

QuakerAction



**American Friends
Service Committee**

www.afsc.org

**Working for peace,
reconstruction, and
diplomacy in Iraq**

**Day laborers struggle
to provide for their
loved ones**

**In Mozambique, peace
and development go
hand-in-hand**



What's new on afsc.org

Friends for Peace

Join peace activists nationwide and upload your "Friends For Peace" photos.
www.friendsforpeace.org
See stories on pages 4-5



Immigration policy blog

Read the latest on Legislative Link, our immigration policy blog. Sara Ibrahim of Project VOICE keeps activists informed with updates from Washington, D.C.
www.afsc.org/immigrants-rights/current-news/

AFSC email newsletters

Keep up with AFSC's programs and news about the issues we work on. Sign up @ www.afsc.org/email

On the cover

AFSC's "Friends for Peace" campaign is a photo-sharing web site that is adding visibility to the pro-peace majority. See related stories on pages 4-5.

Cover photo: Terry Foss

Share your thoughts

We'd like to know what you think of this magazine and the work of AFSC. Write to us via email at quakeraction@afsc.org or send a note to the AFSC national office at the address listed in the box below. We look forward to hearing from you.

Who we are

The American Friends Service Committee (AFSC) is a Quaker organization that includes people of various faiths who are committed to social justice, peace, and humanitarian service. Its work is based on the belief in the worth of every person and faith in the power of love to overcome violence and injustice.

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AFSC staff photo

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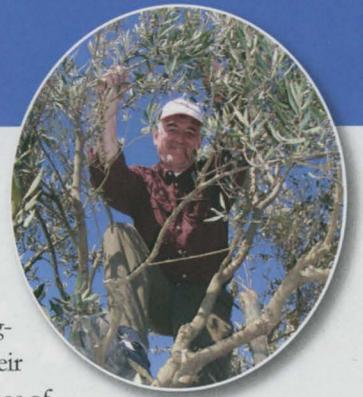
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'We plant a tree'

Hope for peace takes root in Palestine's rocky soil

BY MARY ANN WESTON

To take his crops to market in nearby Bethlehem, Daoud Nassar has to drive a long, circuitous route to get around roads blockaded by the Israeli military.

As part of a U.S. delegation that took part in the Palestinian olive harvest in November, I met Daoud, a Christian Palestinian farmer, and helped him pick olives. I listened as he told of the struggle to save the farm, which has been in his family since Ottoman times, from encroaching Israeli settlements.

Daoud is fighting the confiscation of his family's land in the courts, while fending off settler harassment and vandalism. At one point 150 of his olive trees were uprooted, but his neighbors and peace groups planted 300 more.

"It's easy to be violent inside," Daoud said.

Instead, he and his family channel their feelings constructively: "We plant a tree."

■ Olives are a staple of Middle Eastern diets, an important crop for Palestinian farmers, and a historic underpinning of Palestinian culture. The fall olive harvest also brings to the fore the inequities of life on the Palestinian side of the Arab-Israeli conflict.

A joint AFSC and Interfaith Peace-Builders delegation learned all these things and more during our visit to the region. From our Jerusalem base we traveled to Israeli and West Bank towns, settlements,

villages, and farms. We met with representatives of 33 Palestinian and Israeli groups working for peace and justice in Israel and the Occupied Palestinian Territories.

Almost every facet of Palestinian life is touched by the Israeli occupation. The Wall, checkpoints, and roadblocks isolate Palestinians in virtual ghettos, separating them from jobs, school, health care and family. The restrictions keep farmers from their land and their crops from market. The Israeli government has demolished or confiscated thousands of Palestinian homes. Water and electricity are diverted to Israeli settlements.

We saw all this, but we also learned of the creative, nonviolent ways Palestinians and Israelis are resisting. However, it was the olives, and meeting people like Daoud Nassar, that brought home both the frustrations and the sturdy determination of those committed to peace and justice.

■ The delegation's trip to Jenin to pick more olives was thwarted after we were turned away at three checkpoints by Israeli soldiers armed with U.S.-made automatic rifles.

The next day we sailed through the Jenin checkpoint without a problem. By then it was too late to pick olives, but Nasser Abufarha, head of the Palestine Fair Trade Association (PFTA), took us to the bustling olive press. The PFTA aims to pay farmers a fair price for their olives and then sell the oil abroad. It's sold by the AFSC, among others.

Although it was after 7 p.m., the press was crowded with men smoking and talk-

ing and lounging against their 60-kilogram bags of olives, waiting their turns.

We watched as one of the farmers, Ahmed Ghanem, dumped his olives into a floor-level hopper. The green and brown and black olives moved up a conveyer belt to be washed and then pressed. At the end of the production line a stream of greenish yellow olive oil poured into a stainless steel tank.

With the look of a proud father, Abufarha caught some of the oil in a bowl, produced some bread, and offered it to us.

The hardy olive trees and their precious oil seem to symbolize the stubbornness of hope in the region. They, like the Palestinians and Israelis working for peace and justice, endure against great odds in rocky soil.

To read more stories about the Palestinian olive harvest, and to order olive oil, log onto www.afsc.org/israel-palestine/Olive-Harvest-Delegation.htm.

Mary Ann Weston is Associate Professor Emerita at the Medill School of Journalism, Northwestern University. She also volunteers with AFSC's Middle East Peace Program in Chicago.

Photos: A U.S. delegation to Palestine took part in last fall's olive harvest and witnessed ongoing efforts for peace in the region.

Photos: John Treat





A year for peace

AFSC campaign highlights need for Iraq reconstruction and diplomacy

BY MARK GRAHAM

The final countdown to 2007 hadn't even begun when the world got another stark reminder of the Iraq war's terrible toll: The announcement on December 31 of the 3,000th U.S. military death in Iraq.

In response, starting on New Year's Eve, peace supporters in the United States held AFSC-sponsored "Not One More Death, Not One More Dollar" vigils and memorial events in 346 communities. While the announcement was a grim milestone, it also served to recommit AFSC to building peace in 2007 through its Wage Peace Campaign.

This year, the campaign will emphasize the need to fund reconstruction and ensure that those funds are spent responsibly.

"Rebuilding Iraq is a moral imperative and a practical investment in the future," says Peter Lems, who works in AFSC's Middle East Peacebuilding Program. "There can be no lasting peace when people are hungry, threatened, sick, jobless, or without shelter. Our experience has shown that reconstruction and reconciliation are linked. For either to be achieved, both must be advanced."

As part of this campaign, AFSC will continue to highlight the human cost of war and the voices of the pro-peace

majority in the United States.

AFSC is calling on Congress and the Bush administration to bring the troops home from Iraq, fund an Iraqi-led reconstruction effort, engage in vigorous diplomacy within Iraq and with all of Iraq's neighbors, and ensure that the United States does not repeat the mistakes made in Iraq.

Having witnessed the devastation of war, peace supporters are calling for a change of course. As Peter notes, "Political solutions, not military force, will create lasting peace and security in Iraq."

Mark Graham is a Quaker Action contributing editor.

On the road to peace in '07

Here are more ways that AFSC's Wage Peace Campaign is working for peace in 2007.

Traveling exhibits on the Iraq war's human cost

Eyes Wide Open, the acclaimed exhibit of boots representing the U.S. service men and women lost in Iraq, and its companion Dreams & Nightmares, our exhibit representing the human cost of war to the Iraqi people, are touring through several states this year. Check the web site at www.afsc.org/eyes for updated information.

Rallies, marches, and vigils

AFSC was a co-sponsor of the United for Peace and Justice coalition's successful March on Washington on January 27 and is sponsoring events nationwide March 16-22 to commemorate the fourth anniversary of the war.

Reconstruction, not occupation

While Congress debates Iraq war funding this winter, we ask you to tell Congress to shift funding from the military to an Iraqi-led rebuilding effort.

Presidential primaries

In Iowa and New Hampshire, AFSC staff are educating primary voters and presidential candidates about the human and economic cost of war.

For more information about all of the above, see www.afsc.org/iraq.

Photos: Terry Foss

Click: Support peace with a photo

As part of its Wage Peace Campaign, AFSC recently launched several efforts to ensure that Congress, the Bush administration, the media, and the public hear the message that military force will not create lasting change in Iraq.

Friends for Peace is the latest initiative. This photo-sharing web site is adding visibility to the pro-peace majority in a positive and creative way. Check it out at www.friendsforpeace.org.

During the past four years, a growing majority has come to oppose the war. People from around the world and all walks of life now agree that invading Iraq was a mistake. Friends for Peace is a visual

way to connect peace supporters and let everyone show a bit of their personality and individuality.

"Almost every day, I hear from people that they're looking for something more they can do for peace in Iraq," says Peter Lems, who works in AFSC's Middle East Peacebuilding Program. "Photos show we're part of a vibrant community of peace supporters. Though scattered geographically, we've come together through the Internet to end this war."

To join Friends for Peace, you first need to make a sign. You will find one in the center of this magazine, with a blank at the top for you to fill in something about

yourself, followed by the phrase "for peace." Fill in a word or two that describes you (e.g., librarian, Quaker, mother, etc.) and have a photo taken holding your sign. Then, display your sign in a window, at home, in your car, etc.

On the site, you can upload photos of yourself, your loved ones, friends, pets, whom-ever, with your sign supporting peace in Iraq. You can also see the hundreds of photos already in the system from other "Friends for Peace." We are getting ready to project photos on screens and walls at upcoming rallies and to deliver photo albums of peace supporters to Congress.

Friends for peace





The men on the corner

Day laborers struggle to provide for their loved ones

BY WILLIE COLÓN REYES

The men gather every day at 4 a.m. at Newark, New Jersey's busy Five Corners intersection. Some are teenagers; others could be grandfathers. Regardless of the weather, anywhere from 20 to 100 men stand and wait for hours, each one hoping he'll find work that day.

Jorge Flores (not his real name) is a day laborer, one of the regulars at Five Corners. He came from Ecuador in 2001 without documentation and considers himself an economic refugee. Following Ecuador's economic collapse in the late 1990s, the value of money there plummeted.

"Everything we had in the bank disappeared, so people had to find other horizons," Jorge says in Spanish. "Now there's no work, no way to feed our families, no medical care or education for the kids. I looked to the U.S. because here there's the American dream."

When he can get work, it varies from construction to cleaning to selling flowers or ices from mobile street carts. "We live day to day," Jorge says. "If we don't work, we don't eat."

Meanwhile, Jorge hasn't seen his family since he left Ecuador, which has put a tremendous strain on his marriage. He

sends money home when he can, but it's never much because his wages—typically \$60 to \$80 a day—have not kept pace with his cost of living.

Do these hardships make him long for home?

"Yes, I would like to return," Jorge says. "But what would I do? How would I support my family? At least by being here, I can send some money home."

■ **Jorge's story** is all too familiar to Esther Chavez.

"Almost all the day laborers we work with have left families in their countries of origin, and they've all left for economic reasons," says Esther, who until recently was the community organizer for AFSC's Immigrant Rights Program in Newark.

The program's work with day laborers includes providing information about workers' rights, organizing workplace safety trainings in conjunction with the U.S. Occupational Health and Safety Administration, and helping some workers file cases in small claims court for unpaid wages.

Esther notes that U.S. immigration rules are so restrictive that those who have come seeking economic security have almost no way to obtain legal status. Yet

she and other immigrant rights advocates say the laborers are often vilified because most are undocumented.

"There's no intent to violate the law, there's intent to feed their families," says Amy Gottlieb, director of the Newark program. "It's very easy to scapegoat undocumented immigrants for everything from increased crime to depressed wages, but the data just doesn't support any of that."

Unfortunately, research that shows immigration has little to no effect on wages and employment for U.S.-born workers, for example, has a hard time competing with public perception.

In Miami, Florida, that perception has led to a crackdown by local authorities.

Herman Martinez is the community social activist for AFSC's American Friends Immigrant Services in Miami. He began organizing day laborers in several neighborhoods when he heard stories about community members pressuring police to arrest workers and conduct immigration sweeps with Immigration and Customs Enforcement units.

To help ease tensions, AFSC is one of the groups trying to establish a nonprofit worker center where day laborers can seek employment in a safe and healthy environ-

Getting past the fear



Danielle Short, director of AFSC's Colorado Economic Alternatives Program, recently gave a presentation to Mountain View Friends Meeting titled "Immigration and Friends Testimonies." She notes that the Quaker Testimonies on equality, peace, simplicity, community, and integrity "...call us to pursue just and humane policies toward immigrants." Below are excerpts from Danielle's presentation. The full text is online at www.afsc.org/immigrants-rights/testimony.htm.

I believe that we can create an immigration system that will work for all of us. I do not

believe that we have to play the rights and benefits of one group off of another's.

We need to address the root causes of immigration and promote true sustainability so that people have the choice to stay in their home communities. Short of that, we need to create realistic and humane policies so that immigrants who can't make a dignified living in their home countries can go where the jobs are in a safe and orderly way.

We should consider the impact of immigration on U.S. workers, carefully study the data on this issue, and consider the sources of that data.

My reading of reputable studies on this issue has shown me that common

assumptions about immigrants' impact on jobs and wages come from a simplistic analysis of the economy, and that a deeper analysis shows that the impact is minimal, at most. There are several other dynamics that have a much greater impact, such as continued racial discrimination against African-Americans, systematic union-busting, the corporate "race to the bottom," and the decline in the inflation-adjusted value of the minimum wage.

Immigrants (including most of our ancestors) have been blamed for economic woes throughout our country's history. I believe they have been targeted this way in large part because of deep-seated fears of those who are different from us, rather than a calm analysis of the issues.

ment, and contractors can find short-term workers in an organized way.

Together with other immigrant rights, labor, and faith-based groups, Herman also has offered a variety of community education workshops and helped forge agreements with local police that benefit both the day laborers and the neighborhoods where they wait for work.

■ **While some see the workers** as threats, others see them as inspiration. In Washington, D.C., Peta Ikambana, director of AFSC's Peace and Economic Justice Program, is moved by the sacrifices many immigrants have made to come to the United States.

As part of a coalition of immigrant rights groups, Peta has helped day laborers organize a union, understand their legal rights when confronted by law enforcement and immigration authorities, and obtain warm winter clothes.

He knows one day laborer from El Salvador who raised \$3,000 to go to Mexico and then cross the U.S. border to find a

job. The man regularly sends money home to his wife and three children.

"When I see this gentleman and reflect on everything I hear about immigrants, I can't stop thinking about my own people back in Africa who would have done the same thing to honestly provide for their families," says Peta, who's originally from the Democratic Republic of Congo. "This is an honest, hard-working person. He is my daily motivation to keep working for immigrant rights."

More information about AFSC's immigrant rights work is available online at www.afsc.org/immigrants-rights/. To learn about nationwide efforts to improve the lives of day laborers, see the web site of the National Day Laborer Organizing Network at www.ndlon.org.

Willie Colón Reyes is the editor of Quaker Action.



Photos: Scenes from a workplace safety training for day laborers in Newark, New Jersey.

News from around AFSC

VICTORY!

Peace and justice proposals approved at the ballot box and city hall

In the closing months of 2006, AFSC celebrated victories in several U.S. cities and states related to some of our key policy goals—ending the war in Iraq, creating a humane and welcoming society for immigrants, keeping the military out of public schools, and raising the minimum wage. As the highlights below illustrate, AFSC staff, supporters, and partners played major roles in making these victories possible.

PEACE

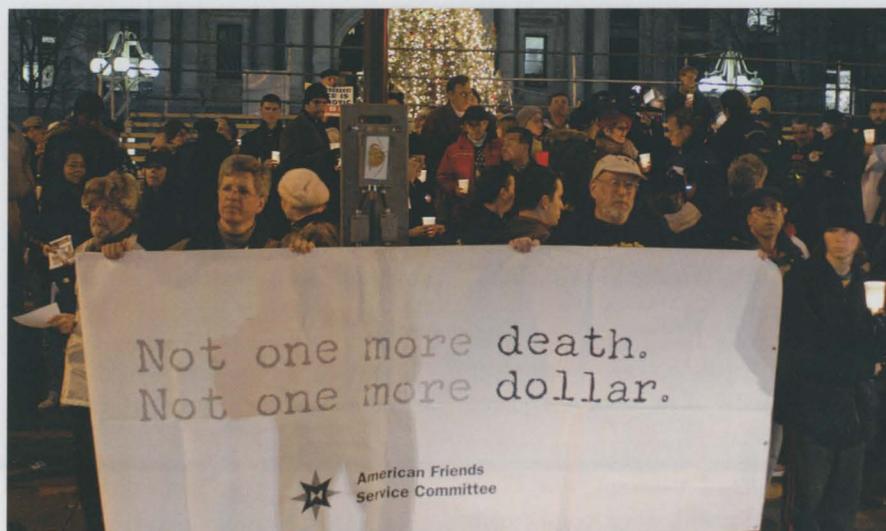
Massachusetts—In November, voters statewide approved a nonbinding ballot question to withdraw all troops from Iraq. The “Bring the Troops Home Now” ballot initiative ran in 139 towns and more than one-third of the state’s voting precincts. In an outcome that surprised even the initiative’s organizers, more than 60 percent of voters supported the measure. It passed in 130 of the 139 districts where it appeared.

“There is a real groundswell that is insisting that the government fundamentally change its policy,” said Paul Shannon, AFSC staff member in Cambridge, Massachusetts, and a statewide coordinator for the ballot campaign.

In addition to AFSC, the ballot initiative was sponsored by military families, veterans, and other peace and justice organizations.

To read more, log onto www.afsc.org/newengland/referendum-on-war.htm.

Photos: (top) Peace rally in Philadelphia; (right) immigrant rights march in Portland.



IMMIGRATION

Portland, Oregon—This past October, when several cities were debating limiting immigrants’ access to services, Portland’s City Council passed a historic resolution affirming the value of immigrants to civic life and calling on the federal government to produce a humane immigration policy. AFSC staff helped coordinate support for the resolution with the mayor’s office, City Council members, Portland’s immigrant community, the Center for Intercultural Organizing, and the Latino Network.

When introduced in City Council, AFSC staff and supporters spoke in favor of the resolution. Alice Perry, office manager of AFSC’s Portland office, spoke about living as a Latina in Portland. Pam Phan, AFSC’s United Voices program director, spoke from her perspective as a child of refugees.

The resolution has given the country a positive example of a city’s humane and practical response to recent anti-immigrant campaigns.

YOUTH

San Francisco, California—After a long struggle to keep the military out of our nation’s schools, supporters of youth non-violence won a huge victory in November when the San Francisco school board voted 4-2 to eliminate the Junior Reserve Officer Training Corps (JROTC) program in city schools over the next two years.



TAKE ACTION

“This is a historic victory since we do not know of any major school district that has eliminated JROTC after it started,” says Alan Lessik, director of AFSC’s Pacific Mountain Region. “Given that JROTC started in San Francisco schools 90 years ago, this has been a long campaign, one with many ups and downs.”

AFSC staff and others convinced a majority of school board members that JROTC is a military recruiting tactic, does not fit the culture promoted by the school district, and has many hidden financial costs to school districts nationwide.

Learn more about JROTC in the schools at www.afsc.org/youthmil.

ECONOMIC JUSTICE

Ohio— Ohio joined dozens of other states when a ballot measure boosted the state’s minimum wage to \$6.85 an hour.

As part of the Let Justice Roll Ohio campaign, AFSC staff and volunteers in Akron gathered more than 1,000 signatures at summer festivals, churches, and neighborhoods to place the initiative on the November ballot. AFSC then hired Preston Flinn, a community activist, to gather support in Akron’s African-American churches and through a community gathering that featured the mayor.

In addition to moving toward a living wage in Ohio, this effort “helped build awareness and organizing capacity for raising the federal minimum wage,” says Greg Coleridge, AFSC Akron program director.

Find out more about AFSC’s efforts to raise the minimum wage at www.afsc.org/economic-justice/a-just-minimum-wage.htm.

Photo: Maritus Krisetya

Register for the U.S. Social Forum

From June 27 through July 1 in Atlanta, Georgia, more than 15,000 people — students, seniors, workers, organizers, immigrants, activists, artists, and academics — will gather to declare that “Another World Is Possible” at the first-ever U.S. Social Forum. This inaugural event is an outgrowth of the World Social Forum, which began in Brazil in 2001 as a way for activists to develop and share an alternative to militarization and corporate globalization.

AFSC staff are helping coordinate the forum. The same range of issues that AFSC works on will also be addressed at the forum, including, but not limited to, immigrant rights, economic justice, anti-war organizing, the Israel/Palestine conflict, environmental justice, and more.

Learn more and register online at www.ussocialforum.org.

HUMANITARIAN ASSISTANCE Indonesia update

Soon after the devastating December 2004 tsunami in Southeast Asia, AFSC worked with partners in Indonesia’s Aceh Province to offer emergency services, trauma healing, housing, and community revitalization. Since then, AFSC Indonesia has moved beyond emergency assistance and is working on peacebuilding and sustainable development in Aceh.

One example of the work is the youth peace camps. AFSC and the Gadjan Mada

University in Yogyakarta are coordinating camps that bring together the fast-growing and underserved Indonesian youth population. The camps teach about non-violence and conflict resolution and host cross-cultural dialogues, all to foster peace-making and communication skills in the country’s future leaders.

AFSC also is working with children’s and women’s groups, religious educators, and healthcare organizations to develop peace-building programs tailored to each group’s constituencies. AFSC is buttressing Indonesia’s civil society by connecting Achenese organizations with other global organizations, and sharing skills in strategic planning, financial management, peace education, and trauma healing.

Find out more at www.afsc.org/tsunami/.



Photo: Fishing village where an AFSC partner works.



Evergreen

With unflagging energy, a Quaker school keeps on giving

BY M'ANNETTE RUDELL

Kathy Paulmier knows that a unified community, using a practical approach, can have an impact on the lives of people in need, wherever they may be—and she has the videotape to prove it.

Kathy is the Director of Community Involvement for Germantown Friends School (GFS) in Philadelphia's Germantown neighborhood. "Evergreen is a good description," Kathy says of the school's active, decades-long relationship with AFSC.

Kathy plays a pivotal role in designing outreach activities for the students at every grade level of the K-12 school. She counts on the Service Committee to be "an international arm to the larger world," a vital link for the bucolic campus.

In 1998, soon after Hurricane Mitch devastated a huge swath of Nicaragua and Honduras, the students decided that the crisis demanded action. Suggestions varied from collecting canned food to contacting AFSC to see how the organization was responding.

Ultimately, the GFS community decided to support AFSC's "family bucket" campaign. Boxes were decorated and strategically placed in the hallways to collect the requested components such as soap, detergent, and towels. After the deadline, an "assembly party" involved many volunteers who checked the donated goods and filled the bucket "order."

This effort was captured by Green Thumb Video and Kathy still shows the film to educate students about the power they have to do good in the world.

■ **The school was founded** more than 150 years ago by Germantown Friends



Meeting which, through its School Committee, still governs the institution. With an enrollment of nearly 900, the school is grounded in the Quaker tradition of academic excellence while preparing the students for a life of curiosity, collaboration, and commitment to strong values.

In many ways, GFS students are engaged in the community immediately surrounding their school—such as "adopting" senior citizens at a local community center for older adults. They also volunteer at soup kitchens, "attack" litter, and work at child care centers.

There's a long list of fundraising and material assistance activities that GFS has undertaken on behalf of the Service Committee. Most recently, students and faculty members organized "GFS Unplugged," a musical cabaret that included selections from ragtime to jazz and Broadway tunes. Donations collected at the event went to AFSC's relief and reconstruction efforts in Gulf Coast areas still recovering from the effects of Hurricane Katrina.

■ **Over the years, GFS** has contributed some \$15,000 to AFSC, in addition to untold quantities of material goods. AFSC has provided resources such as speakers and printed materials that support the service-oriented GFS curriculum.

Through a month-long service project for high school juniors, GFS has provided interns for various AFSC efforts, including the Youth and Militarism Program. This mutually beneficial arrangement gives the students hands-on work experience and provides AFSC with much-needed extra help, enthusiasm, and new energy.

"Evergreen" is, indeed, a good description for a relationship that shows no sign of waning.

Photo: Germantown Friends School students prepare emergency supply kits for victims of Hurricane Mitch in 1998.

M'Annette Ruddell is a Quaker Action contributing editor.



The way to a person's heart... Cocina Latina helps spread understanding and good food

BY M'ANNETTE RUDDELL

How do *you* build community? Block parties? Volunteering at a local organization? Attending religious services?

Places and activities that encourage discussion, friendship, and mutual understanding abound in our society. AFSC's Austin, Texas, office has found a new way to connect with the surrounding community and raise money for partner organization Inmigrantes Latinos en Acción (Latino Immigrants in Action, or ILA), which promotes immigrant rights and activism.

Every other month, Cocina Latina (Latina Cuisine) offers a special meal that features the culinary traditions of different Latin American countries. The volunteer chefs lead the way by making a main dish from their country of origin. And to provide essential helping hands, apprentices assist, learning to make the tasty dish from scratch.

"We don't look at it as just a fundraiser, but as a way of sharing cultures," says Josefina Castillo, program coordinator of the Austin Area Office, which works on issues of economic justice, immigrant rights, and peacebuilding. "The event also has a subtle component in that it helps dispel myths about immigrants being uncultured and not wanting to assimilate."

Josefina, who helped form ILA and sits on its Board of Directors, promotes Cocina Latina throughout the community with flyers and posters. Customers for the meal, which costs \$7, sign up ahead of time. On the "dinner date," the complete meal of entrée plus side dishes is available for pick-up. Often friends and neighbors get together to enjoy their food, share lively conversation, and compare experiences

of life in their home countries and of their time in the United States.

Since this popular event began, cuisines from Mexico, Colombia, Venezuela, Chile, Guatemala, and Costa Rica have been served. Organizers have already reached their goal of selling 100 dinners and ILA has used the income to continue its

programs.

In the coming months, AFSC and ILA hope to build on their success and find new chefs who will provide a taste of home and a glimpse into their cultures.

M'Annette Ruddell is a contributing editor to Quaker Action.

Try this at home

This year's Cocina Latina menu includes *pabellón* (rice, shredded beef, and stewed black beans), a traditional Venezuelan dish. The recipe makes enough for about 12 people.

Rice

4 cups of white rice
Cooking oil
Water

Cook rice with salt and a teaspoon of cooking oil until it is well cooked and the grains are separated.

Caraotas (black beans)

1 pound of black beans
Enough water to cook the beans
Sugar to taste
Bell peppers, onion, and garlic to taste

Cook black beans in a pressure cooker until they are tender, then add the bell peppers, onion, and garlic. Add salt and a pinch of sugar, because this gives it a special taste.

Meat

2 pounds of
shredded beef
6 teaspoons of corn oil
1 onion, 3 big tomatoes and a bell pepper (finely chopped), garlic powder, salt, and saffron

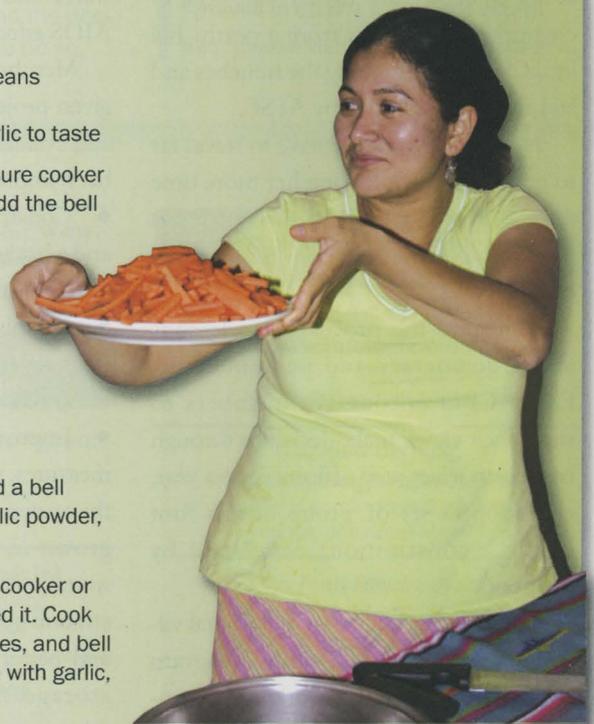
Cook the beef in a pressure cooker or any other pan and then shred it. Cook the chopped onions, tomatoes, and bell peppers in some oil. Season with garlic, salt, and saffron.

Plantains

4 peeled and sliced plantains
1 cup of corn oil

Cut the plantains in thick slices and fry them in very hot oil. It is important that the plantains are ripe. Ripe plantains have lost their green color and can appear yellow or even black on the outside.

Serve all the cooked ingredients over the rice.





Let the people speak

In Mozambique, peace and development go hand-in-hand



If experience is the best teacher, then villagers in Mozambique who participate in AFSC's Integrated Rural Development Program are getting a first-rate education.

Cecilia Mafucha and Patrick Sahumbe were among villagers in Chitunga province who agreed that getting a reliable supply of clean water was a top priority. The problem stemmed from the shallow wells residents dug themselves, wells often shared by pigs, cattle, and goats. This led to the spread of waterborne diseases such as cholera and dysentery.

As in all three areas of the country where AFSC works, staff members collaborated with a community-based organization (CBO) to solve the problem. Participants in the Chitunga Community Water System CBO figured out how to channel potable water from a nearby hill into Chitunga. They dug the trenches and laid the pipes supplied by AFSC.

Now, Cecilia doesn't have to travel far to get clean water, leaving her more time to work in her garden. And Patrick has plenty of potable water for himself and his two cows.

Built into the process were lessons about democracy and peacebuilding. Every CBO encourages members to share their views, make decisions through consensus, elect new officers once a year, and adopt a set of group norms (not unlike a constitution) developed by members.

"Democracy is alien to many rural villagers," says Enoch Opuka, program coordinator of AFSC's work in Mozambique. "But if democratic principles are built into the work we do with them, and

if what they practice in the CBO appeals to them, it becomes easy for villagers to demand that the country practice what they do in their groups."

■ **AFSC's program** covers three rural villages in Central Mozambique's Manica district, an area hard-hit by a long-running civil war, and which now has the country's highest incidence of HIV/AIDS.

The work emphasizes the power people have to change their own lives. With AFSC's help, community members analyze problems and tap into everyone's ideas and experiences to develop solutions. To this end, the CBOs play a key role.

The CBOs, many of which come together with encouragement from AFSC staff, build on a cultural tradition of self-help. They are organized around common interests such as agriculture, animal husbandry, adult literacy, availability of clean water and proper sanitation, and HIV/AIDS education and prevention.

Members monitor the progress of a given project, share experiences and ideas, and evaluate the results. Those results have been impressive. Highlights include:

- Construction of a seven kilometer road and a bridge that give villagers easier access to the local market.
- Establishing a program to address the crisis of children and youth orphaned by HIV/AIDS in Manica district.
- Improved food security through various measures, including an increase in the variety of crops grown in community demonstration gardens, and better grain storage methods.

■ **Nhatua Chingore Francisco** exemplifies the power of the program's self-help approach. Nhatua's CBO was one of several given cattle and goats in the hopes that, as the animals reproduced, each participant eventually would own animals they could use for milk, protein, and draft power. The effort has exceeded everyone's expectations.

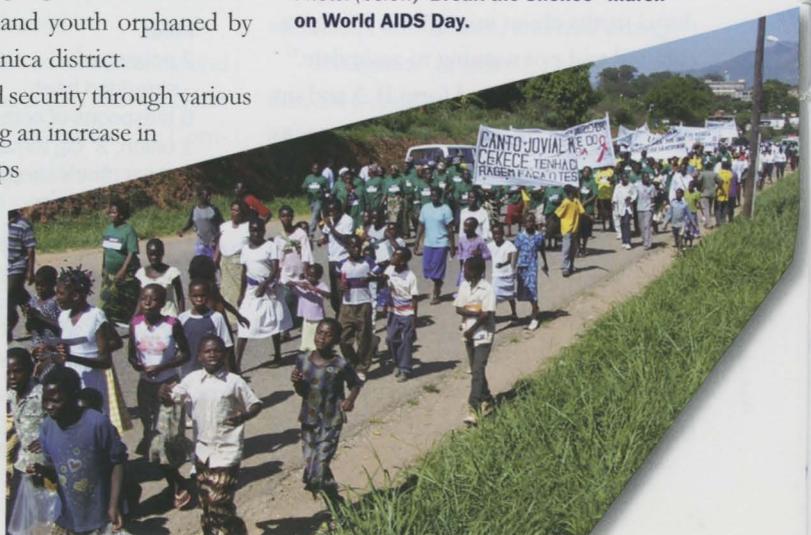
Nhatua says she now has one cow and two calves, along with five goats. The animals produce enough milk for her family, and she uses the cows to carry heavy loads such as firewood, sand, and maize. Nhatua's vegetable crop has also increased dramatically because she uses the cows to till more land than she could by hand.

Enoch Opuka likes to end his letters with a quote that sums up the philosophy of AFSC's work in Mozambique:

Knowledge is like a garden: If it is not cultivated, it cannot be harvested.

More information about AFSC's work in Mozambique is available online at www.afsc.org/africa/int/mozambique.htm.

Photo: (below) "Break the Silence" march on World AIDS Day.



News from the frontlines

A compendium of information sources about the Iraq war

Where do you get your information about the war in Iraq? Are you confident that you are getting a full and accurate picture? Trustworthy news and analysis are essential to anyone working for peace and justice, but there are endless sources—print, broadcast, cable, web sites, blogs, podcasts, and other media. To help you sort the worthwhile from the less worthy, Emily Kephart, a fellow in AFSC's Iraq Program, did some research and produced this list of recommendations.

To understand the impact of the war on the Iraqi people, the U.S. soldiers sent to fight there, and U.S. taxpayers, the following videos are a great place to start.

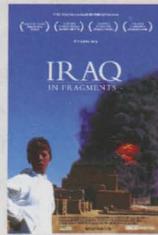
My Country, My Country

Through the story of Riyadh, an Iraqi medical doctor, devout Sunni Muslim, father of six, and Sunni political candidate, this indispensable film captures the chaos of everyday life in Iraq.

www.mycountrymycountry.com

Iraq in Fragments

Presented in three acts, this intimate portrait of a country features a fatherless 11-year-old apprentice working in a Baghdad



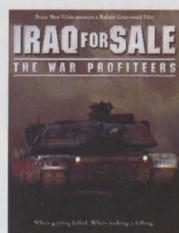
garage, Shiite militants rallying voters while enforcing Islamic law, and a family of Kurdish farmers that welcomes the U.S. presence.

www.iraqinfragments.com

The Ground Truth

Returning U.S. soldiers provide first-hand testimony about the horrors of the Iraq war—and the challenge of returning to an “uncomprehending public and an indifferent government.”

www.thegroundtruth.net

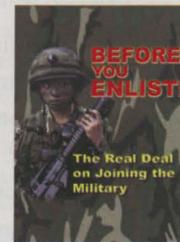


Iraq for Sale: The War Profiteers

Iraq for Sale uncovers the connections between private corporations making enormous amounts of money in Iraq and the decision makers who allow them to do so.

www.iraqforsale.org

AFSC has just released two short videos about military service and its consequences.



Before You Enlist! The Real Deal on Joining the Military

Addressed to young people and their families, this short video provides a rational voice to counter the seductive and often deceptive recruiting practices of the U.S. military.

www.youth4peace.org/video

Bringing the War Home: On the Road with Eyes Wide Open

This video captures the emotions and the passions stirred by AFSC's travelling exhibit of empty boots and shoes.

www.afsc.org/eyes/experience



For more information and ways to get involved in efforts to end the war in Iraq, please visit afsc.org/wagepeace.

For daily news

Al-Jazeera.Net: english.aljazeera.net
(Arab news in English, based in Doha, Qatar)

The Independent: news.independent.co.uk/world/middle_east
(online version of British daily paper)

The Daily Star: www.dailystar.com.lb
(news from Lebanon)

Electronic Iraq: electroniciraq.net
(portal to Iraq news from international press)

The New York Times: nytimes.com/pages/world/middleeast

Alternet: www.alternet.org/waroniraq
(portal to independent media sources)

McClatchy Washington Bureau: www.realcities.com/mld/kwashington
(see Special Reports: Iraq War Coverage)

For an “on the ground” view of humanitarian aid

NGO Coordination Committee in Iraq:
www.ncciraq.org
(weekly highlights track NGOs' efforts in Iraq)

Relief Web: www.reliefweb.int
(current information on security and humanitarian situation)

UNHCR: www.unhcr.org
(United Nations' news on refugees and other displaced people)

For a personal slant on the war

Informed Comment:
www.juancole.com
(thoughts on the Middle East, history, and religion)

Baghdad Burning:
riverbendblog.blogspot.com
(a young Iraqi woman says “Let’s talk war, politics, and occupation.”)

Angry Arab News Service:
angryarab.blogspot.com
(politics, war, the Middle East, Arabic poetry, and art)



What's your sign?

A message from AFSC General Secretary Mary Ellen McNish

It's important to remember to say what we're for. Not just what we're against or what we think is reasonable, but to say what we fundamentally believe.

That's why I am so pleased with our new "Friends For Peace" sign and photo campaign. (I'm sure you noticed the sign in the centerfold and I hope you read the articles on pages 4-5 about it as well.) I trust you'll join me in putting up your sign to tell the world that you're not just anti-war or pro troop withdrawal, but that you stand in that best tradition of American idealism that says the world can be a peaceful and just place.

I had some fun with my husband finding words to fill in the blank on my sign. I came up with some things you'd expect: Quaker, mother, and feminist for peace; some you might guess or know from my letters: NPR listener, Scrantonian, and gardener for peace; and maybe a few that you wouldn't have thought of, like jitterbugger and Motown listener.

I'm excited to see what other people will do with their signs.



What word or phrase will you choose to give a face to the peace movement? Will there be puns, hand-drawn signs, and pictures? I know how creative AFSC supporters can be.

I want these signs to show the breadth of who we are: nurses, firefighters, football fans, librarians, and all the diversity I see as I travel the country and meet many of you. More than that, I want the people who read these signs to see themselves in them, and perhaps take the next step down their own path to support peace in Iraq and

around the world.

Please take a moment, find your word or phrase for your sign and put it in your window, on your dashboard, or on your office filing cabinet. Join me and tens of thousands of other folks across the country to show our leaders what we stand for. And don't forget to post a picture of you and your sign at www.friendsforpeace.org.

Mary Ellen McNish

REFLECTIONS

Learning from Dr. King

Dr. King influenced the Service Committee's view of nonviolence

When Dr. Martin Luther King, Jr., was awarded the Nobel Peace Prize in 1964, those associated with AFSC had particular reason to feel satisfied: AFSC had nominated Dr. King for the prize and had many connections with him.

The relationship began in 1956 when a delegation of Philadelphia Quakers visited Montgomery, Alabama, during the bus boycott. In 1959, the AFSC arranged for Dr. King to visit India on a pilgrimage to the people and places associated with Mahatma Gandhi, which confirmed his nonviolent convictions and practices.

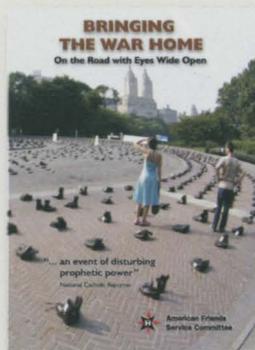
Then, in 1963, when he was jailed in Birmingham for leading a nonviolent demonstration against segregation, Dr. King was criticized in a statement by eight white religious leaders. In response, he wrote "Letter from Birmingham City Jail," speaking powerfully of the great freedoms rooted in our religious faith and national principles. This letter was published by AFSC and became so popular that the Service Committee printed and distributed several hundred thousand copies.

Years later, long-time staff and committee member Steve Cary said that Dr. King and the Civil Rights Movement played a big role in the AFSC's evolving understanding of nonviolence. Originally seen as a testimony against war, the Quaker stand against violence expanded to include the roots of violence—injustice, poverty, and oppression.



Dr. King during his visit to India

Resources



Bringing War Home: On the Road with Eyes Wide Open

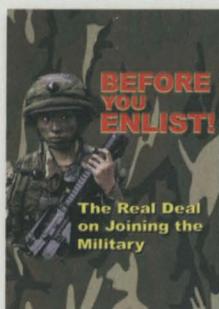
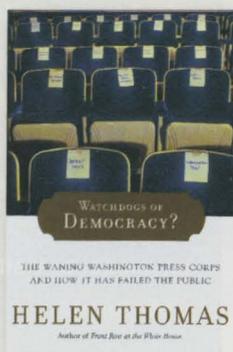
This short documentary captures the essence of AFSC's acclaimed Eyes Wide Open exhibit, which offers a stark reminder of the human cost of the Iraq war. DVD. 11 min. **\$10**

The Iraq War and Its Consequences

An inspiring collection of essays from more than 30 Nobel Peace laureates and eminent scholars who offer opinions, analyses, and insights on the war that has drawn both widespread opposition and strong support. **\$20**

Watchdogs of Democracy: The Waning Washington Press Corps and How It Has Failed the Public

Helen Thomas, the veteran journalist and rousing keynote speaker at AFSC's recent Annual Public Gathering, has spent more than 60 years covering Washington politics. In her new book, Thomas argues that the press is monopolized by big business and what she calls the "wholesale failure by journalists to fulfill what is arguably their most vital role in contemporary American life—to be the watchdogs of democracy." **\$25**



Before You Enlist!

This DVD, addressed to young people and their families, provides a rational voice to counter the seductive and often deceptive recruiting practices of the U.S. military. 14 min. **\$5** (\$30 for 10 copies)

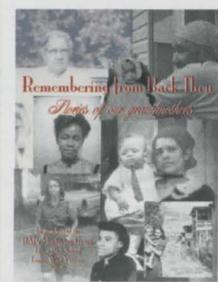
"Peace recruiter" T-shirts

Offer a counterpoint to the ever expanding corps of military recruiters in our nation's schools with these three "peace recruiter" T-shirts: "Army of none," "Navy out" and "A war budget leaves every child behind." Order through the AFSC online store at www.afscstore.org (go to the "clothing" section) or contact Darlene Gramigna at (312) 427-2533, ext. 17, or Dgramigna@afsc.org. **\$20**

Remembering From Back Then: Stories of Our Grandmothers

Invaluable life lessons were passed from one generation to another when the young women in AFSC's Logan, West Virginia, mentorship program interviewed older African-American women (and a few men). *Remembering From Back Then* is a book full of memories, photographs, and inspiration which the young people say helps them better understand the challenges of African-Americans who came of age during segregation.

To order, please contact Bonney Mattingly, AFSC-Baltimore, 4806 York Road, Baltimore, MD 21212, phone: 410/323-4200, ext. 11. **\$4**



A Foot in Both Places: Culture and Community at the Crossroads of War

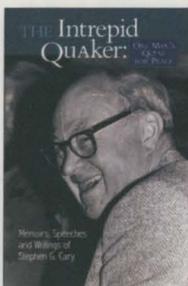
Now available on CD-ROM, this innovative toolkit focuses on how Arab, South Asian, and Muslim community activists from around the United States have responded to the post-9/11 climate and what types of alliances they have built to defend their civil rights and civil liberties. To order the CD-ROM, please send an email to BothPlaces@afsc.org or call (215) 241-7134. The online version of the toolkit is available at www.afsc.org/both-places/.

Free

Beyond Prisons

In *Beyond Prisons*, the AFSC's Laura Magnani and co-author Harmon L. Wray offer a powerful moral critique of the U.S. criminal justice system and describe a new paradigm for dealing with criminals based on restorative justice and reconciliation.

\$13



The Intrepid Quaker

Former AFSC staff member and Board clerk Steve Cary's memoirs, speeches, and writings reveal leadership and philosophy that mirror the Quaker experience in education and peace work in the latter half of the twentieth century. **\$20**

Unless otherwise noted, order all items on this page through AFSC's Literature Resources Unit
1501 Cherry Street
Philadelphia, PA 19102-1403

Phone: (215) 241-7048 (or toll-free 1-888-588-2372, ext. 2)
Fax: (215) 241-7275 or order online at www.afscstore.org

Build a Future for ... *Human Dignity*

Every year bequests from supporters like you enable AFSC to continue its witness to the dignity and worth of each person.

A concern for the well-being of migrants and refugees has been at the core of AFSC's work throughout its history. We helped resettle Jewish refugees and aided interned Japanese-Americans during World War II, we took a lead in the Central America Sanctuary movement, and we provided aid to the displaced in Bosnia and Kosovo. Today this historic witness continues in our work to protect the human rights of immigrants in the United States.

All of this is possible, in part, because of contributors like you who remember AFSC in their estate planning.

AFSC values all bequests, whether large or small. Together, these gifts ensure the stability of AFSC's ongoing witness for peace, justice, and human dignity.

By naming AFSC in your will or trust or as a beneficiary of your retirement account, you can both reduce your family's taxes and continue your commitment to Quaker service. Best of all, it's quite easy.



To learn more about including AFSC in your estate plan, call our Gift Planning

Office toll free at

1-888-588-2372,

ext. 3, check the box

on the enclosed reply

envelope, or visit our

website at:

www.afsc.org/give/planning.htm



Photos: (top) Japanese-American, WWII AFSC Archives, (middle) Toulouse, France, WWII AFSC Archives, (bottom right) Immigration rally, Philadelphia Terry Foss, (lower left) Bosnia Davorin Brdanovic



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