

el clima  
August / September  
1994



PINDO - Andrew 1994

# —OPENING REMARKS

I have been doing this for a full year now. So, am I smarter, wiser and/or wealthier as a result? As far as you know yes, I am. I think I'll even be here for one more issue before I.C.O.S., E.T., Field Terminate or get wack-o-vacked (the phrase "field termination" always makes me think of Arnold Schwazenegger, naked, standing in a pasture with a shotgun in his hand preparing for time travel- wonder why). So anyhow, it's true, I'm in for another Christmas South of the Border but beyond that, no one really knows when I'll leave, where I'll go or what I'll do when I get there., but my return to higher education seems almost inevitable now. So sure in fact that I seem to have no problem putting it off indefinitely ("What's the hurry? You're never too old to go to school"- Hippie logic plain and simple) Well, on with the show.

A big hearty Georgia welcome to the newest group of trainees they've been in country for about two weeks. Good luck with training- it will just keep getting better "les juro". Watch out for those Half-blooded Tumbaco wiener dogs, they are Satan's manifest on earth. We are always looking for people to contribute to *el clima*. Be in touch.

This issue was brought to you by ; Suzan Smith and James Fowler, the typing staff; and by Chris Samuel, Juan Carlos Velasquez, and myself, the editorial staff. Jean Seigle also helped out quite a bit but I refuse to authorize her Per Diem form, she lives in Quito you know. Seriously, Jean is very enthusiastic about *el clima* and has spoken to the office staff, the program managers, the training center staff and various volunteers about how *el clima* could be a more valuable tool for training and communicating within the volunteer community. The overwhelming participation this issue is no doubt a result of her efforts- thanks. Expect to see more work-related articles in the future.

Remember way back when to the issue of censorship? Well, it has raised it's ugly head again but this time We (the *el clima* editorial staff) and Jean Seigle are the ones who did the censoring. We considered the submission slanderous and refused to publish it. The authors (actually two letters were refused) involved will be contacted and the situation explained.

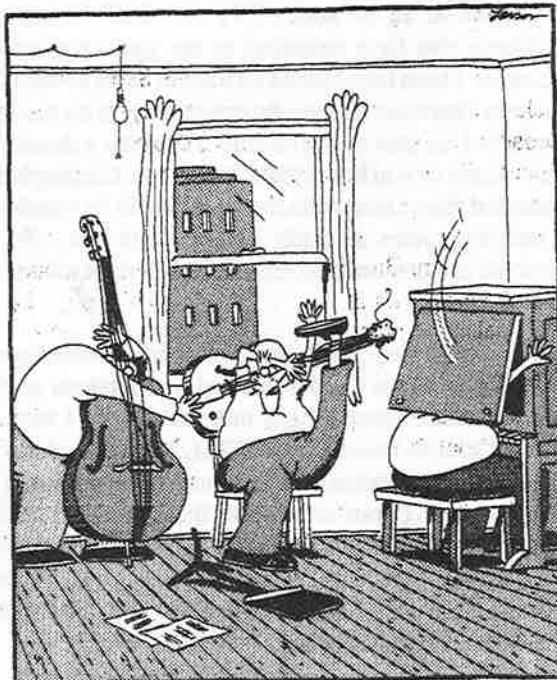
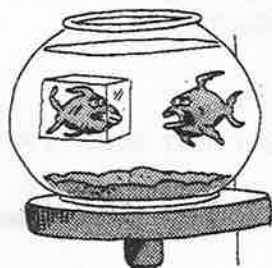
Hope all's well, don't forget to write.

Andrew Swift, Quito

P.S. Please continue to submit articles for publication. For this *el clima* and future editions, when we receive multiple submissions or many submissions of the same genre (for example, 10 travel articles) we will keep them for possible use in future issues of *el clima*.

Thanks,

Chris Samuel, Cuambo



Three more careers are claimed by the Bermuda Triangle of jazz.

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## Words from Jean

Thanks to all of you, PCVs and Staff for the warm welcome you have extended to me upon my arrival to Ecuador. I have long looked forward to being a Peace Corps Country Director. Having the opportunity to do that here in Ecuador ( un pais muy cotizado..) is really a dream come true. Many of you know that I have a son, Christopher who I adopted from Guatemala last year. It will be wonderful to spend these years in Latin America with him. For both personal and professional reasons, this is right where I want to be.

It has been very gratifying to enter into discussions with PCVs about Peace Corp's role and development goals. In every instance when I have met with PCVs I have been asked, "should Peace Corps STILL be in Ecuador... what have we accomplished?" These are good questions. I want to keep hearing your ideas about these issues. Evaluating Peace Corps' role in international development is on the minds of many of us, and in fact is the focus of the IA Region Country Director Conference this September, in Panama. I will write more about that in the next *el clima*.

It is my intention to do all I can to ensure that Peace Corps Ecuador is doing the best it can to meet Peace Corps three goals. Thanks to all of you for your questions and for your desire to make Peace Corps Ecuador the most effective development organization that it can be.

The ambiguities and complexities of the development process make that process a slow and intricate one. Each of you will have/are having an experience as individual as each of you. What you ultimately give to and take from the "Peace Corps experience" depends upon you. Your willingness to take responsibility for your role in the development process, will color everything you do here. I don't know what the "real PC experience" is anymore. I think that there are many of them. It seems to me that its a weave of where one is in their personal and professional growth, and how that intersects with one's site, community and job.

Now the responsibility for much of that falls squarely upon the shoulders of Peace Corps Ecuador staff. We owe it to each of you to do our best to provide you with safe sites where you can be productive Volunteers.

I'll close this by saying what many of you have already heard from me before. Peace Corps Volunteers should always be working themselves out of a job. By transferring your technical and organizational skills to Ecuadorians, you provide a valuable contribution to the development process. Thanks for the work that you are doing in your sites. To those of you whom I haven't yet met, I look forward to doing so soon.

Jean Seigle Country Director

## Editorial Comment

It has previously been the policy of *el clima* editors and Peace Corps Ecuador Staff to print articles submitted by PCVs and Staff with a disclaimer that the articles are solely the opinion of the author, not that of *el clima*, Peace Corps, or the US Government.

I would like to clarify how I see my role as the individual ultimately responsible for this publication. I strongly en-

courage the active participation of Volunteers and Staff. I see *el clima* as a vehicle for constructive exchange of information, a terrific way to share technical information, as an expression of the literary arts, and hopefully generating a good laugh. However, it is incumbent upon me to explain that submissions which I believe to be culturally insensitive, malicious, slanderous, of extremely bad taste, not in the best interest of Peace Corps, or blatantly unproductive in nature will not be printed.

Now, how can I apply objective measures to those indicators? I can tell you that I will do my best to be fair in my decision making. I do not expect this to occur frequently. Each individual whose submission is denied will receive a letter from me explaining my reasoning. I will invite him/her to meet with me the next time he/she comes to Quito to discuss the issue further. My intention is to make *el clima* a productive exchange for Peace Corps Ecuador.

I've been told by *el clima* Editor Andrew Swift and current PC/Staff that they are not aware of the circulation of *el clima*. I'd like to explain. Although *el clima* is intended as a publication primarily to benefit PC/Ecuador Volunteers, trainees, and staff; it is distributed throughout the IA Region to other Peace Corps Countries, throughout the IA Region in Washington and to numerous office in PC Washington who constantly seek information and "news from the field". Within Ecuador, *el clima* is distributed to the U.S. Embassy. It is read by numerous Ecuadorians including host country agency staff.

Although I do not believe we should be writing for an audience other than Peace Corps/Ecuador, I do believe it is prudent to recognize the breadth of *el clima*'s distribution. I would like all of us who are a part of Peace Corps Ecuador, to be proud of and participate in the success of *el clima*.

Jean Seigle Country Director

*el clima* is a bimonthly magazine of news, views and comments by and for the Peace Corps community of Ecuador. Opinions expressed are those of the author and are not necessarily the opinions of the *el clima* staff, the Peace Corps, or the United States Government.

Submit articles for publication by leaving them in the *el clima* submissions folder on either of Quito's computer's hard disks or by mail to:

*el clima*  
c/o Cuerpo de Paz  
Casilla 17-03-635  
Quito

The deadline for our next issue is August 19, 1994 •

**Concerns over Closing of Guayaquil Office (see *Guayaquil Office to Close* page 19)**

To: Jean E. Seigle, Country Director  
 From: PCV Brian J. Hunter, Daule  
 Date: 15 August 1994  
 Ref: Closure of Guayaquil Office

After receiving your letter dated 11 August, 1994 concerning the planned closure of the regional Peace Corps office in Guayaquil, and speaking with other volunteers in my area about it, I have the following observations and questions:

I object to the manner and timeliness in which this information was presented to not only the Volunteers in the area, but to the Peace Corps staff to which this comes as a devastating blow. As you indicate in your letter, senior staff have discussed this matter for some time. I then ask why this information was not shared with the staff or Volunteers in this area? Please correct me if I am wrong, but to my knowledge this information has not been discussed in any VAC meeting, which, supposedly, is the forum for such important issues concerning Volunteers.

I believe that the cost factor which is claimed to be substantial and is, supposedly, a principal reason for closing the office, is bogus. A huge portion of the cost of maintaining the office is not covered by Peace Corps, which would not be the case in the maintenance of any other regional Peace Corps office, be it in Ibarra or Cuenca.

**Costs Covered by Peace Corps (Monthly) (My estimation only)**

Total US\$ 846

**Costs NOT Covered by Peace Corps**

Rent for Office Use of Washing Machines

Electricity Bill (with Air Conditioning)

Water Bill

Storage Room

*(Editor's note: The author submitted an itemized list of estimated costs including salaries for staff, telephone, maintenance, and various expenses. These figures were only personal estimations and sensitivity to salary disclosures precluded us from publishing these figures.)*

All of the previously mentioned items NOT covered by Peace Corps would have to be covered by Peace Corps if a more 'centrally' located regional office were to be opened in another city.

All Volunteers, and Peace Corps staff as well, enjoy the In-Service Conferences offered to us throughout the year-Six Month Conference, Job Conferences, COS Conference, etc. The goal of these conferences are to support Volunteers during their service, just like the availability of the regional office in Guayaquil is for our support. If I do a cost-benefit analysis of these two supports I find that, although just one of these in-service conferences costs Peace Corps many times more than the monthly cost of maintaining the Guayaquil office. Yet, through my 1 year, 9 months of service completed here in Ecuador, the services of Maggie and Fidel and the Guayaquil office has given me 100 times the support than all of the in-service conferences combined.

Concerning the factor of Volunteer equity, I have the following observations: The Guayaquil office serves not only "local" Volunteers, but those from 5 Provinces (Guayas, Los Ríos, El Oro, Chimborazo, Loja). Clearly, those of us who live closer to Guayaquil make more use of the office, but the office is open to and has served Volunteers throughout the country.

I recognize that there is, possibly, a better location for a regional office, which would currently serve more Volunteers. Taking the 2 examples mentioned in your letter, we consider that an idea of a regional office in Ibarra is unreasonable, due to the fact that it is only 2 1/2 hours away from Quito. There is a disproportionately high concentration of Volunteers in the Cuenca area at present, which would make it a good candidate for the regional office, but it does not have the advantage of the U.S. Consulate's cooperation in providing FREE office space and utilities. If one of the principal reasons to close the office in Guayaquil is to reduce costs, does it make sense to open a new office in another city which will cost much more?

From reading your letter, I get the impression that Volunteers in other areas of the country are, possibly, jealous of the excellent service which is provided for us here in Guayaquil. This service is partly provided by Peace Corps and partly provided by the U.S. Consulate. If other Volunteers do not think that it is "fair" for us to have this service, than we should look at the service provided for Volunteers in Quito and surrounding areas. They have equal service as well to washing machines and computers in the PC lounge. If the argument of Volunteer equity is such a reason to close the Guayaquil office, than should we consider closing the PC lounge to Volunteers because this is an inequity between services provided for Volunteers?

Although my close of service is in November and the closure of the Guayaquil office will not effect me much, I feel that it is a grave mistake to close the office and I ask you to reconsider this decision. I ask you why this decision was not discussed with us beforehand? I hope you will not take offense to this, but I feel that it was not discussed with us because the administration did not want to give us a chance to present our side of the story. I know that arrangements are already being made to ship things from the Guayaquil office to Quito and that administration's reply to this letter will be "It is too late now, the process is irreversible." I feel betrayed by the administration in not even being consulted in this decision.

I also would like to invite you here to visit the office in Guayaquil, which, to my knowledge, you have not had the opportunity to do in your short and very busy first few months here. You could also use this opportunity to visit some of us in our sites to see the work we are doing here and the support that the Guayaquil office gives us.

Thank you for your consideration.

Brian J. Hunter

**Response**

*On Thursday August 11th, Ana Maria Castro travelled to Guayaquil to discuss the closure of the Guayaquil Office personally with the two staff members. Although I was unable to travel with her, she hand carried letters from me*

to each affected Volunteer who lives in or near Guayaquil. On the following day I met personally with Carol Sutton, out-going VAC President, Jeff Neild, new VAC President and Andrew Swift, *el clima* Editor to inform each of the decision to close the Guayaquil Office. I want to make it clear that PC/E staff is NOT in the process of considering opening another PC Office in a location outside Quito. I am planning to travel to Guayaquil on September 6th to meet with the staff and with PCVs from the area who wish to meet with me.

Jean Seiglé Country Director •

## Going On

In the last issue of "*el clima*" Berry Bem wrote an article titled "What is Going On". On 10 July 1994 I responded with the following to Mr. Bem. To date, no comment has been made to me concerning my response. Possibly my response is not worth comment. It would be interesting to see what other volunteers think, and if a response is necessary. The italicized verbiage are additions to clarify for ease of reading.

Allow me to address your situations one at a time and then summarize what I think may be contributing factors.

*Recap of problem a) of article in el clima: Drug use at the All-Volunteer Conference last year.*

a) Unfortunately drugs are an integral part of our society today, but PC and the Country of Ecuador have definite rules and/or laws regulating their use. In this situation I feel the PC should have required appropriate "tests" at the time for those suspected or possibly all at the conference and expelled those with evidence of usage. If this condition is believed more than a random case, possibly "random tests" could be initiated. (*Editor's note: Peace Corps. Manual Section 284 and 204 clearly state that drug use by a Volunteer or Trainee is grounds for mandatory administrative separation.*)

*Recap of problem b) Unhappy Volunteer left site and took a paying job while maintaining his PC status.*

b) It is apparent this Volunteer no longer wanted to be a volunteer. However, in his situation I am sure he felt the PC would have only offered, "you will be out of country within 72 hours after your exit physical". As the ex-Volunteer wished to remain in Ecuador, he chose to take his plan of action and let things sort out. I think this ex-Volunteer could have felt that the PC would not be flexible enough to assist or advise on methods of staying in country. Now if the ex-Volunteer continued to collect his PC pay, then he is guilty of "fraud" and possibly should be prosecuted.

*Recap of problem c): Volunteer changed his site twice without consultation or notification of APCD.*

c) In this situation a Volunteer certainly can't change his site at will. In retrospect I have heard that it is almost impossible to get a site change unless it is for medical reasons. If a Volunteer really has valid concerns "they can be addressed". In this case after two changes, maybe this Volunteer really didn't know where they wanted to be.

*Recap of problem d: New Volunteer was living with other Volunteer during first 6 months.*

d) Even though I can see the reason and worth concerning this "new rule", I take issue with it. It is a violation of a person's basic rights. Now if you want to make it a condition of acceptance at the time of invitation, then it is another matter. But to make it a "new rule" that must be followed or else, I think the PC is on "shaky ground". The PC is not a military organization and taking the oath does not alter a person's rights. Oh!, and by the way, to my knowledge, no one has checked on my living condition or location.

*Recap of problem e): AWOL Volunteer.*

e) A clear violation of policy, a reprimand is in order. To what degree? From a letter of reprimand to prosecution if "fraud" was intended.

Now what is going on; **Loss of Respect.** I feel many of the Volunteers have lost respect for the PC administration. What condition may have contributed to this loss of respect? (1) historically inadequate pay, and (2) PC administration attitude. One of inflexibility and "the PC is tough, if you don't like it; go home".

Addressing the issue of "pay", since training I certainly found that it is not possible to live on our pay. Most of the other Volunteers I have spoken with are unable also. Many people have to use their vacation allowance for living. Now I am sure some people are not good money managers but not all. In fact I have heard that the pay has been historically low and that Ecuador is reputed to be the worst paying in the region. I would like to personally investigate this issue further. *We have since received relief, in the form of a raise. Possibly we may or may not be where we should be; but this is another subject.*

Now addressing flexibility, the PC administration says we Volunteers need to be flexible, which is true; and all issues have allowable ranges. Yet, in several cases the PC administration has demonstrated no degree of flexibility. Cases as follows:

1) A very nice couple, with approximately 45 years of combined experience in their field. One of the couple passed their Spanish exam; the other was just under. As with other students this required 3 additional weeks at San Luis. The one who passed did not want to go to their site ahead and was not required to. The other partner didn't want to stay at San Luis for 3 consecutive weeks, but was willing to split the 3 weeks up with a week between each week at their site. Administration at San Luis and the APCD did not see any particular problem with this, but PC administration in Quito was inflexible. Also, I, another person requiring additional Spanish, wouldn't have felt someone received special treatment. However I do feel that the PC and the people of Ecuador lost a very valuable source of knowledge. True these people made the final decision to go home, but with some flexibility they would be working in Ecuador now.

2) Another Volunteer reported to his site. Before his arrival his agency had been promised a piece of equipment and the volunteer for some specialized work. The agency had planned extensive activities, and asked the Volunteer where the equipment was. This was the first the Volunteer heard of the commitment and said that he didn't have the equipment. The Volunteer's agency was disturbed. The Volunteer contacted his APCD. Receiving no follow-up, the Volunteer came to Quito in hopes of resolving the problem.

In further conversation with PC administration it came down to, the Volunteer was not being flexible, that the PC is tough and if they didn't like it, go home; this person did. It was reported to me that there was not much interest in resolving the problem, more along the lines of 'take it or leave it'.

3) Then there is this very interesting situation. A Volunteer was having trouble with Spanish, along with myself and others. After taking the initial exam there were 11 Trainees just under the passing level. The Administration at San Luis decided to re-test (except for this Volunteer) after three days of additional study. After the re-test there were 6 of us requiring the 3 additional weeks. In the end, all but this Volunteer passed. There are two additional interesting points: this Volunteer had "other medical problems" and the situation surrounding our final testing and swear in. We were tested on Friday, 27 May 1994; from 8:30 to 10:30. Thereafter we proceeded to Quito. All the passing Volunteer's "moving in" checks were ready and we were already on the pay sheet at the bank, but not the Volunteer in question. Now not knowing who may pass or not pass, it was indicated that we were expected to pass and the Volunteer was not expected or intended to pass. I feel this Volunteer should not have been in Ecuador due to their medical difficulties. Now if that is the case why must someone be misled with a Spanish proficiency issue? Especially when a person passed the first testing that had no more ability than this Volunteer at the end.

4) There was another incident, in which a Volunteer

ected to ET due to the inflexibility of the PC administration. I'm sorry I can't give specific details. Being the first, I did not expect a trend at the time and did not take particular note.

5) Another Volunteer was admonished because they were subsidizing their inadequate PC pay too much. If they are not embarrassing the PC, what business is it what a person does with their personal money. I know some Volunteers and some people who have the idea that if you are not suffering, you are really not having a PC experience.

6) The unwillingness of PC Quito to forward packages to Volunteers does not help morale among the troops either.

I guess what is really bothering me is this: Is the PC a self-perpetuating bureaucracy, possibly being able to take advantage of its Volunteers due to their basic humanitarian philosophy, or are we really here to help the people of Ecuador and the world? When such talent is allowed to "go home" due to the inflexibility or unwillingness of the system, one has to wonder. Remember the PC is its Volunteers, the bureaucracy is for their support. Without Volunteers there would be no need for the other. To date I have only met one person in PC with this attitude.

I would be willing to discuss any of these issues or others at any time.

Roger Goodwin, Quito



His wish for life granted, the Visible Man takes his first steps into the real world — not suspecting that most people, upon seeing him, would either faint or throw up.

## A Shock Of Wheat

A few people have recently commented to me about my "Mixta Affair" series (Jan 94, May 94). Some have said that it is a nice departure from the norm, others have said I should get counseling, and yet others have said "what's it about?" This issue was to contain the third and final chapter of the trilogy, and I wish it was what I was writing now, but my heart is not into it. I have something else I need to say. Maybe what I'm going to write may only benefit myself by helping purge my conscience of the pain and guilt I am feeling but perhaps some of you may relate to it.

The only apprehension I honestly felt about joining the Peace Corps was the fear of one of my family or close friends dying during my absence. Two years can be a very long time, especially for people in their 80's, like my grandparents. I have been away from my family for 15 years, much of it in Alaska, 4000 miles from "home" yet being abroad is different. I have spent my adult life dealing with missed family events and the possibility (and reality) of people dying and me being unable to ever attend their funerals. But I always went home at least once a year and it was not inconceivable for me to be home within 48 hours. I left home in February of '93 knowing I would probably not return for almost three years. My grandfather's parting statement was "Well, I hope I'm still around when you get back." He said it with his customary smile and light tone. I cried then, silently to myself.

Last week I received a message from my roommate that my family had been trying for 3 days to get a hold of me. Instinctively my heart clenched. I knew someone had died.

I called the message number, at my grandparents farm, and my worst fears were related to me by my sobbing aunt. He died peacefully, of a heart attack, alone, in his pickup, parked by the hunting shack. My grandfather had died. It had been a year and a half since I had been home and my grandfather had died. "He was where he wanted to be honey, and it was quick and dignified. We should be happy for him. We can only hope for as much for ourselves," she said. Yes, I thought, I should be happy for him.

The funeral was already over. Grandpa was buried in a wooden casket with a shock of wheat carved on it. I was to be a pall bearer, but I was in Ecuador, too far away. I was to be a pall bearer at my grandfather's funeral but I was not there. My grandfather died and was buried before I returned home. I never got to say goodbye.

Death itself, the passing of life into something inert, or not of this dimension is not alien to me. I am a hunter and have witnessed the gasping final breaths of dying animals. I have watched the life step from their bodies and their eyes dim and set in death. Though I have not actually seen a dead or dying human, I have had several friends die over the years, and actually had premonitions about two of their deaths. But this was my grandfather, the man who taught me humility and honor, patience and honesty (though I still falter on all of them). He taught me about hunting and fishing, and most importantly he taught me not to take myself so damn seriously (though I still do sometimes). I was of his making. This death, his death, was from the inside and of this I had no experience.

I struggle now to put my grief and loss into a manageable form. I think about life without him. I think about the passage of time, the inevitability of more deaths in my family. I think

about the scale of my loss in comparative terms—my western trained mind trying to quantify how much grief I am allowed. In the history of mankind disease and wars have claimed entire families, cities, civilizations. How did the survivors cope? I feel lost and lonely having lost one important person from my life, how will I deal with more losses? Will it get easier? I think of the various death rituals I have learned about. Within the Inuit culture of Alaska and Northern Canada, before the infusion of western customs, an elderly or crippled person would quietly leave in the night when they felt they had become a burden to their family. They would simply go out on the ice and freeze to death, their bodies providing sustenance to animals whose spirits they revered. My grandfather was never a burden to anyone, and he feared it more than anything. Maybe he felt or thought that he soon would be, so he "went out on the ice." I think about my own death. Would I or do I want everyone moping around and grieving? Hell no, I'd want them to have a party. But it won't happen that way (at least I don't anticipate it, shit maybe they will celebrate), they will likely mope and grieve.

I think about the fact that I not only knew my grandparents but was very close (am very close) to them. Modern medicine extended my grandpa's life by 10 years with a coronary bypass. Ten extra years I got to enjoy my grandfather. Many people I know did not know or barely knew their grandparents. Some I've met in developing countries barely knew their parents.

I think of my grandpa's life in relation to history. He and his generation witnessed and fomented the greatest scale of change in the history of humankind. Wagons to satellites on Mars. The depression, two world wars, the 60's. He almost made it to the 21st century. His life was so different from mine. A generation is nearing a close, and with it we are burying the fulcrum of change, the link to another time period.

So here I sit, trying to frame my grandpa's death from thousands of miles away, sometimes holding it at arms length, other times burying my face in it and washing it with tears. I realize that I really don't know how to grieve, and that the enigma of death trips many people. The reactions I have experienced when I tell people my grandpa just died have been a revelation of sorts. "How old was he?" they ask, "He was 87," I tell them, and they immediately lighten and say "Oh, he had a long life." What does that mean? Is it their way of justifying the death? Their attempt to console me? I've learned a bit about response now. Some have said "I'm sorry to hear that, how are you doing?" and it does less to diminish the importance of his life and death. Yes, he was 87 and had a long, wonderful life, but for me, that does not trivialize his death. I realize I could write for hours about this.

I realize too that I cannot "close" his death from here. I just can't. When I return home I will be with grandpa for a few days and that will seal my wound perhaps. I will sit in his pickup. Maybe I'll go out and get it stuck like he did habitually. I will sit in his chair, hoist his shotgun to my shoulder. I will walk through the orchard and tree belt he hand planted and watered so many decades ago. I will hear his laughter and ageless stories, I will see him talk, using his middle finger like a conductor at a symphony. I will eat his favorite cookies. Lastly, I will visit his grave and permit him to fully haunt my conscience. I will say goodbye to my grandpa, for now.

Submitted by Shane McCarthy, Riobamba

## Body of Mine

She touched my hair with a wrinkled hand that faintly smelled of expensive perfume and her small, ancient eyes studied my face as if my nose, mouth, and eyes had a mesmerizing effect. Then her hand rubbed my cheek very lightly, carefully, to avoid, it seemed, injuring my color. She was white and two old women companions stood on either side of the inspector smiling at me like they were pleased that I was acquiescing to this crude physical examination.

This was downtown Geneva, Switzerland. My girlfriend and I were waiting for a tram when the woman walked up to me and said something in French which I could not understand.

"She wants to know if she can touch your hair," my friend interpreted for me. But before I could say a word, the silver headed woman was fulfilling her wish.

What does one do on a bustling, Christmas crazed, crowded Geneva street while a woman so old she shakes like jello, examines one's hair, skin, and facial features? Well, I fixed my eyes on a snow peaked mountain in a futile attempt to shut out the glances of passersby. Finally, a big smile came over the wrinkled face as though a long pondered question that had caused her to lay awake many a night was at last answered. Then she nodded at her small entourage and the three women walked away.

"Why did she do that?" I knew why but didn't want to know.

"Because you're black," my friend answered.

The three old women weren't the only Europeans who seemed to wonder at my presence. If I'd kept a journal during my month's stay in Switzerland, every other entry would recount the relentless stares which were directed at me. I remember going into a cafe and men dressed in fine suits ignored their beers and stared at me as I walked to a table. Even after I sat down they continued to look as though that was the gentlemanly thing to do. I tried to stare them down, but this didn't cause the tiniest bit of embarrassment. In fact, I think they were intrigued by it. Have you ever tried to eat a meal while a group of men gazed at your mouth's movements? It's very difficult, almost impossible, to chew and swallow food under such conditions.

What did those men want? What did the people on the trams, at the museums, and at the libraries want? Perhaps, in that cafe I should have walked over to their table, extended my black hand, and invited them to touch me so that I could get on with my meal in peace.

When I arrived in Ecuador, I didn't think the Ecuadoreans would regard me as a racial novelty. I had grown up with Puerto Ricans, Colombians, and Dominicans, and although we often did not live together in harmony, we were accustomed to the other's presence and were aware that each culture, Latin American and African American, was struggling to define itself in the American culture which discourages and denies some ethnic groups much deserved recognition. Sometimes our social and cultural plights caused us to listen and empathize with the other's situation, but usually we competed for a real, uncompromising, and effective position in a country which we claimed to be ours too. In other words, the Latin Americans and African Americans in my neighborhood were not strangers.

I was surprised to hear "morena," "Negrita," and sometimes "sambita," as I walked down some streets of Ecuador. I didn't expect to be treated like a foreigner. I didn't expect to find

characteristics in Ecuador that I thought were inherent in the mostly pure European cultures, if any culture today could be called pure. While I made preparations to come to Ecuador, it never occurred to me that my noticeable African ancestral roots would cause the people to whisper and stare. It never dawned on me that some of them, like some Europeans, would want to touch me.

On a recent visit to Cuenca I was in line at a supermarket when a boy about five or six years old stopped dead in his tracks, his eyes wide as the state of Texas, then pointed his finger at me and cried, "Look at her! Look at her!" The woman who held his other hand eyes met mine and her face turned a very strange purple. Then she quickly dragged away the child whose finger was still aimed at me as if sudden shock had caused a kind of rigor mortis to set in. Other nearby customers pretended not to notice the incident and looked down at the floor or fished through their purses. But I briefly entertained the thought of finding the child and making him face me, maybe even shaking his hand so he would get over the delirium.

During my volunteer visit to Portoviejo, I went to an elementary school where my host worked. At recess the playground swarmed with students and when the volunteer and I ventured out to speak to teachers, a large group of children began following me and rubbing my bare arms. My initial reaction was to grab one of those small hot hands and squeeze it until I heard a cry of pain. But I noticed that the teachers never called the students back, never once did they tell the children that it was rude to crowd me. I therefore, could hold no malice in my heart against the children. The way they crowded and followed me around the playground, you would have thought I was giving away sucrés or healing the sick. But they just wanted to touch me.

When I was a little girl my grandmother lost her eye sight in her mid-fifties. Since she could no longer see with her eyes, she saw with her hands. She used to call me to her and I would obediently stand before her or walk with her from room to room while she talked and touched my face, hair, or hands. We could have talked all day, but my grandmother needed to touch me in order to feel I was with her.

My grandmother was blind in a literal sense: cataracts had spread like a pall over her eyes. But in my travels I have come into contact with people who are blind in a figurative sense. They pass the standard vision exam, but yet, do not trust their eyes' ability to perceive a true, real picture.

The old woman and the children were compelled to confirm my human substance so they touched me. (The very young and the very old are probably the rudest but also the freest people in this world). The gazers, on the other hand, stared as if I were a heap of blankets in a dark room that at one point, depending on the shadows and the angle of your head, resembles a kangaroo, then a whale bursting through a sea wave, then a kangaroo with the head of a man.

But I'm not an apparition, nor are shadows and the tilt of a head responsible for my human qualities. I do not change form. This body of mine is composed of real human flesh and blood.

Submitted by D.R. Wiggins - Ibarra (eds. note: We titled this article as it was submitted without a title.)



## Rock and Roll Doctor

It seems that sometimes people think I am gay when they first meet me. I'm not sure why. Maybe it's physical, such as my three earrings, very short hair, or black motorcycle jacket. (At least these are somewhat "butch" traits in my old town of San Francisco. Though I have no idea if these are "butch" traits in Nebraska or Alaska or anywhere else). Or maybe it is because of other mannerisms of mine that I am unaware of. Probably both reasons. So a couple of weeks ago a Cuencano friend of mine, "J", introduced me to two women from the U.S., and we all went out that night. Although "J" is hardly macho, I guess he still has Latino attributes, albeit subtle, that can make gringas a bit nervous. So the next day the four of us went out again, and one of the women, "M", told me what she was thinking about the night before. She thought I was gay, and felt a tad pressured around "J", so "M" told her female partner that she preferred to "to be with the queer boy", referring to yours truly. Little did she know at that moment this "queer boy" wanted to plant a long passionate French kiss on her beautiful mouth. I was amused by her story, though "J" was a bit irritated, due of course to the conservative Ecuadorian attitude towards gay men and lesbian women.

A few volunteers have also told me they thought I was gay when they first met me. Personally, that does not matter to me at all. I can even take it as a complement. Maybe it is because I've lived in the San Francisco Bay Area for a lucky 13 years, where homosexuality between men or women is not only quite open and accepted, but where there is a very interesting and fun gay culture, a "counter-culture" if you will. I like counter-cultures, including the gay scene in S.F. And though I feel I have no queer (a commonly used, non-derogatory term in S.F.) nor bisexual tendencies, as far as I'm concerned ALL people can love and/or lust the opposite OR the same sex. It's absolutely fine with me. I actually think that bisexuality between both sexes is probably a fantastic thing, being able to experience both worlds. And I am extremely attracted to bisexuality between women, though "M" told me that all guys are. I did not know that. Naive me.

I think this spiel is appropriate here, due to how important the issue of diversity is to the Peace Corps (and to myself). My knee-jerk reaction to homophobic (anti-gay and lesbian) people would be to tell them to f—k off and get a life, but obviously this would not be productive whatsoever. So I'll end this part of my article by being idealistic and by simply saying that if human beings were more accepting of different "types" of people, the world would be a helluva better place to live in, for us and for the children of the future...

OK, on to the music. First I want to tell you about a concert I saw at La Casa de la Cultura in Quito by the internationally famous group from Cuba, IRAKERE. Led by piano giant Chucho Valdez and a phenomenal percussion section, this eleven piece ensemble rocked the crowd with 2 1/2 hours of non-stop scorching salsa and Latin jazz. It was easily worth the very expensive ticket prices. A perma-grin concert of high energy showmanship and red hot musicianship that kicked my ass. ¡Que bestial!

And now it's record review time. Before getting to the noisier stuff that y'all are waiting with baited breath to hear about, here's a few reviews of some other recent releases:

**TOM WAITS- "Black Rider":** Extremely creative and

diverse, as have been his works of the last several years. With some strange instrumentals, this record is even wierder than his previous release, the legendary "Bone Machine". I'm particularly enchanted with his lyrical slices of Americana—the Old West, carnival side shows, romance. "I'll shoot the moon right out of the sky for you baby". Featuring Wait's trademark razor swallowing/whiskey-cigarette damaged growl. I like "Black Rider" a lot, but don't find it as arresting as "Bone" or his earlier classics on Asylum. Still recommended.

**KATE BUSH- "The Red Shoes":** I like anything Kate has ever done. She has been one of the most creative forces in rock music for many years. I like "Red Shoes" but...it's definitely following in the more accessible footsteps of her previous LP, "The Sensual World." Unlike the ladder and all of her former releases, "Red Shoes" lacks any continuity, severely jumping musical styles from one track to the next. Rockers, ballads (too many for me), her obligatory (and excellent) Irish tune, even a Caribbean flavored track, an avant-garde cut, and a fun pop song featuring guest star Prince. There's also cameo appearances by Jeff Beck and Eric Clapton (not a typo). And on three cuts is the great female vocal group from Bulgaria, the Trio Bulgarka. For the most powerfully creative Kate, check out her amazing late 80's LP "The Dreaming". (Note: rumor has it that Kate is considering her first U.S. tour ever. Contributions are being accepted for my plane ticket. Here's your chance to get rid of me for awhile).

**AFRICAN HEAD CHARGE- "In Pursuit of Shashamine Land":** A.H.C. is my current favorite (non-rock) music group. An impossible to describe blend of African, industrial, a bit of reggae, a dash of Middle Eastern and who knows what else. Layer upon layer of super-spacey over-dubbed sound textures, with an abundance of intricate percussion and some cool chanting. The brainstorm behind A.H.C. are leader/composer/multi-percussionist/vocalist CONGO IYABINGHI NOAH, and dubmaster producer ADRIAN SHERWOOD. The band's and Sherwood's label, ON-U Sound from England, put out the most killer creative reggae around. Unlike many bands who deteriorate over the years, A.H.C. seems to keep getting better. All of their seven LP's dating back to the mid-80's are mind-blowingly incredible. The amazing "Shashamineland" sounds like a second part of their earlier horizon-expanding album "Songs of Praise." African Head Charge Rules!

And now, for those of you who REALLY want to rock out...Welcome to the Scumpit. Believe it or not, I recently read an article on the underground/punk music scene in...Cochabamba, Bolivia! Here is an expert from that report: "Subterraneos (some other say thrashers, rockeros, metaleros, anarcos, or desúteros) are the people who have alternative ways of thinking, create music, create art, etc. with a purpose that is contrary to the middle class art and music. We do not accept the traditional ways - I do not refer to our original culture, but the culture brought by Spanish murderers 502 years ago...". Right f—ing on. Some Cochabamba bands are CEMENTARIO, INFECCION, SUBURBIO, and LLAJTAY KJAPARIN (Voice of My People" in Quechua), who call their music "Core Andino" and sing some of their choruses in Quechua...

To support my vinyl addiction I read record reviews, then send my good Irish friend Patrick in Berkeley money to buy the stuff I want. He keeps the records for me and sends me

tapes of the music. If there is a God, He/She/It is blessing Patrick for supplying my habit. The following are reviews of some of my recent faves:

**BIKINI KILL** - "Rebel Girl": Wow! Where do I begin? Does this rock heavily. This femme quartet from the underground music hotbed of Olympia WA pretty much started the "Riot GRRRL" movement. Shedding a new light on the empowerment of women. Their sound used to be too sparse for me, but it's way fuller now, due in part to production by the awesome Joan Jett. In-your-face, serious, powerful rockroll on the "Kill Rock Stars" label. A must.

**M.D.C.** - "Thanks For Giving Me What I Didn't Want": These veteran thrashers, way back when originally from Austin and residing in San Francisco for a long time now, have been putting out intense political hardcore punk rock for over a dozen years now. And this release does not let up whatsoever, with two scorchers, including the title track, a tirade against American holidays, particularly Thanksgiving. The third is a true to the original cover version of Johnny Cash's "Big River". This record contains their usual long and detailed liner notes. on their political views. By the way M.D.C. has stood for different names throughout the years, most of which are not suitable to print in this publication.

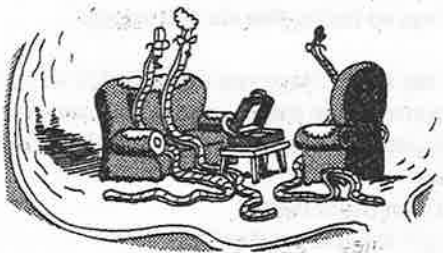
**SUPERCHUNK** - "Ribbon/Who Needs Light": Catchy fuzzy energetic pop-punk. Gotta like their melodies, but this No. Carolina band's sound has really not evolved since their successful start a few years ago. Always good but they're beginning to sound formula. Maybe that is why the major labels have been knocking at their door.

**LUNACHICKS** - "Shit Finger D---k/Light as a Feather": Another killer single by these zany New York Galz. Heavy loud rock with great melody, a very slight metal influence and a few tight, unusual time changes. This is even as good as their earlier classic "Jan Brady Has Returned". They seem to be getting better with each release. Includes their usual superbly looney cover photo of the band. Not serious like Bikini Kill, yet still a big winner.

**GUITAR WOLF** - "Wolf Rock": Man, is the underground ever rockin' in Japan! Holy shit this is raw. Another great addition to the 50's-60's U.S. influenced Japanese punk, with great psychedelic tinges, such as the hot running base lines. Way under-produced and low-fi. Born in the garage and never left the garage.

Well that is about it for this ish. Just remember, behind every smile there's a skull. Oh yeah, I want to give a muchisimas gracias to all my loyal fans out there. I'm pleasantly surprised at how many of you lazy PCV's are writing me with great responses. Pleez continue sending your musical suggestions and sexual fantasies to: Dr. Subteraneo, Casilla 388, Cuenca.

Dutifully submitted by Barry N. Lazarus, Cuenca



## Antidoctor

For all of you who are still mourning the death of Kurt Cobain, are tired of all that endless darned foreign music, and are yearning for a taste of music from home, we bring you a new music column- "Welcome to the Avocado Pit". In this column I will give you all the benefits of my impeccable music taste, telling you what's hot in the music world while also telling you what I know is the best of the past few decades in Rock n Roll. This will be part one of what I imagine will be close to a 50-part series based on the amount of knowledge I possess. I will also for the benefit of my fellow PCV's give free unsolicited advice on everything from personal finance to sex. So, sit down, prop your feet up, and enjoy.

First off, what's been happening in the music world in the States while we've all been gone? Any talk must start with the still sizzling music of that chevere vocalist Michael Bolton. He's been on top for a couple of years now and shows no signs of slowing down. Check out his latest stirring rendition of "I Got You Babe", where he shows Beavis and Butthead and Cher what pop music is all about. And while we're talking about great vocalists, how about that red hot Mariah Carey! Chuta, her version of "I Can't Live" just blows away the original. Now, if only she'd lose some weight...

The charts have been dominated in the past year by that multi-talented prolific singer/songwriter/guitarist extraordinaire, Bryan Adams. I haven't seen anyone string together so many great hit songs since Elvis was gyrating, popping pills and stuffing his face with hot fudge sundaes (Viva Elvis!). The Bry's latest coloboration "All for One and All for Love" with those two over-the-hill, no-talent-having, marginal singers Rod Stewart and Sting, actually makes those two "never had it never will" artists sound good. ¡Que bestia! Also on the rock front is the great news of the triumphant return of the legendary "Meatloaf". His latest album "Bat Out of Hell II" is one of the best of the past year. The hit single "I'll Do Anything for Love (But not...that)" brought chills to my spine and tears to my eyes—and that on the one-hundredth listen! ¡Que chévere!

Speaking of comebacks, rumor has it that Donny Osmond has recorded a new album and I can only imagine it will be a smash. And can you imagine how he'll look in tight spandex? Chuta!

On the new music front I want to mention a band I discovered while tramping in Sioux City, Iowa, that maybe you haven't heard of. They are called Ace of Base and feature an infectious type of dance pop that really grooves, baby. ¡Que chevere! They don't get the airplay they deserve but I'm sure with the proper exposure they will be a sure fire hit.

On the Latin Music front (because I am an expert on all types of music) one of the best singles of the year is a song called "Dos Mujeres un Camino" from the obscure, little known soap of the same name. I know it is popular already with many volunteers in the Azogues and Cuenca area, and it is sure to be one of the all-time-great Latin songs. There are various versions of it, the speed country version being the best. By the way, as a return favor for all this info, can anyone please help me find the 45 single of the "Dos Mujeres..." polka version by Las Habas y las Papas?

I hope this column is a relief to all those people who are sick of hearing about all that 'grungy' stuff or whatever it's called.

I mean, who's ever heard of those bands Pearl Jelly, Soundjargon, and what's up with that Smashing Lampost stuff? That crap shouldn't even be played on the radio. Que bestia! And I'm sure a break from hearing about rap is welcome by many. Ecuador's own Gerardo is an exception but the rest of that stuff- Dr. Dre, Snoop Doggy Dog, Ice T, I mean all that talk of ho's and tricks and Philly blunts and the chronic! Who can even understand what those guys are talking about? Its a disgrace to the English language! Que bestia!

Well, thats it for this issue. Stay tuned for my next column, where I'll take a look back at the great stars of the 80's like Tiffany, Bon Jovi, Air Supply, Europe, Poison, Debbie Gibson, Samantha Fox, Twisted Sister, Whitesnake, Inxs, Weird Al Yankovick, Huey Lewis and the News, Cindy Lauper, Milli Vanilli, Vanilla Ice, New Kids on the Block, Wendy and Lisa, MC Hammer, REO Speedwagon, Lionel Richie, Erasure, Depeche Mode, Billy Ocean, LaToya Jackson, Paula Abdul, Ratt, Wham, Culture Club, Men at Work, Human League, Great White, The Firm, The Fixx, Steve Perry, Asia, Kylie Minogue, Vanity, Roxette, Bananarama, Heart, Survivor, Kenny Loggins, Kool and the Gang, Motley Crue, Bobby Brown, Krokus, Sheena Eaton, Sheila E., Triumph, Lisa Lisa, and Phil Collins. Till then, keep your feet on the ground, and keep reaching for the stars.

by Juan Carlos Velasquez, Mira •

## Jaqueline

"I believe that children are our future. Teach them well and let them lead the way. Show them all the beauty they possess inside."—Whitney Houston

She approached me very quietly and I didn't know she was there until a still, small voice suddenly whispered, "Where are you from?"

Such was my introduction to 10-year-old Jacqueline, a young girl who attends school during the morning (she's in fourth grade) and sells candy and chicles in the afternoons and late into the evenings to help her impoverished family.

I first met Jacqueline in April and we've become good friends. She's a hard worker and works very long hours. She regales me with stories of her family (she's one of ten children), talks frankly about the poverty she lives with daily, talks about her hopes and dreams (she'd like to have her own peluqueria and buy her mother a house) and likes to hear "what life is like in your country." She's a cute little girl, with long brown hair that is sometimes dirty and a face oftentimes smudged with dirt, wearing brown shoes that are too small for her and very worn down.

But, her eyes! Her eyes! Jacqueline has beautiful brown eyes that are just so open and honest and so ready for whatever the world will throw at her next. She's experienced pain and suffering and has a lot of responsibility for one so young, yet she takes it in stride and goes on. She pays her mother 10 mil per month rent, which is a lot considering her candy is expensive and sometimes stale. But I still buy it every now and then, to help her out and because it's still good.

I introduced Jacqueline (and her other little friends who invariably come around us) to Hangman, the North Ameri-

can version. She loves it, and we play it each and every time we see each other (Jacqueline even taught it to her teacher at Once de Noviembre, her school!). In addition to the thinking and the hand-eye coordination she needs for the game, Jacqueline also appears to love the attention and the praise she gets as we play Hangman together. She gets confused between the 'c' and the 's' and I get confused between the 'l' and the 'll'. so we help each other out.

I've seen Jacqueline as early as 4pm and as late as 2am walking through the lonely and dark streets, selling her candy, and looking more forlorn as the night goes on. I've seen her when we've been at dances in the area, on walks, in the park, while I've been biking and shopping. I always talk to her, give her a hug and ask how she's been and encourage my friends to buy candy. And I'm always struck by what a small-but-dynamic sight she is on the street, how self-reliant, yet also trusting and happy and in every way a young girl.

Jacqueline has made a difference in my life and I find myself very disappointed if I go to the usual places where I see her and she's not there. She's happy, open to meeting new people, is a good student and she adds a very special sparkle to my life and my day. She's terrific!

Submitted by Marie Skertic, Riobamba•

## Nuestro Idioma

I want to welcome the new trainees out at Tumbaco to Ecuador so, welcome! It's amazing how fast time flies here. Very soon Omnibus 69 (my group!) will be the oldest group around. The dreaded, "So, what are you going to do after Peace Corps?" questioning has already begun- but we still have nine more months to go, so give us a break! This month in Nuestro Idioma, dreaming, falling in love, conjunctions, and conversational phrases are covered. As always, I'm open to suggestions on new topics to cover, so just let me know or drop a line to *el clima*. Until then, hope you all have a good September and may everything you say in Spanish come out perfect

1.) **To recount your dreams-** Sofiar is the verb to dream. In English, you dream *about* someone. In Spanish, you dream *with* someone. For example: I dreamed about my family last night.  
Sofí con mi familia anoche.  
But— I dreamed I was in the jungle.  
Sofí que estuve en la selva.

2.) **Falling in love and falling asleep-** To express this 'falling' idea in Spanish, you use the reflexive enamorarse and dormirse. For example:  
Me estoy enamorando hoy de ti desesperadamente.  
I am falling hopelessly in love with you today.  
La conferencia fue tan aburrida que se durmió.  
The conference was so boring that she fell asleep.

3.) **Get on with the story-** Have you ever felt this way in the middle of a conversation that seems to go on and on with no end? Do pauses drive you crazy? Egg them on with these phrases.  
¿Y de allí? And then (from there)?  
¿Y entonces? or ¿Y luego? And then?

¿Y después? And later?

\*\*You can make any of these longer by adding a "¿...qué pasó? (what happened?) to the end.

**4.) Conjunctions-** Conjunctions are great to use as sentence starters and for connecting phrases together. Here are a few commonly used conjunctions with their meanings.

**A menos que-** unless

A menos que otra persona se lo diga, no lo sabrán. Unless someone else tells them (it), they won't know (it).

**En caso de que-** in case

En caso de que él venga mientras estoy fuera, dígame que me espere.

In case he comes while I'm out, tell him to wait for me.

**Con tal que-** provided that

Yo le doy la plata a ella con tal que me entregue los archivos a tiempo.

I'll give her the money provided that she delivers the files on time.

**Aunque-** although, even though, even if

Aunque me parece un buen idea, no lo voy a hacer porque no quiero arriesgarme.

Even though it seems like a good idea, I'm not going to do it because I don't like to take risks.

**A pesar de que-** in spite of the fact that

A pesar de que solo vinieron cinco personas, ella dio una buena charla.

In spite of the fact that only five people came, she gave a good presentation.

**Sin que-** without

Lo hice bien sin que nadie me lo explique nadie. I did it well without anyone explaining it to me.

**El hecho de que-** the fact that

El hecho de que se haya regresado no quiere decir que se vaya a quedar.

The fact that she's come back doesn't mean that she's going to stay.

**Tan pronto como-** as soon as

Regresaré a la casa tan pronto como sea posible. I'll be back home as soon as possible.

**5.) Good Phrases to make your conversation flow.**

**Por si acaso-** just in case, by any chance

Por si acaso, ¿No han visto mi cassette?

You all haven't seen my tape by any chance?

**Por lo menos-** at least

No jugó Ecuador en el mundial, pero por lo menos fue Brasil quien ganó.

Ecuador didn't play in the World Cup, but at least it was Brazil that won.

**Mientras tanto-** meanwhile

¿Y mientras tanto? ¿qué vas a hacer?

And meanwhile, what are you going to do?

**Así que-** so, as soon as **Así es que-** so it is that

No tengo plata, así es que, no le puedo prestar ni un real.

I don't have any money, so I can't lend you a dime.

**Así que,** tendrá que buscar plata en otra parte.

So, you'll have to look for money elsewhere.

**De todos modos-** at any rate

De todos modos, tenemos que persistir. Algún día tendremos éxito. De esto estoy segura.

At any rate, we have to persist. One day we will succeed. Of this I am sure.

**Sin embargo-** still, however, none the less

Yo soy la presidenta del grupo y sé que con este puesto hay muchas responsabilidades, sin embargo, quiero que todos nosotros trabajemos juntos para que nuestro proyecto tenga éxito.

I am the president of the group and I know that with this position come many responsibilities, none the less, I want all of us to work together so that our project is a success.

**Por lo tanto-** therefore, so

Hay 25 votos a favor de la propuesta y 5 en contra, por lo tanto, se la hará ley.

There are 25 votes in favor of the proposal and 5 against, therefore, it will become law.

**A ver-** let's see, let's have a look

¡Compré un vestido que es muy lindo!

¡A ver!

I bought a dress that's so pretty!

Let's see!

**Jamás-** never, not ever

¡Jamás en mi vida haría eso! Never in my life would I do that!

**Tal vez-** maybe

¿Vas a la reunión? Tal vez, si tengo tiempo.

Are you going to the meeting? Maybe, if I have time.

**Quizás-** perhaps, maybe

Quizás nos encontraremos de nuevo algún día.

Perhaps we will meet again some day.

**Ojalá-** if only, hopefully (also can mean no such luck)

Ojalá vengan pronto para alcanzar el avión.

Hopefully they'll come soon to catch the plane.

(this word is derived from the Arabic word for God "Allah")

by Chris Samuel, Cuambo



## Myths, Mira, and Marketing

OK, so I like these stupid grand three word titles. And I like the letter 'm'. Just wait for my next article, "Men, Menopause, and Masturbation". Oh chuta! I thought I was that stupid guy the Rock n' Roll Doctor for a minute. Let me get to the article.

I don't know how much of this is true, but I'm going to act like it is anyway. This is what has been told to me by people in my town and what I can gather by my own observations. If anyone wants to correct me, feel free.

Anyway, do you know all those sweaters they sell in Otavalo and elsewhere? You know, the wool ones with the 'ethnic' designs on them? Well, they're not from Otavalo, they're not made in Otavalo, and they're not made by Otavaleños. At least the majority aren't. They weren't even started there. What's up with that? (Sorry I had to put at least one in here somewhere). If that's not a surprise then this might be: This was all started and is a result of the work of a Peace Corps Volunteer.

Here's the deal. About thirty years ago, a Peace Corps Volunteer in the town I live in, Mira, worked with a women's

group and formed a sweater knitting cooperative. (I was told this by one of these women). This PCV taught the women to knit these sweaters and then the women went and sold them in the Otavalo market, already a well known marketplace for Artesania. When this PCV left, the women's co-op disbanded and the work was taken over by a single family. The woman I've talked with is from this family. She continued the work and taught other women to knit, but they did not operate as a co-op. She was the boss and still is.

Other cooperatives and groups formed in and around Mira soon after this, with the purpose of knitting these sweaters. They too, sold them in Otavalo.

I don't really know what happened between then and now, but I know about some of the now. Throughout the province of Carchi, but centered mostly in and around Mira, women knit sweaters for sale in Otavalo and elsewhere. But, what happens now is that there's a buyer, usually an Otavaleño, who has up to and over 100 knitters for his/her enterprise. Sometimes there's a co-op who deals with buyers, and other times it's the individual knitters. In my town, I often see Otavaleños driving through, loading up pick-up trucks from various places in town with sweaters, hats, mittens, etc. The women from Mira never go and sell sweaters at the Otavalo market. These sweaters instead are sold by the Otavaleños as their own indigenous craft. Of course, tourists and everyone else buy this. And why not? It's business savvy like this that has made the Otavaleños the wealthiest indigenous group in probably all of South America.

Here's another business coup the Otavaleños have pulled off. Somewhere, I think in Ambato, there is a large wool production industry that produces the knitting wool used for these sweaters. The Otavaleños buy bulk quantities from there and sell it in Otavalo to the individual co-ops and knitting groups. I've been told by an expert here in town that if someone were to start a wool producing operation in Mira, they'd make a killing. Hmmm.....

As for the woman I've talked to who was part of that original co-op, well she's pretty well off and well known. In fact, her sweaters never even see the Otavalo market- they're too good for that. Her sweaters, made by over 100 women she has personally taught, are made for advanced orders only, usually for export to Europe or North America.

She is very grateful to Peace Corps and has sold individual sweaters to PCVs here in town, and will do so at reasonable prices. I've seen these sweaters and can tell you they're better than anything you'll see in Otavalo. Anyone interested is welcome to visit and I'll take you to her shop and introduce you.

by Juan Carlos Velasquez



Giorgio Armani at home

## Tramping in Patagonia—Part Two

This is part of a travelogue of a trip I took in 1992. In mid-February, my travel companion Chris and I flew from California to Miami to Asunción, Paraguay. Patagonian Argentina was for us still a week away. We did not see one other gringo tourist our few days in Paraguay. We were planning on taking a bus to a boat that crosses into Argentina. Our destination was Parque Nacional Iguazú. Apparently the bus did not go to the same place as its sign in the window informed us. Just great. Our third day in South America, we were lost in the campo of Paraguay, and could hardly speak a word of Spanish. Uh-oh. We ended up finding a man in the middle of nowhere to take us across the river into Argentina. An illegal border crossing. Quite an ominous beginning to a five-month trip. Well, we made it into Argentina with nary a strange glance. The area was sub-tropical, hot, and humid.

Not far from the Paraguay border is the tip of the Argentina-Brazil border, who each share a side of the dramatic Iguazú waterfalls. They are one and a half miles wide, a couple of hundred feet high and surrounded by dense jungle. From the Brazil side one gets mostly a panoramic view, and from the Argentina side one gets close-up views, and one can practically stand in front of the torrential apex of the falls, Garganta del Diablo - The Devil's Throat. There's good hiking in the rainforest, a bit away from the falls and therefore away from the paved paths of tourists. From Iguazú we managed to make it back into Paraguay, and we flew from Asunción to Buenos Aires, the starting point for our Patagonia sojourn.

The capitol of Argentina, with a population of over three million (*Editor's Note: 12-13 million people*), Buenos Aires is a world class cosmo/metropolitan city with dozens of grand colonial buildings and plazas. It is easy for one to feel like they are in a major city in Spain or Italy. There are endless cultural attractions, and the giant Recoleta Cemetery is amazing. The people of the city are very attractive, though they can be known to display a degree of Euro-snobbishness. And despite its name, Buenos Aires is incredibly polluted. It makes 6th and Colon seem like high paramo air. Spent a few expensive days in the big city. When we were there Argentina was the most expensive country on the continent, with prices often equalling U.S. prices. I don't think that has changed. From B. Aires we started on a string of bus rides down the eastern coast of the country to our next major destination, Parque Nacional Tierra del Fuego (TDF).

The east coast of Argentina can be pretty damn bleak, just vast stretches of Patagonian bleakness. The endless hours on the comfy buses became a tranquilizer. Our only intended side trip before TDF was halfway down the coast at Peninsula Valdez. It's closest main town is Puerto Madryn. The side trip turned out to be mildly epic. We had the rental car fiasco nightmare of the lifetime. And the 60 mph winds slammed the door of the dreaded rental car onto my finger, which at first I thought was broken, but it was just temporarily mangled. Was it worth it? I'm still not sure.

The highlight was walking along the beach shore past a large group of enormous Elephant Sea Lions, with the aggressive dominate males surrounded by their harems of docile females. We also met up with a group of Magellan Penguins, and saw groups of other types of seals and sea lions from a distance. The landscape is friggin...bleak. There is beauty there, if you really look hard. And a couple of good viewpoints

too.

From Puerto Madryn, we headed to Rio Gallegos (with a very heavy "J" sound for the double "L's"), described by writer/traveler Paul Theroux as "one of the three most boring cities in Patagonia". Right he was. I'm glad I don't know what the other two are. But it's very close to Tierra del Fuego, and we were flying from Rio Gallegos to TDF's charming main town of Ushuaia. The cheap fares on the military airline were not much more than the expensive bus rides. The scenery from flying above was gorgeous. Man, we're talking the furthest point south in the world aside from Antarctica. Dark green and dark brown mountains, many snow topped and some with glaciers, eerie valleys, dark winding rivers. And the ever present gray skies. Needless to say, we were quite excited when we landed. Walking on the short road from the landing strip to the town, we saw "Sex Pistols" and "anarchy" graffiti. In Tierra F—ing del Fuego. No way. Yes way. I saw it. A large mountain with a glacier looms right behind the town, but it's usually too overcast to see it. As locals say, they have one season - the gray rainy season.

Through I've never been to Alaska, Ushuaia has the atmosphere of what I imagine an Alaskan frontier town to have. Quaint, tranquilo, fairly prosperous and, of course, expensive. There wasn't much between a spot on the floor in a hostel and a nice cabin. So what the hell, we splurged. Searched for the house of the Galeazzi family and the backyard lodgings they rented, a killer A-frame log cabin. Sra. Galeazzi was so friendly and informative, not to mention a beautiful earth mother goddess. Had a great steak dinner at the restaurant, that famous Argentinian beef. Tasty dead cow actually cooked medium-rare, and very memorable mashed potatoes. And Argentina's red wines can be as good as Chile's. Departed early the next morning for a bus to TDF's national park. The weather was crappy at the time, so we conveniently made camp in an area near the main river and not far from the only cafe, with hot coffee and cold beer. Really roughin' it.

Tierra del Fuego is a beautiful place, in subtlety more than grandeur. It's not necessarily breathtaking, but often eerie in it's landscape. Just the thought of being there, that far south on the planet, adds mystique to the scene(arios). We took some fine hikes our few days in the park. My fave was to the top of a predominant peak. Halfway up to the excellent vista at the summit we saw a couple of beaver dams. Soon we heard loud "slap" sounds on the water - the alarm call of a beaver. We quietly meandered off the trail towards the sounds, tiptoeing in the muck a bit closer. Soon we saw the two nervous young ones, swimming and slapping their broad flat tails. Soon maina and papa came into view, and began to feed less than ten feet from us! An aunt or uncle joined them, for a beaver family of five. They are considered to be extremely shy creatures. Yet we were close enough to see the long yellow front teeth chomping on branches, their long finger-nails and the details of their thick wet fur. ¡Qué suerte! for Chris and I. And as was the case our one month in Patagonia, the weather was excellent. What a rarity and a luxury. Another neat-o place in TDF we called "The Bog." An assortment of spongy, multi-colored lichens and mosses, with a thick low fog floating on the spooky black waters of Laguna Negra, with a remarkable trail carpeted in bright green grass. We expected to see the Creature from the Black Lagoon at any moment.

After our time in the park we were back at the Galeazzi cabin for a night, then started on our northward journey overland from Tierra del Fuego (which eventually ended at my furthest point north of Cali, Columbia). The bus ride through the TDF peninsula was - what else - eerie and spacey. Spent the night in a nothing town called Rio Grande, and the next day crossed the Strait of Magellan (uneventful, but fun in it's historical background). Then we had to detour south a short distance, crossing into Chile to the town of Punta Arenas, which is the gateway city for trips into Antarctica. There's not much there except for a chevere cemetery. Since we didn't have an extra few thousand bucks, we passed on going to Antarctica and the next day continued north to Puerto Natales and the amazing Parque Nacional Torres del Paine (TDP).

(OK, time out. Part one of this article in the last issue of this mag began in P. Natales and I told you about TDP in detail. So, I'll skip that part.)

There's no route from TDP in Chile directly across the border to Parque Nacional Los Glaciares (PLG) in Argentina, so we had to detour south back to P. Natales, then cross north into Argentina to the town of Calafate. All I remember from there was superb brick oven pizza at a very cool place called "El Rancho." I'm afraid to say it again, but we were back in Argentina and back to rip-off prices, such as the 50K, 5 1/2 hour bus ride from Calafate to PLG. \$17 each way! F—ing hitchhike.

Los Glaciares is one of the most famous climbing areas in the world. Though only 8,000 feet in height, the granite and ice tower of Cerro Torre is reputed to be the most difficult mountain to climb in the world. The weather is usually terrible. The skyline is a chain of spectacular jagged mountains, dominated by the striking peak of Fitzroy. This view is occasionally clear, and though very close by, Cerro Torre is almost always clouded over.

We hit the trail to Fitzroy, and set up camp in the slummy Euro-climber's basecamp. An unattractive and trashed area. Go somewhere else. From there it is a short but steep uphill hour to a phenomenal in-your-face view of Fitzroy and it's satellite peaks. The several thousand foot face of Fitzroy is perched atop a sparkling turquoise blue glacier lake. There was a campsite on the rocky shore. Though you'd have to lug your gear up the hill, and it's very windy at the lake, that would be an amazing place to spend the night. We bopped around there until late in the day, then rolled back down to the slummy basecamp.

The morning broke absolutely crystal clear. Chris and I turned to each other and said, "If it's ever clear around Cerro Torre, right now is the time." Without my usual grunt pace, I practically galloped the ten miles there in my wired anticipation. Though the sun was out and the sky brilliantly clear, the ever present icy Antarctica winds were blowing hard. The area was pretty, though I don't recall the details of the terrain. Until...I was bouncing around a curve on the trail, and suddenly there before me the valley stretched open, and not far in the distance, sharp as a needle in my eye, was Cerro Torre. I stood still for who knows how long. I'd been dreaming of trekking in this area for over ten years, and there I was staring down Cerro Torre and it's huge adjoining glacier and snow-fields. ¡Qué Bestia! The area we were now in, along the backside of the Fitzroy group, was the most spectacular place Chris and I saw in Los Glaciares. We hiked down to the

bottom of the pleasant river valley, then to a great forested area, the "Jim Bridwell Climber Basecamp" for Cerro T. A good camping area, a million times better than the Fitzroy slum. A short stroll through the forest and up a little hill from camp, and we were in front of the mountain range. Cerro T. was 100% clear, from the ominously vertical rock face to the ominous cap of ice on the summit. Supposedly there are only a few days a year with this view. ¡Qué bestial!

I somehow talked myself into getting up before dawn for the short but cold walk to the lookout point, sitting on the hill right above the gray-green glacier lake. The sky was still clear. Chris came up, managing to drag himself out of the warm cocoon of his sleeping bag. The sun was rising behind us. In front of us the sunrise splashed alpenglow hues of red and orange onto the spire of Cerro T., and turned to orange the huge white snow and ice fields. We were sitting on top of the world. The colors faded away too quickly as the sun began to remove the brittle morning chill. As we were departing the area, we looked back to see Cerro Torre as it usually is, enshrouded by clouds. We sauntered back towards the park entrance, and arrived at a nice little mountain tavern. Tired, a tad gritty, yet quite happy. Especially after the rounds of "Palermo" lager beer. We then took a late afternoon bus back to Calafate for the night.

The next morning we were up very early to take a "tour" bus to the other end of PLG to see the famous Moreno Glaciar. There was no public transpo there, just bogus tour buses and even more bogus taxis. Our bus broke down before we even started, and after lots of waiting they shoved us into a sardine can of a battered truck as we proceeded on the dustiest ride I've ever been on. Then the truck broke down less than a mile from the glacier, so we walked to the boardwalk that leads down to a very close view of the immense Moreno Glaciar. The front of it is streaked with bright blue patterns in the ice, and every fifteen minutes or so a large chunk would break off into the lake. I saw an entire 200 foot slab break off the front of the glacier and thunderously avalanche into the water. After a couple of hours we headed back to the still broken down truck. I opted to hitch back while the others waited, and caught a ride in a friendly military jeep, with the barrel of the machine gun of the young soldier next to me bouncing close to my head.

After one last night in boring Calafate, we continued north, crossed the border yet again into Chile to a pleasant little town called Coyhaique. There is a large Germanic influence in this part of Chile. The townfolk were very friendly and photogenic. From there it's a short, beautiful bus ride to Puerto Aisen, and a twelve hour ferry ride to the great seafood market of Puerto Montt and the charm of Isla Chiloe. It's supposed to be a gorgeous boat ride, but our ferry left hours late, in the dark, so we never saw much.

Yet Chris and I felt extremely fortunate to have seen much more than our share on our trip through Patagonia. And that is the end of this story...

Submitted by Barry N. Lazarus, Cuenca



## Traveling Bone

Least Heat Moon and Jack are my inspirations. I've got a traveling bone or bones always putting one foot in front of the other. I always seem to be headed somewhere and leaving something different behind. As grandpa always told me, "You can only truly arrive once but leave many times." Wisdom or experience, grandpa was a repeat escapee from the California State Penitentiary.

Anyway Jack and Mr. Moon brought out that feeling of self-importance and discovery in me that all travel writers get, leaving me no choice but to write down my adventures for the pleasure of many.

The sun rose over Superstition mountain like it had the day before: kinda bright! Although it was February the Sun in Arizona is no toy. The mid-day sun can leave your car's insides burning hot to the touch. I still haven't decided which is worse, licking a metal fence post in the dead of a Michigan winter, or licking the chrome trimming on your car after sitting hours in the Arizona Sun. I'll be heading north soon for a more up-to-date comparison.

I pulled out of the driveway and headed south on 38th Ave, thus beginning this journey. A half mile later I'd reached Baseline Ave. At this point in the journey I'd like to point out something else grandpa used to tell me, "There are many ways to get somewhere, it's not that some ways are faster than others." Which explains why many of grandpa's escape attempts were fast dashes towards an open front gate. Anyway on Baseline you can go east or west. Now if you go east you head down about 5 miles and make a U-turn, because you're headed the slow way. I headed west, thanks to grandpa.

Now I knew the journey wasn't a long one so I soaked in all the Arizona landscape I could. A half mile later I saw it! Although I'd driven by it two or three times now, I'd never stopped. At first glance it seemed very familiar to the gas stations I'd seen before but this didn't have a name. It had a big red "K" in a red circle. What the hell could it be, I thought. I'd been staying in Phoenix for weeks now and I remembered something grandpa used to say. He'd say, "People never take the time to get to know their own back yards." Grandpa knew his backyard. He even had a map of it. That's why the police had no trouble finding his buried stolen goods.

Once inside I felt a certain familiarity. Why, this was no different than the Shell mini-marts in Michigan or the Amaco Foods-marts in Iowa. I was impressed by the variety of items: pop, chips, candy, beer, magazines, bread, smokes, a few toys and frozen burritos. It was 7:30am and the place was hopping. Tip number one: if you're going to visit these places don't come during the high seasons, 6-8am, 12-2pm, or 4-6pm. Avoid these peak times and you'll be able to look around more without feeling rushed. As I said before, the place was hopping, not a good time to stand gazing at the potato chip selection; the suits look at you like you're crazy or something. I've seen it all across the States, the suits or people in general don't take the time to stop and appreciate things. As grandpa always says, "If you don't stop and look around some valuable things will go unnoticed." I soak it all in.

As always on a maiden voyage to a new and exciting place I buy a Coke Classic and a pack of cigarettes. Tip number two: never grab the cigarette packs on display by the cash register. You never know how long they've been there. I slowly

worked my way to the "cashier" (you'll find this a common title throughout North America). I explained the whole cigarette ordeal and thus started the conversation. Tip number three: always engage the locals in conversation. Through conversation you get a little feel for the culture and sometimes words of wisdom for the road.

"Been here long?" I ask.

"Where?" the young man with a dangling cigarette replies.

"Well here at this site." I say

"I've been here for about two months."

It's at this point I notice they always start looking for the next tourists. Luckily, none were behind me. Locals are always reluctant to converse with outsiders so you've got to be persistent.

"Rather hot here." I contrive.

"Where?"

"Arizona."

"It's a desert."

"I'm from Michigan. It's colder and greener. Ever been up north?"

"I'm from Minnesota."

"Wow, the northwoods."

"Ya."

I've got him on the ropes now, he's nervous. He's puffing a cigarette, drinking a Mountain Dew and looking for the next tourist. He's a bundle of nerves. It is in these situations people unwittingly give away cultural identifiers. Someone is approaching, one last question!

"So how do you find it here?"

"Where?"

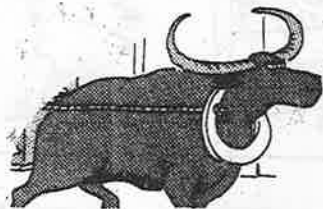
"Arizona."

"I took a right in Texas. Next!"

I stepped out of the way and let the young man do his thing. The experience of years on the road have taught me how to pick up the subtlest of hints. His little cultural insight was very telling. His "took a right in Texas" wasn't about directions, it was about socio-political dynamics. In effect he said Arizona is to the right of Texas, more conservative! Not one of the other locals picked up on it as is always the case. A local might tell you something about the culture but it's always in code so others won't get upset. Same story, different place. Grandpa always told me, "People are the same wherever you go, it's the stereo equipment that's different."

If you have any travel stories of interest please send them to *el clima* for everyone's enjoyment.

Submitted by Bud Valeika, Nameless Circle K, Arizona



## Volunteers and HIV/AIDS

The title is not meant to be a scare tactic. I'm not trying to be sensationalistic. As you read this, keep a couple of things in mind: I'm writing this being non-judgemental, or critical. I'm just sharing some insights and information about a health issue that concerns me.

Two Volunteers and I are working on an important conference on Women and HIV/AIDS in Ecuador. Trying to pull off such a symposium in a less technically developed country has been and continues to be, shall we say, challenging. We're writing the book (the screenplay comes later) when it's all over! A couple of cross-cultural issues have come up for me that have turned out not to be that much different than they are in the States. Sure, no two countries are alike, but humans are humans, after all.

I've been talking to Ecuadorian women about AIDS. Naturally, we converse for hours on end, as HIV/AIDS means we inevitably wind up talking about the church, prostitution, homosexuality, bisexuality, condom use and "negotiating safe sex" (not yet a concept here, and still a fairly new and difficult task for American women). It means having to confront my own prejudices, as well as listening openly and objectively to Ecuadorians and their own cultural perspectives. It has been and continues to be genuine cross-cultural, mind-stretching stuff in the best sense of the word.

I want to talk about AIDS as a health issue among Volunteers. Remember, I'm a Volunteer who's not "preaching"; I want to share my perspectives.

In order to serve as a Volunteer one of the requirements was taking the test for HIV/AIDS and having that test come back negative. What we do sexually after we become Volunteers is our own personal business....to some extent. More on that later.

I wonder though, how many of us continue to practice "safe sex" (or feel that we need to), and regularly carry condoms, and/or insist that our partner(s) use protection? Do we remember to ask our partner (male or female) about their past sexual histories? If we start a relationship and say, after 3 or 4 sexual encounters with this person, do we no longer request that they use condoms? And lest we think this issue sounds totally heterosexist, how many lesbian Volunteers think and sexually act as if they were absolutely not at risk? I knew a woman who had been married twice, had a child, and at the age of 39 decided she was a lesbian. A wonderful friend of mine has been happily married to the same man for almost 11 years, and she confided in me that she considers herself bisexual. Do we forget that it is not who we are, nor how we define ourselves sexually, but what we do that puts us at risk? I wonder that after we become Volunteers, do we put the possibility of contracting HIV/AIDS on the back burner, because we are in a country where AIDS is not an issue nor yet part of the national consciousness?

I recently had a long and intense conversation (I don't know how to have any other type of discussion) with a Volunteer and good friend. As always happens, we managed to cover no less than 43 topics over the course of 4 hours and a box of wine. I'm not sure how the subject came up, but it surely had to do with my frustrations (there are several, but that's another saga) with the mail and getting materials for the conference. She had recently come out of a relationship of several months with a



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male, and was still emotionally recuperating. I don't know...I just happened to mention something like I knew she had been asking him to use a condom. She became real quiet. I remembered looking at her and saying "Now, I'm taking your silence to mean that it's either none of my business (and it wasn't, but we were speaking rather intimately at this point), or you didn't insist that he use one." She looked at me and said, "Well, hell, I did ask on a couple of occasions, but he refused. He didn't like they way they felt." She knew I wasn't being critical or judgmental, only that, not knowing much of her ex-partner's sexual history, she put herself at risk for an STD, and possibly HIV/AIDS.

That's part of the point I'm making. Being a Volunteer and serving outside the US makes it no less difficult and often facilitates our not taking sexual precautions. How many of us are asking our partners about their sexual past before we engage in sexual relations? The other half of that question — how many of us are volunteering information about our past? How many of us are fully trusting of the answers we receive? I am not referring to relationships with host country nationals. I'm talking about sexual relationships with anyone. To be sure, condoms and dental dams aren't foolproof, but they are better protection than nothing at all. It has to be a conscious and constant decision to have and wear some sexual protection anytime it looks like a sexual contact will take place. Do remember that we all tested negative for HIV/AIDS, yet it is possible to sero-convert to positive. Or we can remain negative, and then become sexually active, not ask any questions about that person's sexual past, not wear a condom or any other prophylactic, and then be at risk for contracting HIV/AIDS again. It only takes one time, and nobody ever looks like they're infected ("he/she looked clean to me").

One last note. This is not a "shake the finger at the male Volunteer" sermon. I am not even referring to all male Volunteers. That's stereotyping and it doesn't sit well with me to place any group in a social box. If for whatever reason you

become involved with an Ecuadorian woman, do her the favor of carrying (she more than likely won't have one) and wearing a condom. It's not only to prevent an unwanted pregnancy or contracting other STDs. If by some remote chance you may be HIV infected, remember that you come from a country that (mostly) has free counselling, support groups for HIV-positive people, where you can get treatment, medicine, and even be involved in AIDS clinical trials. In two years, you also get to leave. According to current research, a woman, regardless of her sexual preference, marital status, educational level or income, has a 17.5% greater chance of being infected with HIV/AIDS than a man. That's not a misquote or misprint. So if by some chance you infect a woman here, she does not, nor will she have the same opportunities for care, support, or treatment. Those options (and the cost of having those options available) are not a reality for the majority of Ecuadorian women.

For those male Volunteers who may periodically frequent houses of prostitution, don't contribute to the possible spread of STDs or HIV/AIDS to sex workers. Set the cultural example to these women by carrying and putting on your condom. Culturally speaking, it may be initially offensive, but if you explain that you are protecting both her and yourself from an STD or unwanted pregnancy, she may gain a greater awareness about something she could (saying "should" sounds patronizing) be informed about.

HIV/AIDS is in the world, folks, and we as human beings serving as Volunteers need to remember we're part of that picture. Don't forget where you are, wherever you are, to be conscious, as "safe" as is possible, and take precautions to protect both yourself and your partner. Given the AIDS pandemic and our being from a country that has lived with the disease more than a decade, let's use our knowledge to not further exacerbate the problem, but contribute to the solution.

Submitted by Corella Payne, Quito

## Calvin and Hobbes



## The Pearl of Great Price

"We are the world  
we are the children  
we are the ones who'll make a brighter day  
so let's start giving.  
There's a choice we're making  
we're saving our own lives  
It's true we'll make a better day just you and me."  
—*We are the World*

Think for a minute. What is something that is very important that all of us will bring back after our Peace Corps service is over?

I'm not referring to photos, purchased items or country-specific clothing.

To what was the great North American writer Jack London referring, when he called it "the pearl of great price"?

True comradeship.

Friendship, shared experiences, shared emotions and ideas and understanding our world in a totally different way—these things, in my opinion, will always be the greatest contribution of Peace Corps and Peace Corps Volunteers to the countries in which we serve.

In that regard, I've written a poem concerning the changes we go through as we apply to, serve in, and leave Peace Corps.

We came to this new land  
full of expectations and ideas  
Not at all sure what to expect  
Or how we'd be received

Leaving our families, our friends  
Everything we've ever known—

To enter a new world  
to be exposed to new customs  
a new language

During this time we are being scratched,  
challenged,  
changed inside  
We are learning new ways of interacting  
understanding the world  
through the eyes of others;  
as well as through the eyes  
of our friends and ourselves

Living life in the way the  
vast majority of the world does—  
forming new friendships  
learning to like new foods  
adapting to a slower pace of life

Seeing the way families interact here,  
the roles of men and women  
(and sometimes chafing a bit)

Learning from the people  
Realizing again that "they" are "us"  
People are the same the world over

We realize that there are many ways  
to get things done;

The North American way is not necessarily  
the best way

The process of inculturation  
is a gradual one—  
After a short while  
we realize  
how important our friendships  
and relationships here are

We've grown  
we've changed  
Had both positive  
and negative experiences  
Endured things we didn't  
think we could

Our hearts and minds  
are now part of another country—  
forever—  
part of another people;  
different, yet the same  
old, yet new

And as our two very short  
years of service  
draw to a close  
We ask ourselves  
the very same question  
we asked before joining  
Peace Corps:

"How can I leave my family and friends?"

And yet leave them we must—  
at least the vast majority of us—  
For new experiences await  
just around the corner

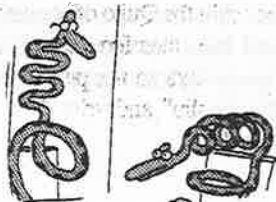
We'll never forget our  
country, our friends  
our experiences here;  
Our second home is  
forever a part of us

And we realize once again  
that we haven't "given anything up"—  
We've gained much  
O so very much

And it'll take years  
for us to realize  
how much we've gained;  
And how Peace Corps  
has helped to shape our future  
And the future of our world

By building bridges  
across peoples and bearing witness  
to what love and patience can accomplish.

Submitted by Marie Skertic, Riobamba



I am very pleased to have this opportunity to share and exchange information on administrative issues and changes that affect all of us serving PC/Ecuador, especially PCVs. In each edition of *el clima*, I will be up-dating you about activities and office policies that hopefully will make your contacts with the Quito and Tumbaco offices more efficient and pleasant. And of course, we always welcome your help and suggestions "para mejorar".

## Personnel Issues:

Patricia Ojeda is the new Resource Center Coordinator (replacing Annie). She is also the wife of RPCV Brian Hayum. Welcome Patricia!

Peace Corps/Ecuador is providing training courses to the staff:

A Diversity workshop follow-up was held on July 22 with the participation of 35 attendants from PC/Quito, and Tumbaco offices. The evaluations showed that the workshop was very successful and met its goals.

A Sign Language course which is being held at the Training Center for the Staff.

We are also providing an opportunity for training and advancement to the "limpieza" personnel who have been working in the Quito office. Irene Merizalde is learning how to operate the switchboard and manage the reception area. Elena Freile is learning how to manage the "bodega" with Miguel. Congratulations Irene & Elena.

## Living Allowance Survey:

New Living Allowance survey forms were distributed recently. Please send them as soon as possible, preferably by September 1st, but no later than September 15th.

## Mail:

Por fin! There is a new procedure to help PCVs receiving "declared packages" out of the Correo Central/customs in Quito (Santa Clara area). "Declared packages" weight 100 grms. - 20 Kilos and have a \$\$\$ value written on the "green slip" when mailed. Should you receive a "declared packages" you have five (5) days to get it out of the post-office before it goes into storage. While in storage there is a daily charge based on the weight of the package and the costs add up quickly, especially if you live a long distance from Quito. Basic charges for these packages are:

S/2,400 sucres for the Aviso del Correo (cost of paperwork).  
S/6,000 sucres for the Pedimento/Declaración de Importación.  
Total -S/8,400 sucres as the basic fee, without daily charges.  
The administrative section has acquired the services of a messenger who will pick up these packages for PCVs for an additional fee of S/5,000.

We will automatically be starting this service for PCVs beginning September 1st for those Volunteers living outside of Quito. If you do not wish to participate in this service and choose to pick up your declared packages yourself, please contact Maria Dolores ASAP. Packages that have no cost declaration are picked up by Arturo and can be picked up in the Quito office using the regular mail/package procedure. It is therefore less costly for PCVs to inform their family and friends to not put a \$\$ value (monetary declaration) on the "green slip", and write "Donation" or "Educational Material" on the slip.

## Maintenance of facilities:

The Peace Corps Office in Quito will look great after all the renovations that are taking place now. Excuse the inconveniences!

En Paz, Ana Maria/Administrative Officer.

## Training Center Update

I will be submitting an article for each *el clima* to give you an overview of activities that are taking place at the Training Center in Tumbaco.

Omnibus 72 arrived in Quito on Wednesday August 3rd. The group stayed at the Hotel República until the morning of August 6th and moved in with their Host families later that day. Omnibus 72 began their first full day of Pre-Servive Training on Monday August 8th. The Swearing-In date for this group is Friday, October 28th. I want to thank all the Volunteers who are assisting with training sessions and field visits and I thank those Volunteers who help the new group with their adjustment to life in Ecuador by answering questions and providing advice when you see the Trainees at the office or in the field.

## Water/Sanitation/Eng.

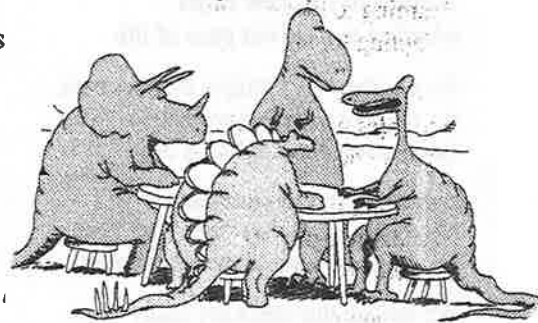
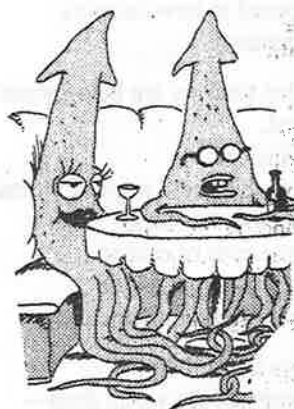
1. Karl Banks
2. Mark Blaha
3. Eric Cosgrove
4. Brian Hagood
5. Richard Olson
6. Tara Racine
7. Crystal Reul
8. Andrew Reitz
9. Mark Stillman

## Rural Public Health:

1. Nancy Ackley
2. William Ackley
3. Cindy Chin
4. Tricia Culverhouse
5. Pamela Dean
6. Nicola Dean
7. Lisa Flores
8. Helen Geotina
9. Jodi Hammer
10. Donna Lawlor
11. Kirk Leamons
12. Pamela Leamons
13. Corrine Manning
14. Shelly Nicholason
15. Martha Overby
16. Wendy Pearce
17. Kelly Rahn
18. Rosemarie Ricks
19. Dwight Wilder

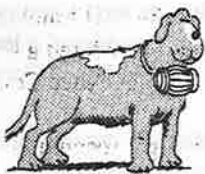
## Housing/SED

1. Tom Brown
2. Heidi Hoffman
3. Jason Jex
4. Deborah Klien
5. Sally Leque
6. Robyn Rogers



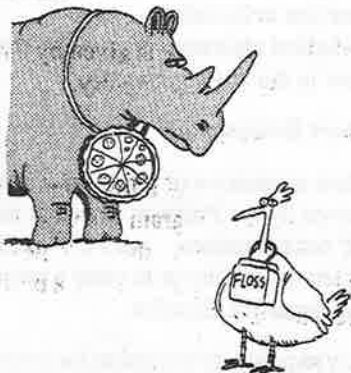
## Youth Development.

1. Bryan Kemp.
2. Kye Friess.
3. Peter Fontaine
4. Tara Duffy
5. Ceri Dierst-Davies



## Special Education

1. Karen Edwards
2. Melissa Mitchell
3. Shelby Smith
4. Kelly Wicker
5. Gail Zemmol
6. Dipak Kshatriya
7. Gene Martin
8. Teresa Pyle
9. Shailla Reidhead
10. Carolyn Shields
11. George Walker



## Additional Training News:

\* The sixth month follow-up Conference for Omnibus 71 will be held from Nov. 7-10, 1994. Details will be mailed out by September 1st.

\* Tomas Guerrero is available to assist PCV's projects with organic gardening information or charlas until Oct. 28th. Please send a written request if Tomas can provide technical assistance to any of your projects.

\* Spanish lessons will be available to PCVs in Tumbaco or Quito from November 1st until December 15th. Again, please send me a written request if you will be in Quito during this time frame and would like additional Language training. Reserving time with available Spanish facilitators will be on a first come first served basis.

\* If you are interested in receiving assistance with resume writing and writing cover letters please let me know about two weeks before you will be in Quito.

\* Although it is a few months away, the Close of Service Conference for Omnibus 69 will be held in January, 1995. Details of your Conference will be mailed out at the beginning of November.

If there is any way the Training Center can provide assistance to you in the field please free to write to me in Quito or call me at 370-197.

Stay Well,

Tim Callaghan Training Director

## Guayaquil Office to Close

The senior staff members, after much discussion over a period of time, have determined that it is in the best interests of Peace Corps/Ecuador to close the office in Guayaquil as of September 30, 1994, the end of the current fiscal year. The decision is based on two principal factors: cost and Volunteer equity.

**Cost.** Although Peace Corps does not pay rent to the U.S. Consulate, the cost of maintaining two staff members, as well as the use and maintenance of equipment, is considerable. Given current budget realities, it is no longer feasible to maintain the Guayaquil office.

**Equity.** Although the Volunteers who use the Guayaquil office have been quite pleased with it and with the services that Maggi and Fidel provide, many other Volunteers in other parts of the country have asked why they cannot have a regional office. There is a large number of PCV's near Cuenca, for example, and another group near Ibarra. Why is there a Guayaquil office which services local Volunteers, and everyone else reports to the Quito office?

For these two reasons, the office will close at the end of this fiscal year, and we will not have any regional office for the foreseeable future. The two staff members—Maggi and Fidel—will be paid full benefits under Ecuadorian law due to employees who lose their jobs. Peace Corps/Ecuador recognizes the fine work of these two individuals and has already taken steps to recommend them for other positions outside Peace Corps. We regret the loss of these two members of the extended PC/E staff. The equipment and supplies in the office will be brought to the Quito office.

We realize that the PCV's who appropriately use the office to further their projects and their secondary activities will feel the loss of it and will be disappointed by our decision. We hope that all Volunteers will realize that we are constantly attempting to improve Volunteer support and are concerned about giving equitable support to everyone.

by Jean Seigle •

## WOMEN IN AGRICULTURE CONFERENCE

In July we received a call from Betsy Davis, former Director PC/Ecuador and current Director of the WID office in Peace Corps Washington with the news that due to severe electric shortages in Honduras, the WID office in conjunction with the IA Region would like to move the Women in Agriculture (WIA) Conference from Honduras to Ecuador. With an incredible "can do" attitude, as I polled all the PC/Ecuador Staff to see if we could manage this in less than a month I received a resoundingly positive response. As a result by Sunday August 14, Program Managers from throughout the IA Region, Lesotho and PC Washington Staff had gathered at Chorlavi for a week long workshop which focused on the analysis of gender roles in agriculture. The IA Region hopes that this is the first of a series of Staff workshops which will improve the skills of program managers in this area. In attendance from PC Ecuador were Nelson Oleas, Jorge Delgado and Tomás Guerrero. The techniques for analyzing gender roles were practiced in the communities of Olmedo and San Jose de Tinijillas. I'd like to thank PCV's Charlie Armstrong, Carrie Caballero, Todd Birchler, and Michelle Humes for their collaboration.

Also in Ecuador to inaugurate and to demonstrate the importance of the WIA workshop was Victor Johnson, IA Regional Director. After inaugurating the event and attending the first mornings' activities, Vic and I spent the next day and a half visiting volunteers. My thanks to Ralph Coleman, Eric Knight (who even shared his birthday with us), Carrie Caballero and Todd Birchler for welcoming us into their communities and sharing a work day with us. Although I wish Vic could have met more PCVs, he was able to meet with and speak to the 50 new Trainees in Tumbaco. His time in Ecuador was short, as it was previously planned to have been in Honduras, however he left with kind words for PC Ecuador Volunteers, Trainees and Staff.

## Extension of Service

There have been some questions about extension of service: how to do it, when to do it, and criteria. As most of you know, if you request and are approved for a full extension of service, it includes a thirty-day paid home leave; so that the extension is actually for thirteen months. Because we pay for the home leave—airplane ticket plus per diem—from the PC/E budget, we only have a limited number of these extensions each year.

Currently there are eight full extensions allowed in the budget. Since we have two groups each year who end their service, we try to be equitable and reserve four extensions for each Omnibus. There is agreement among the staff that each program manager will be guaranteed one extension each year—that's a total of six extensions—and the other two slots are negotiable. If a program manager does not have a candidate one year, then this extension will be offered to the other program managers.

Decisions are made at a senior staff meeting. A deadline for receiving requests for extension will be set for each Omnibus, usually about the time of the COS conference. Any Volunteer interested in extension for any period of time should speak first with his/her program manager.

On what basis are extensions granted? Please read the criteria below. You may not know that we constantly receive requests from Peace Corps countries around the world about Volunteers who would like to extend their service and transfer to another country. If we decide that we want to accept a transfer to Ecuador, this must be counted as one of the year's extensions, because we pay for the home leave and US-Ecuador plane ticket from our budget.

### CRITERIA FOR APPROVAL OF EXTENSIONS

Staff members reviewing Volunteer requests for thirteen-month extension of service, which includes a paid thirty-day home leave, will consider the following factors:

- (1) PCV has done outstanding work, in the opinion of the program manager, in the primary project.
- (2) The extension has the firm support of the PCV's counterpart agency, expressed in an official letter.
- (3) The APCD firmly supports the extension.
- (4) The PCV can be considered a leader: an exceptional Volunteer whose work in Peace Corps could be held up as a model.
- (5) The PCV states a firm commitment to accept the extension and to complete his/her service.
- (6) Medical clearance is given by the PC Medical Officer in Ecuador.

### Transfer/extensions

PCV's who wish to transfer to Ecuador from another country will be considered according to the following criteria:

- (1) PCV has done outstanding work in his/her primary project, as described by the APCD and/or CD of the sending country.
- (2) There are strong programmatic reasons to bring the PCV to Ecuador: the PCV has unique skills and experience which will allow him/her to make a contribution to PC/E unlikely to be matched by an extending PCV or a

trainee recruited for the next training cycle.

- (3) The PCV can be considered a leader: an exceptional Volunteer whose work in Peace Corps could be held up as a model.
- (4) The PCV is strongly recommended by the Country Director of the sending country.
- (5) The PCV states a firm commitment to complete his/her service in Ecuador.
- (6) Medical clearance is given by the PC Medical Officer in the sending country.

### Short Extensions

Short extensions of a few weeks or months are usually approved by the Program Manager and PTO on programmatic considerations: the PCV needs additional time to complete an activity or to carry a project to a certain phase before departing Ecuador.

Any requests for extension for longer periods (e.g., more than three months) not based on short-term programmatic considerations should fall under the criteria described above for full extensions.

by Barry Bem, Assistant Country Director

## Ambassador's Residence

Due to major repairs to the swimming pool at the ambassador's residence, the pool will be closed indefinitely. Any inconveniences caused by the mission are regretted.

Please remember to follow the rules when you use the ambassador's recreational facilities. You should confine your activities to the specific areas set aside for recreation.

Dated 7/5/94.

## What's in the Bodega

### Bodega supplies

- Beta
- VHS
- VCR
- Smith Corona typewriters
- Various other typewriters
- Portable slide projectors
- Slide projectors
- Solar panels for recharging batteries
- Limited number of rechargeable batteries
- Limited number of gas tanks
- Sound effects blender
- Movie projector
- Overhead projector
- Limited number of sewing machines
- Televisions
- Tape/cassette recorders
- Limited number of irons

All of the above items are in limited numbers (10 or less). To sign these items out see the librarian or Mr. Miguel Castro (in the bodega) to reserve them. The items may be reserved for a period of one week except in the case of prior authorization from Miguel Castro or the Librarian. •

## LIBRARY NEWS-

For the trainees I would like to inform you how to check out books and also the new arrivals of magazines.

To check out books, first see if the book has a library card. If it has, fill it out with your name and date, then place the card in the "books out" box which is on top of the filing cabinet. If the book doesn't have a card, write your name and the title of the book on a piece of paper and place it in the "books out" box. The magazines will not be removed from the library but if you find an article that is of interest you can make a copy of it in the bodega.

If you need an ICE book that is included in the ICE catalog and is missing in the library, please leave a note for me including your name, site, the title and ICE catalog number of the book that you need. I will request the book from ICE in Washington, and I will keep it in the library until you are able to either pick it up or send another volunteer who can check out the book and sign the card for you.

There is no way to deliver the books to you but I will send you the card by pouch if you request it. Remember that you must sign the card before taking out any book from the library.

The new arrivals are:

magazines:

Small Enterprise Development

Mothers & Children 13(1)

Development Communication Report (83)

Journal of Forestry 92(8)

EDN Echo Development Notes (Issue 45)

Hotline (Peace Corps)

Others:

\*3-2-1 CONTACT EXTRA (Video & Teachers Guide) which is a special edition of the 3-2-1 CONTACT science and technology TV series.

\*Hedges for Resource-poor Land Users in Developing Countries (by GTZ) This book is to be distributed one time only, so it can't be removed from the library.

\*School Recycling Programs (EPA)

\*A handbook for educators "Let's reduce and recycle:

Curriculum for solid Waste Awareness

\*Super Savers Investigators

\* Standard Model Designs for Rural Water Supplies (WHO)

\* Farm Irrigation Structures (Handbook No. 2)

\* Preventive Maintenance of Rural Water Supplies

\* Development and dissemination of appropriate technologies in rural areas

\* Appropriate technology for the treatment of wastewaters for small rural communities

\* Earth roads: their construction and maintenance

\* Soil Improvement, Rainfall Conservation, and Erosion Control in Developing Countries

\* Watershed management field manual

\* How to build and operate your own small hydroelectric plant

\* Doctoral Program in Business Administration (The University of Texas)

If you need some audio-visual equipment, please talk to me or Miguel Castro (bodega) to make a prior reservation. I will be in the office Mondays, Wednesdays & Fridays and Miguel will be here on Tuesdays and Thursdays. The equipment like the VCR can only be loaned for a week and in special cases for two weeks. The reason is because we only have one available.

If you want to return books, please place them in the "book return" box with a list of the books that you're returning, your name and the date. This is necessary because not all the books are catalogued.

Remember that I'm in charge of the WWS Program and the World Map Program. If you need more information, you can visit the library. I will be glad to help you.

Submitted by Patty Ojeda de Hayum, Resource Center Coordinator

## SPA FUNDS AVAILABLE

As you know, we (Peace Corps) have an agreement with U.S. A.I.D. which currently gives us \$30,000 each calendar year to fund small projects which you are working on in your site. As of now we have used almost all the funds allocated for this year.

Quite surprisingly, however, we have found a pot of gold: another \$30,000 available for 1994 for health projects. There were some funds in Peace Corps/Washington earmarked for health-related projects left over from last year, and we were told that we could apply for some additional money. We did so and were granted \$30,000.

Therefore, if you have a small project underway or want to develop one and it fits the SPA criteria (see your Handbook) AND is related to health, please submit an application to Cecilia Rueda. If you need an application or additional information about SPA criteria, Cecilia will help you. "Health-related" is a broad term that might include water systems, latrine construction, AIDS prevention/education, etc., as long as the project is related to improving the health of people in your community.

These funds must be utilized before the end of 1994, so we encourage you to submit applications soon. You might advise Cecilia that you are working on a project so that she will know how many Volunteers want to submit applications.

If you have a non-health-related project you are working on, please contact Cecilia to let her know what the project is, how much money in SPA funds it would require, and when you would be able to submit the project to her. There is a slight chance that we might be able to ask the SPA office in Washington for some additional non-health SPA funds, if we know exactly what the projects would be and how much they would cost. The funds would also have to be committed before the end of December 1994.

by Barry Bem •

## Peace Corps Fellowship Opportunities

More opportunities for RPCVS: The Kellogg Foundation awarded a \$270,000 three-year grant to support the Illinois State and Western Illinois State Universities Fellows Program in rural economic development. Eligible RPCVs can choose from a number of graduate programs, including economics, political science or rural planning. Fellows' paid placements will be with community agencies. Approximately 10 Fellows will be chosen to participate. For more information on admission to the Illinois State program, contact Dr. Bob Hunt (309) 438-7743; for a brochure listing all the programs, contact Henry Fernandez (202) 606-3990.

## VAC Minutes

Wednesday, July 7th, 1994

### Announcements

- Thanks to the Meetings and Conferences committee for the new trainee clothing supply list.
- Please ask for relevant information on emergency coordinators. Information meeting will be held in August.

R=Resolved

NR=Not Resolved

### Old Business

#### A. Washer and Dryer Status

- Washer-dryer expenditures: Current funds equal 242.410 sucres. Other expenditures include recent repairs in April (105.000) and maintenance (75.000). We are receiving decreasing amounts of money so please contribute if you use the services. If no improvement by October there will be a restriction of use for a month.

#### B. PC Lounge

- PC Lounge: Thanks for the hand dryer but what's the deal with the cups? R=Jeff will talk with Ximena about durable plastic cups. Computers—please respect rules and don't sign up for more than two hour blocks. Remember if you need the computer for long periods of time the computer at the training center is usually free.

#### C. Committees

- Health Committee—The nurses' are requesting PCV help in revising the lab and Dr. maps. Suggestions were made to put GG medication in the areas of PUYO, LOJA, CUENCA, GUAYAQUIL, and QUITO.
- Hospitality—Putting together groups of PCV informational maps of the major cities. Please complete and turn these into Stacy Bucci at the Guayaquil office.
- Allowances—Rent information and market basket surveys are being reviewed.
- Meetings and Conferences—AVC was rejected for the year 1994 due to budget constraints.
- Washington DC Committee was formed to handle recommendations made to Washington on issues such as readjustment, pregnancy policy, etc. Members include Kelly McBride and Carol Loveless. Jean Country Director asks that all correspondence go through PC Ecuador.

#### New Business

- S. Pichincha—Would like a list of supplies in the bodega. R=check the coming issue *el clima*. PC needs emergency system for money problems NR. Usual money issues. Asking for a female GYN=PC is still looking.
- Morona Santiago—What's the eyeglass policy? NR Asks for more information on adentro flights and moving Sacua to B scale. NR, but being looked into.
- Los Rios—Would like to have a standard of living world wide. NR, probably not feasible. Concerned about PCVs living together in first six months policy R=exceptions will be made on individual basis if

warranted. Talk with Barry Bem. Asks for higher levels of Spanish required to leave training. Wants FISE priority for PC projects, NR. Would like long distance in the lounge, NR, unlikely to be reinstated. Would like individual discounts at Alandaluz Resort, NR.

Manabi—Concerned about money issues and would like staff to treat all volunteers equally.

Pastaza—Wants bodega list, R. Concerned about mail theft in Ambato NR, however Ana Maria will review problem and give options to be discussed among volunteers in the area. Why was a volunteer who was caught working for pay not Administratively separated, R=because he resigned.

Guayas—Guayaquil has a world map kit that can be used by PCVs. PC office is open 8-5 M-F, show ID and get a visitor badge. Use of laundry is free. Dan Johnson is the new Consulate General as of Aug. 15th. Against the new living together policy, and concerned with money issues. Tungurahua—June check was late-R, sorry PC is trying. If there is a problem call Ana Maria. Requests a bike for use in Quito to run errands R=ask in the bodega. To get a bike in your site, talk with your APCD. What's the english teaching policy? R=allowed but not encouraged and shouldn't take priority over PCV work.

Chimborazo—Would like clarification about having non-PCVs in lounge after hours. NR

Zamora-Chinchipe—PCVs would like to pick up tickets at new Metro office NR, Ana Maria is looking into it. Would like two flights for Loja NR, being considered by new CD. Wants PC to pick up packages in Quito.

R=during training trainees will be advised to have packages under two pounds sent. Requests a designated female in office to answer culture questions. Concerned about cost of living and housing problems.

Pichincha—Still making suggestions on the APCD evaluations. Requests that omnibus 69 turn them in pronto. Wants more information on the process of raises, NR, best bet is talk to Ana Maria. Requests budget information. R=see handouts from meeting.

Cotopaxi—Wants APCDs to use NGO stats in their work plans because they are more accurate than National Agency stats.

Carchi—see Imbabura

Azuay—Wants nurses to come to Cuenca every other month. NR Volunteers have offered space for office material. R=pick up necessary equipment in the bodega.

Would like information about the PC discount on film. R=for a 25% discount at Ecuacolor see Ximena. Is the discount good in other cities? NR, Hospitality committee is looking into it. Concerned with the saturation of Volunteers in Azuay. R=new CD is reviewing the situation and is very sympathetic to the issue. Would like better quality dentists. R=Health committee will talk to nurses and suggest that they receive better information about standard US quality.

Imbabura—Wants a list of the volunteers in every province. R=look for it in *el clima* (Editor's Note: due to space and time constraints we decided not to print the list in this issue- maybe next time). What's the update on readjustment allowance R=there isn't one. How does one get moved from C to B pay? R Don't like the fact that PCVs have to tell why they want readjustment money early. R=sorry folks its PC DC policy, overall, PCE is very lenient. Wants it to be known that readjustment

money is being used in order to live.

**Cañar**—Requests list of volunteers, R. Wants nurses to come to Cuenca every other month. NR Requests additional spanish help in Azogues. R=talk with Tim.

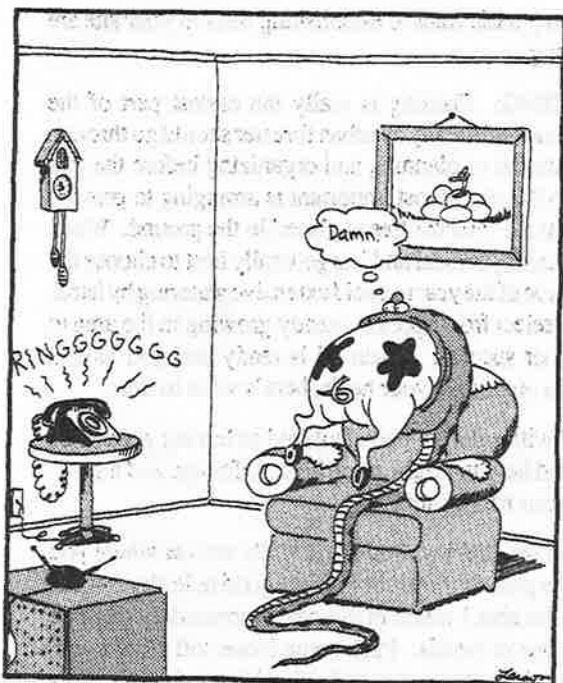
## OTHER

- Barry Bem is concerned about policy abuse by volunteers. It is the responsibility of the VAC Reps to discuss consequences and rules, however, policing is a personal decision that must be made by each individual.
- Sorry about the disruptions in the office. Roof construction should continue for 2 to 3 months.
- Thanks to the advocacy of Ana Maria and Jean for the new raise. Twist arms for a higher return from the monthly living allowance forms. There are no raises without documentation.
- New APCD calendar system—Silvana will contact PCVs in advance by any means necessary.
- Site Selection—Third year coordinators will be discussed with Jean. Volunteer input will continue to be considered.
- At the gate there is a new sign in/sign out list.
- Please update your emergency contact sheets. Tell a neighbor how to contact you when you're not in your site.
- There will be training for emergency coordinators in Quito.
- Sorry about check problems. In some areas if you open a Banco Fomento savings account money can be directly wired the same day. Talk to Ana Maria.

## CONGRATULATIONS TO JEFF NIELD PRESIDENT AND PAM OBER SECRETARY

Welcome to Jean Siegle the new Country Director. Stop in and say hello.

Jean was a PCV in Paraguay in the 70s in Special Ed. She is aware of volunteer concerns throughout the world and is thrilled to be here in Ecuador.



## VAC Hospitality Committee Update

**OFFICE CHANGES** The roof of the Quito office will be under repair for about 2 or 3 months. For this reason, the staff with offices on the second floor will be relocated in other parts of the office. Jean Seigle will be in Ana Maria's office, Barry will be in Nellie's office, Maria Eugenia will be in the main sala with Maria Dolores, Ana Maria will be in the administration area next to Ximena, Nellie will be in the old lunch room, all the other staff from the second floor will share the main conference room on the first floor.

The help of the volunteers is needed during this construction. Please keep the driveways clear for the construction company at all times. This means do not park bikes in the driveway or by the nurses office. The construction materials will be stored on the front garden, close to the main entrance - try not to go near this area.

Take extra precautions with your personal belongings on the grounds during the construction. Be smart - do not leave your things in open areas for long periods of time.

The Quito volunteer mailboxes will be in the volunteer lounge during the construction as the office will be closed at 5 p.m. every day.

**MATERIALS THAT THE VOLUNTEERS HAVE ACCESS TO:** Small amounts of general materials can be accessed from the bodega. These include: pens, pencils, notebooks, scotch tape, glue, paints, markers, blank white paper, charla paper, poster board paper, blank small envelopes, paper clips, and bike tire tubes. You can not get scissors, staplers, masking tape, post-its, etc. from the bodega for your personal use.

The process for getting these materials is to get a "solicitud" from Maria Dolores, fill it out with the type and quality of materials needed, go to Ximena to get her approval and signature, then go to the bodega and ask Miguel if he could fill your request. Miguel will then sign your form, file it and deliver the materials.

**REIMBURSEMENT FOR TELEPHONE CALLS TO THE PEACE CORPS OFFICE** If you need to call Quito get a receipt for the phone call. The person you called will be the person who will approve the receipt so that you can receive reimbursement for the call.

**MAPS** There will be a folder with maps of the major cities in this country available in the offices in Quito (Maria Dolores), Guayaquil (Maggie) and Tumbaco. The maps will contain helpful information about hotels, restaurant, medical facilities, things to do and see, etc., and at times, crash pads or volunteers homes. You can make copies of any maps you need but please do not remove them from the offices. They are there for everyone to use.

**HOPE THAT THIS INFORMATION IS HELPFUL TO YOU. IF YOU HAVE ANY QUESTIONS OR CONCERNS ASK YOUR V.A.C. REP. ABOUT IT.**



## The Greening of the Pueblos

*"Plant that bell and let it ring" - Neil Young*

What was once a dust bowl in the center of Vilcabamba now exists a place where people sit on benches in the shade of flowering trees, children play along the walk and orchids bloom to the delight of tourists and locals alike. On any weekend in Quito one can observe crowds of people playing in the forested parks all over the city, obviously preferring to spend their free time in a place with some trees and green spaces. My own pueblo, Saraguro, has a beautifully forested square with flowers and a guy who maintains the plants making sure no one is foolish enough to harm them. I myself got a good talking to for recklessly taking a spin on my bike through the park, and I like trees. I sometimes stick my nose in a rose bush to get a good whiff of the fragrant flowers and hope Manuel won't be lurking near by with his sharp machete. He once growled at us for robbing some cuttings off a bougenville to plant in the nursery for another park. He stood grumbling even after we indicated our intentions to take just a few and that we had permission from the town president. Speaking in technical terms what I'm describing here are just a few examples of "Urban Forestry" which is not by any means exclusive to this country. Ornamental trees and shrubs are planted in urban centers world wide providing an important element of beauty and a variety of other valuable benefits to their inhabitants. On a recent trip to Costa Rica, I was overwhelmed by seeing nearly every house and farm surrounded with ornamental vegetation producing a colorful display of flowers and fruits which were equally impressive. Needless to say, I also caught the fever and launched a campaign with our president to green up the local environment. I am not alone with this vision as other cities like Cuenca and Loja are in the process of improving their urban areas with large tree planting projects. Cuenca is promoting the plantation of one million trees within the city limits and in the smaller pueblos in the surrounding countryside. Some of the benefits of having trees along the avenues and in parks are rather obvious while others are taken into account only upon closer inspection. As I mentioned before, trees are beautiful and most would agree they are visually pleasing and add contrast to the often dull browns and greys of town buildings and streets. What might not seem so apparent are the other desirable effects of urban vegetation that can improve city life. Trees and shrubs planted along streets and highways dampen traffic noise, block bothersome dust and can even form an effective safety barrier between lanes. Often trees have a moderating effect on temperature by giving shade when it's hot and minimizing the effect of chilly winds blowing thru the streets of Sierran villages. No matter where you are in Ecuador, on a hot day people are always going to look for the shade of a tree to rest under. It is a theory of mine that in the very hot parts of the country, such as the coast, streets lined with shady green vegetation will actually increase productivity. It's possible that people hang around looking like there is nothing to do because without some good shade corridor, they might fear exhaustion upon leaving the safe haven of their doorway. It's a fact that excessive heat causes most of us to move slower, do less and try to keep cool.

We humans are not the only benefactors of these wonderful green beings, but also urban dwelling wildlife which needs habitat to make their homes and escape a variety of predators. Walking through Parque Calderon in Cuenca in the early

morning it is relaxing to hear birds sing or even to catch a glimpse of a hummingbird searching a flower for its nectar. Many cities, especially those here in Ecuador, house a wide variety of birds that may attract the attention of any ornithologist on their way to some jungle trek. I can't think of many adverse effects of trees only that, perhaps, those poorly maintained or ill placed trees may occasionally fall down and break a power line or damage property, but this is rare and can be avoided with a little planning. City parks also maintain a good population of molesting shoeshine boys, but to them it's an economic boost and if you happen to need a shine, well, you know where to go. I should include that property values of homes with ornamental trees on the lot or located near parks are almost always higher. Another important economic benefit. My own experiences trying to get some trees planted around Saraguro have been in many ways successful and rewarding, but not without frustration. Planting and maintaining urban vegetation is not as easy as it may seem because trees need care and a good deal of time to become established. There are a variety of pressures that can inhibit their development and may even eliminate them entirely, especially soon after planting. For anyone interested in doing similar work there are some very important factors to keep in mind which could help guide your community or town to having nice trees in the future. I also think that a volunteer does not need a degree in urban horticulture or forestry to make a good go of it. Any motivated individual can get the proper material necessary and hopefully find extra technical advice with relative ease. Good places to look for help are Fundación Natura in Quito, Arco Iris in Loja or any other ecologically guided institution. Other PC volunteers are a great source of information and several have done urban projects in their sites such as Rhonda Bekker in Otavalo and Ben Campel in Vilcabamba. Also Ex Peace Corps volunteer Sharon Murray wrote an excellent and detailed manual about urban forestry which might still be available at the Peace Corps office or Fundación Natura. Doing a project of this type can be extremely educational involving school kids, teachers, town workers or any other organized group that might exist in the community.

Some very basic rules to establishing trees in your site are the following:

**PLANTING:** Planting is really the easiest part of the whole process and ideally an urban forester should go through a certain amount of planning and organizing before the tree ever gets to the site. Most important is arranging to provide protection at the time the tree is placed in the ground. When to plant is equally critical and it is generally best to choose the wettest season of the year to avoid extensive watering by hand. Also try to select from species already growing in the area to assure further success. When all is ready and you have a million kids nipping at your heels, here's what to do.

1. Start with a decent tree identified as having good stem diameter and height, bright green healthy foliage and a sufficiently fibrous root system.

2. When the exciting moment actually arrives where you get to put the plant in the ground. Dig a good hole about 40cm x 40cm. The area 1 meter in diameter surrounding the hole should be free of weeds. Pack some loose soil mixed with fertilizer around the tree which should stand straight as possible in the hole. One often forgotten step is to take off the container or plastic bag that the plant come from the nursery

with. A lot of people do not know to do this and as a result the trees fail because the roots can not break through the plastic. Thus they can't grow properly and the tree will remain stunted or malformed.

3. As you all stand around with mouths agape staring at the awesome deed for humanity you've just accomplished send the most energetic individuals to portage enough water for each plant. Two liters per tree is best for the first watering as the tree has just undergone a lot of stress.

4. Hopefully you could convince people that this little tree or shrub is in grave danger without some type of barrier between it and the rest of the world. Protect it as best you can, but what I have found to work well is a triangle of firmly placed posts and four strands of barbed wire on each side. The posts should be set wide enough and wire tight so that a sheep or some other foraging animal can't stick its head in for a bite. Even if you don't have these critters in your area kids are, yes wonderful helpers, but equally destructive. Amazing how they will try and climb, jump over or even wrestle the smallest of trees to the ground.

**MAINTENANCE:** I can't say enough about providing care for the trees after planting, but it is not such a difficult task, it's only a matter of finding the individuals willing to do it. Like any other garden or crop you can't expect anything for it without helping the plants to grow. Trees are fairly stout characters and resist a variety of injury, but if your objective is to have a beautiful well formed tree, it will need good treatment. A lightly browsed tree with weeds choking it at the base is going to have a hard time getting established and fending off potential predators. Another guideline for anyone as crazy as I am about planting trees is, do not plant any more trees than you think people are able to take care of. If it's just one tree that grows up to be the pride of the neighborhood rather 100 which got crushed by stampeding children, better to plant only one. There is a list of basic procedures to follow, but timing is probably more important than a schedule of events. When the tree needs work like weeding or pruning it should be done at the appropriate time. If you happen to be training someone to maintain the trees it would be best to teach them how to recognize what should be done rather than giving a chain of instructions. The first year after planting is when the tree is most susceptible to any kind of damage and just weeding can greatly improve development and survival. I have also found that if someone frequently arrives to do maintenance, the locals will take notice and may even ask to help. they are less likely to let kids or animals damage trees and you might even catch someone in the act in time to enlighten them with a brilliant speech on the benefits of Urban Forestry.

Some key activities for the first year are:

1. Maintain an area free of weeds around the trunk.
2. Continue to give it some fertilizer from time to time. Be careful with chemical fertilizers as too much or too strong a dose can "burn" a small tree if it comes into direct contact with fine roots. About 30 grams or a small mound in the palm of your hand is enough, though planting larger trees such as we do in the states might require more.
3. Do a small amount of pruning. You may not have the opportunity to do a pruning yourself if you've recently planted trees, but pruning any dead, diseased or broken limbs is always

a necessity. There are a number of important reasons to prune, but generally it is to maintain the healthy branches and lose those that are not. Also pruning is a necessity to develop the shape into something pleasing to look at, sit under, to avoid contact with power lines, etc. Be sure to leave enough green foliage about the pruned stem if you do plan to limb any larger trees. That is to say don't get overly excited cutting branches so all that remains is a naked stem with a few gangly green ones on top. Pruning should ideally be done little by little through out the life of the tree.

4. Keeping the protective barrier in tact is equally important as they are sometimes knocked down or the wire has loosened up when the posts settle into soft ground. To my surprise just about everyone I worked with lacked a basic understanding of how to plant a tree and furthermore how to insure that it grew up to be something favorable on the landscape. Even though I did my best to give them all I knew to develop a good plant, some of them had to die so that others may live. Words to live by as humans will generally base their methods on their own experiences. We started off with decent trees and good planting technique, but getting the municipio to buy the materials necessary to protect the trees was at first difficult. One park project in particular met with disaster after every tree was chewed to the dirt by sheep which grazed there. One tree did survive and it was one already in place before we got there, protected with posts and barb wire. The town president insisted that we go back to replant and after doing everything in my power to convince him to adopt a better form of protection, we made what I call a "Whimpy Attempt". With our second effort we formed a weak ring of poles around each plant which I felt was still inadequate, but I could only make my suggestions as I wanted the work to be mainly their doing. More trees were needlessly sent to their deaths and I hit a low point in my PC career. I was asked to bring a third round of plants and, let's just say, I lost my patience. For every tree that I have helped to plant in my entire two years here I feel a tinge of pain for those damaged after all the time and expense taken to collect the seed, grow the tree, transport it to the site and then place it in the ground. All my trees arrive in the campo with an overly repetitive sermon of how to keep them healthy, but there are many factors against them. One fella recently remarked "One time is enough Steve, twice maybe" after I kept bugging him about the way he was planting. There was a pause in my work with the municipio. I refused to send more trees to the gallows without constructing anything short of a fortress around them. Placing guards night and day was my second request. Luckily I was inspired by something my program director said and as a result the trees were finally planted with my recommendations. I should also include a variety of other unexpected results stemming from all this. The soil conservation project I currently work for now has a signed agreement with the municipio to produce several thousand trees to reforest not only the urban areas, but also to assist with the protection of critical watersheds and eroded areas within the cantón. I recently coordinated the distribution of over a thousand trees donated by the town to 13 families in a remote valley to be planted on unstable slopes and for pasture improvement. We have plans to do the same next year through I will not be here. It is to the advantage of the town to protect these places as they are an important source of the towns and other communities water supply. Not all is perfect as so much work remains to be done, but at least there remains a mechanism to continue. This is not entirely my doing and I can be thankful that the town president is conscientious enough to

recognize the necessity. Also many examples of successful reforestation exists near Saraguro. I now make careful inspections of trees planted in cities and towns to observe how they are spaced, their form, flowers and any other data I think would help improve on our efforts in my site. I hope that this article will spark interest in other volunteers to help green their environment. A small empty space around town or in your neighborhood could make a good secondary project and it may be as little as doing something for trees already planted. A great time of year to schedule an Urban Forestry event is Día del Arbol which almost all major cities and towns celebrate. Ecuador having some of the most favorable growing conditions should become a world leader in Urban Forestry and imagine how good you'll feel having played a part in it.

By Steve Sesnie, Saraguro

## Baños Women's Conference a Success

On Saturday, July 16, at 10 am in front of the Pusanga Womens Cooperativa in Baños a Shuar drum ceremony could be heard around town. This was the opening of a 2-day informative fair held at the cooperativa. The event was open to the public to participate in a variety of workshops. Some of these included: Cooking nutritious meals, AIDS awareness, effects of alcohol abuse, pottery demonstrations, and a charla on how to start a small business. For the children there was puppet-making, face-painting, ceramics and story-telling.

The 2-day event was very successful and a lot of fun. If it wasn't for the help and support of many volunteers (Peace Corps and others) the event wouldn't have been a success. We would like to thank the following for their time, help, and support:

Corella Payne, Kathy Vavricka, Julie Piskur, Maria Chavez, Jean Chang, Kim Stephens, Christine Cochrane, James Fowler, Harla Yesner, PC Office Staff

For anyone interested, a video tape of the 2-day event will be available in the WID office in Quito. Contact your WID Rep. if you'd like to see it.

As a reminder, your fellow volunteers are often your greatest resources. Don't be afraid to ask for their help. We did and we had great results.

Thanks again everyone for your help, Jennifer Spearel, Salasaca and Ines Rutkovskis, Baños

## Carol Bellamy to Visit Ecuador

Carol Bellamy, PC/Director and Lana Hurdle, PC/Deputy Chief Financial Officer will return with me from the IA/Peace Corps Directors Conference in Panamá late on Thursday, September 22nd. They will spend the next four days in Ecuador meeting with PC/E Volunteers, trainees, staff, host country agency staff and Embassy personnel. We are thrilled to have this opportunity to welcome Director Bellamy to Ecuador. Just as soon as more scheduling details are available I will be in touch with many of you as we identify times and places where PCVs can gather to meet with and talk to the Director. Please note these dates: September 23-26. Jean Seigle

## Health Program Newsletter

We are trying to start up the health newsletter "Saludos" again. The basic idea is to have somewhere to network, run articles, share what has been successful or not so successful in your work, if you have any ideas that you feel would be helpful or interesting to your fellow volunteers please send them to Miguel Artola. Hopefully we will be able to run "Saludos" with every *el clima*, so please send ideas. Thanks!

APROFE-Asociación Pro-Bienestar de la Familia Ecuatoriana; is a non-profit organization that works to promote family planning and responsible parenting. They have resources and have always been very helpful. They have brochures, books, videos and professionals willing to give seminars on:

- Sex Education
- Family Planning
- Prevention of Sexually transmitted Diseases
- AIDS Education
- Information on Drugs and Alcohol

They also offer a number of medical services including gynecological exams, Pap smears, prenatal exams, pregnancy tests, birth control and in some clinic vasectomies and tubal ligations.

You can find the main offices in:

**Guayaquil:** Noguchi 1516 y Letamendi- Telf. 400-888 or 405-593; Ayacucho 902 y 6 de Marzo- Telf. 322-362. 40 y la B (Suburbio Oeste) La Alborada. Avda. principal de Sauces 8 y Etapa 11 Alborada

**Quito:** Bosmediano 1215 y General Roca- Telf. 452-060 or 440-440

**Cuenca:** Avda. Huayna- Cápac y Alfonso Jerves (Esq)- Telf. 837-751

**Machala:** Sucre 310 entre Guayas y Ayacucho

**Babahoyo:** General Barona y Mejía (Esq.)- Telf. 731-498

**Portoviejo:** Rocafuerte y Eloy Alfaro (Esq.)- Telf. 634-040

**Loja:** Quito 16-37 y Avda. Universitaria- Telf. 573-312

**Ambato:** Eloy Alfaro 911 y Bolívar

**Milagro:** Pedro Carbo y 10 de Agosto- Telf. 711369

**Chone:** Washington entre Colón y Sucre- Telf. 696077

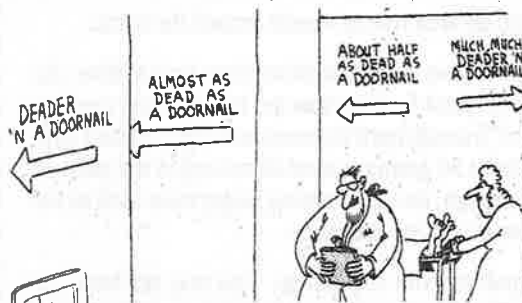
**La Libertad:** Barrio la Esperanza, junto a la toma de agua Telf.786430

**Daule:** Avda. Los Daulis y Vélez- Centro Agrícola

**Manta:** Avda. 24 de Mayo s/n frente a la Bahía- Telf.626249

**La Troncal:** Avda. Central 04-08, Zona 1

**Santa Rosa:** Avda. Colón y José M. Ollague (Esq.)



Hospitals to avoid

## Female Counselor?

From time to time female Volunteers have requested that there be a counselor on staff to whom they could turn to for counseling. Currently Volunteers can talk to one of the medical officers and/or ask for an appointment with an outside counselor, but some Volunteers have said that they do not want on-going counseling or therapy. They simply want someone to be available to talk to on a one-time basis about specific problems they may be having.

We have discussed this request, and Sarah Dettman has written the following article about counseling resources in general and has suggested a way to satisfy this request. We would welcome your comments on whether this will meet your needs.

by Barry Bem

## COUNSELING FOR PCV'S

THE MEDICAL STAFF HAS RECENTLY BEEN MADE AWARE OF SOME CONCERNS ABOUT COUNSELING SERVICES AVAILABLE TO VOLUNTEERS. WE HOPE IN THIS ARTICLE TO CLARIFY PEACE CORPS POLICY ON COUNSELING AND IDENTIFY COUNSELING RESOURCES AVAILABLE TO PCV'S BOTH WITHIN AND OUTSIDE OF THE PEACE CORPS OFFICE.

FIRST OF ALL, WHO IN THE PEACE CORPS HAS THE PRINCIPAL RESPONSIBILITY FOR DEALING WITH VOLUNTEER COUNSELING AND MENTAL HEALTH ISSUES? IT'S YOUR PCMO'S—ie. MARIAN, SARAH AND JACKIE. OUR INTEREST IS NOT ONLY IN YOUR PHYSICAL HEALTH, BUT IN YOUR EMOTIONAL HEALTH AS WELL. WE ARE TRAINED AND EXPERIENCED IN PROVIDING BRIEF SUPPORTIVE COUNSELING SESSIONS IN WHICH WE LISTEN AND HELP PCVS TO EXAMINE A PROBLEM AND PROBLEM-SOLVE AS TO ALTERNATIVE COURSES OF ACTION. OFTEN THIS IS ALL THAT IS NEEDED TO GET OVER A SHORT-TERM CRISIS.

IF WE FEEL THAT A VOLUNTEER WOULD BENEFIT FROM ADDITIONAL COUNSELING OR IF A PCV WOULD PREFER TO SPEAK WITH SOMEONE OUTSIDE OF THE PEACE CORPS OFFICE, WE WILL MAKE A REFERRAL TO A MENTAL HEALTH PROFESSIONAL. IN QUITO WE PRINCIPALLY UTILIZE THE SERVICES OF HELEN BRAUN AN AMERICAN COUNSELOR. VOLUNTEERS CAN REQUEST TO SEE HELEN AT ANY TIME DURING THEIR SERVICE.

AS A GENERAL RULE, WE LIMIT A PCV TO THREE PROFESSIONAL COUNSELING SESSIONS TO DEAL WITH A PARTICULAR PROBLEM. OF COURSE, EACH CASE IS EXAMINED INDIVIDUALLY AND EXCEPTIONS TO THIS RULE CAN BE MADE.

THE RATIONALE FOR THIS LIMIT IS THAT PEACE CORPS EXPECTS VOLUNTEERS TO BE BASICALLY WELL-FUNCTIONING INDIVIDUALS WHO AT TIMES MAY EXPERIENCE A TEMPORARY EMOTIONAL PROBLEM OR CRISIS. IF A PROBLEM IS EXPECTED TO BE LONG-TERM OR SO SEVERE THAT SHORT-TERM "CRISIS COUNSELING" IS NOT SUFFICIENT,

A MEDEVAC IS CONSIDERED. WE CAN IN NO WAY PROVIDE PSYCHOTHERAPY OR DEAL WITH VERY SEVERE PSYCHOLOGICAL PROBLEMS THAT WOULD IMPEDE A VOLUNTEER'S ABILITY TO FUNCTION ON THE JOB.

IF MEDEVACED, A PCV IS FLOWN TO WASHINGTON TO RECEIVE PROFESSIONAL COUNSELING THERE. IN THIS SITUATION, PEACE CORPS AND THE PCV MAKE THE DECISION AS TO WHETHER HE/SHE WILL RETURN TO COMPLETE SERVICE.

THAT IS THE POLICY IN A NUTSHELL. OUR QUESTION IS WHETHER THIS SYSTEM IS FUNCTIONING TO MEET VOLUNTEERS' NEEDS. THIS ISSUE ACTUALLY SURFACED WHEN SEVERAL FEMALE PCV'S ADDRESSED BARRY WITH THEIR REQUEST FOR A FEMALE COUNSELOR ON STAFF. THIS OBVIOUSLY MEANS THAT THERE ARE AT LEAST SOME PCV'S WHOSE NEEDS FOR COUNSELING AND EMOTIONAL SUPPORT ARE NOT BEING MET. WE'RE TRYING TO UNDERSTAND THIS AND LOOK FOR SOME SOLUTIONS.

WE UNDERSTAND THAT OUR BUSY MEDICAL OFFICE WITH THE PHONE CONSTANTLY RINGING AND THE LINE OF VOLUNTEERS WAITING TO BE SEEN IS NOT CONDUCTIVE AT ALL TO COUNSELING. IT'S A FRUSTRATION TO US AS WELL. COUNSELING REQUIRES A QUIET ATMOSPHERE WITHOUT INTERRUPTIONS AND OFTEN A TIME SLOT OF 30 TO 90 MINUTES. WE REALIZE THE NEED TO HAVE TIME SET ASIDE EXCLUSIVELY FOR COUNSELING INTERACTIONS, SO WOULD LIKE TO OFFER THIS ALTERNATIVE:

IF YOU WOULD LIKE TO SEE US FOR COUNSELING OR JUST TO TALK, PLEASE CALL TO SET UP AN APPOINTMENT. YOU CAN REQUEST TO TALK WITH WHICHEVER OF THE PCMO'S YOU FEEL MOST COMFORTABLE WITH. WE WILL SEE YOU WHEN WE ARE NOT ATTENDING THE DESK AND CAN GIVE YOU OUR UNINTERRUPTED ATTENTION.

A QUESTION THAT IS OFTEN ASKED IS "HOW MUCH OF THIS WILL BE WRITTEN IN MY CHART." AS YOU ALL KNOW, EACH PCV HAS A CONFIDENTIAL MEDICAL RECORD IN WHICH WE WRITE AN ENTRY WITH EACH VOLUNTEER CONTACT, AND THIS INCLUDES COUNSELING INTERACTIONS. ONLY IF A PCV WERE BEING EVALUATED FOR A SIGNIFICANT PSYCHIATRIC CONDITION WOULD THIS DOCUMENTATION BE IN ANY DETAIL. IN GENERAL A NOTE IS MADE SOMETHING LIKE THIS: "PCV COMES TO DISCUSS A PERSONAL ISSUE. IS DEALING WITH IT WELL." NO DETAILS OF THE CONVERSATION NEED TO BE WRITTEN. ALSO REMEMBER THAT YOUR MEDICAL RECORD AS WELL AS ANY CONVERSATION WITH A PCMO IS HELD IN STRICT CONFIDENCE. THOUGH YOU ARE WELCOME TO READ YOUR CHART AT ANYTIME, YOU WOULD HAVE TO GIVE WRITTEN AUTHORIZATION FOR ANYONE ELSE TO ACCESS IT.

WE REALIZE THAT AT TIMES A VOLUNTEER MAY WANT TO SPEAK WITH SOMEONE ON STAFF

# ASUNTOS MEDICOS

OTHER THAN THE PCMO'S. PERHAPS THE ISSUE IS CULTURAL OR WORK-RELATED OR SIMPLY YOU WANT ANOTHER PERSPECTIVE. ANY STAFF MEMBER WITH WHOM YOU FEEL COMFORTABLE WOULD BE AVAILABLE TO TALK WITH A VOLUNTEER ON A CONFIDENTIAL BASIS. YOU CAN DECIDE WHO THAT PERSON IS AND APPROACH HIM/HER DIRECTLY AND ASK FOR A TIME TO TALK.

WHENEVER YOU TALK WITH SOMEONE, YOU SHOULD BEGIN THE CONVERSATION BY DISCUSSING CONFIDENTIALITY, IF IN FACT WHAT YOU WANT TO DISCUSS IS CONFIDENTIAL. YOU NEED TO REMEMBER THAT THERE ARE SOME SUBJECTS WHICH BY REGULATION MUST BE REPORTED TO THE COUNTRY DIRECTOR OR PCMO, SUCH AS DRUG USE, PREGNANCY, HIV INFECTION OR SUICIDAL THOUGHTS. YOU SHOULD BY ALL MEANS FEEL FREE TO DISCUSS EVEN THESE TOPICS WITH SOMEONE IN WHOM YOU HAVE CONFIDENCE, BUT YOU CANNOT RECEIVE A GUARANTEE OF CONFIDENTIALITY. YOU MIGHT WANT TO DISCUSS THESE SENSITIVE TOPICS DIRECTLY WITH US, SINCE WE WILL NEED TO BE INFORMED ABOUT THEM EVENTUALLY.

THE LIFE OF A PEACE CORPS VOLUNTEER IS FULL OF STRESS, AND EACH VOLUNTEER DEALS WITH THIS STRESS IN A DIFFERENT WAY. OFTEN IT HELPS TO TALK WITH SOMEONE ABOUT WHAT YOU'RE FEELING—THIS COULD BE ANOTHER PCV, A PCMO, A PC STAFF MEMBER OR AN OUTSIDE COUNSELOR. WE HOPE THAT IF YOU ARE NEEDING A LITTLE EXTRA SUPPORT YOU WILL USE THE RESOURCES THAT PEACE CORPS OFFERS YOU.

by Sarah Dettman •

## HEALTHY EATING-TRUTHS & MYTHS ABOUT GOOD NUTRITION

Take the following test to check your knowledge...  
TRUE OR FALSE:

- 1) It is important to eat 3 square meals a day.
- 2) Shellfish should be eaten only in moderation due to their high cholesterol content.
- 3) Breakfast is the most important meal of the day.
- 4) The typical Ecuadorian diet is excessively high in carbohydrates.

### Answers

**1. False** There's nothing sacred about three meals a day. In fact, research suggests that we may be better off grazing throughout the day instead of taking in all of our calories and nutrients at mealtimes. People who eat smaller, more frequent meals have lower blood cholesterol levels and healthier distributions of body fat than people who confine their eating to three or fewer meals a day.

Eating small amounts of food more often allows the body to process nutrients smoothly and efficiently. Presenting the body with a third or more of its daily calories at one time can tax systems and result in higher levels of fats and sugars circulating in the blood. The risk in "grazing" is in taking in excess calories and fat without realizing it. So stick to

healthy foods-vegetables, fruits and complex carbohydrates.

**2. False** Until recently, shellfish were considered on the "avoid" list for healthful diets. Luckily for ceviche lovers, however, new studies have shown that eating shellfish regularly does not cause blood cholesterol to rise, provided, of course, that saturated fats are avoided or reduced in preparation.

Shellfish gained their undeserved notoriety back in the days when scientific methods for measuring cholesterol in foods were less precise than they are today. Early cholesterol readings were often too high, because techniques did not discriminate between the various sterols (the group of molecules to which cholesterol belongs). And in those days even the experts thought it was mostly dietary cholesterol that caused blood cholesterol to rise.

Now we know that eating too much saturated fat and too much fat in general are far more powerful causes of high blood cholesterol. Shellfish are extremely low in all fats, ranging from less than one gram for a three-ounce serving of scallops or lobster, to a little more than two grams of fat for a similar helping of oysters. The small amount of fat they do contain is ideal; it is mostly monounsaturated and polyunsaturated and includes beneficial omega-3 fatty acids.

**3. True** For as long as anyone can remember, mothers, nutritionists, school nurses, troop leaders and coaches all warned of dire consequences if we didn't eat our breakfast. Skipping breakfast ensured a sluggish brain and body, bad posture and poor grades. Well, the old breakfast belief is still true. The Iowa Breakfast studies of the 1970's showed that when people went without breakfast, their mental reactions were slower and their overall performance was poorer. More recent research concludes that people who do not eat breakfast have higher blood cholesterol than those who do, even if the breakfast skippers consume less total fat during the day.

A very common complaint of volunteers is fatigue and a lack of energy. A common concern of PCV's is a high cholesterol resulting from Ecuador's high fat diet. An at least partial solution to these two concerns—eat your desayuno!

**4. False** Americans harbor a deep-rooted suspicion of starchy foods and high carbohydrate diets. The typical diet of Ecuador—based on rice, breads and potatoes—is thought by most Americans to be unhealthy because of its high carbohydrate content.

Now health experts, backed by over whelming research, say the more carbohydrates the better. For weight control, heart health, lower cancer risk and overall nutritional balance, it is now recommended that an adult eat 6 to 11 servings of breads, cereals and grains a day.

A second American myth about breads and carbohydrates in general is that they are "fattening". In many diets, the first things to go are bread, rice and potatoes. In fact, complex carbohydrates, because they tend to be filling, will actually help you lose weight.

Submitted by your friendly PCMOs•



## Barbecue Tuna Sandwiches

This recipe is for those of you who enjoy barbecue-style foods, but haven't had any for a while. When I worked at Jenny Craig Diet Centers, this was a suggestion we diet counselors would give to our clientele who loved barbecue sandwiches, but couldn't afford the calories. The great thing about this recipe is that it tastes just like barbecue beef, but without all the calories.

The easiest way to get barbecue sauce is to go to a Supermaxi. Or if Supermaxi doesn't have it at the moment then try a store in El Bosque mall in Quito called Kris Mar; this store has all kinds of western-style/North American types of products. If you don't have any plans to be in Quito to purchase bottled barbecue sauce, or if you don't want to pay the price for such a luxury, then here's a recipe for the sauce which comes out of **Better Homes and Gardens Cook Book**.

### Snappy Barbecue Sauce

1 cup Catsup  
1 cup Water  
1/4 cup Vinegar  
1 Tbl Sugar  
1 Tbl Worcestershire Sauce (or Salsa Inglesa)  
1 tsp Salt  
1 tsp Celery Seed (optional—can be purchased in Supermaxi)  
2 or 3 dashes bottled hot pepper sauce (Tabasco or Salsa de Ajf)

In a saucepan combine catsup, water, vinegar, sugar, Worcestershire sauce, salt, celery seed, and bottled hot pepper sauce. Bring the catsup mixture to boiling; reduce heat and simmer, uncovered, for 30 minutes. Makes about 1 1/2 cups.

By the way, you may be wondering to what do you add the sauce. Well, I'm glad you asked. Add enough barbecue sauce al gusto to a can of tuna; packed in water is better. Make sure you drain the tuna and then add the sauce. If you don't want a strong barbecue flavor then add some water to dilute it a little bit. It's best if you warm up the tuna and sauce together. Put between two slices of bread and pile on some or all of these ingredients: onions, pickles, cheese.

Submitted by Carol Loveless - Loja

## HELP ME MOM MY PEAS ARE SPROUTING

It's OK, you can still use them, you can plant them, or you can cook them. You don't even need to pull off the sprouts. Just pull out the spoiled peas and cook the rest as usual. Want to impress your Ecuadorian friends? Demonstrate your Campo Oven, they can't believe it works 'til they see it.

### Fried Haba

Start with dried habas. Fresh ones will be bitter. Let soak 2-3 days in water. Peel. Separate halves. Deep fry in veggie oil.

### Caldo de Cebolla

Chop the long skinny white onions (scallions) into

quarter inch pieces. Put in pot of water. Bring to a boil. Boil about 10 minutes to bring out the flavor. Add salt to taste, vegetable oil colored orange with achiote, and milk. Heat until it boils a second time. Heat at low heat until yellow color is well dispersed. If you have culantro, chop up a little fresh culantro and add when nearly finished. Some Ecuadorians add a chunk of cheese near the end as well. Just cook enough to soften the cheese.

### Carne Stofada

Chop up cebolla paitena, green peppers, and tomatoes. Put in a pot of water and bring to a boil. Cut meat or chicken into half inch thick strips or chunks. Add to boiling veggies. Add garlic, celery salt (if desired), and salt to taste. Boil down meat and veggies until a sauce is formed. Add unsweetened ketchup to thicken or increase sauce if necessary. Serve with rice. You can also add cooked peas or chopped carrots.

### Avena

Have you ever wondered why you see Avena Quaker oatmeal in all the stores and in the markets, but no one ever seems to cook it. Well, here in Ecuador they make it into a thick drink or colada. The recipe is in Buen Provecho, but I'll repeat it here as well.

2 naranjillas, washed and peeled  
1 stick cinnamon  
1/2 bag oatmeal  
sugar to taste

Boil oatmeal, with peeled naranjilla and cinnamon, in large pot (small campo oven) until oatmeal is well broken up and liquid is slightly thickened (30-45 min). Strain liquid. Add sugar to taste. Cool and Serve. I love it fresh and hot, but either hot or cold, it's a great drink. If you don't have naranjilla or cinnamon you can make the drink without them too.

### What to do with the "Basic White Sauce" in our Buen Provecho cookbook...

After Making Sauce add drained tuna and cooked peas. Or add dry or corned beef and peas (in the US). Or make Chicken a la King. Add a maggie cube, garlic, and cooked chunked chicken and vegetables (carrots, bulb onions, peas, green pepper, green beans, and/or cauliflower. Serve over toast or biscuits. Note: if you use whole wheat flour the sauce will be light brown, not white.

### Heidi's Veggie Spaghetti Sauce

Every time I make Spaghetti for another volunteer, they ask me how I make the sauce, so here it is...

4-6 tomatoes, peeled and chunked  
2 red onions, chopped  
2 green peppers, chopped  
3-4 carrots, grated  
1 cup tomato paste  
1-2 cups cooked beans  
1 teaspoon garlic powder  
1/2 teaspoon celery salt (if available)  
1 teaspoon dried mustard (ready to serve mustard, 1 Tablespoon)  
Salt to taste  
Worcestershire Sauce (Salsa Inglesa) to taste (about 2 Tablespoons)

Prepare beans ahead of time. Peel and chunk tomatoes. Place in a pot with one to two liters of water. Bring

to a boil. Prepare onions, green peppers, and carrots. Boil onions and pepper until soft. Continue boiling tomatoes on low heat, adding water as necessary. After about an hour add carrots and all spices. When carrots are cooked, add onions, pepper, tomato paste, and worcestershire sauce. Simmer over low heat for one to two hours more. Simmering brings about a richer flavor. Add salt to taste. Add sugar if you like a sweet sauce. Add beans five to ten minutes before serving. Serve over cooked spaghetti noodles (not those chinese noodles please!) The keys to this recipe are the mustard, worcestershire sauce, and long cooking time.

### American Noodle Hotdish

2-3 cups uncooked pasta (macaroni, small pastas, or egg noodles)  
 2 cups peas  
 1 onion, chopped  
 6 hotdogs (Mr. Pollo are best)  
 1/4 to 1/2 pound cheese  
 1/4 cup milk  
 2 Tablespoons butter or margarine  
 Garlic  
 Celery salt  
 Pepper  
 Salt  
 Culantro

Boil Peas and chopped onions until soft. Drain. Set aside. Cook Hotdogs. Cut into chunks. Set aside. In saucepan melt butter or margarine. Add spices and milk. Heat. Add chunks of cheese. Stir until melted. In separate pot cook pasta. Drain. Ecuadorian cheese tends not to melt well. It may be stringy or it may leave chunks of curds in the sauce, Don't worry about it, just melt it the best you can and continue.

Mix the pasta, peas, and hotdogs into the cheese sauce. Pour mixture into baking dish. Top with a little grated cheese. Bake at low heat until firm and slightly brown, about half an hour. Sprinkle with chopped culantro for color.

Submitted by Heidi Lorch

### Cooler Craziiness

Four coolers (2ft x 1 1/2ft) are available from the nurses. They can be used as pseudo-refrigerators. They also have ice packs available for use with them. See the PCMOs for more information.

### Keep In Touch...

Jaime Zavala was in a very serious bike accident and was medically evacuated August 2, 1994. He will be okay and should be back in late September or early October (*ed. note: Good news- Jaime is expected back in the first week of September*). His address will be Jaime Zavala, The Virginian Hotel, 1500 Arlington Blvd., Arlington, VA. Ph#(703)522-9600. He would greatly appreciate your cards and letters. Thanks, Eric Knight.

Gloria Palazzo's home address has changed since the COS conference: Gloria Palazzo, PO Box 627, Newbury Port, MA 01950. Ph#(508)463-9465.

From Ashwini Kumar: Yes it's true I'm headed home. I had a wonderful time here but I was just tired of being bored with no work. My address is: Ashwini Kumar, 634 Jenisa Dr, St. Cloud, MN 56301. Ph#(612)253-2611.

Hi Y'all! I just want to let you all know that the rumors are all true. I not only found an incredibly wonderful Ecuadorian man, but I married him. Now I'm on my way home to look for work. Hopefully with Freddy, if our luck sweetens. We've had a devil of a time getting the papers we need to apply for the Visa. Please keep in touch. You can always reach me at the following address: Heidi R. Silva, c/o Ted and Ione Lorch, 2282 430th St., Nerstrand, MN 55053-3319 EE.UU. Telephone (507)789-6402. And yes it is true, I am Eting with only three months left! It's really not all that bad a deal. Take Care. Heidi R. Lorch

### Climbing

Interested in climbing or trekking Carihuairazo? Just to let you know, if you enter from the Guaranda side and pass through the Reserva de Vicufias, they are now charging. It is \$2,000 for nationals (they accepted my censo) and \$20,000 for foreigners. It's a beautiful trek but I might suggest entering from the Mocha side to avoid the cost—especially if you go with Stateside friends. They are also charging at the Refugio of Iliniza now.

Submitted by Susan Fishman - Quito

### Test Times

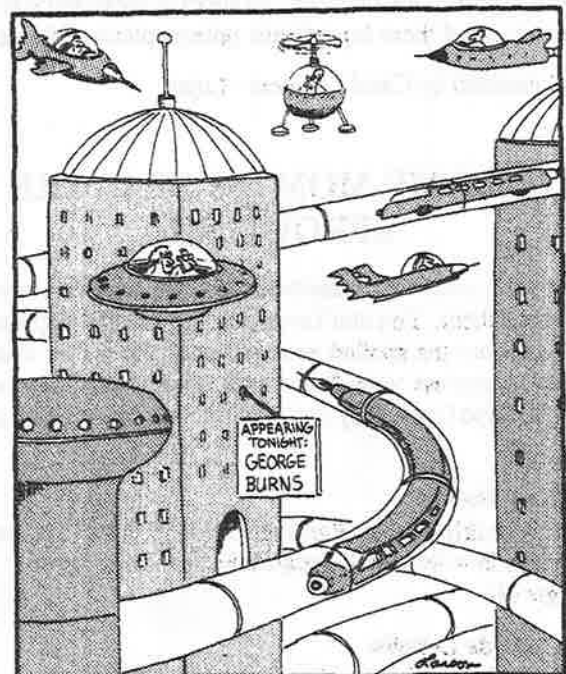
#### Foreign Service Officer Examination

Applications are available from Maria Eugenia. Registration deadline: Postmarked by October 7, 1994 for foreign test centers. Examination date: Saturday, November 19, 1994

#### GRE

For a 1994-95 information and registration bulletin please call Maria Eugenia, limited copies available. Test dates for Ecuador: December 10, 1994 Quito only. April 8, 1995 Quito and Guayaquil.

Submitted by Maria Eugenia



**Helpful Health Hints**

- 1) Don't sit on the warm asphalt of the pista because you'll get hemorrhoid.
- 2) Don't sleep with the window open or you'll get rheumatic fever.
- 3) Don't rent a house with a cement floor or you'll get rheumatismo. (editor's note: Excuse me but, doesn't that eliminate 3/4 of the houses in Ecuador? Are you suggesting caña or nothing?)
- 4) If a cat walks around your legs in a circle, you'll become insane. (editor's note: So THAT explains it!)
- 5) A red ribbon prevents mal ojo. (editor's note: And where exactly are you supposed to put this red ribbon?)
- 6) 3 Tablespoons of kerex taken orally will counteract the venom of a venomous snake bite.
- 7) If you have a headache, hit yourself on the back of the head with stinging nettles.
- 8) If you get burned put the burned finger or whatever back next to the flame to ease the pain. (ed. note: I can hardly wait to see what they suggest for the pain of childbirth.)
- 9) Lemon juice in a baby's eyes will keep their eyes light colored.
- 10) Lemon juice cures infections, especially those in the eyes.
- 11) Wear the skin of a snake as a bracelet and eat it immediately after you get bit to prevent death.
- 12) Bear fat or broth of tapir hooves act like icy hot to warm the body. (ed. note: Frankly, I can think of many more pleasant ways to warm the body...)
- 13) Eat ají to stop vomiting. (Ají also makes baby chicho strong.)
- 14) Making tea from the Malequai plant and a massage in the affected area will cure a broken bone.
- 15) Take a live cuy or an egg and rub it all over a sick person to discover the sickness affecting them. An autopsy on the cuy will reveal the disease the person has.
- 16) If a rabbit dies take out it's eye, put it in a glass of water. If the water turns cloudy, it died of mal ojo.
- 17) Rose water baths will make a baby sleep better.
- 18) Babies sleep better if they're wrapped up like mummies.
- 19) After giving birth, the mother must eat nothing but chicken for 40 days.
- 20) Don't eat pork if you're sick.
- 21) Cat meat helps asthma.
- 22) Meat from a dog, cat, chicken, beef, pork and two kinds of bird will help anemia.
- 23) Urinating is bad for your health. (ed. note: Please come tell that to the guys who use the wall in front of my house.)
- 24) Gargle trago and lemon juice for a sore throat.
- 25) Nettle broth applied to the legs will reduce varicose veins.
- 26) Wash your hair in pineapple skin water to make it thicker.
- 27) Wash your dog in diesel if it has mange.
- 28) Fox meat helps anemia.
- 29) Don't eat the head of an animal or you'll get stupid.

Submitted by John Quin, Joel and Julie Banken, Macas

**My Precious, Precious, Precious Ecuador**

"I could teach a kid to ride a bicycle but I could never teach him why."—Reader's Digest

Screaming children  
 Amoebic Dysentary  
 Rip-off Prices  
 Bus Fumes  
 Pig shit  
 Men leering  
 (Or was that a smile?)  
 This is my Ecuador  
 My precious, precious Ecuador  
 My preculous, precious, precious Ecuador  
 Riding my bicycle  
 (My bicycle was I  
 Riding?)  
 I was  
 Here in Ecuador  
 I ran into a wall  
 And it was beautiful  
 I felt the same  
 Yet different  
 As I passed out...  
 I loaned it to a child  
 My bicycle  
 (After I fixed it)  
 I did  
 I loaned it to a kid  
 I did  
 He was precious  
 And little  
 In Ecuador  
 It was beautiful  
 He returned it  
 He did  
 The kid  
 He did  
 The (little) kid  
 He really did  
 Some of the best things  
 In life  
 Are 1 syllable  
 Beau  
 Ty  
 Na  
 Ture  
 Ec  
 Ua  
 Dor  
 Don't forget to smile!

Submitted by James Fowler

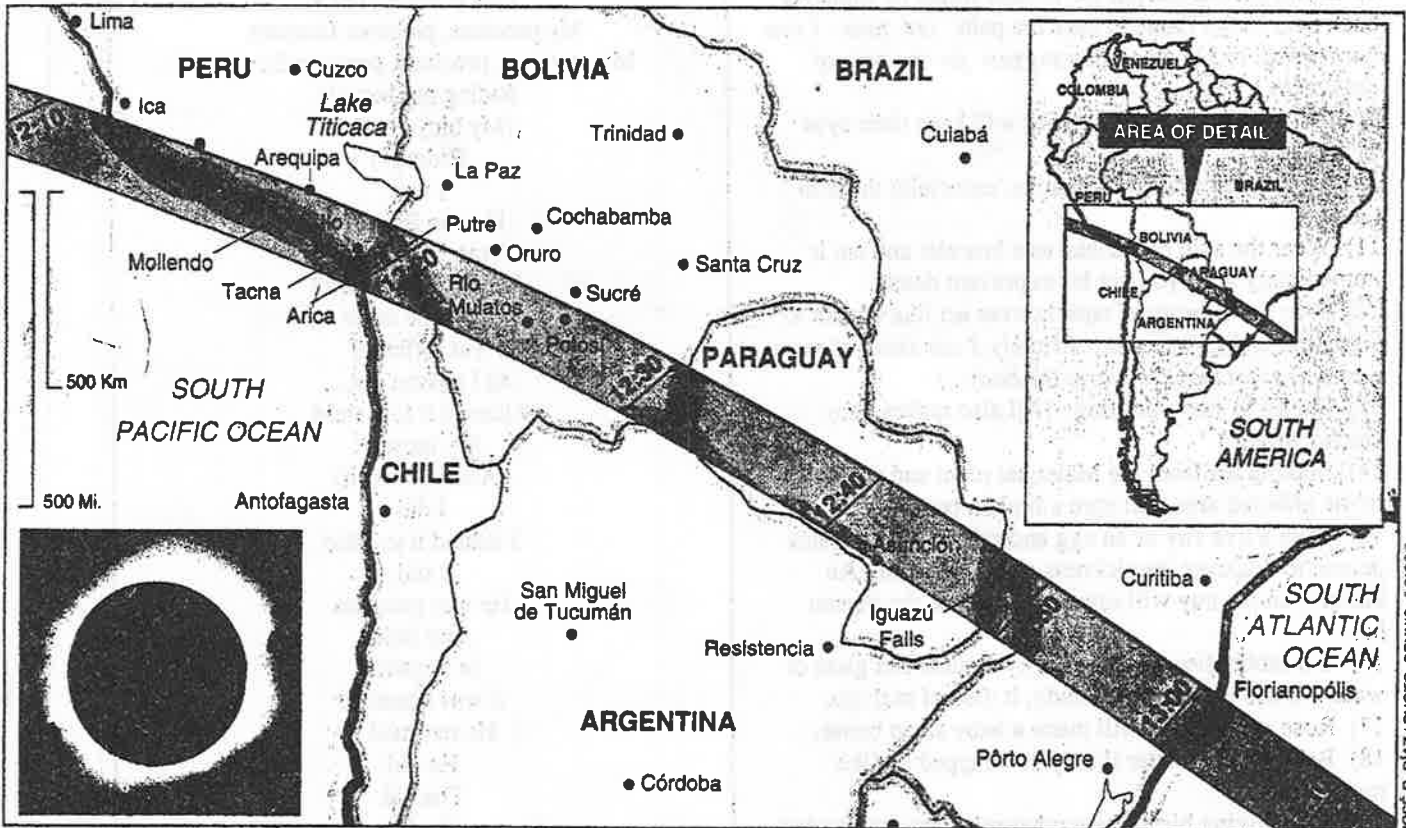


## The Eclipse You've Been Waiting for!

There will be a total eclipse of the sun in South America on November 3rd this year. After seeing the total eclipse in Guatemala in 1991, there is no way I could miss another one that is happening so close. I've told some of you to go to the Nazca Lines—forget that advice. You can't see it there. I also told you it happens at Noon. Wrong again. It's in the morning (a little after 8am for Perú). The following is a summary of sites and viewing conditions abstracted from "Waiting for Totality," *Sky & Telescope*, November 1993.

Site:	Duration,	Chance of	Clouds,	Time (GMT)
Mollendo, Peru:	1:30m,	25%,		12:17
Ilo, Peru:	2:40m,	25%,		12:18
Tacna, Peru:	2:45m,	70%,		12:19
Arica, Chile:	1:54m,	75%,		12:20
Putre, Chile:	3:02m,	80%,		12:20
Rio Mulato, Bolivia:	3:05m,	80%,		12:25
Potosí, Bolivia:	2:00m,	75%,		12:26
Paraguay:	up to 3:10m,	40-60%,		12:30-12:47
Iguazu Falls:	2:45m,	65%,		12:47
S. Brazil:	up to 3:30m,	50-60%,		2:47-13:02

Submitted by James Fowler - Latacunga



The morning Sun of November 3, 1994, will be briefly blotted out along a track that crosses six South American countries. This is the most favorable total solar eclipse since the "Big One" in July 1991. Although weather prospects are good at several locations, especially on the Pacific side of the continent, travel to the centerline can be difficult. Lines running across the shadow track are marked with the Universal Time of mideclipse.

## Calvin and Hobbes



## E.P.A. Official to Visit Ecuador

TO ALL SECOND YEAR PCVs:

Washington, DC environmental professionals from USEPA/Van Guard Communications seek advice in planning tours of Oriente and Galapagos.

Arrive: August 21-September 12

In return, we would provide DC bound job seeker with advice, contacts and/or a place to stay while interviewing in DC.

I was a PCV in Ecuador from 1983-85. I currently work for the U.S. Environmental Protection Agency in Washington, D.C. I will be in Ecuador with another environmental professional August 21 -September 12 to tour the selva and the Galapagos Islands.

I am looking for some advice from PCVs on ecotours of the Oriente and the Galapagos. Could you please place the attached flyer on your bulletin board or pass it on to a program manager. We would be more than happy, in return, to provide interested volunteers who are looking for work in the Washington DC area, especially with environmental organizations, with advice, contacts and a place to stay while in town.

If interested please write Brian Lane, 16 8th St., NE, Washington, DC 20002.

## RPCV and His Artesania

Jay is a returned PCV and his site was Salasaca Ecuador. He is interested in buying artesanía from Ecuador. Please write him for more information.

LAWRENCE CEVELO  
P.O. BOX 501922  
INDIANAPOLIS INDIANA 46250-6922  
USA •

## THIRD GOAL

*"To promote a better understanding of other people on the part of the American people."*

From time to time I receive information from Peace Corps Washington which I think will be of interest to PCVs as you prepare for life after Peace Corps. I will reprint in this column items of interest.

\*To expand the viewership of its famous cable TV call-in talk show, "Peace Corps Calling", a Boston station will begin broadcasting an evening show. As a cable access showcase for RPCVs and Peace Corps staff, the show

answers questions and provides Peace Corps information in the popular medium of television.

Jean Seigle

## Returned Orange County Volunteers

We would like to add your name to our mailing list to receive our newsletters and to give you support (financial, material, or informational) with your current project(s).

Please drop me a card or letter with your current address and a brief description of your project(s) and what kind of support we can give. We will then be back in contact with you as to what can be provided. Please address cards and letters to: Kenton Hawkins (RPCV Lesotho 77-79) 166 E. Panorama Crt., Brea, CA 92621.

We are 100% behind you. Let us know how we can help.

Submitted by Administration

## Women's Group Wants Old Clothes

I work with a group of deaf women working in their own business. They desperately need raw materials—old clothing (especially worn-out blue jeans) to remake into vests, purses, fashion accessories, etc. If you have any old rags that you can't wear any more or don't want to haul back to the States, please leave them with Nellie Villavicencio (Special Education Program Director) in the Peace Corps Office with my name.

Submitted by Dee "Diego"  
Van Valkenburg - Manta

## SERVAS- My Kind of People

Would you like to stay for free in homes in South America

and around the world? SERVAS is an organization of people who open their homes to travellers in the interest of world peace, good will, and mutual understanding. The only rules are that you contact hosts a few days in advance, spend no more than two nights in each home, be polite and spend some time with your hosts, and bring along a sleep sack or sleeping bag in case your host only has a mattress for you. Membership for US citizens is \$50 a year but since we are residents here in Ecuador it only costs \$15 (send a certified check). SERVAS will send you a special seal to attach to a letter of introduction you carry with you, and lists of hosts for all the countries you are travelling through. They ask that the lists be returned when you are done travelling.

Great deal, huh? For more information write to Marisa E. Contini, Yaguarán 1404 ap. 301, 11100 - Montevideo, URUGUAY

Submitted by James Fowler - Latacunga



Vera looked around the room. Not another chicken anywhere. And then it struck her — this was a hay bar.

## Holler!!

Summer nights I time travel  
backward  
to where eyes close  
then crack, and  
the voice croaks,  
baseball, hot-dogs, apple pie  
all not hiding holler

II

The children cry

II II II

Fleeing to gloomy halls  
where dope fiends doze  
and broken bottle lots  
where wine-o's moan.

II II II

Fleeing to blinding alleys  
where they lose their way  
and garbage bins  
deep like graves.

## Sandra

She fries meat in a burned black pan  
she just can't chuck  
because it used to be her mother's  
bacon pan back when  
the three would sit for breakfast  
she had sweet cocoa  
and they sipped on black coffee  
so bitter as an oppressed man's heart  
and her father would ask her  
why ain't she talking this morning  
like she always do  
and she would hunch her shoulders  
and smile  
kicking her feet under the table  
then he'd kiss her cheek  
a soft coffee kiss  
and she'd feel warmed  
in the kitchen where

her mother stirred about  
the stove humming  
a tune that made the scents  
of fried apples and bacon combine  
creating a mellow odor  
as light as love  
while her father drank that strong  
black liquid and talked  
of how smooth the cocoa tasted  
when he was a boy.

## The Inevitable

Before the riots my mother shopped  
on Central Avenue and I held her hand until  
we were safe inside Jonah's or Field's but the white lady  
at Esther's showed the prettiest dresses and  
gave good children sticks of gum.

Before the riots my mother bought  
at fruit stands on Central Avenue and  
one old white man who whistled songs  
from his country

always shook my mother's hand  
and gave us something free.

Before the riots my mother spent  
at Christmas time our last cent on Central Avenue  
and the white manager at the Five and Dime lowered  
the price if the doll's eyes wouldn't close  
when I laid it on the counter.

Before the riots a black man was kicked to death  
on Central Avenue by three white cops  
for stealing a tie from a store  
where my father shopped.

Poems by D.R. Wiggins - Ibarra