor@sdpca.org

Published six times a year.

From the President...

A Great Summer

This has been a great summer for the Peace Corps community in San Diego.

We started in June with our wonderful 50th anniversary event in Balboa Park. Then in July we helped out at the *IRC New Roots Community Farm* (see page 5) and attended a *Padres Game* (see page 1 and 5).

At each event, I met new members and learned bits about their Peace Corps experiences which were both similar and vastly different than my own experience in Thailand 20 years ago. That is what I

Be practical as well as generous in your ideals. Keep your eyes on the stars but remember to keep your feet on the ground. – President Theodore Roosevelt (1858 -1919)

enjoy most about our group - learning from others!

We will continue this fall with many opportunities to gather including happy hours, a community service event, and our annual potluck in early December. I hope to see you at one or more of these events. Also, in September, several of our members will be traveling to Washington, DC for the national 50th anniversary of the Peace Corps. I look forward to hearing about their experiences there.

Peace,

–Sharon Kennedy, Thailand, 1989-91

Minutes of the Board

July 12 and August 9, 2011

July 12th, 2011

7:15pm Begin. Present: Gregg Pancoast, Sharon Kennedy, Ashley Smallwood, Courtney Baltiyskyy, Sarah Furhmann. Guests: Marjory Clyne. Absent: Kris Slanina, Kathryn Jacobson, Carl Sepponen, Lynne Graham, Celeste Colman.

President & Membership. Sharon reported: 134 paid members. Sharon sent out a reminder post card for PCI for the IRC Farm Work Day event.

Upcoming activities:

- **IRC Farm Work Day**—July 16th: Celeste
- **Padres Game**—July 17th: Sarah
- **Escondido Happy Hour Stone Brewery**—August 18th: Celeste
- **Day at the Bay (Ventura Cove)**—August 27th: Sharon. SDPCA will buy food for the event. It was proposed to think of an active game for the event—bike ride perhaps.
- **Happy Hour Encinitas**—September 15: Sharon
- **Bike Ride**—October 1st: Event is cancelled.

Vice President Report. Not present.

Financial Report. No report.

ISF Global Awards. Mari Stephenson from Burkina Faso: Repairing primary school pump. We would like know who is going to do the labor and how the pump broke in the first place. Need itemized budget.

Social Report. No Report.

Fundraising Report. Not Present.

Community Action. Not present.

Miscellaneous. Marjory—Posters as teaching tools about the Peace Corps need a home (As well as various propaganda for the Peace Corps 50th Anniversary). An editor is needed for the SDPCA newsletter.

New Business: none

Adjourn: 8:10pm

August 9th, 2011

7:34pm Begin. Attendance: Gregg Pancoast, Sharon Kennedy, Ashley Smallwood, Courtney Baltiyskyy, Sarah Furhmann, Kathryn Jacobson, Carl Sepponen, Lynne Graham. Absent: Kris Slanina, Celeste Colman.

President/Membership. One new member: Nicole Shaw. We are searching for a way to register electronically, but it is not cost beneficial thus far. Still looking to manage membership and evites.

- **25 people “liked” us** on facebook and we earned a simpler URL: <http://www.facebook.com/sdpca>
- **SDPCA needs to send newsletter stories** to Don. Lynne to report on the Rock and Roll marathon. Sharon to report on the ISF garden day.
- **Aug 18th—Happy Hour:** Kris will organize.
- **Aug 27th—Day at the Bay** at Ventura Cove. Sharon will buy all food. The picnic starts at 11am. A swim will begin at 9:30am and a bike ride will ensue afterwards. Games will be organized by Courtney. Sharon will send out an evite. Board members must be there at 10:45 to help set up the picnic.
- **Oct 15th- South Park,** will be at The Station.
- **Nov 5th—Ronald McDonald House** breakfast. We will ask Celeste if she would like to organize the event.
- **Nov 17th—International dinner,** will be organized by Sarah.
- **December 4th—Annual Holiday Potluck and Auction:** It will be at San Diego Humane Society and venue will be secured by Gregg.

Vice President Report. Not present.

Financial Report. Balance sheet: 10,659.05 reported on balance sheet.

ISF Global Awards. For this Board, 6 grants have been funded: *Bakery*, Nicaragua, \$547; *Hammock*

SDPCA at DC Celebration

September 22nd, Ellen Shively, Kris Slanina, Carol Wahlen, Ted Finkel, and Marjory Clyne will all be in Washington for the BIG BASH.

There are days of events planned --

- Country reunions,
- Embassy receptions,
- Advocacy on the Hill,
- A day of volunteer service,
- Fancy evening gala,
- Washington ballgame honoring RPCVs,
- Panel discussions, and
- Sunday, September 25, a wreath laying ceremony at Arlington Cemetery.

We have promised to take lots of pictures and will report back in the next newsletter. But that doesn't take the place of actually being there; you still have time to book your flight and join us. It will be a long time before we celebrate another 50 years.

– Marjory Clyne, Samoa 1972-74

Washington, DC, Schedule

You can find information about the Washington, DC, 50th Anniversary Celebration (September 21-25, 2011) at:

NPCA listing of events it plays a significant part in:

<http://www.peacecorpsconnect.org/resources/peace-corps-50th-anniversary/september-events/>

Peace Corps listing of events scheduled country-wide -- currently displaying full details of events from July through February 2012.

<http://peacecorps2010.sched.org/>

Minutes of the Board from page 2

Workshop, El Salvador, \$450; *Community Garden*, Honduras, \$500; *School Library*, Dominican Republic, \$500; *Camp CACTUS*, Ukraine, \$500; *School Library*, Cameroon, \$500. 2 proposals were turned down. 3 more under consideration.

Social Report. No Report.

Fundraising Report. The following activities are underway:

- **Entertainment books:** We will buy each book for \$20 and sell them for \$40 per copy.
- **2012 Calendars are out:** We have 99 to sell, they are \$10 for members, \$12 for non-members. Calendars should be sold at other SDPCA events. Those who are organizing should help to sell the calendars.
- **Silent Auction committee** for Holiday party: Kris Slanina, Marjory Clyne, and Sean Anderson will be on the auction committee.

Community Action. Not present.

New Business. No Report.

Adjourn: 8:50pm. Next Meeting September, 13th at 6:30pm

–Ashley Smallwood, SDPCA Secretary, Ecuador 2004-07.



from NPCA...

Global Ed News-Aug 2011

Newsletter to Focus on Food

Our fall Global Education newsletter will coincide with World Food Day, and global food security is a current issue. We welcome your lessons, ideas, and resources, etc. to deal with food issues (access, producing, food security, etc.) that tie in with other curriculum areas (math, science, literature, etc.). Please contact Susan Neyer, editor at susanneyer@astound.net.

Kids.gov video features Peace Corps

The Smithsonian Folklife Festival this summer featured three themes, one of which was the *Peace Corps: 50 Years of Promoting World Peace and Friendship*.

Kids.gov interviewed three Returned Peace Corps Volunteers (RPCVs) for a feature piece on "Celebrating 50 Years of the Peace Corps." This short video (less than three minutes) is a great introduction for kids not only to Peace Corps, but also to sustainable and appropriate technologies.

View the video on kids.gov or on YouTube.

http://kids.gov/video/peace_corps.shtml

From the Stanley Foundation:

Promoting Global Citizenship

In its simplest interpretation, global citizenship means social participation in local versions of global problems or local efforts to alleviate global problems. The Stanley Foundation's founder, C. Maxwell Stanley, said that global citizenship "is some combination of beliefs, attitudes, and convictions concerning the policies and leadership of national governments regarding the management of global problems."

At the Stanley Foundation, our mission statement includes a call to global citizenship. We not only work with high-level policymakers, most of whom are working to resolve problems within that world community, but we also offer programming and resources to interested adults who consider themselves global citizens and, yes, even to children who are just curious to learn about what life is like for a peer in another part of the world.

Though the Stanley Foundation's work might be better known in Washington, DC, than in its home of Muscatine, Iowa, the foundation places importance on contributing to its local community. That is why this issue of *Courier* is devoted to activities conducted locally through its Community Partnerships programming. The foundation conducts activities in Muscatine that it sponsors nowhere else. We share this information in hopes that it might inspire readers to also Think Globally, Act Locally.

A quarterly publication, *Courier* provokes thought on world affairs by giving readers insight into foundation programming. The Summer 2011 issue is on Promoting Global Citizenship. Download it at: (pdf 287KB)

<http://www.stanleyfoundation.org/courier/courier71/Courier71.pdf>

From World Wise Schools:

Help promote global education by connecting U.S. classrooms to the Peace Corps experience! Forward this flyer to teachers and teachers you know and encourage them to use World Wise resources in their classrooms. Teachers can sign up for the Correspondence Match program to connect their classroom with a current Volunteer, invite a RPCV speaker through the Speakers Match program, or help students learn more about other countries and cultures through multimedia resources and lesson plans based on the Peace Corps Volunteer experiences.

Social Hour at Beachside Bar & Grille (Encinitas)

When: Thursday, September 15, 6 pm

Where: Beachside Bar & Grille

806 S. Coast Highway 101
Encinitas, CA 92024
760-942-0738

Calling all RPCV's, friends and interested who live in coastal San Diego!

Join us.
Make new friends.
Hear about our 50th Anniversary Celebrations!

A great time always had by all!

More details to come...

Watch for Evite.

Contact: Sharon at president@sdpca.org



50th Anniversary Celebration Washington, DC

When: September 21st to 25th

Where: Washington, DC

Website: <http://www.peacecorpsconnect.org/resources/peace-corps-50th-anniversary/september-events/>

SDPCA folks going to DC, see page 3

Contact Marjory Clyne to connect to those from San Diego who are planning to attend the DC Celebrations!

Marjory: 50thanniv@sdpca.org

Many things scheduled for those who can get to Washington!



Silent Auction

Calling for **HELP NOW** to organize and gather items for our Annual Silent Auction!

Contact: Carl Sepponen fundraising@sdpca.org



which will be a part of our

Annual Holiday Gathering

When: Sunday, December 4, 2011

Where: SD Humane Society

Join us for a great repast, excellent company and the Auction! More details and evite to come.

For more info, contact Greg at cfo@sdpca.org

SheROX Triathlon

When: Sunday, October 16, 7 am

Where: Mission Bay

Website: <http://www.sheroxtri.com>

Always wanted to to a triathlon? Now's your chance. Several SDPCA Board Members are going to compete! Join us in a women's triathlon!

Events: Swim .5 mile; Bike 12.4 miles; Run 3.1 miles.
Wetsuit not needed for the swim.

Contact: Sharon at president@sdpca.org



Social Hour at The Station (South Park)

When: Thursday, October 20, 6 pm

Where: Station Tavern & Burgers

2204 Fern Street (btwn Ivy & Juniper)
San Diego, CA 92104
619-255-0657

Website: <http://stationtavern.com/>

See friends - make new ones. Hear about our 50th Anniversary Celebrations! Check out the burgers too. Have a great time!

More details to come... **Watch for Evite.**

Contact: Courtney at globalawards@sdpca.org

Prepare Lunch at Ronald McDonald House

When: Saturday, Nov. 5
11:30 am-2:30 pm

Where: Ronald McDonald House
2929 Children's Way
San Diego 92123

RSVP: community@sdpca.org

Website: <http://rmhcsd.org>



Join us as we prepare lunch for families visiting their sick children in the hospital. We'll be making pancakes, eggs, and sausage as part of their "Saturday Lunch" theme. **Watch for Evite.**

Contact: Celeste at community@sdpca.org



Service at New Roots Community Farm -- July 16, 2011

On Saturday, July 16, members of the San Diego Peace Corps Association met up with Peace Corps nominees and supporters of PCI (also celebrating their 50th anniversary) to volunteer at the New Roots Community Farm, a project of the International Rescue Committee in San Diego. Over 100 people were there to weed, paint, move rocks, or spread mulch. A good time was had by all

and then we enjoyed a delicious East African meal. Learn more about the IRC at www.Rescue.org/sandiego.

Photos by Ashley Smallwood

(photos: clockwise from top left) [1] Kris Slanina, Sharon Kennedy, and Courtney Baltiyiskyy. [2] Sarah Fuhrmann working hard. [3] Sharon Kennedy (l) and Courtney Baltiyiskyy goofing off. [4] RPCV doing the heaving lifting



SDPCA at the Padres Game -- July 17, 2011

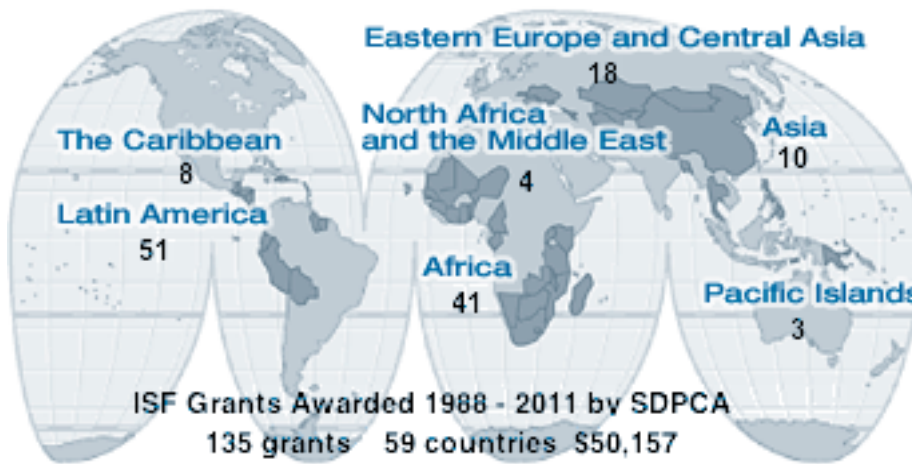
On Sunday, July 17, 40 members and friends of the San Diego Peace Corps Association enjoyed an afternoon game at Petco Park! However, we didn't enjoy watching the Padres lose...

Photos by Sharon Kennedy



Tonner International Support Fund Grant Totals

A full list can be seen at: <http://edweb.sdsu.edu/SDPCA/articles/ISFGrantList.html>
 Totals for 1988 though August 2011. (no awards 1994)



Africa	\$15,438
Asia	\$3,497
Caribbean	\$2,994
E Europe & Central Asia	\$6,661
Latin America	\$19,169
N Africa & Middle East	\$1,573
Pacific Islands	\$825
TOTAL	\$50,157

Protection of Volunteers In-Service – A Long Standing Concern

Passing the Kate Puzey PC Volunteer Protection Act



Catherine Irene “Kate” Puzey was born June 19, 1984. There is so much of Kate’s story that can be told, but what truly distinguished her was her remarkable spirit. She approached life with a vibrant joy tempered with wisdom beyond her years. Throughout her college years she worked with underprivileged children. Her passionate concern for humanity

eventually led Kate to join the Peace Corps.

For two years she worked as a school teacher in the West African nation of Benin. While there, she worked tirelessly on concerns related to women and children. When she became aware that young girls in her village were being sexually exploited, she was determined to protect them. At great personal risk, Kate took steps to bring justice to these children who had no voice.

On March 11, 2009, Kate was found murdered at her home in the village of Badjoude. The shocking news of Kate’s death devastated her family and friends. (*More at:* <http://katepuzey.com/>)

May 11, 2011

- Kate’s mother, Lois Puzey, testified at the “Peace Corps at 50” Hearing before the House Foreign Affairs Committee.
 Transcript: http://www.hcfa.house.gov/hearing_notice.asp?id=1288

June 24, 2011

- **House Bill, H.R. 2337, Kate Puzey Peace Corps Volunteer Protection Act of 2011** introduced by Ted Poe (R-TX)
 Press release from Congressman Poe: <http://poe.house.gov/News/DocumentSingle.aspx?DocumentID=248562>
- **Bill Overview**
<http://www.govtrack.us/congress/bill.xpd?bill=h112-2337>

- ABC News coverage of initial proposal: *Kate Puzey Law Would Protect Whistleblowers, Victims of Sex Assault*
<http://abcnews.go.com/Blotter/kate-puzey-law-protect-whistleblowers-victims-sex-assault/story?id=13912617>
- NPCA Advocacy: Safety/Security Legislation Introduced.
<http://www.peacecorpsconnect.org/2011/06/safetysecurity-legislation-introduced/>

June 26, 2011

- **Senate bill S.1280, Kate Puzey PC Volunteer Protection Act of 2011** introduced by Sen John Isakson (R-GA)
 Press release from Senator Isakson:
<http://isakson.senate.gov/press/2011/062311KatePuzey.html>
- **Bill Overview:** <http://www.govtrack.us/congress/bill.xpd?bill=s112-1280>

July 26, 2011

- Kate Puzey PCV Protection Act passed unanimously by Senate Foreign Relations Committee.
- “Isakson Praises Unanimous Passage” in *Africa: New, Culture, China/ Africa/World* <http://niger1.com/?p=19716>

Kates Voice Website

Website: <http://www.katesvoice.net>

Blog: <http://www.katesvoicecampaign.blogspot.com/>

Facebook: <http://www.facebook.com/people/Kates-Voice/100002147580754>

A site dedicated to ensuring that all Peace Corps Volunteers are protected and supported in the honor of Kate Puzey.

For updates on our efforts to pass the ‘Kate Puzey Peace Corps Protection Act’ to support Peace Corps Volunteers who become whistleblowers or victims of violent crime, please follow our blog and join us on Facebook.

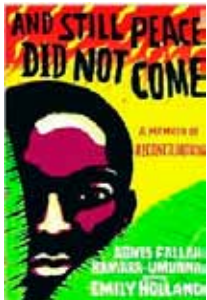
Help to get this bill passed!

Two books by African Authors

from: *Global Ed New Summer 2011*, page 8.

National Peace Corps Association 1900 L Street, NW, Suite 404
Washington, DC 20036-5002 <http://www.globalteachnet.org>

I am attaching a review of two books, *And Still Peace Did Not Come* by Agnes Umunno and *The Boy Who Harnessed the Wind* by William Kamkwamba. Although the books are quite different, there is a common theme, which William Kamkwamba expresses as "African solutions for African problems." That theme comes through in both of these books, and the stories of resourcefulness, courage, and commitment are inspiring to people everywhere.
—Ann Magyar ann.magyar@gmail.com



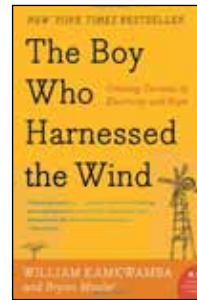
And Still Peace Did Not Come

by Agnes Fallah Kamara-Umunno
with Emily Holland
Hyperion, 2011. 320 pp
Hardcover \$22
Kindle \$13.79
ISBN: 140132357X

Agnes Fallah Kamara-Umunno is the author with Emily Holland of *And Still Peace Did Not Come*, a remarkable story of coming to terms with the civil war in Liberia and its aftermath. Agnes Umunno was a young woman when civil war broke out in Liberia. She fled with her father to Sierra Leone and avoided the worst of the atrocities. When she returned to Liberia several years later, she took a job with the UN radio station, and used her program *Straight from the Heart* to give people a chance to talk frankly about what had happened. She began by interviewing victims, but then sought out the child soldiers who had terrorized them and committed unspeakable acts of torture and murder. She realized that these children, some of whom were taken from their families when they were as young as two years old, were also victims. She befriended a group of these young men and set up a center to help them. In addition to providing the basics they needed to live, she encouraged them to acknowledge what they had done, and to seek forgiveness and reconciliation. In this book, we hear not only Umunno's gripping story, but also, in their own words, the stories of the victims, the child soldiers, and even the warlords who manipulated and exploited them. She takes us through the incredibly difficult process of reconciliation, showing that remorse, rehabilitation, and even forgiveness are possible, but only when those on all sides are willing to face the truth. She describes introducing her own father to a warlord who had threatened his life, coming to a point where her father could eventually say, "I like the man."

"Liberia is a complex place," Umunno tells us. In this book, she helps us to appreciate some of the complexity, from the historical roots of conflict to the painstaking journey to recovery. Now living in New York, she continues her unflinching search for the truth, interviewing former child soldiers who found their way to the United States. In spite of the horror that she describes, Umunno leaves us with a sense of hope.

Perhaps it is the nature of our news media to inform us about problems but neglect to report on the solutions, and the resilient human spirit that enables people to carry on and thrive. This book provide a fuller picture.



The Boy Who Harnessed the Wind: Creating Currents of Electricity and Hope

by William Kamkwamba with Bryan Mealer
Morrow, 288 pp
2009 hdbk \$20;
2010 pbk \$14; Kindle \$10.95
ISBN: 0061730335

As a young boy growing up in Malawi, William Kamkwamba lived through a famine and was forced to drop out of school before beginning high school because his family could not pay the tuition. Hoping to keep up with his studies so he could eventually return to school, he began taking books from the small library housed in the elementary school. He was especially fascinated by Physics. Most homes in his village had no electricity, and even in the cities there were frequent blackouts. He developed a plan to build a windmill and began combing through the junkyard for pieces of scrap he could use. Of course people thought he was crazy, but he succeeded and was able to generate power to light his home.

When Kamkwamba describes the moment that his windmill was first put to the test, we share his anticipation and his shout of joy as the blades slowly begin to spin, and the light bulb flickers and then comes on as a steady light.

When his windmill attracted the attention of the news media, his life changed. He was invited to the TED (Technology, Entertainment, Design) conference where he met people who recognized his talent and were willing to support his projects. He has since been able to provide wind and solar power and clean water to the people of his village. This is a beautiful, inspiring story of perseverance, ingenuity, and the power of science.

Facebook: <http://www.facebook.com/pages/Moving-Windmills-The-William-Kamkwamba-Story/95895449412>

[Read more about William on page 8 & 9. —ed.]

from Ghana...

Avocado with Groundnut Dressing



From the Wisconsin RPCVs group,
recipes to accompany their yearly *International Calendars*.
[See page 11 to buy 2012 *International Calendars*.]

2 avocados ripe but firm
15 ml (1 tbsp) lemon juice
30 ml (2 tbsp) shelled groundnuts [peanuts]
2.5 ml (1/2 tsp) paprika
2.5 ml (1/2 tsp) cinnamon chile powder [cayenne]
salt, to taste
fresh chives, to garnish

1. Peel the avocados, cut out the stone and cut into cubes.
2. Sprinkle with lemon juice and set aside.
3. Grind the peanuts roughly with a rolling pin or in a grinder for a few seconds.
4. Mix the peanuts and spices well.
5. Sprinkle over the avocados with finely chopped chives.
6. Refrigerate until ready to serve.

Enjoy!

From William Kamkwamba's blog-website

<http://williamkamkwamba.typepad.com/williamkamkwamba/>



Update on Wimbe School Project

In the spring and summer of 2010, in partnership with buildOn.org, we built new classrooms for my primary school in Wimbe. When we were finished, I was happy to see kids learning in good classes. Here are some photos of the students using the new block of two classrooms. The expressions of excitement on the kids' faces were astonishing and made me feel so proud! Thanks to all the parents and community members who worked on the project, and a special thanks to the generous donors who made it possible.



Over that summer I spent my time teaching children how to harness wind power. After finishing construction of the classrooms, kids from Wimbe Primary helped me install wind and solar power at the school. I was happy to share my skills with children from the Wimbe area. I was so excited to install the power system at Wimbe Primary School. Now children can read at night. The most interesting thing is that children are now using one laptop per child through the power from wind and solar. (Thanks to the generous donation of the laptops.) I know that the electricity and new block of classrooms will help students to succeed with their studies.

The installation of the power wouldn't be successful without the help of my friends Benn and Gilbert and my cousin Geoffrey. My friend Benn Salala did a wonderful job of installing solar panels. Gilbert and Geoffrey helped with excavation of the windmill. Special thanks should go to *Go Campaign and Moving Windmills* for funding me to build the windmill and purchase the solar panels to power the

school. Without your support I wouldn't have been able to build the system.

Also on behalf of the Wimbe community, I would like to express our sincerest gratitude to everyone who supported us with physical strength, financial means, planning and moral support for this valuable community project. People at Wimbe are very thankful for your generosity. Without your support we couldn't have done it.

August 04, 2011 - My Summer of 2011

After finishing exams at the end of my first year at Dartmouth, I went back to Malawi for one month. It was good to see my family and friends. Although I went home, I didn't get to enjoy it as long as I wished, because I had to come back to the USA in order to start the preparations for the upcoming academic year. My visit was too short. When some of my friends started coming back from their schools, I had to start packing my favorite clothes. It was tough to say bye to my buddies who just came home two days before my flight back to the US. In fact my friends were looking forward to catching up with me. They wanted to know how it is to live abroad, especially in America. They have watched many Hollywood movies, and they wanted to know if what they see is real. However, I didn't get a chance to explain how life is in America. I was also looking forward to hearing from them what had happened since I left a year ago. I barely had enough time to say goodbye; I watched tears come from their eyes as I walked to the car. As I was closing the car's door, I shouted loudly, "Don't worry guys. I'm going for the better cause, and I promise next time we will catch up. In fact, we'll have two years worth of stories to share with each other.

After eighteen hours of flying, I finally landed in New York. Memories of home started flashing in my head. Within an hour I started feeling homesick, but this didn't last long. I remembered all the fun stuff I use to do at Dartmouth. When I got back to Hanover, I first met with my tutor Christopher Schmidt. We made a timetable of what I'm going to do for the rest of the summer. For the next ten weeks, I'm working on four areas: math, writing, working at Thayer's machine shop, and taking swimming lessons. Monday, Tuesday and Thursday I start the day by working at the machine shop from 8 am up to 11 am. From 11am up to 1pm I work on





math. The rest of the day until after 5pm, I work to improve my English. Every Friday, I take a swim lesson at a nearby pool. In the machine shop, I'm building a Sterling engine. It feels great to play with all the tools in the shop. In math, I'm currently working on logarithms. To improve my English, I work on reading, writing, grammar, and vocabulary. Currently I'm writing descriptive essays, like this one. As part of my writing assignments, I'm updating my blog weekly. Keep an eye out for future posts.

Summer isn't all about studying. On the weekends I am off from academics; instead I do some fun things like going hiking and swimming. Recently we drove two hours to Lovell Lake in Sanbornville, NH for the weekend. While I was there, I practiced my swimming, I met many new people, ate delicious food, and I enjoyed my time away from academics. It was a nice sunny day, so I decided to go swimming. Before I jumped in the lake, I stuck my foot in to see how warm the water was. The thermometer by the dock read 80 degrees. The water was so clear that I could see the rocks and gravel at the bottom. The surface was calm with some small waves.

Because I am not yet a strong swimmer, I put on a life jacket and then jumped in. I started swimming by the dock, and then some young kids and their parents joined me. I swam shallow water for a while before I gained my confidence to swim towards the flooding dock 15 meters away. While I was still swimming, the kids began swinging on a rope swing and jump off into the Lake. I watched them smiling and laughing, and I envied them. I wanted to try. I got out of the water and went straight to the swing. I held the rope with my hands, and everyone was looking at me. I felt the pressure on me to do it. I swung off and flew out over the water. When I was about to let it go, I looked down. The water was so far away. I could see the rocks at the bottom



of the lake and I was scared. I was worried that I would get water up my nose. I froze. I swung back to the shore and put my feet down. I didn't do it. But then I heard a voice, "You can do it!" With this encouragement I felt confidence build inside me. I knew I could do it. I swung out again, and this time, I let go and splashed into the water. Some water did go up my nose, but I was too happy to care. I did it.

I finished swimming right before dinner. We had our supper outside under big tall trees. It was a perfect time to be outside, nice cool wind was coming from the lake. For dinner that night, I had grilled chicken, marinated steak tips, and salad with lettuce, tomatoes, cucumbers, and other tasty vegetables. I also had nsima and corn on the cob, which reminded of home. The following morning I slept in and missed breakfast. This might have been the best part of the weekend.



How To Make Nsima

Nsima is basic food in Malawi; everyone eats it regardless of what they do: politicians, teachers, soccer players, pastors, and doctors are all getting fat from it. Although there are many ways of preparing nsima, there is one that is commonly used. You need the following tools and ingredients: medium-sized cooking pot, corn flour, water, cooking stick, and firewood if you don't have stove. To make enough nsima for five people you need: one liter of water, and four cups of flour. The first thing you need to do is to make a hot fire. Fill the pot with the water. The water should get hot before you start pouring the flour into it.

When you feel that the water is hot enough, pour half the flour into the water while you are stirring it. Make sure that the flour is well mixed with the water. Cover the pot with a lid for a few minutes until the porridge starts bubbling. Cook for five minutes. Then add more flour and stir until it gets medium hard and smooth.

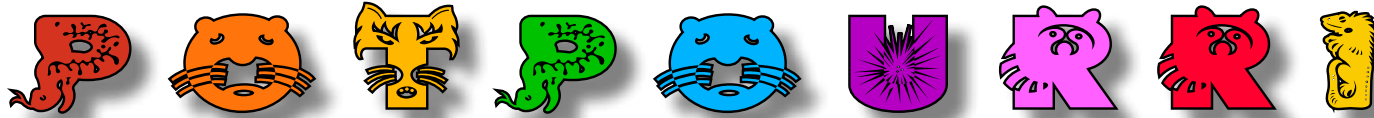
After that, take the pot off the fire and start scooping the nsima onto a serving plate using the wooden spoon. Now your nsima is ready; it tastes best with mustard greens and chicken stew.

—Photos come from William's blog.

Email: william@movingwindmills.org

Facebook: <http://www.facebook.com/williamkamkwamba>

Twitter: <http://twitter.com/#!/wkamkwamba>



It is important that students bring a certain ragamuffin, barefoot, irreverence to their studies; they are not here to worship what is known, but to question it. -- J. Bronowski, The Ascent of Man

Social Business Angel Networks

<http://www.socialedge.org/discussions/funding/>

Hosted by Rod Schwartz (June 2011)

Do we need social business angel networks?

... I participated in a panel about how Social Business Angel Networks (SBANs) work with each other to undertake social business and enterprise (SBE) investments.

Our plan was to interact in the same way one would have done in the old days, sitting around, drinking coffee and chatting about a deal. This is, in fact, how stock exchanges began--fitting indeed, as the venue was the old site of the Amsterdam Bourse. The subject is very near and dear to my heart as ClearlySo is probably Europe's largest SBAN.

What is an SBAN? It is a network in which angel investors, frequently entrepreneurs who have been successful in a previous venture, invest in younger firms. If these enterprises have a social, ethical or environmental dimension, we call these social business angels.

–for more on Social Entrepreneurship, check out Social Edge, <http://www.socialedge.org/>

RPCV Mentoring - We're in it Together

Sometimes the hardest thing about Peace Corps is adjusting to life back home. It can feel like being a fish out of water.

That's why the NPCA, in conjunction with the Peace Corps, created this unique program to help returning Volunteers link up with RPCV mentors.

The NPCA/Peace Corps Mentoring program was started in 2007 with a fundamental goal in mind: to connect recently returned Peace Corps Volunteers with RPCV mentors.

Via phone, email and face-to-face meetings, these mentors help ease the difficult transition, provide a connection to the RPCV community at large, and say some of the most comforting words in the English language, namely, "I know what you're going through. I've been there."

For more information or to apply for the program, visit:

<http://rpcvmentoring.org/index.php>

from Speaker Match Program...

Handbook for Speaking of Your Service

To participate as a speaker, or to update your contact information with Speakers Match, send an email to wwsinfo@peacecorps.gov.

Please include your: name, address, best phone number, best email address, country and years of Peace Corps service, and primary volunteer assignment.

With the Peace Corps' Speakers Match program, elementary and secondary school teachers can enhance their students' learning through classroom presentations by returned Peace Corps

Volunteers. Interested classroom teachers and returned Peace Corps Volunteers can enroll in the Peace Corps' Speakers Match program by going to: <http://www.peacecorps.gov/wws/speakersmatch/>

Download Speakers' Match Handbook for Educators (1MB) at: <http://www.peacecorps.gov/wws/speakersmatch/handbook/educator.pdf>

Or from SDPCA site:

<http://edweb.sdsu.edu/SDPCA/SpeakerHandbook.pdf>

Our Official FaceBook URL Address

The San Diego Peace Corps Association has a Facebook page! Go to <http://www.facebook.com/SDPCA> to like the page, view photos, receive updates, connect to others in SDPCA, leave messages on our "wall."

There should be several administrators, to stay on top of things to post and respond to. So, contact Sharon Kennedy to help administer our FaceBook page.

Correction, from a Reader

"First, I just want to say that I very much appreciate you posting an article about San Diego born surfer and Peace Corps volunteer, Travis Bays. His amazing company, Bodhi Surf School, deserves much recognition.

"However, I just ran across the article you ran about Bodhi Surf School (in July – August 2011, Volume 24, Number 4) and realized that you listed me as a 'returned Peace Corps volunteer' which I am not. I am just an independent traveler who found out about what Bodhi Surf was doing and flew down to Costa Rica to volunteer with them. I would appreciate it if you could please make this correction so as not to confuse any of your readers.

"Thanks so much!"

–Megan Coatley, Founder & Coach, SPARK Behavior Solutions

Thank you, Brenda!

Survival Guide for Living in San Diego

Online section includes info to assist RPCVs/RPCV transplants new to San Diego. It includes low-cost living tips useful in readjusting to the USA, and specifically in relocating / returning to San Diego. This Survival Guide has been designed from our own local RPCV experiences.

New members will be contacted by New Members Chair Brenda Terry-Hahn to connect you to this feature of our site. Likewise for "already" members who would like to see what has been gathered, please contact Brenda (see below).

As you settle in and come across places, people and other things of use to a "new [or already] San Diego settler," please pass on suggestions and additions to help us improve this guide!

–Email Brenda at: newmembers@sdpca.org

On Sale
Now

On Sale
Now

Fundraising is Gift Ideas too!

We raise funds for ISF grants by selling Calendars & Entertainment Books.

Email Carl at fundraising@sdpca.org to purchase any of these..

2012 Int'l Calendars



\$12 - non-members
\$10 - members
\$2 ea - to mail



SDPCA T-Shirts

Men's: M, L, XL
Women's: S,M,L,XL
\$15



2012 entertainment Books

SDPCA is selling these directly this year as well as selected Postal Annexes \$40



Join the San Diego Peace Corps Association

Yes—I would like to join!

San Diego PCA

National PCA

New

New

Renewal

Renewal

SDPCA Renewal will be due Jan 1!

Date _____

Name _____

Street Address _____

City, State, Zip _____

Phone: home _____ work _____

cell _____ Email _____

Current Employer _____

Current Occupation _____

PC Job _____

PC Country _____ Years _____

Mark your choices:

- Associate membership
I am not an RPCV nor RPCS
- Include my address, phone, email in members' directory

Choose Newsletter Format:

- Download .pdf edition
(Save money & trees)
- US Mail, print edition

Send me Evite / email for:

- Social Events and Community Action Events

I am interested in these committees:

- International Support
- Speakers Bureau
- Community Action
- Fund Raising
- Social Activities
- Communications
- Newsletter
- Membership

Select membership categories:

San Diego PCA (January to December)

- \$0 – Newly returned RPCV-1 yr from COS date
- \$ _____ - **NEW Member***** (see below)
Individual / Family (SDPCA only)
Family: identify two or more persons on Name line
- \$20 - Renewal Member**
Individual / Family (SDPCA only)
Family: identify two or more persons on Name line

Additional Contribution to SDPCA:

- \$ _____ International Support Fund

National PCA

- \$0 -Newly returned RPCV-1 yr from COS date
- \$35 -NPCA Dues-Individual-1yr**
- \$15-Additional Affiliate Group**
(in addition to SDPCA) - list below
(_____)

Additional Contributions to NPCA:

- \$1000 -- Director's Circle
- \$500-- Patron
- \$250-- Leadership Club
- \$100-- Sustaining
- \$10-- Overseas Mail

\$ _____ Total Amount enclosed

Indicate choices and mail form with your fees for **both** SDPCA & NPCA to address below. SDPCA membership now runs January 1 through December 31.

Please, Do NOT send SDPCA dues to NPCA!

Make check payable to SDPCA & send to: SDPCA, c/o Financial Officer, P.O. Box 26565, San Diego, CA 92196

*** New Dues & 2011 -12 Renewals are based on quarterly join or due date:
Indiv: [Jan-Feb-Mar \$20] [Apr-May-Jun \$15] [Jul-Aug-Sep \$10] [Oct-Nov-Dec \$5]

The San Diego Peace Corps Association is a non-profit corporation of returned Peace Corps volunteers and others interested in world peace. Its mission is:

To build and maintain an active membership of RPCVs, their families and friends; to support and inform RPCVs and local communities through social, educational and community service activities; to provide funding for PCV projects overseas; and to influence the direction of Peace Corps through advocacy.

Pacific Waves is published bimonthly by the SDPCA which is fully responsible for its content and is a very diverse group culturally, religiously, and politically. We welcome the opinions of ALL our members and endeavor to publish as many differing opinions as we can. Except for copyrighted material, articles may be reprinted without permission with credit to the SDPCA. Contributions are encouraged: (1) e-mailed (2) text file on disk-Mac or PC, or (3) typed copy.

Please send to Editor, SDPCA, P.O. Box 26565, San Diego, CA 92196 or e-mail: newseditor@SDPCA.org

Editor/Production: Don Beck (Interim)

Layout: Don Beck

Contributors this issue are:

Sharon Kennedy	Ashley Smallwood
Carl Sepponen	William Kamkwamba
Sharon Kennedy	Megan Coatley
Marjory Clyne	Ann Magyar
Celeste Coleman	Courtney Baltiyskyy
Brenda Terry-Hahn	

Calendar

September 15, Thursday—*Social Hour at Beachside Bar and Grille (Encinitas).* 6 pm. See page 4.

September 21, Wednesday—*Peace Day.* *Peace Day is also an opportunity to spread hope for our wish to live in a world without war. All of the nations of the world agreed to the United Nations' call to create a global ceasefire on Peace Day.*
<http://www.betterworldcalendar.com>

September 21-25, Wednesday–Sunday—*50th Anniversary Celebration, Washington, DC.* See page 3 & 4. *SDPCA attendees*, see page 3.

October 16, Sunday—*World Food Day/End Hunger Day.* *This day is an opportunity for the global community to unite in an effort to help raise awareness about the global problem of hunger. World Food Day was adopted by the United Nations General Assembly in 1980 to commemorate the founding of the Food and Agriculture Organization (FAO) of the United Nations in 1945 (resolution 35/70).* <http://www.betterworldcalendar.com>

October 16, Sunday—*SheROX Triathlon.* 7 am. Mission Bay. See page 4.

October 20, Thursday—*Social Hour: The Station Tavern & Burgers (South Park).* 6 pm. See page 4.

November 5, Saturday—*Prepare Lunch at Ronald McDonald House.* 11:30 am start. See page 4.

Every second Monday—*Inter-Agency Coalition on Human and Civil Rights,* 9 am to 11:00 am, Blessed Sacrament School, 4551 56th St. 619-236-6420.

Every 2nd & 4th Monday—*San Diego Coalition for Peace & Justice* (formed after 9/11), Program meeting, 7:00 pm-9:00 pm, 3850 Westgate Place, San Diego. (call for more info) 619-263-9301 or online: <http://www.sdcpj.org>

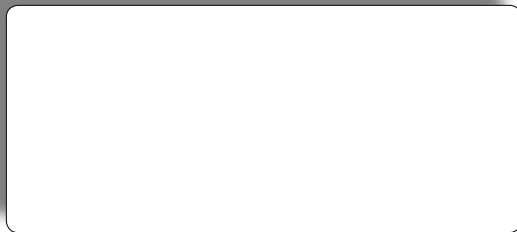
Every Wednesday—*Wednesday Morning Coffee,* UCSD International Center, 858-534-3730. Join international student families, make new friends, from 9:30 am-12:00 pm, informal.

Every Friday—*UCSD International Café,* UCSD International Center, 858.534.3730. Join more than 250 others for informal lunch and conversation -- during the academic year -- from 12 noon-1:30 pm, \$5 for complete menu.

2012
CALENDARS
ON SALE
NOW!



JOIN IN!
SIGN ON TO A COMMITTEE...
SOCIAL SPEAKERS, FUNDRAISING, NEW MEMBERS,
COMMUNITY ACTION, COMMUNICATIONS



Change of Address:
• If you move or change your address or email,
let us know -- communications05@sdpca.org

Renewal: ALL MEMBERSHIPS renewed in JANUARY
• Use the RENEWAL FORM inside on page 11.

RETURN SERVICE REQUESTED

SAN DIEGO PEACE CORPS ASSOCIATION
P. O. BOX 26565
SAN DIEGO, CA 92196

