Coming Soon: Pride Bingo, Rachel's Women Shelter, Book Club, Happy Hour, and more!

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San Diego Peace Corps Association E-Newsletter

Pacific Waves

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LETTER FROM THE PRESIDENT

Greetings,



It was great seeing so many members at the annual meeting and picnic where we also selected projects for grants and elected our new board.

My term as Board President has ended and I am pleased to announce our new board president is Nina Pruyn. Thank you Nina for stepping up to take the reins. Please join us in welcoming three new members Mandi Leissoo, Trisha Langlois and MK Lowndes who is returning to the board. Here is the entire board with areas of responsibility in addition to each if us planning and coordinating regular activities.

Board Member	Role
Nina Pruyn	President
Lacy Szuwalski	Vice President
Colleen P. Garrett	Secretary
Sharon Kennedy	Book Club
Genny Lynkiewicz	CFO
Victor Cuevas	Quartermaster
Lynne Graham	Holiday Party / Silent Auction
Laura Streichert	Membership
Shannon McBride Mahan	Holiday Party / Silent Auction
Sara Russell	Newsletter / Website
Dana Weimar	Social Media
Brian Midkiff	Membership / CFO Shadow
Brad Favor	Advocacy

Mandi Leissoo	International Support Fund
Trisha Langlois	Holiday Party / Silent Auction

We all look forward to another year of service projects, outdoor activities, happy hours and dinners and other events. If you have ideas or suggestions for activities or projects let any board member know. All ideas most welcome.

I would like to close out my tenure by thanking all the board members who have made my role much easier through their active dedication to helping SDPCA to be a dynamic and fun organization. See you at upcoming events.

Thanks,
Brad

UPCOMING EVENTS



Happy Pride Drag Bingo!
Wednesday, June 17th, 2026
Gossip Grill
1220 University Ave, San Diego, CA 92103
RSVP: https://www.paypal.com/ncp/payment/UM9WKESSUVWME

Come celebrate PRIDE MONTH with SDPCA at Drag Bingo!
Seating starts at 6:00 PM, games start at 6:30 PM.

$12/person for 3 bingo boards (fees included). 18+ event.
Gossip Grill requires $20 minimum spend per guest.

We have a total of 16 spots. Please use the PayPal link to reserve your spot.

Parking: Gossip Grill does not offer on-site parking. The closest parking is at 1039 University Avenue, San Diego.

Questions? Contact Shannon at 267-304-2160 or ShannonMcBride512@gmail.com

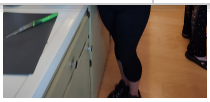
SDPCA Host: Shannon McBride Mahan

Rachel's Women's Shelter Dinner
Sunday, June 21, 2026 @ 2:00 - 6:30 p.m.




92101
RSVP: https://evite.me/bWNvPJSueK





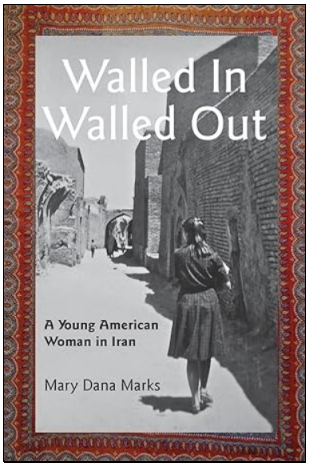


Join us for our 14th annual community service event on behalf of Rachel's Women's Shelter in downtown San Diego. Meal preparation will take place at the home of Karen Lindquist. Volunteers work together to prepare the meal, then pack up our food and head to Rachel's Shelter. We'll serve dinner promptly at 5:30 p.m. and the volunteers will then join the women to enjoy dinner!

VOLUNTEER HELP IS NEEDED:
(1) from 2:00 to 4:30 p.m. at Karen's home (*address above*) for meal preparation and delivery to Rachel's.
(2) from 4:45-6:30 p.m. at Rachel's Shelter *(address above*) - to set up our buffet, serve, enjoy dinner and conclude with clean up. Preparing our dinner for Rachel's is always a lively gathering of SDPCA friends working together for Rachel's women. We hope you'll join us this year!

QUESTIONS? Contact one of the event hosts.

SDPCA Hosts: Karen Lindquist (619)385-3190) & Lynne Graham (760)402-1064 (TEXT ONLY FOR LYNNE PLEASE).



Book Club: *Walled In Walled Out*
Wednesday, June 24th, 2026 @ 7PM
Zoom
RSVP: https://evite.me/k2ByGxkksT

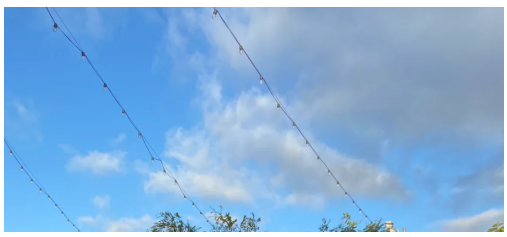
Join us to discuss *Walled In Walled Out - a Young American Woman in Iran* by Mary Dana Marks.

The author will join us!

We'll meet on Zoom.

SDPCA Host: Sharon Kennedy

SDPCA Happy Hour
Friday, July 17, 2026 @ 4-7pm PDT
Carruth Cellars in Solana Beach
118 S Cedros Ave #C, Solana Beach, CA, 92075

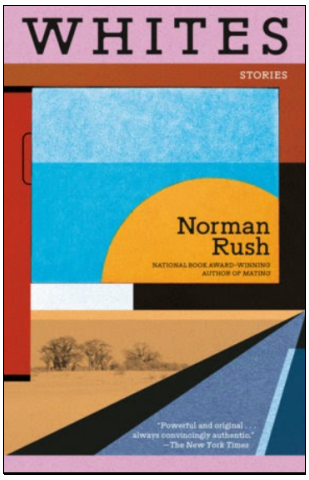


Please join us for an evening of fun and networking. The venue is child and dog friendly. Food and wine available for purchase.



Questions? Contact Genny at 414-745-7845 or glynkiewicz@outlook.com

SDPCA Hosts: Genny Lynkiewicz and Colleen Garrett



Book Club: *Whites*
Wednesday, July 29th, 2026 @ 7PM
Zoom
RSVP: https://evite.me/F9dUxAPM4b

Join us for a discussion of *Whites* by Norman Rush. This is a collection of short stories about Botswana. We'll meet on Zoom.

SDPCA Host: Sharon Kennedy

WHAT'S NEW?

SDPCA Membership Matters

Namaste Everyone!

It was great to see so many of you at the Annual Meeting and Peace Potluck. Thank you to members Elizabeth Vaughan and Jacob Larson for hosting at their beautiful ranch!

I was especially moved by the moment of silence led by Brad Favor for the four members who passed in the last year:

- Dan MacAllister
- Tony Starks
- Linda Vene
- Bob Vryheid

They say you are never really gone until people stop talking about you. I find some comfort in knowing how our SDPCA friends, known and unknown, acknowledge our Peace Corps

In our Member Spotlight this month we feature Mary Wirges, who served as a PCV in Paraguay.

Hope to see you at an upcoming event!

Laura Streichert
RPCV Nepal, 1981-1983
SDPCA Membership Co-Chair

Member Spotlight
Get to know: Mary Wirges



Peace Corps countries and years served:
Paraguay 1973 – 1976
What did you do as a volunteer?
In Paraguay, I was an agricultural extension volunteer. I lived in the "campo" (countryside) and taught farmers' wives and daughters about nutrition, gardens, hygiene, handicrafts, cooking with soybeans in their own recipes. A very special project was building "fogons", which are raised brick stoves, sometimes with an oven attached. I also raised funds locally with a matching grant from the Kellogg Foundation to build a 2-room schoolhouse in a distant farming community.
What is your profession/current occupation?
I am retired now but my career was in the management side of healthcare. For the last 34 years, I have worked at Kaiser Permanente in the division of capital, strategy, and planning. My department was responsible for writing and defending business cases requesting millions of dollars for capital projects,
leasing space, and buying land or buildings. I led teams in San Diego County, Orange County, Riverside County, San Bernardino County and the southwestern part of Los Angeles County.
What is a favorite memory or experience from your time in the Peace Corps?
I have many memories but one that stands out happened in the beginning of my service. I was based in a town of about 3,000 people and had group meetings like the 4H clubs in the U.S. with farmers' wives and daughters in outlying farming districts, as well as in town. I was visiting a family with my Paraguayan extension agent and my female counterpart. They were introducing me to the families in the farming district. The last family I visited gave me a whole live chicken as a thank you. I didn't want to accept it because I paid for a room and board with a family in town. That chicken would have fed the entire family of 10 people. My extension agent and counterpart both told me I needed to accept the chicken or else the family would be insulted. I did accept the chicken and felt immense guilt that the family gave me something so valuable to them just for thanking me for the visit. That sacrifice stayed with me throughout my service and gave me energy and drive when things got difficult.



Do you have a special souvenir


Teaching a class to the wives and daughters in the campo.

I brought home two vessels for drinking yerba mate. Hot boiling water poured over the yerba herb in the vessel is called mate. It is drunk through a silver straw or bombilla. When the water is cold, the vessel is called a wampa and the drink is called terere. And I also brought home a kilo of pure yerba mate. This was before mate became a popular drink in the US. This was a shared drink in Paraguay in the 1970's meaning that the drink would be passed around and people would drink from the same bombilla and yerba mate.

Please recommend activities that you enjoy that other SDPCA members might be interested in.I recommend joining the monthly book club group. We read books written by Peace Corps volunteers or about countries where Peace Corps has served. It's a wonderful way to get to know another country that you might never visit or see another side of a country that you have already visited. The book club is easy to do because it is via zoom. I would also recommend joining the annual potluck gathering and fund-raising auction in December. It is a great time to see people face to face, join in many conversations, and sample delicious food from many different countries.

International Support Fund

Thank you to everyone who participated in voting at our Annual Meeting and Peace Picnic. Through your votes, SDPCA members selected two projects to receive support through our International Support Fund. We are excited to support these community-driven initiatives and the Peace Corps Volunteers working alongside local partners to create sustainable impact.

Project: Agriculture Business Development
Country: Madagascar
Volunteer: Kyle S. (California)
Donation Amount: $942.63
Description: This project focuses on strengthening community-led development through training in sustainable agriculture, animal husbandry, financial literacy, and small business development. Two training programs will serve approximately 100 community members, helping participants develop practical skills to support income generation and economic resilience. The project will also provide leadership and organizational development support to a newly formed community-governed development organization, strengthening its ability to manage projects, secure funding, and lead future local initiatives.

Project: Landscape Restoration and Water Capture
Country: Mexico
Volunteer: Janet H. (California)
Donation Amount: $1,057.37
Description: This project will transform an underutilized campus space into a sustainable

annually while providing hands-on educational opportunities for students and faculty. Through a train-the-trainer model and long-term stewardship plan, the project will support environmental sustainability, practical resource management skills, and English-language learning while reducing reliance on potable water for landscaping.

SDPCA Revenue and Expenses

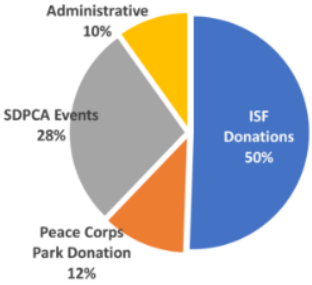
Read a detailed breakdown of revenue and expenses from the FY25-26 SDPCA annual report.

SDPCA Revenue by Source FY25-26



Donations:	$5,623
Silent Auction:	$3,156
Taste the World:	$2,601
Membership:	$1,362
Calendars:	$ 802
Misc.:	$ 580
Total:	**$14,124**

SDPCA Expenses FY25-26



ISF Donations:	$4,500
PC Park Donation:	$1,034
SDPCA Events:	$2,485
Administrative:	$ 880
Total:	**$8,900**

PAST EVENTS



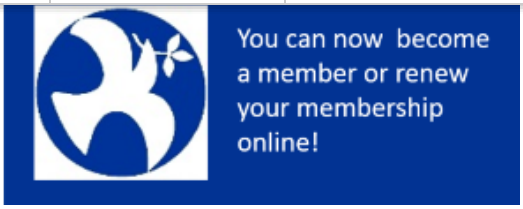
SDPCA Annual Meeting and Peace Picnic, May 16th

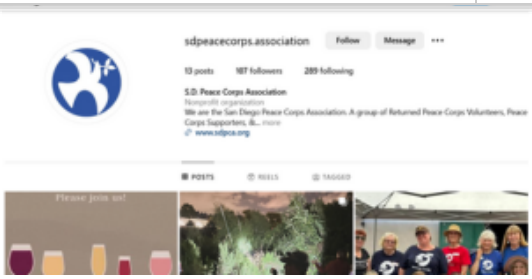


Book Club: *The Mountains Sing*, May 27th

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