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Message from the Country Director



the lives of others. Your role as representatives of what is great about the United States – the value of individual liberties, expression and responsibilities; the belief in the ability of work well directed to make better lives – will stay with you wherever you travel and the indelible mark left by your work

along side our Basotho hosts will help you teach others how to be global citizens. This legacy belongs to all of you.

Thanks so much to each and every one of you, staff and volunteers, who have so enriched my life that I can only begin to understand now, as I ready to leave, how much I have benefited. Know that you have a friend in Uganda for, we hope, the next 30 months and I hope to stay in touch with all of you.

Sala hantle, my colleagues.

Ted

Transitions are so much a part of life we sometimes take them for granted – until they are directly upon us like a looming storm. I have such a transition this week where I leave Lesotho after 28 months of service as the Peace Corps Country Director. When this journey began it seemed there was so much time to do and learn. Now I can only ask ‘how did this transition arrive so quickly’?

I take away so much that I can only hope that I have given back in some small measure. The creativity of Peace Corps volunteers and your capacity to do wonderful, difficult, sometimes thankless work has been a joy for me to watch unfold and flourish in so many of you. It has been an honor to be your Country Director and I know everyone of you will do marvelous and substantive work for your communities, which are now larger than you ever imagined. For your community is the world and this short journey of service is but the latest excursion as that global community opens up to you, and you to it. This is true for me as well.

I believe very deeply in the role of Peace Corps volunteers and of host country staff to accomplish things that no other organization can – to give meaningful expression to the generosity of the human spirit that makes qualitative differences in

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From the Editor's Desk

Articles must be received by the 4th Monday of the month to be included in the following month's edition of the Khotso. **When submitting articles, please list the name of the person making the submission and a contact person for follow-up questions.** The Newsletter will be emailed and snail mailed on or about the 1st of each month. Please make sure that your email and mailing address is on file at the Peace Corps office.

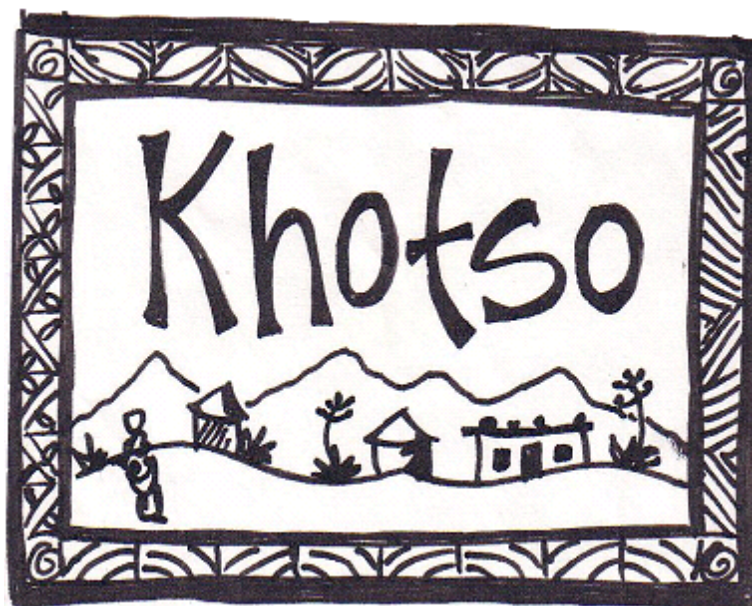
The editorial staff would like feedback from PCVs regarding the content. It is our desire to provide you with information that is useful, helpful, and encouraging. We would appreciate receiving constructive feedback from you as to whether the information contained in this newsletter met your needs.

By submitting articles, you are providing Peace Corps Lesotho with the right to reprint your article in full or part in any publication.

Deepak Pullanikkatil
Editor



Editorial



PCV Birthdays

Birthday greetings go out to the following PCVs. The Peace Corps Lesotho staff sends you greeting and hope that you have a very prosperous year.



October

Jimenez, Violeta	October 2
Lindquist, Karen	October 7
Wyzinski, Lorian	October 14
Dernovsek, Andrew	October 22
Adams, Darrin	October 25
Gilde, Emilie	October 25
Milloy, Erin	October 25
Wierzbicki, Ashley	October 26

November

Chown, Rebecca	November 4
Franklin, Rachel	November 13
Sinclair, Oscar	November 20
Keen, Jeremy	November 27

December

Lokken, Julie	December 5
Klein, Benjamin	December 21
Brown, Victoria	December 22
Hopchak, Nicholas	December 29
Kehr, Genevievre	December 31

World Wise Schools 2009-2010

The World Wise Schools, WWS, committee has met and created goals and objectives for the following year:

1. We would like to match all PCV's in Lesotho with schools in America if they would like to be apart of the program. School in the States is starting soon and we would like to match volunteers ASAP! Please let Meg Orazio at morazio1@gmail.com if you are interested.
2. We would like to utilize our website, wikisarvn.pbworks.com !!! We have been working hard at it and would LOVE if you would include the link in your emails and blogs home. If you have an appropriate and positive blog about your Lesotho experience, we would like to include it on the website. Finally, we are looking for information to add onto the website, this would include:

stories, lesson plans, videos, pictures or anything along those lines that you think other volunteers, teacher and students would enjoy! Again, send these to morazio1@gmail.com.

3. Finally, if you are linked to a school at home, PLEASE remember to write them, school will be starting very soon!

Thank you-- Meg, Merrill and the WWS Committee

NEW TECH COMMITTEE

We're very gratified by the great response and enthusiasm shown for renewing and expanding this important committee. We have room for only 6 members which we have selected below based on our rationale to have as large a cross section of the PCV community as we can get given the restriction of six people. This is not to say that those who don't make the committee cannot contribute to ICT. Much to the contrary, all PCVs, we believe, have a great deal to contribute to ICT in Lesotho for the support of our mission in all the ways that your imaginations can materialize. We urge those not on the committee stay involved in ICT and communicate with the committee members regularly

Here is the selection for the committee that we've made based upon our understanding of what each member brings to the table and the diversity of interests represented.

- ◇ Cuevas, Victor
- ◇ Griffin, Ed—Secretary
- ◇ Hopchak, Nick—Chair
- ◇ Kaufman, Elissa
- ◇ Laufman-Walker, Aaron
- ◇ Murray, Melody

FOR SALE

Guitar with song book, case, spare strings, etc. 1000 Rand or \$125.
Backpack—Kelty 5700 Redcloud. 600 Rand or \$90.
Call Chris Conz 58152759

PCV News Corner



Staff Birthdays



October

No birthdays this month

November

Eunicia Nkoro	November 3
Lebohang Ranooe	November 20
Clement Lephoto	November 22

December

Richard Carlson	December 27
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Peace Corps Lesotho Holidays

October

October 4— Independence Day (LS Holiday)*
 October 12—Columbus Day (US Holiday)*

November

November 11— Veteran’s Day (LS Holiday)*
 November 26—Thanksgiving (US Holiday)*

December

December 25— X-mas (US Holiday)*
 December 26— Boxing Day (LS Holiday)*
 * PC Lesotho remains closed on this day.

Education Corner By Clement and Malitaba

Having seen a some Volunteers depart these shores following their successful tour of service in the Mountain Kingdom, lets once again bid a fond farewell to the following PCVs who are due to depart the month of November: Ben S, Clare, Emilie, Kylie, Nora and Sarah C. To all of you we say, ‘tsamaeang hantle, re leboha ka mosebetsi oa lona Lesotho’.

Congratulations to two Volunteers who have been granted a one year extension each! Violeta and Tarsha have decided to continue their service in Lesotho and we wish them all

the best.

PST

PST is almost here! A team of technical, language and cultural facilitators will be assembled in Maseru for a Training of Trainers workshop, October 19 thru 23. The purpose of the workshop is primarily to lay our plans for the rest of PST and as always we will request a few of you to assist whenever possible. ‘M’e ‘Masechaba is already taking a list of Volunteers who are willing to host the Trainees for their site visits. The trainees are due to arrive in Maseru November 12 and training will begin immediately upon their

arrival.

Staff farewell and welcome

In this article, we would like to take this moment to salute Ntate Ted, who left for PC/ Uganda. He has been a strong supporter of our programming efforts and without doubt of the Volunteers in Lesotho, we wish him well in Uganda...we have a strong suspicion that he may miss the mountains and the cold and who knows he may return here one day!

We also welcome our new colleague Charlie Miller who begun his tenure in September. Rea u amohela ntate!



Staff Corner
 Education Corner
 CHED Corner

CHED Corner By Charles Miller



Hi PCV Gals and Guys,

I’m Charles Miller (on the right in the photo), the new APCD for CHED. To say I’m happy to be in Lesotho would be an understatement. Fifteen years of international development experience has taught me to appreciate every new opportunity that presents itself. Since my own PCV experience many moons ago, I’ve been fortunate enough to have worked in some very amazing countries,



including Papua New Guinea (where I was a PCV), Uganda, Sudan, Nigeria, Kiribati, Guyana, and now Lesotho in some pretty amazing roles. All that said, however, I realize I have so much to learn about Lesotho and the CHED project and beg your forgiveness if I forget a name, mispronounce a Sesotho word, or just generally look lost.

I look forward to meeting you all over the next few weeks and months and to learning from you. I will work with M’e Jimi and the rest of the staff on a schedule for site visits, but if

you make it to Maseru before I make it out to see you, please don’t forget to stop in and say hi. Thanks for the awesome work each of you do and thanks also for the warm welcome!



Linonyana tsa Lesotho By PCV Christopher Konz

Ok, so we are all well aware that wildlife is hardly a perk of living in Lesotho. The great game reserves of Africa are elsewhere, though some are not too far. Our wildlife pool is quite limited unless you are a big fan of rats. Like most aspects of PCV life, I have found it more beneficial to try and focus on what we do have rather than what we lack (often a formidable challenge...I agree).

Birdlife in Lesotho can be quite spectacular for the long-term viewer. I reckon two years is about a perfect timeframe. From the moment we touched ground at Moshoeshoe I in November 2007, I was on the lookout for new birds. For the first several months of life here, my viewing curve pretty much followed my overall learning curve on a steep slope upwards. It seemed like everyday I saw and learned something new. Oh look! There's a Bokmakierie, such a radiant yellow, outspoken little bugger. Check out that flock of Redwinged Starlings on the hillside! Wow, isn't that White-backed Vulture a sinister looking thing? Naturally, my lengthening bird list stalled after some months. Things started to seem a bit stagnant on the bird front and the learning curve seemed to have hit that inevitable plateau. You might say that most of the novelty of the entire experience had worn off. Well woop dee doo, there goes another Rock Bunting, flitting about on the canyon slope. Jeez, I wish those Bald Ibises would just shut up for once and leave the maize fields in peace! Yes, there have been numerous periods when I said to myself, "man, you are one crusty old Jackal Buzzard sometimes."

In fact, the list remained at a virtual standstill until a fairly recent trip up to St. Lucia in Kwa Zulu Natal. I nearly doubled my list of bird identifications in that avian paradise! I highly recommend St. Lucia for bird enthusiasts or simply to recharge your spirit. Sightings were numerous and varied from the iconoclastic Goliath Heron to the majestic Malachite Kingfisher. Honestly, at the end of that trip I was dreading my return home to Qacha's Nek in the dead of the Lesotho winter. To stave off the doldrums, I immediately set to a number of my favorite pastimes. I grabbed my binoculars, bird guide, and some snacks and set off down to the Senqu River shores. Just the usual suspects at first, but some patience and a keen refocus proved fruitful on that day and on many subsequent days as well. In the past two months of browsing in my spare time I have gotten acquainted with lots of new friends. A special highlight has been the Secretarybird. This long legged, legend of the veld is common in game reserves but I was fortunate enough to see one just around the corner from my home. The 1.5 metre giant tramples its prey to death with its powerful feet. The Rock Kestrel (*Falco tinnunculus*) was a newby for me last month but now seems to be everywhere, patrolling high over the fields and then turning to hover in the stiff breeze. The Sweet Waxbill is an inconspicuous bird that can be seen puttering around in the grass near wooded streams. The Redcapped Lark sports a fiery red crew cut on top, reminding me of a little boy I once knew. My recent favorite is easily the Fairy Flycatcher. Cute little guy seen in the squat shrubs all through Lesotho, but more than that, the name just seems to roll off the tongue nicely: F A I R Y F L Y C A T C H E R!

Lots of things have surprised me in the past couple of months. Perhaps my observing powers and local knowledge have simply improved more than I had realized. Maybe it's my resilience that's on the upswing. My renewed enjoyment in watching these feathery creatures has seemed to mirror my recent experience in so many ways, but the bottom line is that it's just a great way to "waste time." I mean, think about it, sitting back in a grassy knoll in the sun looking after tale feathers, rumps, and bills involves minimal stress. Always leave yourself open to new experience and observation and with enough patience you may see or at least hear some of Lesotho's greatest birds like the Bearded Vulture, the Cape Eagle Owl, or the Malachite Sunbird. It's funny, seeing some newbies around these parts is great but perhaps more importantly; it also enhances a new appreciation of some favorites from my earliest days here. Whooa, speak of the devil, there goes a pair of Cape Robins and a Fiscal Shrike playing about in my garden right now!



News From a Fellow PCV By PCV Janice Stapleton

Karrin Parker (parkerkarrin@gmail.com) and I (jstapleton225@gmail.com or 5911-7397) have recently been assigned to the National Health Training College in Maseru. The college is located near Baylor Pediatric Clinic and the SOS Orphanage. Five hundred students are in attendance with a total capacity for one thousand. NHTC is a R4 ride on the Leqele kombi from the taxi rank behind Shoprite.

NHTC produces graduates in general nursing, psychiatric and mental health nursing, nursing assistants, nurse clinicians, pharmacy technology, medical laboratory services, and also offers an envi-

PCV Life



ronmental health program. With the current HIV/AIDS pandemic raging in Lesotho, it is most important to produce knowledgeable health care workers. Many of the students live on campus and have weekends completely free. They are a very positive, bright and energetic group that are very willing to learn new things. They are fun to work with.

Kaye, a psychiatric social worker, has volunteered to teach a section of Karrin's nursing class on death and dying. Arlene, a nurse practitioner will be working with students on AIDS. More AIDS activities would be most welcome, since the students seem to have many questions in this area.

And our dance instructor, Jackie, is helping to start a dance and drama group, that is focused on the specific interests of the students. She will begin September 26th with a 3 hour workshop on ballroom dancing and hip hop.

Darrin is organizing a group for his "Men as Partners" workshops. There is also a group of male students who would love to learn how to play baseball. Whatever you can do, we can find a niche for your passion and your efforts will be very much appreciated.

Announcement from the HIV Committee

The OneLove Campaign has been created in response to Multiple Concurrent Partners (MCP) being identified as a major driving factor to the spread of HIV in sub-Saharan Africa. MCP is a situation where men or women have more than one sexual partner in the same time span that can overlap for weeks, months, or even years. When people participate in such sexual networks, they place themselves at higher risk for contracting HIV. OneLove is a five year campaign. The strategy is twofold: mass media and community mobilization.

OneLove has approached Peace Corps Lesotho to be a partnering organization in the community mobilization initiative. This happens in the form of community based dialogues. These dialogues will occur in an already existing group of people such as home based care workers, youth groups, teachers or support groups. (Please note: the groups are *not limited* to the ones mentioned here). The program begins with a mentor training workshop. The PCV will identify a person in their community to attend the mentor training workshop on **OCTOBER 19-22 at Molengoane Lodge** in Nazareth. The PCV will also attend this workshop, and *both* the PCV and the mentor will be trained as community mentors. You should look for people who have some prior experience in facilitation or teaching, already have a link to pre-existing peer groups, are responsible, want to participate in the OneLove campaign and have some knowledge of HIV. PCV training will be conducted in English while the Mentors will receive the same training in Sesotho.

After the community mentors are trained by OneLove, they then identify community based facilitators chosen from already existing groups to train. These facilitators will implement the OneLove curriculum into their meetings. They will do this by using the standardized curriculum manual "Relationships without Risks." The mentor AND the PCV will follow up with the facilitators by each attending a total of 3 of their sessions and observing them. There are 8-12 sessions total. All monitoring and evaluation tools are provided by OneLove. OneLove will also provide continuing support directly to the PCV and community mentor as needed.

This is a great way to raise awareness and to start the conversation of the relationship between MCP and HIV in your communities. We all know that behavior change is a challenging and critical component in fighting this pandemic. Creating a dialogue is an important step.

If you are interested in participating in this partnership and attending the October workshop, you must notify your DAR **NO LATER THAN 8 October**. Your DAR will register you. All transport for PCVs and their counterparts will be reimbursed. Remember that the completion of all required components from workshop to follow up and completion is an 8-16 week commitment, so please choose who are reliable. If you have any questions about this process, please ask your DAR.

To learn more about the OneLove Campaign visit <http://www.onelovesouthernafrica.org/>



PCV Life



My Life in Lesotho

By PCV Ro Gluck

Ten months in to my Peace Corps service, I started to feel guilty. We're talking full-on Jewish Mother Guilt, and not all of it was being slung by my mother (she's gotten used to my delinquency by now). I left Las Vegas, my home of nearly 5 years, a little over a year ago, and left the States in November 2008. In that time, I have sent a half-dozen postcards, about as many emails, and have written a sum total of five paragraphs on my blog, mostly promising to write more later. Basically, none of my friends or family had any idea what I was doing here or how I was doing it (mind you, I rarely know myself, but that's besides the point), and so the following is my attempt to share a glimpse into my life as a Lesotho Peace Corps Volunteer.

My Home

This past Saturday, I hooked up my new solar panel. It's a low-end 30W model, and with extra cable and a roll of electrical tape it cost me 1900 Rand (about \$250 these days). I now have (semi) reliable electricity- 8 hours of solid sunlight just about fully charges the car battery under my bed, which then gets me about 8 hours of work time or 3 hours of video on my laptop. I hadn't originally brought my laptop to Lesotho with me, as I was looking for the "authentic" experience. Soon realizing that I'm about 35 years late for anything even approaching "authentic," I had my laptop sent to me via a fellow PCV who was visiting the States, and my productivity instantly dropped. I now had weeks' worth of movies and TV shows at my fingertips, and of course I went out and bought the wireless modem. The only problem was electricity- I had none.

Some PCVs get three-room homes with indoor toilet, electricity, and hot (!!) running water. I am not one of them. I live in a 12-foot square cinderblock room, sharing a wall with one other room (the occupant of this room, Pontso, disappeared back in April; we just found out that she's working in South Africa). This duplex and another next to it sit at a right angle to my family's home, which is a very nice house by local standards. There's even a satellite TV dish over the front door, though it's not actually connected to anything. We are on the top of a hill, overlooking Semonkong center, with a spectacular view all the way around. The only downside of being on the top of the hill is the wind. Between that and the large tree that blocks the north face of my room, it's usually about 10 degrees colder in my room than it is immediately outside my door. I have a tin roof with a drop ceiling: cardboard panels nailed into support beams. The drop ceiling serves three basic purposes: to trap heat during the summer, to lose heat during the winter, and to provide rent-free housing for an undetermined number of rats. Now, I'm lucky- I've never had one in my room, and since I got my cats, I rarely hear them in the ceiling. But every time there's a day of really strong winds (like today), the roof shifts back and forth and there's a light rain of rat droppings from the small gaps around the edge of my ceiling.

My place has these little quirks, but I have a pretty good setup. After properly cleaning and repainting the room, I moved some furniture around, built some shelves, and found that I really have all the space that I need. Kitchen in one corner, bed across the room, wardrobe, bookcase, desk, and heater filling the rest of the walls, I still have enough floor space to stretch out in most directions. I've covered my walls with photos, letters, drawings, and maps, and I'm happy here. Except that I really want to use my laptop, and the power lines don't come by our hill. Semonkong has widespread access to electricity compared to national standards, as there's a small hydroelectric plant on the river about a mile up the road from town. Sometimes the guy running the place goes for a beer and forgets to come back, in which case people do what they did every night of their lives before the plant was built- they light candles or paraffin lamps. So there I was with my laptop, a car battery, and an inverter, ready to rock. Unfortunately, the battery ran out after only 3 episodes of House. My ability to use my laptop became limited to the frequency with which I was willing to carry the battery down the hill to the shop, pay 10 Rand, then pick it up the next day and carry it back up the hill (call me what you will, those things are heavy- and don't even get me started about propane cylinders). After putting off the decision for around three months, I finally bought the panel, and my life is just a little bit better. Just a little- it's been cloudy for the better part of the last two days, and I'm too stubborn to carry the battery down to the shop.

My Town

Semonkong is the Wild West of southern Africa. You ride your horse into town, tie him up in front of the bar, and when it's time to go, the horse knows the way home (of course, I've never done this, mostly because I don't have my own horse). There are 7 bars (and several street shacks selling homemade beer) along the half-mile stretch of dirt road that is the town center, convenient when you want to have some friends up for a donkey pub crawl (which is exactly what it sounds like). We have several shops, including a PEP, which came in about a year ago and caused about as much fuss as the first Krispy Kreme in Buffalo. We have a small airstrip used infrequently to deliver medical supplies to the two clinics in the area; there's a youth center, a high school, a Catholic Mission, an orphanage, and 5 primary schools within about 2 miles of the center of town. Down the hill, on the river, is the Semonkong Lodge. Jhonno and Armelle, the owners, are extremely sup-

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portive, letting us come down on occasion to shower and use the electricity for free. They're also more than happy to give one of us a bed for the night, especially if it's not clear that we'd be able to make it home without passing out under a tree (not me, but true) or being attacked by a pack of dogs (also true, also not me). In return, we bring in a fair amount of other business and tend to drop at least 5% of our Living Allowance into their pool table. A 45-minute hike along the river from the Lodge brings you to Maletsunyane Falls, one of the most popular natural attractions in southern Africa, and the site of the world's highest commercial abseil (that's rappelling, for those of us from the States), certified by Guinness. There's one point on the way down where the rock face drops away from your feet and the rope swings you around to face out over the river valley. The spectacular natural beauty is tempered only by the sneaking paranoia that the stitching in your harness is starting to give (note: they test the equipment every day before using it, and it is absolutely, 100% safe!). So, to review: we have a waterfall, a Lodge, lots of bars, a human-to-horse ratio of about 2:1 (3:1 for donkeys), and more rabid dogs than you can shake a stick at. But don't actually shake a stick at them, as it only makes them angrier. Find a big rock instead, and make peace with the fact that you might actually have to kick a dog in the face at some point between the shop and your house.

Getting There

This is a country where luggage and livestock are not mutually exclusive. I've seen a sheep, legs tied together, put on the luggage rack on top of a bus. The sheep was alive, mind you, and not terribly pleased. A few months later, while waiting to board the 6 a.m. bus from Semonkong to Maseru, I watched as the conductor opened the underside luggage compartment (it was one of the few nicer, newer buses) only to be knocked over by a very frantic sheep as it came bolting out. That bus had arrived at around 5 p.m. the day before, and apparently somebody forgot his sheep. In the guy's defense, it's quite easy to forget your sheep, especially when you've got half a dozen live chickens tied up with grocery bags on the overhead luggage rack to worry about.

There are three forms of public transport in Lesotho: the bus, the taxi, and the 4plus1. A 4plus1 is what we'd call a taxi in the States (4 passengers plus 1 driver, get it?); they operate mostly in Maseru and cost R4.50 (about \$0.75) for a trip within the city center. You can also hire one as a "special" to take you pretty much anywhere. The taxis are (generally) 15-passenger white vans that run between the taxi ranks in Maseru and nearly everywhere else in Lesotho accessible by road (though not to Semonkong—I can get about halfway by taxi, then hitch a ride the rest of the way). The special charm of these vehicles lies in the ability of the conductor (the guy who collects the money) to cram upwards of 27 bodies into a space meant for 15. It's not uncommon for passengers have to get off at the bottom of a hill and walk up because the taxi can't make it up full. The trick is to get there early, get a seat with a window, and never let anyone tell you to close it, even if the woman in front of you is convinced that her child will get TB from the open window and so accuses you of wanting her baby to die. The only difference with the buses is that you have to get there even earlier to get a seat, and sometimes they drive off the edge of the road and roll down a ravine until a really big rock gets in the way. Then there are days when you get lucky and get the good bus (there's no set schedule as to which buses run when, it usually comes down to which driver is the most sober), in which case you grab a window seat, close your eyes, and hope that nobody throws up on you. Did I mention that most of the roads aren't that great?

Getting from Semonkong to Maseru takes about 2 hours in a 4WD car or truck, 3 and a half hours on the good bus, and 4 and a half in the not-so-good bus, provided the brakes don't fail coming down from the mountains (then it's a bit quicker). There are usually 2 or 3 buses a day in either direction, and a one-way ticket costs 30 Rand (about \$3.50). If I'm lucky, I can sometimes catch a ride from the lodge or the DHL guy, but generally I just have to hope that the accordion music being blasted through the bus's speakers gets turned off before my iPod dies.

That's about it. Hopefully this will keep my family happy until my new nephew is born this December, which should be enough of a distraction to take the heat off of me for another good six months or so. And for any other parents who might be reading this, remember that PCVs are much like teenagers: we bathe about once a week, wash our clothes half as often, and will eat anything that doesn't run away from us. Most of don't call because, well, we're cheap. So call us. And send packages. Pop Tarts are lightweight, delicious, and accepted as currency in most parts of the world.

Ronen Gluck is an Ed09 PCV living in Semonkong, Lesotho. He likes hot showers, meals that don't include soya mince, and dogs that have already been fed today. His blog, entitled "Lesotho: It's pronounced leh-SOO-too", can be found at <http://globalgluck.blogspot.com>. This excerpt was edited for grammar and content by Violeta Jimenez without the author's permission.



Genevieve's World
By PCV Gwen Kehr

“PC to Issue Tricycles”

The 2009 Volunteer Living Surveys are in and the Peace Corps has answered. Volunteers' transportation woes are over—they can now sign up to receive state-of-the-art tricycles.

“Among the surveys there appeared to be a strong propensity for alternative transportation,” said Peace Corps fiscal planner, Ron Gerhart. “We noticed how much of their budgets volunteers were spending just to get around and when the tricycle idea was brought to the table it seemed like a great solution.”

And these aren't your standard issue, Playskool “My First Tricycles,” either. The Peace Corps is offering a high-tech set of wheels with sleek aerodynamic design that cuts wind resistance in half compared to other models. The titanium-alloy technology employed in the frame makes the trikes 6.7 lbs. lighter than older designs and the thick tires enable the locomotive to travel on tough terrain.

“I thought about asking for a bike,” said PCV Marcia Hodge, “but bikes make my butt hurt. The tricycle has a softer cushion and it's lower to the ground, so I think I'll be less conspicuous.” Hodge plans to ride her trike to remote communities in Namibia where she is serving.

The Peace Corps is offering a panoply of accessory choices for the tricycles, ranging from color choice (with matching helmet), to baskets and even handle-bar ribbons. Gerhart plans to have at least one in each country's headquarters for volunteers to test run before deciding.

“They take a little bit to get used to,” he said, “it's easy to pop a wheelie if you're an inexperienced tricyclist.” He added that helmets must be worn when operating the trikes and that taller volunteers may have to adjust the seat so their knees do not bump the easy-grip handle bars.

Volunteers who choose to opt for a tricycle will have to sign a user agreement and then it will be delivered to their sites in a large cardboard box in six to 12 months. They will have to assemble it themselves, however, what they choose to do with the box is up to them.

PCV Life



A Fair Fare

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2					14		6		16	
3							17			19
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7	8			13			15		27	
8					15		22	18		
9			10	11			23			
			10				20			
			11				21			

Across

- 1. a botanist studies these
- 2. unctuous
- 3. type of vector
- 4. 7__ inning stretch
- 5. heavy lifting might result in this
- 6. exact agreement
- 7. the oracle of words
- 8. web address

Down

- 9. ostensible
- 10. sin's reciprocal
- 11. sugars end in this
- 12. an explosive
- 13. where blood leaves the heart
- 14. Ryan's position (“The Office”)
- 15. Univ. of Illinois (for short)
- 16. “___ to Joy”

- 17. Pearl Jam lead singer (first name)
- 18. if you voted for Obama, you might call yourself this
- 19. Village People song
- 20. corp. initials
- 21. something you might slip on (plu.)
- 22. ___ far as
- 23. universal unit

- 24. ___ peace keepers
- 25. “Return ___ Sender”
- 26. French negative
- 27. the Lone Star state

Down

- 1. after death
- 2. fungus and alga partner
- 3. Am. Library Assoc. (for short)
- 4. stockings
- 5. knight's title
- 6. recently deceased Kennedy
- 7. atone for
- 8. before
- 9. word puzzle
- 10. Chinese chairman
- 11. you pay taxes to them
- 12. small amount
- 13. tell
- 14. high school math Subject
- 15. the preferred seat on a plane (perhaps)
- 16. every college dorm has one
- 17. ___ Dreamy or ___ Steamy, according to Gray
- 18. French Riviera city
- 19. long time
- 20. flight book of the Bible
- 21. Pixar team-building flick
- 24. single part of a whole



Ceremonial Swearing-In of Peace Corps Director, Aaron S. Williams

On Thursday, September 17, 2009, in a packed Shriver Hall at Peace Corps Headquarters, Peace Corps Director Aaron S. Williams was ceremoniously sworn-in by former Peace Corps Associate Director and former senior aide to President Kennedy and Sargent Shriver, Senator Harris Wofford. Director Williams addressed his remarks to both returned and current Peace Corps Volunteers as well as worldwide Peace Corps Staff. Director Williams reflected on his first 4 weeks on the job and announced his intent to focus on targeted growth, broad innovation across all operations and a commitment to Peace Corps's 3rd goal. In addition to Director Williams and Sen. Wofford, newly-appointed Peace Corps Chief of Staff Stacy Rhodes (RPCV, Bolivia) and Assistant Secretary of State, Ambassador Johnnie Carson (RPCV, Tanzania) delivered warm remarks. If you would like a dvd copy of the entire event, please e-mail Karen Chaput: kchaput@peacecorps.gov

Peace Corps Celebrates Hispanic Heritage Month

WASHINGTON, D.C., September 18, 2009

Peace Corps Director Aaron S. Williams is pleased to announce the agency's celebration of Hispanic Heritage Month. From Sept. 15 to Oct. 15, the Peace Corps will recognize the significant contributions of the Hispanic Americans who proudly serve their country as Peace Corps Volunteers and staff.

"The Peace Corps is fortunate to have a Volunteer population that reflects the rich diversity of America. Our Hispanic-American Volunteers and staff are an important part of that rich tapestry," said Director Williams.

Current Hispanic-American Peace Corps Volunteers hail from 33 states in the United States and Puerto Rico. Of these Volunteers, approximately 31 percent work in education, 22 percent in health and HIV/AIDS development, and 18 percent in business development. The remaining Volunteers work in youth development, environment, and agriculture-related projects.

The following Hispanic-American Peace Corps Volunteers have shared their stories:

- Daniel Delgadillo, of Phoenix, Ariz., is a Volunteer who teaches computer skills to youth in Kenya: "Having grown up in a multicultural household, I felt that joining the Peace Corps would provide an opportunity to learn first-hand about another culture in the world while providing much needed assistance. My greatest accomplishment is being a role model for friends and family around the world to volunteer in their communities. The most valuable lesson I have learned is the importance of friendship and cooperation between peoples of all cultures."
- Jessica Rodriguez-Montegna, who lives in Portland, Ore., is a returned Volunteer who worked in community development in El Salvador (2004-2006): "I was able to connect to the people much faster than most Peace Corps Volunteers because there was no language barrier. Because I lived in a culture similar to the people I served, I connected to their experiences and had the essential level of 'confianza' (trust) to begin a relationship of mutual understanding necessary for the work we did." Jessica says her service as a volunteer taught her invaluable skills that she puts to use in her current job in working with community leaders in Oregon, Southeast Washington and Northern California.
- Lacey Monson, of Orange, Calif., is a teacher collaborator Volunteer in rural Thailand: "I decided to become a volunteer because I felt there was a need for trained education professionals in other parts of the world and I wanted to do what I could to contribute." Monson believes that the Peace Corps "has taught my village a lot about American culture – that we are a mixture of cultures and communities from around the world. As an American, I can take pride in my nation, but also celebrate the journey and heritage of my ancestors who came to America to fulfill their dreams as natives of a different country."
- George Rutherford, of Burlington, Vt., is a returned Volunteer who taught fish farming techniques to farmers in Zaire (now the Democratic Republic of Congo)(1988-91): "I wanted to go on a big adventure, but also help others. As the first person in my family to go to college and graduate, it was very difficult to announce to my family that I was joining the Peace Corps. My mother who as a first generation Mexican-American was both very frightened and very proud. The pride both my parents feel wasn't evident until I arrived home safely, and got a job. My Peace Corps experience was one of, if not the most, defining experiences of my life. It pushed me far beyond my comfort zone, which in time gave me a great deal of confidence both personally and professionally."

Self-identified ethnic minorities around the world.



*From the PC Director
&
General Peace Corps
News*

Peace Corps Mourns the Loss of Volunteer Joseph Chow

WASHINGTON, D.C., September 23, 2009



Peace Corps Director Aaron S. Williams is saddened to announce the death of Peace Corps volunteer Joseph Chow in Tanzania. Joseph died in a rock climbing accident near the village of Mbuji in the Ruvuma region in the southern part of Tanzania.

"Joseph was active, creative and charming. He was always ready to lend a helping hand, to work and play, and to contribute to his community. His sudden passing is terribly painful for the entire Peace Corps family, including Joseph's students, whose lives were changed by Joseph's passion for teaching," said Director Williams. "Our thoughts go out to his family and friends around the world."

Joseph, 23, a native of Scarsdale, New York, had been serving as an education volunteer in the Ndanda Secondary School. He was scheduled to complete his Peace Corps service in November 2009.

After graduating from Amherst College in 2007, Joseph was invited to serve in Peace Corps/Kenya as a math and science teacher and arrived for his pre-service training in September 2007. He was sworn in as a volunteer in November and placed in the village of Ndalat to teach chemistry and physics at St. Clement Secondary School. Following the suspension of the Peace Corps/Kenya program in early 2008, Joseph volunteered to transfer to Tanzania to continue his service as an education volunteer. In February 2008, he began teaching college preparatory chemistry at Ndanda Secondary School in the Mtwara region of southern Tanzania.

Joseph always put his students first. Although he was assigned to teach advanced chemistry as his only subject, Joseph recognized his students' desire to study math and physics. Because few teachers taught those subjects, Joseph added advanced physics and math to his teaching schedule.

Raising HIV/AIDS awareness was another project that benefited from Joseph's work ethic and commitment to his community. Joseph started an after-school health club with his students, organized community HIV testing and counseling, and developed both a 5 km race and a community theater program that raised HIV/AIDS awareness in his area. The events were successful and brought more than 400 students from several regional schools together.

In his 2007 Peace Corps aspiration statement, Joseph wrote that one of the reasons he decided to serve with Peace Corps was because he had never spent a long period of time in a different culture. He hoped to meet the challenges of teaching in a classroom in Africa and understood that the work he faced would be much more difficult than any work he had previously accomplished.

Joseph not only adapted to his new surroundings, he flourished.

Currently, there are 136 Peace Corps volunteers and 40 education trainees in Tanzania. The first group of volunteers arrived in Tanzania in 1962. More than 1,200 volunteers have worked in Tanzania in a variety of projects focused on health, the environment, and education.

Peace Corps Named one of BusinessWeek's "Best Places to Launch a Career"

WASHINGTON, D.C., September 14, 2009

Peace Corps was named one of BusinessWeek's "Best Places to Launch a Career" in the cover story of the magazine's September 14th 2009 issue. Peace Corps ranks 56th overall in the annual survey and ranks in the top ten in the "Student Survey" and "Career Services Survey," two of the three criteria that BusinessWeek used in determining the rankings. Peace Corps was one of only seven employers in the "Nonprofit/Government" sector to make the list.

BusinessWeek noted that the employers were ranked in their survey because they successfully provided extensive training programs that improved workers' skills and advanced their careers and offered entry-level employees new opportunities at early stages in their employment.

The BusinessWeek survey is a three-part test designed to highlight the best employers for recent college graduates. The magazine first turned to the nation's undergraduate career-services directors to find out which employers were creating buzz on campus. BusinessWeek then looked to the students themselves and conducted a nationwide survey of U.S. undergraduates to determine which employers were the most desirable to work for. After the finalists were identified, questionnaires were completed that covered a range of issues including, pay, benefits, retention, and training programs that were compared with other employers in the industry.

General Peace Corps News



Friends of Lesotho



Making a difference at the grassroots level

FOL Wishes You Well—Ted Mooney

The FOL Board and Committee Members were saddened to hear that you will be moving on early in October. Although most of us never met you personally, Ted, we feel like we know you as a kindred spirit dedicated to supporting the PCVs serving the people of Lesotho.

We all send our best wishes to you and your family during your next Peace Corps adventure and pray that you have appropriately oriented the in-coming CD to the role FOL can play in helping PC Lesotho achieve its goals.

Attention PCVs and COSing PCVs

Friends of Lesotho invites you to take advantage of its Complimentary Membership Offer, while you are serving and during your first year after completing your service.

If you are a current PCV or a soon to be RPCV, please go to: www.friendsoflesotho.org/dues.html and complete the membership application. Our thank you for your participation in FOL is to waive the customary \$15/year membership fee.

As a complimentary member you will receive the FOL quarterly newsletter and other communications via e-mail. And, with your permission, your contact information will be added to the website Membership Directory.

Get involved...share your ideas...you are the future of FOL.

Dyann L. Van Dusen
2003-2006 RPCV, Morija and Mazonod, Past Chair, TAP
Chair, Membership Committee, Friends of Lesotho

FOL Appoints New Donations Committee Chair

After nearly 10 years of service to the Board and various FOL Committees, Martha Munson has stepped down as VP and Chair of the Donations Committee. The Donations Committee Chair responsibilities will be assumed by Scott Rosenberg, a long time FOL member who has been continuously active on the Donations Committee.

Following his PC service in 1989-1991, Scott has made numerous trips to Lesotho, beginning with his first return trip in 1995-1996 under a Fullbright Scholarship. Since that time he has returned many times with students from Wittenberg University, where he is a PhD Professor of History.

Scott and his students have provided hands on support to many PCV projects in Lesotho over the years and brings first hand knowledge of what is needed at "the grassroots level".

The basic guidelines for applying for a grant from the Donations Committee remain the same, as outlined below.

1. PCVs may apply to FOL via the Donations Committee application process for community-driven projects. Go to: www.friendsoflesotho.org/applications.html. At FOL's discretion a Memorandum of Understanding may be required prior to approval.
2. The Donations Committee meets the 3rd Sunday of every even numbered month. This is when applications are first reviewed by FOL. If recommended by the Donations Committee, the application is then reviewed by the full Board at its next meeting (the 3rd Sunday of every odd numbered month).
3. PCVs should not assume that their applications will be approved, and therefore should not notify potential donors to send funds to FOL until their application has been approved and, if required by FOL, a Memorandum of Understanding has been established.
4. Funds received by FOL for projects not previously established will promptly be returned to the donor.



Attachment

Correspondence Match Enrollment Form

Volunteer's name _____

Country of service _____

Job assignment _____ Staging date _____

E-mail _____

Signature _____ Date _____

Geographic Preference

Choose three areas and rank them in order of preference. Your first choice may not be available due to the geographic distribution of participating U.S. schools.

_____ Northwest

_____ West

_____ Southwest

_____ North Central

_____ Midwest

_____ Northeast

_____ Mid-Atlantic

_____ Southeast

_____ South Central

_____ No Preference

IF YOU HAVE A SPECIFIC EDUCATOR IN MIND

Educator's name _____

School _____

Address _____

City _____ State _____ ZIP _____

School phone _____ Home phone _____

Primary e-mail _____

Grade _____ Subject _____ Number of students _____

www.peacecorps.gov/www/correspond

wwsinfo@peacecorps.gov 800.424.8580, ext. 1450 (fax) 202.692.1421