

From: Returned Peace Corps Volunteers of South Florida Rpcvsf@wildapricot.org
Subject: RPCVSF's [March/April 2023] Newsletter
Date: March 18, 2023 at 1:08 PM
To: Marvin Hancock tmhr@me.com

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Returned Peace Corps Volunteers of South Florida is *your* group—please join us for fun get-togethers, community service activities, job/life networking, great events, stimulating conversation, and much more. Read on and get involved!



Tropical Currents

The RPCVSF Newsletter

March-April 2023



[Articles in this Issue](#)

Give Miami Day

Miami Marathon

Cooking and Conversation

Feeding South Florida

Annual Everglades Outing

Birthday Happy Hour

[Upcoming Events](#)

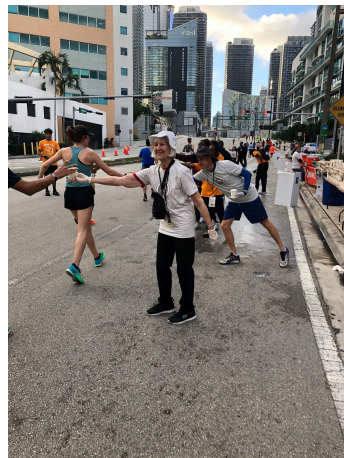
Marlin Baseball Tickets

Happy Hour

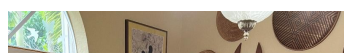
Save the date! Cinco de mayo, May 6

Miami Marathon

RPCVSF members volunteered at the Miami Marathon setting up, hydrating runners, cheering them on and cleaning up!



Cooking and Conversation





We had a great time at Dave's home in November, learning how to prepare and cook Korean Bar B Q. Those that attended were Dave Garcia, Deborah Paris, Mary Lamberts and George Fitzpatrick, Leslie Rowe and Ted Diffenbacher, Tim and Hyon O'Brien, and Subrata Basu.

Besides the Pork, Chicken and Beef we grilled, everyone brought and shared some really great dishes. The weather was perfect..... and it was great to talk with and to share our thoughts about everything from golf to crossword puzzles.

Keep checking the web page for more cooking with conversation events.



Volunteers have been inspecting, sorting and repacking donated food on the third Saturday of each month from 8:30 – 11:30 am. We had a group there 11 of the 12 months in 2022 and want to try to make it 12 for 12 this year. And it's not all work and no play, as we usually gather at a nearby Flanagan's after each Saturday work shift.

The contributions of groups that provide financial contributions and food contributions, as well as labor is recognized by framing and hanging a T-shirt emblem of that group. RPCVSF was recognized in December with a framed T-shirt with on the wall of honor. Our contributions have been very much appreciated and we are one of the few groups to contribute on a regular basis.

Others are encouraged to consider volunteering as well. It is a very good cause, we have fun, and, if there are school aged kids in the family, they can earn school community service credit through volunteering at Feeding South Florida.

Annual Everglades Outing



About 50 children from Chapman Partnership and Genesis Hopeful Haven participated in our February 25th Everglades Outing.

The kids had a great time and the volunteers were terrific.

Happy 62nd Birthday Peace Corps!

President Kennedy signed an executive order creating the Peace Corps on March 1, 1961. So ... volunteers gathered at Berries in the Grove to celebrate this remarkable agency.





There's a New Certification in your Grocery Store!

You may have recently noticed that items in the grocery store use the term regenerative. What does this mean? Is the food anti-aging or even age reversing?

Although the product may be healthy for us, it is the soil that is being regenerated. Among the wealth of information that can be found on the Regenerative Organic Alliance website <https://regenorganic.org> is this umbrella statement: **With regenerative organic agriculture, we can rehabilitate soil, respect animal welfare, and improve the lives of farmers. We can sequester carbon, build healthier communities, and reap more nutritious and abundant yields.**



Here is the certification to look for:

In addition to the Regenerative Organic website, a few other companies discussing regenerative agriculture are:

Patagonia ... <https://www.patagonia.com/regenerative-organic/>

Dr. Bronner ... <https://www.drbronner.com/blogs/our-earth/regenerative-organic-agriculture>

Rodale Institute ... <https://rodaleinstitute.org/why-organic/organic-basics/regenerative-organic-agriculture/>

Warning: this rabbit hole is very big with the potential to consume hours of your time. Enjoy!

Thank you! Thank you! Thank you!

for your donations to benefit RPCVSF's Changemaking Education Award (CEA) on Give Miami Day. Your donations of \$725 grew to \$1,409 due to various Miami Foundation matching programs. Then it grew further to \$1,909 with the \$500 matching from RPCVSF members. Plan to come to the CEA Event in early October and witness the good use of your donations!

RPCVSF is Looking for Venues

We're on the lookout for venues to meet, drink and eat. We would especially like recommendations for venues in North Dade and South Broward. If you have a favorite drinking hole or restaurant you think would be good fit for a RPCVSF Happy Hour, Partnership Dinner or our October Annual General Meeting, please email your suggestions to rpcvsfboard@rpcvsf.org. Thanks!!!

Take Me out to the Ball Game

Free tickets to upcoming games are now available.

April 4, Miami Marlins vs. Minnesota Twins

April 16, Miami Marlins vs. Arizona Diamondbacks

Contact Dave Garcia at dgarcia53@yahoo.com

Happy Hour!

Our last event was so much fun that we decided to repeat it. So, please join us at Berries in the Grove for more mirth and merriment!

Friday, April 21 from 5:30 to 8:00

Please register on the website including your guests for headcount.

2884 SW 27 Avenue one block south of Metrorail station.

Plus there's plenty of free parking!

It's Winter in Ukraine !!!

Last September many in our group attended a Zoom presentation and learned about a humanitarian organization, [Ukrainian Action](#). In the discussion with Jeffrey Hartman (Peace Corps Ukraine 2002-2004, currently living in London) and a Ukrainian friend, we learned about their game plan:

- 1) buy pick-up trucks
- 2) fill them with humanitarian supplies
- 3) drive them to the Polish-Ukrainian border from London

It's simple and it gets needed supplies into the hands of citizens. This is truly grass roots. 100% of donations are used to buy supplies and trucks. All of the work to organize, make purchases and get everything to the Polish-Ukrainian border is done by volunteers. They have non-profit status in the U.S.

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Please consider making a donation on their website: ukrainianaction.com

Peace Corps Oral History

Over the past few months I have received a few emails from Daryl Wall about his participation in the Peace Corps Oral History Project. He seemed quite excited about it and, in a way, was encouraging others to record for posterity. Others members I know who've participated are Helene Dudley, Larry Geiter, Ted Dieffenbacher and Trent Blare; there may be others. I've just heard positive comments along with encouragement to participate.

To learn more and to request to be interviewed yourself, start here:

[Peace Corps Oral History](#)

Travel Does Morocco, Sorta

By Greg Zell (Nigeria)

Marge and I have traveled together several times. She was a PCV in Nigeria, 135 miles in deep bush, due north of me. Her first year coincided with my second year. Given the size of Nigeria, we could have been in country for years without meeting.

We actually met over 20 years ago in DC at an NPCA conference. She was a member of the Florida Bar and has attended a couple events in South Florida. We began looking for a place neither of us had been to before the pandemic. We decided on Morocco when we got a promo from OAT, Overseas Adventure Travel. When the pandemic hit, we had to undo our plans. OAT was very generous and said we could travel any time in 2023 for the same price! AA gave me a voucher but said it had to be used before December, 2022.

Marge booked her flights first for our 2023 adventure. She would fly from home in Minneapolis to LaGuardia and cab to JFK where I would join her on to Casablanca. I asked her to email me her air confirmation. For many days I tried to book on AA using my voucher. I kept getting a prompt to either take the \$3300 flight or try another date. I chose another airline for \$700, TAP Air Portugal. The flight and service were satisfactory but I cannot recommend this carrier. No spirits aboard (for medicinal purposes); no Madeira or Port, 2 Portuguese national libations.

I sent out an email with my flights and got an immediate response from Marge: profuse apologies that she mistook the departure, fixed it, and forgot to tell me. I had to make a quick decision: an extra day in Rabat, a city I did not know or change a non-refundable ticket. TAP only charged me \$300.

The snafu was not Marge's fault. I am an experienced traveler. I have all the material sent out by the travel company. I glanced at it. Next time I will peruse it. I arrived at Casablanca Mohammed V airport. The present king is Mohammed VI. V was his grandfather. We did not see much of the city; the airport is outside of town, a metropolitan area of over 4 million people. We would do that before our departure.

On to Rabat, the national capital a half hour away. It does not bode well for my arthritic hips and knees, when the bus stops in a car park. We walked a good 350 yards through a maze of alleys to a door. I brought up the rear. Slowly. Slowly. Noury, our Trip Leader asked how I would do on the rest of the trip. I said I would judge each site as to how much walking was involved. I did not mind waiting on the bus with the driver, in a café or gift shop. "That is against company policy. That is not allowed." I did not argue but wondered where I