

FRIENDS OF LESOTHO newsletter



Spring/Summer, 1988

Issue Number Three

BASOTHO STUDENTS COMPLETE SENIOR YEAR IN U.S. UNDER "LESSON" PROGRAM

Teliso Rakouane and Chalaza Mphehooa recently completed their senior year at Staples High School in Westport, Connecticut, under the Lesotho Students Studying in Other Nations (LESSON) program (See article in FOL Newsletter #2). FOL member Bill Reed (Westbury, NY) was in touch with them and LESSON organizer Matt Losak (RPCV/Lesotho 1985-7) recently to find out how the year went.

While Matt reported that the students did very well academically, with both placing on the honor roll, the students themselves and close friend Alan Brighish remarked about the difficulties of adjusting to life in the U.S. Homesickness from lack of contact with other Basotho and Americans familiar with Lesotho proved to be the biggest adjustment to make. Both students also felt they missed out on seeing more of America and its people closeup -- the different lifestyles around the country and of teenagers in particular.

See STUDENTS, P.4, Col.1

FLASH - At the Returned Peace Corps Volunteers conference in Boulder, FOL was awarded a \$2,500 Development Assistance Grant by the National Council of Returned Peace Corps Volunteers - More next issue.

**PLEASE
PLEASE**

IF YOU HAVE NOT PAID YOUR DUES IN CALENDAR YEAR 1988, **PLEASE** FILL IN THE MEMBERSHIP FORM ON PAGE 15. DUES ARE FOR ONE CALENDAR YEAR ONLY. WE NEED THE MONEY TO START DEVELOPMENT PROJECTS IN LESOTHO!!!

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Flash - for those of you interested in listening to some good old Radio South Africa, Radio RSA broadcasts to the United States daily from Johannesburg between 10:00 and 10:55 pm. on frequencies 9.580, 9.615 and 11.730 MHz.

THE REGIONAL IMPACT OF SANCTIONS

by Richard Rowan
(St. Paul, MN)

In the last newsletter, Doug Mayo examined the continuing debate over the effectiveness of sanctions against South Africa. Following along these lines, in an article which appeared in the Washington Post on April 1, 1988, William Claiborne examined some of the regional implications of sanctions. While sabres rattle all around, the reality is that economic links between black African states and South Africa are increasing.

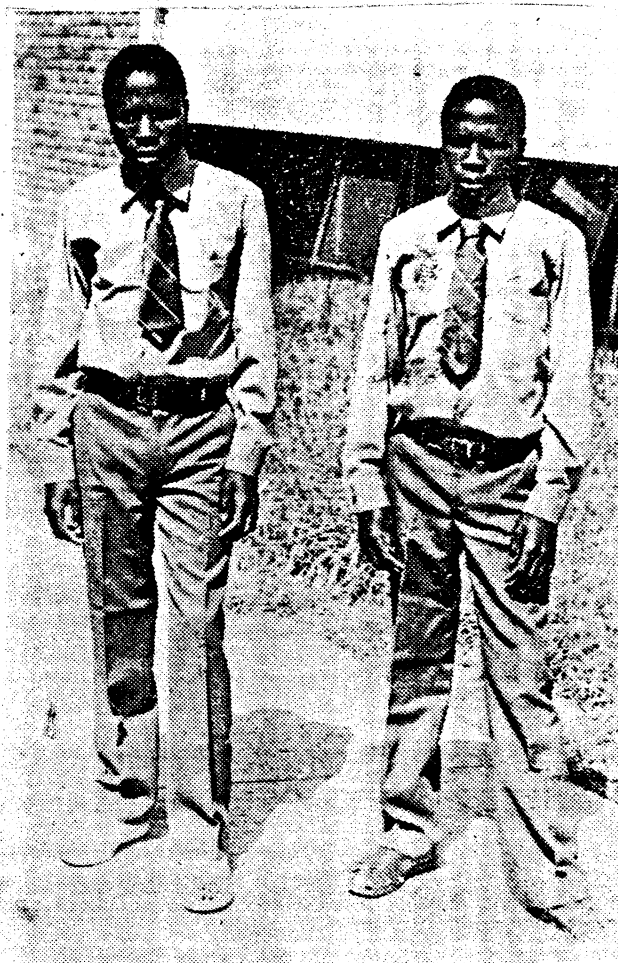
South African Dominance

Claiborne claims that increasing regional trade is a strategy used by South Africa to increase its dominance in the region and put other southern African states in a greater position of dependency. Increased trade also gives South Africa an outlet for its exports in the face of shrinking markets abroad due to sanctions.

Claiborne reports that high level trade and governmental contacts are actually increasing in the region and will become more open in the future. Claiborne

further claims that in light of this increased regional interaction, the U.S. and Europe view calls for sanctions as mere lip service. Ultimately, South Africa hopes that increased ties with Black Africa lessen its international isolation both in Africa and throughout the West.

See **SANCTIONS, P.4, Col.1**



The Mokhesuoe twins...their high school education is being sponsored by Arsenal football Club. They are at Maseru High School.

Lesotho Today, April 7, 1988, P.8

Lost RPCV/LESOTHO (Where have you gone?)

Caleb Sello of the Lesotho Embassy in Washington, D.C. would like to know the whereabouts of Rosemary Clark, a former Peace Corps Volunteer in Lesotho, who taught at Masitise High School in Quithing between 1971-72 or 73. If you know how to reach her please contact Caleb at the Embassy: 2511 Massachusetts Ave., N.W., Washington, D.C. 20008. Tel. (202) 7979-5533.

PRESIDENT'S COLUMN
National Hospitality Program,
In-Kind Material Support to
Lesotho Localities, Is What
FOL Can Best Do Now

by Scott Brumburgh
(Chevy Chase, MD)

At a workshop held April 24, 1988 at the Red Sea Restaurant in Washington, D.C., 19 members from the District, surrounding metropolitan area and as far away as North Carolina, took a long look at where Friends of Lesotho could best promote its members' talents and interests over the next year. The outcomes were twofold:

- ① Strengthen the hospitality program -- Find ways to help Basotho in the U.S. to meet up with Americans who've lived in Lesotho, help them get oriented to the American lifestyle, and report on what we're learning from each other.
- ② Focus our assistance to Lesotho on in-kind materials -- collect and send items to local villages, schools and organizations that will help people who otherwise might not be reached through development assistance programs. Books, educational, construction

See PRESIDENT'S, P.5, Col.1

CONTRIBUTORS SOUGHT FOR
FOL
NEWSLETTER

by Bob Kerr
(Silver Spring, MD)

By now it should be obvious that Friends of Lesotho is here to stay. Membership is over 150 and growing, and everyone who joins indicates willingness to help out in some capacity -- hospitality, projects, newsletter. Here is where I give my big plug.

For the newsletter to be effective, I need your help. Last January I put together my first try at a newsletter using Scott Brumburth's computer on weekends. This time I am using the Office of the National Council of Returned Peace Corps Volunteer's Apple computer during lunch hours.

As you can imagine, the leg work in putting the newsletter together is time consuming. However, what is more demanding is organizing it. For these past two issues I have called specific people to draft articles. They have all responded like troopers. But what I want to move to now is a system whereby all interested contributors generate articles spontaneously without my calling. This will be a great improvement.

See EDITOR'S, P.6, Col.1

Congratulations - are in order for Beth Dixon (PCV Sekakis, 1981-1983) who recently graduated from Medical School in Virginia. Here, here to Dr. Dixon. Now Beth, I've had a sore shoulder for some time -- any advice?

STUDENTS, from P.1

During the conversations, Bill Reed asked the students what FOL could do to help them as they finish their year in America. Teliso said she would like a 35 mm. camera to take back home. Although Teliso and Chalaza return to Lesotho July 6th, arrangements to forward a camera can be made by FOL.

If you have or know where we might obtain free or at minimal cost a good 35 mm. camera, please contact the FOL office. Teliso has agreed to send us copies of pictures she takes for inclusion in a future FOL Newsletter.

(NOTE: FOL has submitted a proposal for a \$2,500 grant to the National Council of RPCV's and Sasakawa Peace Foundation for a mini development education grant for providing community orientation and intra-U.S. travel support to Basotho students coming to the U.S. in 1988-9.)

SANCTIONS, from P.2

Destruction of Alternatives

According to Claiborne, part of the South African strategy has been to destroy alternatives available to other countries in the region. The destruction of rail outlets through Mozambique and destabilization in general have all meant that South Africa has control of the region's rail network and thus has a stranglehold on the entire regional economy. Furthermore, although the frontline states say they support sanctions, they cannot commit economic suicide. Leaders of Black

States point out that they need to be strong in order to resist South African domination. If trade with South Africa will strengthen their economies, eventually they may be in a better position to help bring down apartheid.

In addition, it appears the Soviets have decided to support regional solutions and will withdraw as a confrontational counter weight to South Africa. With the withdrawal of Soviet support, trade between South Africa and the frontline states will likely accelerate.

Development Projects

Claiborne points out that many of the major development projects in the black States are South African initiatives. He gives the Lesotho Highlands Water Project as an example. South Africa's targeted development investments will have the likelihood of increasing Lesotho's dependence on South Africa. Similar projects in Botswana and Mozambique serve to further increase South African control of the regional economy.

More Support Needed

Although outside the legal borders of apartheid, Lesotho is dominated by South Africa, both economically and militarily. However, any regional solution must acknowledge the regional nature of the southern African economy. Claiborne's final argument is that strong sanctions against South Africa must include major economic support to the frontline states.

PRESIDENT'S, from P.3

and health-related supplies and tools that are already available through our members, or from others in our communities willing to donate items, were examples given.

Since that workshop two opportunities have presented themselves to us that the FOL officers and I support and want to inform you about.

1. FOL has submitted a proposal for a \$2,500 grant from the National Council of RPCV's to help make the hospitality program a meaningful reality for Basotho high school and college students coming to the U.S. Dave Bertocci (Alexandria, VA) and Bill Dunn (Denton, MD) are organizing the hospitality program. Bill Reed (Westbury, NY) has been in contact with the two Basotho high school students who spent a year in Westport, CN, learning how well they fared under the sponsoring organization program, LESSON (see FOL Newsletter #2). A report on the proposal will be given in the next issue of the newsletter.

2. As an initial in-kind support project FOL may, through its financial and manpower resources, underwrite the efforts of private US health professionals to collect and ship medical textbooks and varied journals to Maseru's new medical sciences institute. A recent feasibility study showed virtually no professional literature regularly available to the nation's medical community. (See corresponding article)

Those of you who indicating a desire to support FOL programs may soon have an invitation to link up with one of these projects.

Many thanks to Amy Freidheim (Takoma Park, MD) for organizing the workshop!!



The donkey is still the best mode of transport in the Maloti mountains of Lesotho. It is sure-footed and is thus most suited to the rough terrain. It can travel even the most difficult of tracks.

Lesotho Today, October 15, 1987, P.2

Care to fly to Lesotho??

Dr. Nokuzola Ntshona of West Orange, NJ informs Friends of Lesotho of a special offer through Zambia Airways for weekly air passenger flights between New York and Maseru. A roundtrip ticket on the heavily booked service is \$1,362. The trip to Lesotho takes about 22 hours and has stops in Monrovia, Lusaka and Gabarone. Flights leave JFK Airport every Tuesday; return flights from Maseru leave on Mondays. The only restriction is that trips be for no less than 21 days and no more than 3 months. At least a month's notice is currently necessary to get a confirmed reservation. Inquiries and purchase of tickets are through Ms. Mabel Zunga. Call her on (212) 599-1262 (W) or (201) 368-2940.

Anyone interested in organizing a group trip!!

EDITOR'S, from P.3

Ideally, contributors will carve out their own niche. In this spirit Stephen Lehman (Swarthmore, PA) has agreed to make a regular contribution to the bibliography and Betty Boorady (Dunkirk, NY) has agreed to keep us up to date on LNDC. More offers like this are needed. In order to put this system into practice, from now on I will set a deadline for receiving all articles in the previous newsletter. For the next newsletter, hopefully to be distributed in October, this deadline is **September 1, 1988.**

Also important is people sending in personels -- little notes about each other, messages, ideas, etc. This is what will make the newsletter special -- it being used as a forum for finding out about each other. As an example to start the ball rolling:



Lesotho Today, January, 7, 1988, P.1

I received a nice postcard from Katie Downs (PCV-Roma, 1982-1984) and Amy Friedheim (PCV-Leribe, 1981-1983) from Mexico. Amy had use of her parents' time share and called Katie to join her from Atlanta. I further heard rumour that Mexico is considering closing its borders to American tourists!! Do you think there's a relationship??

Little things like this -- lets use the newsletter to keep in touch.

On another plane, I plan to divide up much of the actual work of putting the newsletter together. I enjoy putting the whole thing together. However, I need your help on specific tasks. If anyone out there has their own PC or better yet, unlimited access to desktop publishing and would be willing to type in the articles, that would be great. If someone else would volunteer to edit, that would also be a great help. Please!! Get in touch on these specific items. All other ideas you may have are also fantastic.

The OAU has declared 1988 the year of the survival, protection and development of the African child. In Lesotho, Matlere Matete, represents a few hundreds of children whose mothers heed health advices.



Lesotho Today, January 28, 1988, P.4

**FOL MEMBERSHIP UP
OVER 50%**

**by Don Spicer
(Silver Spring, MD)**

As of April 30, 1988, Friends of Lesotho had 156 members, including 58 new members since the February mailing. Each new member receives all previous newsletters and directories and of course is then maintained on the current mailing list. **Please**, encourage your Lesotho friends to join!!!

We are in the process of updating our directories to incorporate the many corrections passed on by all of you, and hope to republish later in the year. Basically we maintain three separate rosters -- the first lists all current members with as much information about each member as we have; the second lists all people we know who are living in the United States and have had some contact with Lesotho over the past 25 years but are not members of FOL; and the third lists Basotho temporarily residing in the U.S.

We ask all of you to respond with corrections/ additions/ deletions to these lists so that we might keep them as current as possible. Also, if anyone is aware of names on the non-member list of people who are deceased, please

let us know so that we may include this information separately.

Now, on to our current membership. In our last mailing, our intention was for all members to send in 1988

See MEMBERSHIP, P.8, Col.1

**HEALTH PROFESSIONALS SEEK
TO HELP LESOTHO BUILD "BEST
MEDICAL LIBRARY IN SADCC
REGION"**

A couple from the Washington, D.C. area, a member of the Women's International Public Health Network and a health administrator with the U.S. Department of Labor, are almost single-handedly attempting to build from scratch a professional medical and nursing library of standard texts and journals for a new government medical sciences institute under construction in Maseru.

Ralph Yodiaken and his wife Naomi Baumslag, both physicians, began collecting medical texts and journals from friends and associates in the U.S. after Naomi completed a feasibility study in 1987 of Lesotho mobile health training capabilities. That study revealed a dearth of medical literature and facilities in the country: almost no new journals on subjects such as clinical nutrition, no books and no access to photocopying.

With support from colleagues at Tulane Medical School in Louisiana and the Lesotho Embassy in Washington, D.C., Ralph and Naomi were able to collect and ship an initial box of basic texts and journals, including recent issues of the American Journal of Public Health, to Maseru.

Efforts to continue collecting and shipping have been slowed because of the lack of manpower and money to make a project of this size operational on a regular basis. Discussions with officers of

See HEALTH, P.8, Col 2

MEMBERSHIP from P.7

membership dues of \$10.00 per person. However, due to the large amount of information enclosed in that mailing, you may not have understood; i.e., if you originally joined FOL and paid dues in 1987 you should renew your membership and pay another \$10.00 in 1988.

So please take the time now to send in your 1988 dues now if you have not already done so. Use the enclosed renewal form to assist us in our record keeping and to bring us up-to-date on you and your families. This will allow us to keep sending all of the information about what FOL is doing, while saving us the expense of a separate mailing asking for dues. If the group is to flourish and undertake worthwhile development projects we need the revenue.

Our current balance is \$1,656. Expenses for the year have totaled \$452, including a \$150 filing fee with the IRS. We will soon have a good base from which to undertake some development projects in Lesotho.
Yeah!!

While the directories are being up-dated, we thought it would be nice to pass on the names of the new members of FOL.

For the list of new members see page 10.

HEALTH, from P.7

the Friends of Lesotho may lead to the organization supporting the program both financially and with manpower once preliminary meetings are held with Department of State officials, the Lesotho Embassy and others to verify the exact type of support needed and its value to the medical community in Lesotho.

For more information contact the FOL office or:

Mr. Ralph Yodaiken
7100 Oak Forest Lane
Bethesda, MD 02817
tel: 301/469-9210



The Lesotho team won the tug-of-war between United Nations Development Programme staff and some members of the Military Council and Council of Ministers

by Caleb Sello, First Secretary

1. Change of Chancery Address

On June 1st, 1988 the Embassy moved to its newly acquired property conveniently situated in the middle of Embassy Row on Massachusetts Avenue just east of the intersection with California Street and one block north-east of the Islamic Mosque.

The Lesotho Embassy is now adjacent to the Embassies of Turkey and Japan. Acquisition of the Chancery is part of a new investment drive by the Government to try and cut heavy costs on rentals. It is also bound to be a pride for every Mosotho to know that they have a home to walk into in the United States.

The new address is -

2511 Massachusetts Avenue, N.W.
Washington, D.C. 20008

Telephone: (202) 797-
5533/4/5/6
Telex: 64465 Lesotho

2. His Excellency The Chairman at the Special UN Conference on Disarmament - June 9, 1988.

H.E. Major General J.M. Lekhanya accompanied by H.E. Thaabe Letsie, Member of the Military Council and Minister of Foreign Affairs will be attending the above conference in New York.

Following the conference, Major General Lekhanya is scheduled to have a series of

important meetings in New York and Washington, D.C. One of the highlights of the visit will be the inaugural opening of the chancery by the Chairman, followed by a small reception on the 13th of June.

Attending the reception will be dignitaries from the US Government, International Organizations, Financial and other Institutions associated with Lesotho. Of course the occasion would never be complete without the Friends of Lesotho which will be represented together with Basotho students and the Basotho Community within the metropolitan area and its neighborhood.

3. June Sunday 5th, 1988 marked an important day in the history of civil aviation between Lesotho and the U.S. for the first time in history a direct flight connected Lesotho and the United States.

For the past few months top level negotiations had been going on between the Government of Lesotho and representatives of Intertrans Corporation, a Dallas, Texas (USA) - based company. The latter are into full service international freight forwarding, customs brokery and trading.

On February 19, 1988, the office of the Ministry of Transport and Telecommunication announced the signing of a contract between Lesotho Airways Corporation and Lesotho Air Cargo (PTY) LTD. (a subsidiary of Intertrans Consulting Services (HK) Ltd) to provide

See EMBASSY, next page

EMBASSY, from P.9

specific international logistics support, cargo sales, and development of the air freight market in the region.

For more information contact:

Intertrans Corporation
8505 Freeport Parkway
Irving, Texas 75063

Tel: (214) 929-8888
Facsimile: (214) 929-8781
Telex: 4995507
Attention: David R. Pulk

or

113 Executive Drive #101
Sterling, V.A. 22170
Tel: (703) 834-3116
Telex: 4949878
Fax: 8345786
Attention: David
Cyrus/Deborah Potthoff



Although the summer heat is getting too much for little Lineo Mosese, she has no fancy for some of the clothing styles she sees around.

Lesotho Today, November 19, 1987, P.2

1988

New Members

Mike Abruzzo
Susan Anderson
Lorrie Beck
Andrew Berky
Fernando Bitsos
Gary Bowne
Dale Butler
Jerinah Butler
Evelyn Carter
Ken Castrop
William Chi
Susan Conrad
Elgin Cornett
Tom Cox
Dee Cox
Thomas Creeden
Karen Podles D'Alessandro

Beth Dixon
Timothy Donnay
Theresa Faix
Wendy Fisher
Amy McCullar Goldknopf
Jim Gunsolus
Kathy Henry
Douglas Howes
Leland Jinks
Nancy Keller
Nancy Korn
Ken Lai
Margaret Lang
Krista Lewis
Donna Linnehan
Michael Lynch
Jean Mead
Mike Meenan
William Moore
Bruce Morrisoin
Michael Murphy

Dan O'Connel
Eric Ormseth
Eleanor O'Rourke
William Phelps
Lois Richmond
Richard Rowan
Clarence Sandoval
Brent Schaeffer
Margaret Scruggs
John Seyfried
Zane Short
Kent Simon
Makoena Simon
Jesse Snyder
Raymond Torres
Jacque Velzy
Gary Vogel
Steven Zamperini
Terry Murry
Linda Costesso Telford

BIBLIOGRAPHY

From this newsletter onwards, we will greatly benefit from a regular bibliography contribution from Stephen Lehman. Stephen taught in Mohale's Hoek from 1967 to 1970. Now a librarian at Swarthmore College, he has picked up on the plea to provide regular columns for the newsletter by researching and submitting a regular bibliography. Here is his selection for this issue:

Lesotho

Baynham, Simon and Greg Mills, "Lesotho: between dependence and destabilisation," *The World Today* 43: 52-54, March 1987

Coplan, David B. "Eloquent Knowledge: Lesotho Migrants' Songs and the Anthology of Experience," *American Ethnologist* 14:413-33, August 1987.

Crush, Jonathan and Paul Wellings, "The Southern Africa Pleasure Periphery, 1966-1985 (Lesotho and Swaziland)," *The Journal of Modern African Studies* 21:673-698, December 1983.

Ferguson, James, "The Bovine Mystique: Power, Property and Livestock in Rural Lesotho," *Man* 20:647-674, December 1985.

Goldman, Christopher H. *Politics, Bureaucracy and Rural Development in Lesotho*. Dissertation, Johns Hopkins University, 1986.

Laurence, Patrick, "A New Lesotho?" *Africa Report* 32:61-64, January/February 1987.

Wilkinson, Clive. "Women, Migration and Work in Lesotho," in: *Geography and Gender in the Third World*, ed. J.H. Momsen, J.G. Townsend. Albany: State University of New York Press, 1987, pp. 225-239.

Southern Africa

Davis, Stephen M. *Apartheid's Rebels: Inside South Africa's Hidden War*. New Haven: Yale University Press, 1987.

Goodwin, June. *Cry Amandla! South African Women and the Question of Power*. New York: Africana Publ. Corp., 1984.

James, Wilmot G. *The State of Apartheid*. Boulder: Lynne Rienner Publ., 1987.

Lemon, Anthony. *Apartheid in Transition*. Boulder: Westview Press, 1987.

Manheim, Jarol B. and Robert B. Albritton. "Insurgent Violence Versus Image Management: the Struggle for National Images in Southern Africa," *British Journal of Political Science* 17:201-18, April 1987.

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Moeti, Sello. "Swinging to Nowhere," *Sechaba*, July 1987, pp. 14-20.

Msabaha, Ibrahim S.R. and Timothy Shaw, eds. *Confrontation and Liberation in Southern Africa: Regional Directions after the Nkomati Accords*. Boulder: Westview Press, 1987.

Newsum, H.E. and Olayiwola Abegunrin. *United States Foreign Policy Towards Southern Africa: Andrew Young and Beyond*. New York: St. Martin's, 1985.

Saul, John. "South Africa: the Question of Strategy," *New Left Review* 160:3-20, November/December 1986.

Items to purchase

The World Hunger Education Service prints a 24-page bi-monthly publication called Hunger Notes, which is designed to provide expert and provocative ideas on specific development issues. Topics in 1987 included, "Alternative Agriculture (January)," "Safe Motherhood (May)," "The Many Faces of American Involvement in Central American Development - For Better or Worse? (August)" -- to name but three. Subscription rate is \$15.00 annually.

World Hunger also provides a publications list of U.S.-based NGOs, Federal Offices, and U.S. offices of U.N. agencies involved with development called "Who's Involved With Hunger." The latest edition is dated 1985 and costs \$4.00.

People interested in either of these publications should send a check to:

World Hunger Education Service
1317 G Street, N.W.
Washington, D.C. 20005

An interesting sounding book called Poverty, Policy and Food Security in Southern Africa, edited by Coralie Bryant is available by mail for \$15.95 per copy, plus \$1.00 for postage and handling.

The purpose of this book is to discuss the political economy of food in Southern Africa. Topics range from small farmers, hunger, poverty and agricultural production to trade transport, regional economics and institutions. The editor's perspective is that while the elimination of apartheid is the necessary first step toward "true" regional independence, international political and financial support for Southern African regional development now would ease the transition to a brighter post-apartheid future.

See PURCHASE, P.13

PURCHASE, from P.12

Those interested in purchasing the book should send a check or money order to:

Overseas Development Council
1717 Massachusetts Avenue, N.W.
Washington, D.C. 20036

Erich Gundlach, RPCV/Chile 1974-75, from Returned Peace Corps Volunteers of South Carolina has designed a "timeline and map" poster of the world.

The front of the poster contains a mercator projection of the world, with all present and past Peace Corps countries highlighted. Superimposed is a graph depicting the total number of volunteers by year and by region. The portion of the map containing the United States and its territories is divided to show the number of volunteers from each state from the first volunteer until June 1985.

The back of the poster contains a timeline history of Peace Corps and its activities in the various countries it has served.

The cost of the poster is on a sliding scale: \$6.95 for 1; \$5.75 each for 2-10; \$5.10 for 11-20 and \$4.50 for more than 20.

Anyone interested in buying one or more (20?) should send a check payable to:

RPCV/SC
P.O. Box 4152
Columbia, South Carolina 29204

For all you FOL members who speak to youngsters or have young children yourselves, an interesting new resource publication called Your World is now available. Published by Reginald Petty (PC Director, Swaziland/Kenya), articles in Your World are written at the 6th grade reading level. Information is gleaned from numerous sources, such as UNICEF, North-South News Service, US Peace Corps, newspapers, private volunteer organizations, Children's Express (a news service operated by Children in the US and other countries), the United Nations, State Department, USAID, private overseas development organizations and individuals. **note:** past issues have included Africa and Specifically South Africa.

This paper is published twice monthly from September to May, 18 issues per year. The cost is: \$9.00 per year for subscriptions of less than 10; \$5.00 per year for subscriptions of 10 or more; and \$3.00 for 9 issues (one semester). A teacher/parent guide accompanies subscriptions of more than 10 or can be purchased for an additional \$.15 per copy. Educational Resources International, Inc.

7219 Blair Road, N.W.
Washington, D.C. 20012

If you are interested send a check to:

(202) 882-8820

The embassy recently gave us a copy of a Sesotho Cookbook which we will distribute in the next mailing. In the mean time, here is a sample: My favorite - Joala

FERMENTED ALCOHOLIC BEVERAGE

Beer - Joala

Ingredients: Sorghum flour
Malt
Innoculum from a previous batch
Water

Method:

1. Mix 3 parts of sorghum flour to 1 part of malt flour and add boiling water.
2. Dilute with cold water and add part of innoculum from a previous batch.
3. Ferment over night.
4. Decant liquid and boil.
5. Pour sediment and cook into porridge.
6. Allow to cool, add malt and innoculum from a previous batch.
7. Ferment over night.
8. Sieve the following day and serve.

QUARTERLY REPORTS

Each Quarter the *Economist* prints a country report on Lesotho. These reports are broad in scope and very interesting. We have copied three pages of the January, 1987 report as an example.



"Most of the growth of a human brain and body is completed in the first five years of life. There is no second chance. Children who have to go without adequate food or health care in those years will be unable to develop to their full potential today — and unable to make their full contribution to society tomorrow." —UNICEF

Lesotho Today, March 31, 1988, P.2

FRIENDS OF LESOTHO
2801 Spencer Road
Chevy Chase, MD 20815
Tel. (301) 589-4236



IS YOUR
MEMBERSHIP
UP TO DATE?
IF NOT, PLEASE
RENEW.

THANKS

MEMBERSHIP FORM

Sign me/us up as a member/s of
the FRIENDS OF LESOTHO at \$10 per person.....\$

I/We would like to make an additional contribution.....\$

Total Enclosed: \$

Information To Be Included in FRIENDS OF LESOTHO Directory

PLEASE PRINT

Name: _____

Family member names: _____

Mailing Address: _____

Phone: () _____

Current Occupation: _____

Current Employer: _____

Years in Lesotho:
(PC service) 19 _____
(Other- please specify) _____

19 _____
Site/Post/Community: _____

Work Program: _____

My/our principal reason for joining FRIENDS OF LESOTHO is: _____

I would like to help FRIENDS OF LESOTHO with:
Networking; finding RPCVs, developing newsletter, etc.

Hospitality; I could host Basotho living and traveling in
the U.S., or recently returned PCVs,
for a meal , or a brief visit .

Supporting a development or education program in Lesotho.

Sister Cities; I am interested in organizing or
supporting a sister city program between the U.S. and
Lesotho.

Additional comments

I have the following ideas, suggestions and comments:

