

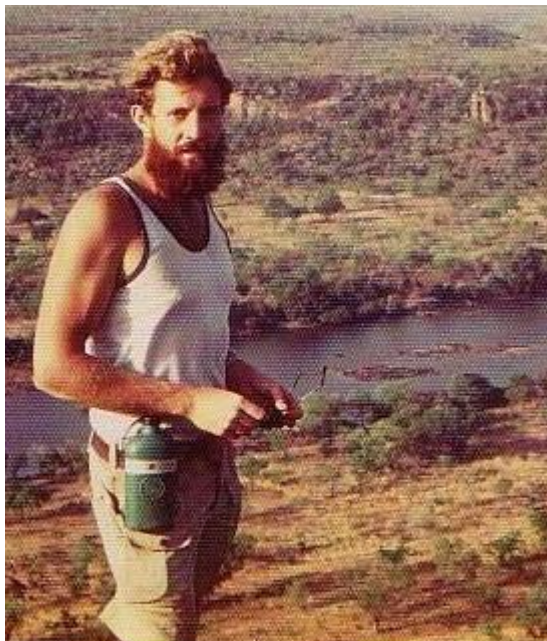


United States Peace Corps
PO Box 554
5 Bowker Road
Maseru 100, Lesotho
Southern Africa
Phone: +266 22313871
Fax: +266 22310287

In this issue

- PCV News Corner on Page 3
- Staff Corner, Admin Corner & Education Corner on Page 4
- PCV Life on Page 6
- From the Director & General Peace Corps News on Page 16
- Attachment on Page 18

Message from the Country Director



The peach blossoms have emerged as if overnight, the morning temperatures stay well above freezing and before noon the day is warm enough for short sleeves. Summer is in the air. You've made it through (another) Lesotho winter.

So what does the new season bring? Lots. Your PCL Staff are working on many things that make our programs run and assure continued (if patriarchal) support from HQ.

Reporting. Sept 30 marks the end of the government fiscal year which means two months of work preparing, reviewing, redrafting and submitting reports. This is no less true for PCVs. All of you should be making the effort to get your trimester reports in as soon as possible. Our goal is to be able to generate program specific reports that we will use to show our impact to the ministries and sponsoring organizations, to HQ and congress, and to ourselves (that means you, PCVs). This reporting is vital for each of us, whatever our role, to understand what we have done (always more than you think), help us develop course/work corrections and changes, and keep us moving forward. In every aspect of pro-

fessional life, reporting on your work provides real perspective that is fundamental to decision making. Do not take this lightly.

As you all know, there are a great many policies and procedures in Peace Corps (welcome to the government) but ignorance of them is not a reason for breaking them. Everyone has a PC Lesotho volunteer handbook. I suggest you read it carefully and when your circumstance doesn't fit into any of the policies you find there (isn't that always the case?) please contact your APCD just as you do to obtain permission to travel to Maseru.

Our new CHED APCD, Charles Miller is due to arrive in Lesotho on Friday, September 18. We will be planning a small staff welcoming for him and providing him with a three day orientation. Jimi will likely have some plans for orienting him in detail to the program and I encourage CHED PCVs to contact Jimi if you want to **assist her** in this task. Jimi will be taking on her new role of HIV & AIDS Coordinator at the end of the month.

And one last note. PC staff have your interests first, even if we sometimes play very close to the rules. Our goal is that every PCV complete her or his service as safely, productively and wholly as possible. Please engage staff sooner rather than later if you find yourself foundering or at loose ends. Don't resort to risky behavior that will catch up to you sooner or later. PCV support is our entire job. Help us support you.

Li khomo ea.

Ted Mooney, Country Director.

Editorial Staff

Managing Editor – Ted Mooney

Editor – Deepak Pullanikkatil

Staff Contributors:

Administration – Richard Carlson

Health – Dr. Johnson Fatokun and Mamotena Phakoana

Program and Training:

Education – Clement Lephoto & Malitaba Hlabana

Community Health And Economic Development - Majimisi Machai

Training – Masechaba Mapena

Safety & Security – Mpiti Thamae

Layout and Design – Deepak Pullanikkatil

Distribution – Lebohang Ranooe

All other staff and PCVs who contribute

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.

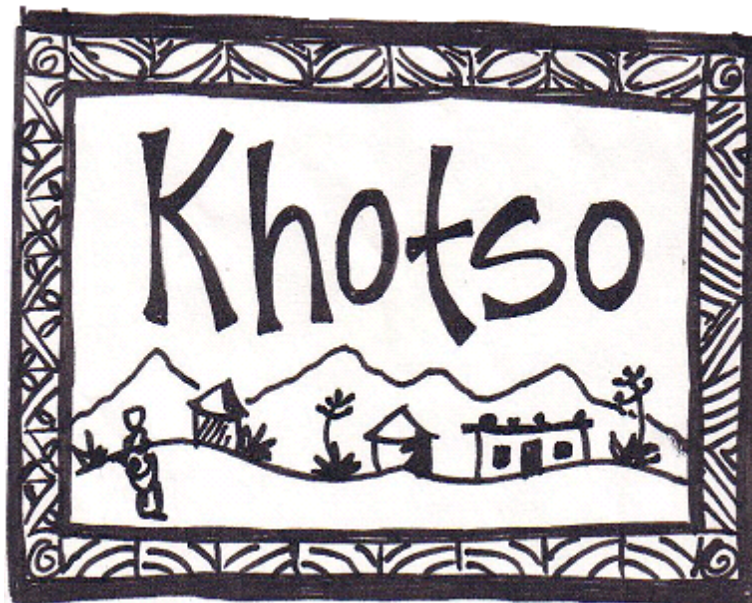
The editorial staff would like feedback from PCVs regarding the content. It is our desire to provide you with information that is useful, helpful, and encouraging. We would appreciate receiving constructive feedback from you as to whether the information contained in this newsletter met your needs.

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.



September

Reed, Kristan	September 5
Jones, Christopher	September 9
Dreyfus, Clare	September 10
Wade, Cullen	September 10
Severson, Samuel	September 12
Washington, Maya	September 19
Valentino, Lindsey	September 21
Treski, Victoria	September 23
Kelly, Megan	September 25

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

CLEANING THE LIBRARY

The Volunteer Library is a mess! If you are interested in helping organize and clean the library on Sept. 23rd and 24th please contact Kevin Malone at (MaloneKevinP@gmail.com or SMS 59135491). Spots are limited!

Hand-painted Ceramics from Lesotho

Did you ever see those Lesotho-made, beige, hand-painted mugs, plates, pitchers, pots and candle holders and wonder how you can get your group's name and logo on a set?

Ideal for conventions, meetings, birthdays, or special commemorations, Lesotho College of Education ceramics can be made by special order in as few

as 5-10 days. Individual pieces or orders in the hundreds can be created quickly.

Contact Professor S. Ofori-Asare (Ntate Motlatsi), Cell +(266) 63 000 336; Fax +(266) 22 31 2929 or E-mail: ofori-za2000@yahoo.com

A visit to the college ceramics lab (LCE turn-off is near the Lesotho Convention Center in Maseru) is advised, to discuss design options and special orders. Items may also be purchased on site.

Staff Birthdays



September

Majimisi Machai September 14

October

No birthdays this month

November

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

Peace Corps Lesotho Holidays

September

September 7— Labor Day (US Holiday)*

October

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

November

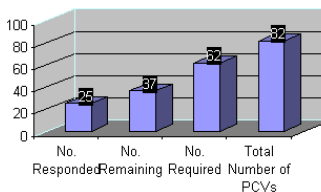
November 11— Veteran’s Day (LS Holiday)*
 November 26—Thanksgiving (US Holiday)*

* PC Lesotho remains closed on this day.

Admin Corner By Rich Carlson

SMOKE DETECTOR BATTERIES

The 9-volt batteries for your smoke detectors should be changed at least once a year and for sure when they start to beep indicating the battery is getting low. The Peace Corps Office has replacement batteries available when you’re in Maseru. If you need one sooner and you have someone coming out to your site let them know and we’ll bring a battery out. I understand the batteries are expensive and difficult to purchase in camp towns. If, however, you are able to purchase a battery save the receipt and we’ll reimburse you.



JUNE 2009 CHED

I only have a few of the Settling-In Allowance surveys returned. I need them back by the end of September. If I don’t get yours back I’ll have to send Peace Corps’ herd boy out to collect them! He might be old and gray, but he’s tenacious! Thank you.

2009 CHED GROUP. WIN BIG TRIP!

...Just kidding. I do need your “settling-in allowance” surveys returned, however. I’ve only received five. If we get 100% completed I’ll provide pizza and... soda at your next training session. If you have any questions contact me, Rich Carlson.

Need a Fire Extinguisher?

We have a limited number of fire extinguishers available. First priority is being given to those with fire hazards in their

home, (i.e. thatch roofs, etc.) If you need an extinguisher please contact Ntate Thamae. Also remember, don’t be a hero and try to put out a fire that’s beyond your ability. Thatch catches fire fast and burns hot. The best solution usually is to leave your home immediately!

SUMMER IS COMING - NEED SANDALS?

Chaco is offering their sandals to Peace Corps Volunteers at cost. The only restrictions are they only accept credit cards, they will only ship to a USA address and they prefer that you not advertised the prices to your friends in the USA to protect their dealers. If you would like a pair see Richard Carlson for the certification letter. Prices, styles and an order form are available on the Chaco web site.



Staff Corner
 Education Corner

DO YOU NEED MORE MONEY?

WE STILL ARE FAR SHORT OF THE 75% OF THE REQUIRED LIVING ALLOWANCE SURVER-IES COMPLETED IN ORDER TO CONSIDER INCREASING YOUR ALLOWANCE!!! A copy of the Living Allowance Survey was included in last month’s Khotso and there is an electronic version on Share Point. If you have any questions see Rich Carlson. Remember the all expense trip for the lucky winner if we get 100%!

Education Corner By Clement and Malitaba

It’s with great sadness that we once again prepare to bid farewell to outstanding group of Volunteers who have dedicated their time and energy to assist our local students and teachers improve their lives. Please join us in saluting the first batch to depart in October: Victoria Treski, Vicki Brown, Madeline Cozad,

Lindsey Valentino and Rebecca Reilly. Re leboha haholo, ‘m’e re thabetse ho sebeta le lona.

A latest VRF (VRF3 for FY09) is already available, please take your time to fill it up. Remember we are heading towards the end of the year (September 30th) and it would

be helpful to receive the forms by the end of the first week in October. This will allow us time to complete the Project Status Reports due to PC/ Headquarters end of October.

Please take a look at our calendar (attachment) for the period October, 2009 – January, 2010.



Mentoring for PCV Physics Teachers

Dear Clement,

Greetings from DC! I have just been in a meeting about a potential mentoring partnership between PCV Physics Teachers and the American Association of Physics Teachers. An RPCV who taught Physics in Fiji emailed us to see if there would be interest on the part of PCV Physics Teachers to have a mentor from their organization, AAPT.

Do you have PCVs teaching Physics? I don't have enough details yet but I wanted to email you to see if you think this might be of interest to your PCVs.

We're not sure how the mentoring would take place, email, telephone, mail, SKYPE, etc.

I am very interested in your feedback on this idea. This is nothing urgent and I know that some of you are either in the midst of PST or about to begin PST so I understand the constraints on your time.

Many thanks for taking the time to read this email,

Best wishes,

Rosemary Traore, Ph.D.
Education Program Specialist
Overseas Programming and Training Support (OPATS)
Peace Corps Headquarters
1111 20th St. NW
Washington, DC 20526

PCVs needed for Correspondence Match

Dear In-Country Contacts,

As the new school year gets under way in the U.S., World Wise Schools has many teachers enrolling in the Correspondence Match program. And as fiscal year 2009 draws to a close, we will soon be asked to report the number of Peace Corps Volunteers who have participated in the program this year. We want to have enough PCVs to match with every teacher who has signed up, and we want to increase the number of PCVs who have enrolled before the end of the fiscal year. For both of these reasons, we are seeking your help.

While we currently have a large number of invitees and trainees enrolled, we would like to ask for your assistance in inviting PCVs who have sworn in to participate in the Correspondence Match program. PCVs do not need to have a teacher in mind, and they need not be education volunteers to enroll. Ideally, interested PCVs will be in service at least through June 2010.

We appreciate your help in getting the word out to your sworn-in volunteers through email, an IST, or through your post's newsletter. PCVs may enroll online by visiting the World Wise Schools website: http://www.peacecorps.gov/www/correspond/pcv_enroll.cfm. Or, you may send us an email with the PCV's name, best email address, and any preferences for his or her teacher match.

As always, thank you for all you do to support World Wise Schools. If you or your PCVs have any questions, please do not hesitate to be in touch.

Amy Clark
Education Program Specialist
Coverdell World Wise Schools
Office of Domestic Programs
Peace Corps
RPCV Nepal '03-'04
404.562.3471



Public Letter #19:
What I've Learned in Lesotho's Mountain Kingdom
August 16, 2009
By PCV Madeline Uranek

I've learned 99 things, but since "less is more" is one of the lessons – I'll list just 10 of them.

1. If you have a dream, it's easier than you imagine to explore it.

What is our fear of change, so great that we can't break the routine of our daily life to pursue a dream?

I waited far too many years, lured by my salary, pension, job security, on-going projects and friends I loved. But what a great gift to discover a new land, new language, and small children without parents who truly adore me? Yes, it took a full year of indecision, medical tests, and applications to eject me from my comfort zone. But now these obstacles seem petty.

One step leads to another. Had I stayed in Wisconsin, I'd never be looking for new jobs, new vistas in the Solomon Islands, Viet Nam, Suriname, as I am now.

2. Addressing the elimination of world poverty is a worthy challenge.

In one public letter I wrote that one can substitute trivial work for challenging work. Addressing poverty, rape, HIV/AIDS is frustrating, maddening. But every day that I work hard, I work well. Perhaps I am simply spinning my wheels, "accomplishing" nothing, but at least I am trying.

I want every person in the world who thinks their current job is boring or trivial, to spend a couple years trying THIS. The world would be a better place if we all set our best efforts to living more equitably and sustainably on the planet.

The book I loved most during my time here – author Tracey Kidder's account of the life of MD/anthropologist Paul Farmer, *Mountains beyond Mountains* – some called idealistic, and countered that one must read the more pessimistic *Dead Aid* – to balance Farmer's positive, "can do" approach. But to tackle world problems, one needs the energy of idealism. Pessimism and cynicism can be fueled by the failures of international development to date, but pessimism and cynicism cannot move mountains.

3. Progress is impressive, even in poor countries.

On any day, it seemed small, but as I look back on my 33 months in Lesotho, I count things like this:

- 1) Life-saving ARV medicines are now offered FREE.
- 2) ARV medicines are available even in small clinics, and professionals have been trained to administer them and counsel local people. Blood counts can be obtained daily, not only on "Wednesdays". Thus who is infected with HIV becomes more a private matter.
- 3) All pregnant women in the country are required to have an HIV test, so that they and their to-be-born babies can be protected from AIDS. They learn how to nurse their baby in a way to make it less likely that the virus would be passed through breast milk.
- 4) Life Skills, a broad approach to HIV/AIDS education, is now required as a subject of study for children in grades 4 through high school. The Ministry of Education has begun training teachers in how to teach it
- 5) The UN implemented a program to clean trash from the streets of major cities, and helped to build land fills. Overnight the country started looking NICE.
- 6) Road building continued in rural areas. It is humbling to see women carrying stones on their heads up steep mountain trails, and men working 12 hour days with pick axes, to improve the network of bumpy dirt roads.
- 7) Internet availability stretched across the country. It is not yet affordable to most people, but cheap Internet cafes should follow soon.
- 8) Though Lesotho's HIV rate of infection has not significantly decreased, it has not increased. From the UN, to the US, to tiny NGO's, dedicated individuals are working ferociously to combat the pandemic, and to tackle the corruption, ignorance, and cultural practices that impede progress.

4. HIV/AIDS must be tackled in an emotional arena, not just in spheres of public health and education.



PCV Life



I argued passionately and logically with my primary school teachers, 80% who'd never taken an HIV test, about the necessity to take this first step to fight HIV in their families and communities, to know their status, to live an extra 10 or 20 years, even if they were HIV-positive.

But only when I approached the issue with song, role plays, and real-life stories of people they knew, did I make any progress. We listen with our hearts.

5. Violence against women affects too many, yet women suffer in silence.

Perhaps the most difficult conversations I had were with teachers I knew who said that if they ask their husbands to use a condom, that the man either punches them in the face or stomach, or refuses to have sex with them and goes to a girl friend instead.

The rape and murder of my teacher friend Halieo, and the rape and subsequent AIDS death of "my" orphan Dintle, were two examples that touched me deeply. As I look into the eyes of each passing woman, I wonder, "What has she suffered?"

6. The world is full of unspoiled children.

It is a delight to be around unspoiled children. "M'e, may I help you carry your bag?" "M'e, may I sweep your house?"

The children of Lesotho demand so little, expect too little. I hang my head when I remember the children of the USA, whining in supermarkets, throwing tantrums in friends' houses, storming about, sulking, sassing their parents. How can one child have summer camp, ballet lessons, a horse, after-school soccer, a closet stuffed with clothes, shelves overflowing with books and toys – and another child have none of the above?

It is not the children who are to blame, but we, the parents, who have spoiled them. Who have given them too much, and required of them too little. Who have not taught them about inequities of the world, or introduced the idea that they might share with others. While it is natural that we want to give – and I am certainly one who wants to give much to specific children – it is horrifying to see the unbalanced world that results. By the time we are adults, we no longer question our right to abundance.

7. Death is not so awful.

Ha! Ha! You didn't expect to hear this from me. Not me – who just wrote to you about two horrifying murders, or wrote earlier about my orphan's death, my brother's death, friends' deaths, and Lesotho's culture of funerals.

But that's just it. With more deaths and dying than any other two years in my life, this is the lesson I've learned: death is not so awful.

Because the life expectancy here is 46 years, Basotho take death in stride. More stoically than I personally care for. But more accepting, more graciously, more philosophically than anything I've ever encountered.

It's been a tough reminder that we do die, after all. So best we integrate the joy and sorrow surrounding death into the daily flow of our lives. Best we take the lessons of each death and weave them into the cloth we wear.

8. Friends pop up in unexpected places.

I've corresponded with more friends than any other two years in my life. It seems ironic that going AWAY has brought friends and family closer. Of course, I've shared more these two years through public letters, thus making my daily life more accessible. But it's odd who writes and who doesn't: I couldn't have predicted. So I have a whole new raft of friends, from those who have responded often to my thoughts and isolation, as well as from complete strangers who get my letters forwarded from a friend who forwarded from a friend. The reflections are deep ones, and show how we yearn to make meaning of our days.

9. Growing older has many surprises.

Who'd have guessed that these two years have been my healthiest in decades? That learning to live on \$200 / month would be good pre-retirement training for the new economy? That one laughs a lot at funerals? That one can be intimate friends with 20-something's? That one could begin a whole new career after the age of 60? That one could tackle her 4th foreign language? That one would be respected because she is older? That one could claim the front seat in public

taxis, while others are crammed, with snot-nosed kids and sacks of corn and canisters of gas, in the back?

10. To travel is to love your home.

This I've learned many times before, but I love to say it. Some people think that I must NOT love the USA or Wisconsin or my sisters or biking Lake Superior shores because I'm gone so long. It's just the opposite.

There is nothing like being away to make me realize how precious are friends, sisters and brother, favorite lakes and trails, and my complex, feisty Amerika. At night, as I look up at the moon, I remember the same moon is shining on you, and my heart swells with nostalgia. The separation makes connections vivid.

So, I'll be "home" by Thanksgiving – but Thanksgiving in which year and which "home"? I've a few more miles to travel. I hope the next letter will tell you about a new job. At the moment, I'm swinging precariously from a limb, stretching to pluck a ripe fruit. Will the branch break and I come crashing to the ground? Or will I bite in to something succulent, juicy, globally sweet?

Khotso, pula, nala (peace, rain, prosperity) from Africa's Mountain Kingdom,

Madeline.



PCV Life



What Africans Have Taught Me

by Marcia Whitney-Schenck

A recent book on Africa calls the continent "shattered."

Poverty. War. Tribalism. Corruption. Exploitation.

Americans go to the continent convinced that with enough money and expertise they can "right the ship." They can't. They won't. But, indeed, there is a change. I suspect for many volunteers, at least it is so in my

case, it is the Americans who are changed.

The most common question I'm asked: "How are you adjusting to the change?"

Better to ask how has Africa affected me? Or what can Africa teach America? Here are my answers.

Slow down. We speed through life, and it is causing us untold stress. Everything in our society is geared to doing something fast. Our productivity. Transportation. And this texting, e-mailing, cell phone business is outrageous. We have the abilities to communicate instantly. But what are we saying?

I remember that after I finished my English lessons by 1 p.m. on Saturdays in the Congo, I would walk home on the sandy road. There was no place to go in our village. For security reasons, we could not go trekking. There were no shops, movies, theater or concerts. We didn't have a radio, television, or newspaper. But I did have eight hours to do exactly what I wanted. Eight hours before bedtime to read a book. Eight hours to paint. Eight hours to watch the white herons in our lawn. Since coming home, I haven't had the sense that I had eight hours to devote to one endeavor without the compulsion of doing something else.

Limit your choices. I asked my friend what he ate for dinner. He said, "Bidia." (ground manioc) And tomorrow? "Bidia."

Our food choices, as well as everything else, are astounding. I'm not saying I want to live in a society that offers me as few choices as those in the Congo, but do we really need 300 cable channels and 30 brands of cereal to make us happy? All these choices are adding to our stress. What can we do to simplify our lives?

Focus on what is important. The rancor of public discourse and the constant stream of horrific news is disturbing. We lived eight months without much news. As a former newspaper reporter, I'm not advocating that we don't show an interest in world and national affairs, but I also think headline news that focuses on sensationalism and nasty news bites is not helping us to think through serious issues, and, furthermore, it is contributing to a general malaise and feelings of despair.

Find your Spiritual Soul. Whether you go to church or not, Americans are losing touch with their spirituality. Many Africans have a sense of the spiritual (maybe not Christian.) But there is an idea that there is something greater than them. In Cameroon, there was a popular refrain. "God is good." The response was, "And all the time." Spirituality is infused in so much of their lives that it would roil the politically correct police here.

People first. When I visited Congo in March 2008, Nancy, the medical missionary, was showing me the hospital compound. Only we never got very far. Every fifteen yards or so, she had to stop and talk to an acquaintance. And it wasn't, "How are you?" It involved an elaborate exchange of information—inquiring about work, health, friends, etc I doubt I shall ever make such elaborate inquiries when I see my friends on the street (I wouldn't have many friends). But I'm trying to not rush through my exchanges with people. It has taken me some time to see all of my friends. But when I do, I really try to enjoy their company – not rush the experience.

The African society is considered one that is relational. In other words, their relations with people are more important than doing a job. This has frustrated many Americans who are on a schedule and must accomplish their appointed tasks.

Africans have a saying, "Americans have watches, but we have the time."

So what society is richer? The one that has nothing but has all the time in the world, or the one that has everything but has no time to enjoy anything?

From The Volunteer Advisory Council "The Voice of the Volunteer"

Khotso

The Volunteer Advisory Council (VAC) held their quarterly meeting with staff on the 10th of August to discuss and address (perhaps even solve) issues within the Peace Corps (PC) community. The Council has humbly and faithfully championed your interests. Below you will find a litany of issues addressed.

Upgrading and improvement of the Training Center (TC) is proceeding nicely. Currently PC is developing a three year plan to "seriously" develop the property. This development will include renovations of existing buildings. Smaller day to day improvements are underway (notably the bathrooms). Any comments or ideas should be given to your VAC representative or sent to Kevin Malone at MaloneKevinP@gmail.com.

PC will try to inform PCV's of the dates the TC will be off limits next training cycle. Please keep in mind that the TC is "not a Laundromat." While training is in session please keep travel to Maseru to a minimum. Or don't come at all.

Organization of COS conferences is now the responsibility of your APCD. Any input should be directed to them, or if the APCD is unavailable, Kompi is also helping direct them.

If you feel you are not receiving the proper level of support from PC staff it is important to let Ted know as soon as possible to most effectively address the issue. Likewise, any troubles you may have with reaching the duty phone should immediately be brought to PC's attention.

Medical is currently interviewing candidates for the vacant PCMO position. The new PCMO will likely begin work within two to three months.

A google calendar will be created for greater communication between PC staff and PCV's. It will include staff schedules, and will be updated by 'Me Makhauta every Monday. Stay tuned for more details!

PLEASE COMPLETE THE LIVING ALLOWANCE SURVEY! Rich requires a 75% response in order to increase our living allowance. Ask your VAC rep for a copy of the survey or find it on SharePoint.

Please ask your VAC representatives for more details and other updates.

The following is a list of projects PCVs are doing with assistance from FOL...

Darrin Adams	Sexual Health Workshop
Phillip Youngren	Bridge Improvement
Victoria Treski	Volleyball Equipment
Tarsha Veiga	Community Council Crops Project

PCV Life



Merrill Nosler
Madeline Cozad
Magaret Orazio
Genevieve Kehr
Christopher Conz
Cullen Wade

Nutrition Workshop
Materials for library
World Map Painting
Map and Painting project
Tree Planting Day
Computer Club

Your checks should be in the VRC (in the yellow folder to the left of the computer) shortly!

When the money from the FOL grant has been spent please submit the following to the COMMITTEES box in the VRC...

Any unused money
Receipts
2 photos (can be submitted electronically to FOLPCL@gmail.com)
Thank you letters

Please look for the appropriate folder in the committee's box to place these items. Thanks!

CORPORAL PUNISHMENT AND SCHOOLS IN LESOTHO

By PCV Janice Stapleton

Peace Corps Volunteers in Lesotho have been doing their best to bring about change at the grass-roots level. As most of you already know, I have become involved in an effort to try to end the beating of school children. Through the efforts of committed volunteers, several schools have actually banned the practice of corporal punishment in their schools.

I have given several workshops, both to groups of teachers in school settings and to student teachers at the Lesotho College of Education. I have tried to counteract their excuses of why beating takes place in the schools. I have explained the current thought on how children learn, given alternatives to corporal punishment and have discussed the laws that are in place protect children in this country. I have also emphasized that we are all, as teachers, professionals and that our main goal should be the helping of children to learn and to develop into happy and productive citizens. Clement mentioned that it might be useful if I put a copy of a form that I've been using in the Khotso to be used by interested volunteers in their schools.

I feel that it is an important first step to get teachers to commit on paper. I realize how difficult bringing about real change is, but I also fully believe that change will come. As one illustrious member of Ed 08 said, "We didn't come all the way to Africa to half-ass it." I have already collected many signatures. I think that it would be very impressive if all of these signatures could be eventually be brought to the Lesotho Ministry of Education.

YOU MUST BE THE CHANGE THAT YOU WANT TO SEE IN THE WORLD.

-Mohandas K. Gandhi

NAME OF SCHOOL _____

The following teachers believe that every child deserves a safe and efficient learning environment. They are aware that fear is an impediment to learning. The goal of these professionals is to help children to become educated, productive and happy citizens of Lesotho. In preparation for the passing of the Children's Protection and Welfare Bill, the following teachers agree to NEVER engage in Corporal Punishment.

NAME _____ DATE _____

NAME _____ DATE _____

NAME _____ DATE _____

NAME _____ DATE _____

NAME _____ DATE _____

NAME _____ DATE _____

NAME _____ DATE _____

NAME _____ DATE _____



PCV Life

Paul Hawken Commencement Address

Paul Hawken is a renowned entrepreneur, visionary environmental activist, founder of *Wiser Earth* and author of many books – most recently *Blessed Unrest*.

In May 2009, he was presented with an honorary doctorate of humane letters by University of Portland, when he delivered this superb commencement address.

Commencement Address to the Class of 2009

University of Portland, May 3rd, 2009

When I was invited to give this speech, I was asked if I could give a simple short talk that was "direct, naked, taut, honest, passionate, lean, shivering, startling, and graceful." No pressure there. Let's begin with the startling part. Class of 2009: you are going to have to figure out what it means to be a human being on earth at a time when every living system is declining, and the rate of decline is accelerating. Kind of a mind-boggling situation... but not one peer-reviewed paper published in the last thirty years can refute that statement. Basically, civilization needs a new operating system, you are the programmers, and we need it within a few decades.

This planet came with a set of instructions, but we seem to have misplaced them. Important rules like don't poison the water, soil, or air, don't let the earth get overcrowded, and don't touch the thermostat have been broken. Buckminster Fuller said that spaceship earth was so ingeniously designed that no one has a clue that we are on one, flying through the universe at a million miles per hour, with no need for seatbelts, lots of room in coach, and really good food—but all that is changing.

There is invisible writing on the back of the diploma you will receive, and in case you didn't bring lemon juice to decode it, I can tell you what it says: You are Brilliant, and the Earth is Hiring. The earth couldn't afford to send recruiters or limos to your school. It sent you rain, sunsets, ripe cherries, night blooming jasmine, and that unbelievably cute person you are dating. Take the hint. And here's the deal: Forget that this task of planet-saving is not possible in the time required. Don't be put off by people who know what is not possible. Do what needs to be done, and check to see if it was impossible only after you are done.

When asked if I am pessimistic or optimistic about the future, my answer is always the same: If you look at the science about what is happening on earth and aren't pessimistic, you don't understand the data. But if you meet the people who are working to restore this earth and the lives of the poor, and you aren't optimistic, you haven't got a pulse. What I see everywhere in the world are ordinary people willing to confront despair, power, and incalculable odds in order to restore some semblance of grace, justice, and beauty to this world. The poet Adrienne Rich wrote, "So much has been destroyed I have cast my lot with those who, age after age, perversely, with no extraordinary power, reconstitute the world." There could be no better description. Humanity is coalescing. It is reconstituting the world, and the action is taking place in schoolrooms, farms, jungles, villages, campuses, companies, refugee camps, deserts, fisheries, and slums.

You join a multitude of caring people. No one knows how many groups and organizations are working on the most salient issues of our day: climate change, poverty, deforestation, peace, water, hunger, conservation, human rights, and more. This is the largest movement the world has ever seen. Rather than control, it seeks connection. Rather than dominance, it strives to disperse concentrations of power. Like Mercy Corps, it works behind the scenes and gets the job done. Large as it is, no one knows the true size of this movement. It provides hope, support, and meaning to billions of people in the world. Its clout resides in idea, not in force. It is made up of teachers, children, peasants, businesspeople, rappers, organic farmers, nuns, artists, government workers, fisherfolk, engineers, students, incorrigible writers, weeping Muslims, concerned mothers, poets, doctors without borders, grieving Christians, street musicians, the President of the United States of America, and as the writer David James Duncan would say, the Creator, the One who loves us all in such a huge way.

There is a rabbinical teaching that says if the world is ending and the Messiah arrives, first plant a tree, and then see if the story is true. Inspiration is not garnered from the litanies of what may befall us; it resides in humanity's willingness to restore, redress, reform, rebuild, recover, reimagine, and reconsider. "One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice," is Mary Oliver's description of moving away from the profane toward a deep sense of connectedness to the living world.

Millions of people are working on behalf of strangers, even if the evening news is usually about the death of strangers. This kindness of strangers has religious, even mythic origins, and very specific eighteenth-century roots. Abolitionists were the first people to create a national and global movement to defend the rights of those they did not know. Until that time, no group had filed a grievance

PCV Life





PCV Life

except on behalf of itself. The founders of this movement were largely unknown – Granville Clark, Thomas Clarkson, Josiah Wedgwood – and their goal was ridiculous on the face of it: at that time three out of four people in the world were enslaved. Enslaving each other was what human beings had done for ages. And the abolitionist movement was greeted with incredulity. Conservative spokesmen ridiculed the abolitionists as liberals, progressives, do-gooders, meddlers, and activists. They were told they would ruin the economy and drive England into poverty. But for the first time in history a group of people organized themselves to help people they would never know, from whom they would never receive direct or indirect benefit. And today tens of millions of people do this every day. It is called the world of non-profits, civil society, schools, social entrepreneurship, non-governmental organizations, and companies who place social and environmental justice at the top of their strategic goals. The scope and scale of this effort is unparalleled in history.

The living world is not "out there" somewhere, but in your heart. What do we know about life? In the words of biologist Janine Benyus, life creates the conditions that are conducive to life. I can think of no better motto for a future economy. We have tens of thousands of abandoned homes without people and tens of thousands of abandoned people without homes. We have failed bankers advising failed regulators on how to save failed assets. We are the only species on the planet without full employment. Brilliant. We have an economy that tells us that it is cheaper to destroy earth in real time rather than renew, restore, and sustain it. You can print money to bail out a bank but you can't print life to bail out a planet. At present we are stealing the future, selling it in the present, and calling it gross domestic product. We can just as easily have an economy that is based on healing the future instead of stealing it. We can either create assets for the future or take the assets of the future. One is called restoration and the other exploitation. And whenever we exploit the earth we exploit people and cause untold suffering. Working for the earth is not a way to get rich, it is a way to be rich.

The first living cell came into being nearly 40 million centuries ago, and its direct descendants are in all of our bloodstreams. Literally you are breathing molecules this very second that were inhaled by Moses, Mother Teresa, and Bono. We are vastly interconnected. Our fates are inseparable. We are here because the dream of every cell is to become two cells. And dreams come true. In each of you are one quadrillion cells, 90 percent of which are not human cells. Your body is a community, and without those other microorganisms you would perish in hours. Each human cell has 400 billion molecules conducting millions of processes between trillions of atoms. The total cellular activity in one human body is staggering: one septillion actions at any one moment, a one with twenty-four zeros after it. In a millisecond, our body has undergone ten times more processes than there are stars in the universe, which is exactly what Charles Darwin foretold when he said science would discover that each living creature was a "little universe, formed of a host of self-propagating organisms, inconceivably minute and as numerous as the stars of heaven."

So I have two questions for you all: First, can you feel your body? Stop for a moment. Feel your body. One septillion activities going on simultaneously, and your body does this so well you are free to ignore it, and wonder instead when this speech will end. You can feel it. It is called life. This is who you are. Second question: who is in charge of your body? Who is managing those molecules? Hopefully not a political party. Life is creating the conditions that are conducive to life inside you, just as in all of nature. Our innate nature is to create the conditions that are conducive to life. What I want you to imagine is that collectively humanity is evincing a deep innate wisdom in coming together to heal the wounds and insults of the past.

Ralph Waldo Emerson once asked what we would do if the stars only came out once every thousand years. No one would sleep that night, of course. The world would create new religions overnight. We would be ecstatic, delirious, made rapturous by the glory of God. Instead, the stars come out every night and we watch television.

This extraordinary time when we are globally aware of each other and the multiple dangers that threaten civilization has never happened, not in a thousand years, not in ten thousand years. Each of us is as complex and beautiful as all the stars in the universe. We have done great things and we have gone way off course in terms of honoring creation. You are graduating to the most amazing, stupefying challenge ever bequeathed to any generation. The generations before you failed. They didn't stay up all night. They got distracted and lost sight of the fact that life is a miracle every moment of your existence. Nature beckons you to be on her side. You couldn't ask for a better boss. The most unrealistic person in the world is the cynic, not the dreamer. Hope only makes sense when it doesn't make sense to be hopeful. This is your century. Take it and run as if your life depends on it.



Peace Corps Jamaica
Request for extension transfer (13.5 to 27 months)
Transfer PCVs are welcome when they are available.

1. Youth As Promise Sector

Peace Corps Jamaica Youth Development Program is seeking PCV transfers with experience in youth development, social work, education/remedial literacy, life skills education, creative arts, parent education/support, IT in schools, and youth sports. We would hope that PCVs would have educational backgrounds in special education, primary education, literacy, or social work and have one to several years of job experience working with youth in some capacity. More specifically, we have openings for PCVs with experience in:

Working with low achievers ages 5-16 in reading, writing and comprehending English;

Tailoring teaching approaches to individual needs;

Working with illiterate to low literate parents and community members to link them with local schools;

Partnering with principals and teachers in creating positive learning environments and teaching techniques that work for remedial students.

Using information technology to promote reading, writing and language comprehension.

Integrating IT into education, lab management/troubleshooting, IT/remedial reading and developing training material and curriculum

Building self-esteem among low-achieving youth.

2. Environment Sector

The Environment Sector is seeking PCV transfers with experience in agriculture and forestry, family-run or large-scale commercial agribusiness, strong technical agricultural skills, and marine biology and scuba diving certification. More specifically, we have openings for PCVs with experience in:

Agriculture & forestry extension: Demonstrated ability in planning, organizing, or leadership within the last 4 years and:

BA/BS in any discipline with a minimum of 3 months experience in large-scale commercial or family run business including vegetable gardening, nursery work/management, tree planting, tree care, urban forestry, livestock care/management, fish (fresh/marine) cultivation/production
OR

1 year experience in large-scale commercial or family run business including vegetable gardening, nursery work/management, tree planting, tree care, urban forestry, fish (fresh/marine) cultivation/production.

Strong TECHNICAL agriculture background including: soil sampling/testing, tissue culture production, pre/post harvest, marketing/ICT, disaster preparedness;

Strong background/experience/education in marine biology and scuba diving certification for work in marine labs.

Community Environmental Health Sector

The Community Health Sector is seeking PCV transfers with substantive backgrounds in community health. These assignments require mature, proactive PCVs able to function well within an informal/unstructured work environment as they are often located in rugged sites that entail lack of infrastructure, working with all social strata and walking over a variety of terrains. More specifically, we have openings for PCVs with experience in:

Any combination of community health, water and sanitation education, hygiene education;

Teaching and classroom management experience (similar to AA170) related to health education in schools;

There is one (1) assignment for a PCV with entomology skills.



Tokelosi for Change By PCV Gwen Kehr

Last month's work "Stay Away" might not have been a decisive victory for the opposition party in Lesotho, but they gained an unexpected supporter. The Tokelosi Association for Change (TAC) announced its formal backing of the ABC on Aug. 3, 2009.

"We're tired of unctuous politicians promising us equal rights and a vote in Parliament," said an anonymous TAC spokesperson. "What really ticks TAC off," he said, "is our underrepresentation and the public's negative view of us." The usual taciturn creatures surprised many with their official backing.

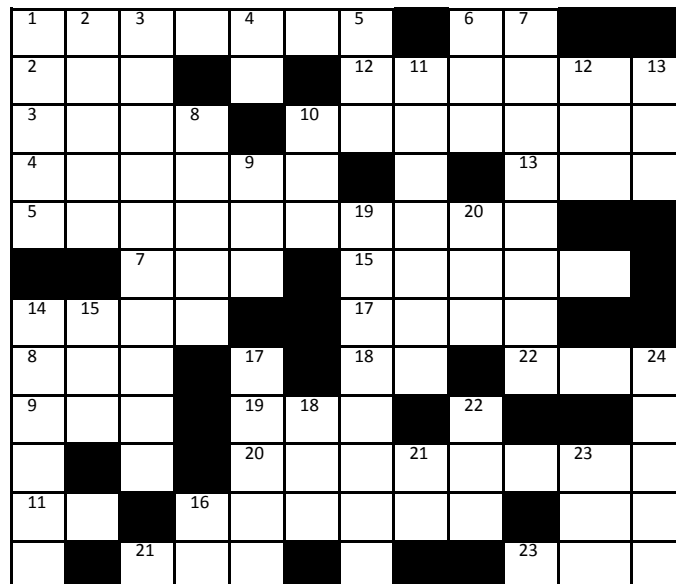
Unprecedented numbers of tokelosi were reported absent from work that Monday. TAC officials say the premeditated work stay away was to show support for the ABC's fight over the results of last year's elections. This year the Stay Away received record numbers of dissenters, as people made it to work in throngs, working harder than ever.

TAC officials declined to comment on an unpiloted white government vehicle seen speeding into a marching police-force unit that was on its way to KFC. Several officers were knocked down before the vehicle crashed into Goldie Locks hair salon taking out the booth and its occupants. TAC officials also declined to comment on the mysterious disappearance of several stop signs in taxi-rink area. Police are still investigating the incidents.



PCV Life

"Banana Pancakes" by PCV Gwen Kehr



Down

1. begin
2. movie starring Will Smith and Kevin James
3. the world's end
4. a Greek letter and mathematical symbol
5. Australian bird
6. expert
7. carnival prize
8. brand of applesauce
9. type of screen
10. care less expression
11. eight-armed mollusk
12. Lesotho's rate is <20%
13. anal syndrome
14. Khotso's hard-working editor
15. an act or practice; doctrine
16. type of box
17. farwell
18. Univ. of Notre Dame (for short)
19. having reason or sanity
20. unit of electricity
21. not off
22. Autumnal month (in Northern Hemisphere)
23. music compilation for sale
24. "The Settlers of _____"

Across

1. permanent marker
2. what you leave at a restaurant
3. what matter is made of (sing.)
4. generic Coke
5. rondavel topper
6. movie rating
7. a corporation's initials
8. form of telepathy
9. East Coast out-fitters store
10. pastoral
11. Grand Canyon state (abbrv.)
12. Basotho fried greens
13. home movie
14. these projects are self-performed
15. tree bug
16. a learned bore
17. take this for heartburn relief
18. "How Deep ___ Your Love for Me" Dru Hill ballad
19. Romeo and Juliet, Sunny and Cher, for example
20. _____ until proven guilty
21. The Sun King (for short)
22. Ad-_____ committee
23. yours

Picture Perfect
Photo Submitted By
PCV Tarsha Veiga

Doing the dishes,
PCV Style!





PCV Life



Congratulations CHED 09-11. You are now Peace Corps Volunteers!!!



Aaron S. Williams Sworn in as Peace Corps Director
August 24, 2009

Washington, D.C., August 24, 2009 – Aaron S. Williams was sworn in Monday as the eighteenth

Director of the Peace Corps. Director Williams was nominated by President Obama on July 14 and confirmed by the U.S. Senate on August 7.

"I am deeply honored to be the Director of the Peace Corps and I want to thank President Obama for the trust that he has placed in me. I look forward to making his call to public service a reality for more Americans," said Director Williams. "I am committed to recruiting, training, and supporting the next generation of skilled and enthusiastic volunteers eager to serve side by side with members of Peace Corps host communities around the world."

Mr. Williams is the fourth director to have served as a Peace Corps volunteer. He served as a volunteer in the Dominican Republic from 1967 to 1970. Upon completing his service, he became the coordinator of minority recruitment and project evaluation officer for the Peace Corps in his hometown of Chicago from 1970 to 1971.

Mr. Williams has pursued a career in the development and implementation of worldwide assistance programs. Mr. Williams was a vice president for International Business Development with RTI International. He was a senior manager at the U.S. Agency for International Development (USAID), where he attained the rank of Career Minister in the U.S. Senior Foreign Service. He also served as executive vice president of the International Youth Foundation.

As USAID Mission Director in South Africa, Mr. Williams led a billion dollar foreign assistance program during President Nelson Mandela's administration. In addition, he has extensive experience in the design and management of assistance programs in Latin America, Africa, Asia, and the Middle East. He was awarded the USAID Distinguished Career Service Award, and was twice awarded the Presidential Award for Distinguished Service.

He is a member of the Council on Foreign Relations, and he was a member of the USAID Advisory Committee on Voluntary Foreign Aid. He served on the Obama-Biden transition team, the advisory board of the Ron Brown Scholar Program, the board of directors of CARE, and the boards of the Institute for Sustainable Communities, the Pan American Development Foundation, and the National Peace Corps Association.

Mr. Williams is fluent in Spanish. He is a graduate of Chicago State University, and has an MBA from the University of Wisconsin. Mr. Williams met his wife Rosa during his service as a volunteer in the Dominican Republic. The couple have two sons, Michael and Steven.

As the agency approaches its 50th anniversary, the Peace Corps continues to promote peace and friendship around the world. Today, nearly 7,500 Peace Corps volunteers in 74 countries work in a variety of areas including education, public health, business and information technology, environment, agriculture and youth and community development. Since 1961, nearly 200,000 Americans have joined the Peace Corps in order to help promote a better understanding between Americans and the people of the 139 countries in which they have served.

The Peace Corps provides practical assistance to developing countries by sharing America's most precious resource – its people. Peace Corps volunteers must be U.S. citizens and at least 18 years of age. Peace Corps service is a 27-month comm.peacecorps.gov

Peace Corps Mourns the Loss of Senator Edward Kennedy
August 26, 2009

WASHINGTON, D.C., August 26, 2009

Statement from Director Aaron S. Williams:

"We are saddened by the loss of Senator Kennedy. We will remember him by cherishing and continuing to carry out the Kennedy tradition of promoting world peace and friendship overseas."

Peace Corps Suspends Volunteer Program in Mauritania
August 12, 2009

WASHINGTON, D.C., August 12, 2009

Peace Corps Statement on the Suspension of the Volunteer Program in Mauritania:



*From the PC Director
&
General Peace Corps
News*

The Peace Corps has suspended its Volunteer program in Mauritania due to safety and security concerns. All Peace Corps/Mauritania Volunteers are currently in Senegal; they will not be returning to Mauritania. Although it is the agency's position that the Volunteers are relatively safe in their communities and villages, it is potentially dangerous for them to travel safely in the country.

Both the Peace Corps and the U.S. Embassy in Nouakchott will continue to monitor the safety and security situation in Mauritania. The Peace Corps will continue to assess the situation and determine when the security conditions on the ground permit the safe return of Volunteers. The Peace Corps office in Nouakchott will remain open and all staff will continue to report to work.

All Peace Corps/Mauritania Volunteers, if eligible, will be given an option to continue their service with Peace Corps in another country. They can also elect to return to the U.S.

The Peace Corps has enjoyed a long history of successful partnerships with the communities of Mauritania since 1967.

Peace Corps Mourns the Loss of Eunice Kennedy Shriver
August 11, 2009

WASHINGTON, D.C., August 11, 2009

Statement from acting Director Jody K. Olsen:

"We were saddened to learn of the death of Eunice Kennedy Shriver, and our thoughts are with the Shriver and Kennedy families. Her stellar commitment to the Special Olympics gave hope and opportunity to millions of people throughout the world and provided us with an understanding of and sensitivity to the intellectually disabled. The Peace Corps is proud of its close collaboration with the Special Olympics and is honored to have been associated with Mrs. Shriver in her lifetime of dedication to public service. She will be missed."

Coverdell World Wise Schools News

Coverdell World Wise Schools is proud to kick off a yearlong celebration of its twentieth anniversary!

Beginning in 1989 with then-Peace Corps Director Paul Coverdell's vision, the Correspondence Match program has linked thousands of Peace Corps Volunteers and U.S. classrooms for an exchange of letters, cultures, and ideas. It didn't take long for World Wise Schools to realize its unique ability to bring foreign cultures and environments to life through Peace Corps Volunteer experiences. Over the years, our resources have grown into a treasure trove of stories, slide shows, videos, podcasts, and case studies, all linked to lesson plans grounded in national standards and an Understanding by Design framework.

During the past twenty years, World Wise Schools has helped to foster significant changes that recognize the importance of teaching about global issues, so that students can develop into responsible global citizens. World Wise Schools would like to celebrate those changes and our role in the future of global issues education by inviting you to its second global issues in the classroom conference, "Educating for a Flattened World." Discover new approaches for teaching about global issues; gather new resources; and learn from distinguished speakers, panelists, and educators at Peace Corps headquarters on October 15 and 16, 2009.

Have a great school year, and we hope to see you at the conference!

General Peace Corps
News



Friends of Lesotho



Attention PCVs Seeking Funds From FOL

If you are interested in applying to the Friends of Lesotho for funding related to a community project, please be advised of the following:

1. FOL does not fund individuals, only approved projects.
2. Currently there are several established projects maintained by FOL, including TAP and VLC.
3. PCVs may apply to FOL via the Donations Committee application process for community-driven projects. See www.friendsoflesotho.org/applications.html for the application. At FOL's discretion a Memorandum of Understanding may be required prior to formal approval.
4. 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). Please be aware of these timeframes when you apply.
5. 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.
6. Funds received by FOL for projects not previously established will promptly be returned to the donor.

Martha Munson
 2001-2003 RPCV, Ha Moitsupeli
 Chair, Donations Committee

Complimentary Membership Reminder

A special Complimentary Membership application has been set up on the Friends of Lesotho website to make it easy for all current PCVs to join FOL.

If you are a PCV about to COS, you can use the same application to take advantage of our 1 year free membership offer. You just need to apply within one year of your COS date.

See www.friendsoflesotho.org/dues.html for the application. You can, of course, elect to become a full voting member by paying the \$15/yr. dues. 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.

In order to secure the future of Friends of Lesotho for years to come, we need to continually attract new members—especially those having first hand experience with the needs of the country in the 21st century. It may be hard to believe, but many of our RPCV members served in Lesotho at a time when HIV/AIDS was unknown to the world; the country had only one or two paved roads and cell phones didn't exist. Internet cafes established by local Basotho entrepreneurs (some with the support of funds from RPCV FOL members) would have been inconceivable to many of our members.

We are offering this complimentary membership as a way to encourage you to get to know FOL today so you are ready to help guide the FOL of tomorrow.

So, please accept our offer, get involved and share your ideas. You are the future leaders of Friends of Lesotho.

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



Attachment