



FRIENDS OF LESOTHO

METSOALLE ea LESOTHO

Third Quarter 2013
Newsletter

Meet Wendy Vandamme, Peace Corps Lesotho's New Country Director

By Madeline Ura-neck

The latest in a line of Country Directors for Lesotho, Wendy Vandamme arrived in Lesotho on July 16, 2013, from Cuerpo de Paz Peru, Peace Corps Peru, where she was serving as Director of Programming and Training.

She was immediately impressed with the warm reception and taken directly from the airport by out-going Country Director Kathy Jacquart to the village of Ha Taaso, about 40 minutes from Maseru, where the most recently arrived group of Youth trainees were in the midst of a session about history and culture. The trainees and training staff, wearing Basotho hats, some with blankets, some dressed in *seshoeshoe*, ululated and sang a special rendition of the Beatles song "Hello, Goodbye!" to greet their new CD Vandamme and wish current CD Jacquart well in her final week on the job.

"It couldn't have been a nicer welcome," Wendy stated.

In addition to working for Peace Corps in Peru, Wendy also worked for Peace Corps as Director of Programming and Training in Guatemala and APCD for Youth Development in Bolivia. She is a Guatemala RPCV (1986-89) and when living in the US - a French and Spanish teacher.

Challenges for PC/Lesotho: Peace Corps Lesotho's strengths were immediately obvious to Vandamme. For the post's challenges, she highlighted two goals: keeping Volunteers safe, with a lower profile when they need to be in the city of Maseru, which continues to have high crime statistics. Crimes against Volunteers have dropped significantly since PC/Lesotho designed its operations and policies to minimize Volunteer time in Maseru. "We are encouraging Volunteers, more than ever, to become integrated and visible members in their own local communities, reaching out to neighbors, and learning Sesotho well."

A related goal is to find more structured ways to help Volunteers improve their proficiency in Sesotho. "While it is clear that a Volunteer can get by in English, given the excellent English of many Basotho, it's even more clear that a Volunteer with better Sesotho has a deeper experience." She wants Volunteers to continue their Sesotho studies on-site with tutors, and would like, when possible, to organize Peace Corps teachers to hold regional in-service training workshops for Volunteers.

Given her dawn-to-midnight schedule, she nonetheless hopes to prioritize time for Sesotho study herself. "Still, there are only so many hours in the day," she laughs. She is enjoying her new job, with its wide variety of responsibilities. "Every day is different."

Extra-Large Family: Accompanying Wendy to Lesotho is her husband Yves and two sons, 7th grader Charles and 10th grader Louis, both enrolled in the small international school in Maseru. Charles and Louis are two of the Vandamme's five children, with the other three currently in college in the US. The Vandammes have a long list of places they'd like to visit in Lesotho and in southern Africa, but so far they are happy to have enjoyed trips to Butha Buthe and Semonkong.

Wendy's family for the next several years will also include a year round staff of 27 at the Peace Corps office and 80 Volunteers scattered throughout rugged countryside. Volunteers are divided almost equally into two sectors, the Education and the Healthy Youth programs, and currently range in age from 22 to 66 years.

Wendy is grateful to Friends of Lesotho, whose Web page and initial contacts provided her with important information about The Mountain Kingdom. "The Volunteers at the recent Close of Service (COS) Conference here were so pleased to receive contact information and to learn a bit more about Friends of Lesotho. Knowing that there is a committed group of RPCVs and other like-minded people with a vocation to serve and a special connection with Lesotho helped them to feel confirmed in their plans to continue to support the friendships and work that they have valued throughout their two years here."

FOL members wishing to welcome Wendy can do so by e-mailing: wvandamme@peacecorps.gov



Wendy Vandamme, new Country Director, center, in white, surrounded by newly sworn-in Volunteers.

Newsletter Features Clickable Links!!

Download the newsletter from the FOL website www.friendsoflesotho.org and you can click on all the website addresses.



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Long Lines to Wait for a Bit of Cash: Social Security, Lesotho-style

By Pete Neumann (2004-06), pneumann1947@yahoo.com

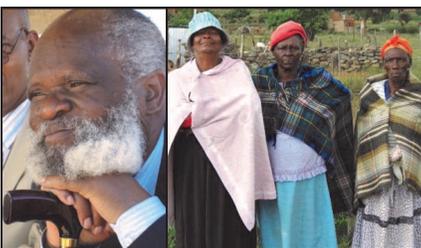
My wife Maria Steele and I retired from our jobs in the federal Social Security Administration and joined Peace Corps Lesotho in 2004. I was looking back at some emails we sent then and came across this vignette from 2005.

Even though I am three years retired from the Social Security Administration, the brain cells still retain a little. Our system pays benefits based on work – with the amount determined by how much we earn and for how long we worked. The Social Security Administration also administers a federal needs-based welfare program called Supplemental Security Income, or SSI. These benefits are based on need and either age or disability. A work history is not needed. The Lesotho system is closer to the SSI program.

In Lesotho, you can receive a benefit of 150 Maloti per month if you are 75 years or older. It does not matter if you worked some, a lot, or not at all. Whether you have other income or resources is also not a factor. The reality is that for most Basotho, there is little, if any, other income and resources. If you are 75 years old, you get the 150 Maloti. Maloti is Lesotho currency. A *Loti* (*maloti* is the plural) is exactly equivalent to the South African *Rand*. 150 *Maloti* equals about US\$25. (*In August, 2013 it would equal \$14.64*)



Pete Neumann & Maria Steele with Sister Juliana Manele. (center). 2006



Photos Courtesy: Madeline Uraneck, RPCV

Here's how you collect it. Remember, you are 75 years old.

Each month you present yourself to a designated post office bringing your identity papers – these papers have your photo and establish your age. At the post office, you stand in lines – or what looks mostly like a crowd, but is called lines. You will be with other elders like yourself and an armed policeman. They are there neither for crowd control, nor for you personally, but for security – to keep the post office from being robbed, since benefits are paid in cash. At the end of the day, if you have not collected your benefit, you must find a place to sleep. Police stations sometimes offer shelter. Other seniors stay with friends who happen to live close by. Otherwise, you must return to your village, no matter where that is. You would walk or take a crowded taxi and then come back to the post office the next day. You get in a line to await your turn and maybe go home again that night only to return once again.

The lines are not organized in any pattern I recognize. There is no head of the line, middle or end that I can see. They seem more like a mass of people grouped on all sides of the post office. Somehow there is order

and people in these “lines” do not crane their necks to see who’s next or press in any particular direction for advantage or bicker or gripe. They wait.

The post office in Mohale’s Hoek looks like it might be part of a set for a cowboy movie. It is a one story building that is dark and creaky with wooden flooring and old and dirty stucco walls. There are a few benches inside placed in front of a waist high counter. On top of the counter are steel barred windows where business is conducted. When you finally get inside, you wait for the clerk to signal you to come forward. You present yourself along with your identity papers. Your name is checked on the registry (how you got on the registry in the first place is another story). If you are really you and you are due the benefit, you work your hand through the bars so the postal clerk can grab it to ink your thumb. The clerk then presses your thumb to a spot beside your name on the registry. You get your money and head home.

You get to do this every month. Rain, snow, or hail are not factors. No direct deposit, no conducting business by phone, no Internet filing. You go and you hope you do not have to wait too long.

More than that, you hope that your name is on the list.



Podcast by Evan Anderman-Hahn, RPCV Lesotho, 2010-2012

<https://soundcloud.com/evan-anderman-hahn/life-in-self-expression>

Life In - Self Expression - soundcloud.com

Evan Anderman-Hahn’s first episode in his “Life In” series takes a look at an interesting tendency within the language of Sesotho and some implications language has on action. “I attempt to define culture and I explore one parallel in how Americans and Basotho express emotions.”



Evan Anderman-Hahn, RPCV

Lesotho’s Disabled Kids Deserve an Education

Kate Swenson (1979-81) informed FOL of a great public service announcement that was filmed in Lesotho. The 4-minute PSA, produced by Siyakhona Lesotho with funding from the Lesotho National Federation of Organizations for the Disabled (LNFOD) in conjunction with UNICEF, advocates for the rights of people with disabilities. The video contrasts four examples of the current state of exclusion of blind, deaf, and physically disabled youth with an inclusionary re-take of the same scenes in classrooms, on playgrounds, and in libraries. The music and realism make viewing this a well-spent 4 minutes:

<http://www.youtube.com/watch?v=h9N00QYPnQ&feature=youtu>





“A famous person I admire is lion, cow, pig and sheep”

Zoe’s Pen-Pal project in Mopeli Primary School

By Zoe Schroeder, Wisconsin, Education Volunteer in Leribe, (zoeschroeder@hotmail.com)



For the past two months, my boyfriend has been visiting me in Lesotho. He is a bilingual resource teacher for the 6th grade in the states. Before I joined the Peace Corps, we thought it would be a good idea to become part of the WorldWide School’s program – a Peace Corps-Volunteer-to-USA-students exchange of letters and reflections.

Before Jay left the USA, he had his 6th graders all write letters to my students and took their photos. Several weeks ago, we introduced the pen-pal project to my enthusiastic 6th graders at Mopeli Primary School in Leribe. The hilarious comments students made, revealed cultural assumptions on both sides.

Jay set up a friendly letter template for his students to use if they chose to. It included the basics in introduction as well as phrases like, “The people most important to me are...; A famous person I admire is...; When I grow up I dream to be...; and my favorite things are...” Most of the US students put things like their ipod, Xbox 360 or their laptop down as their favorite things. People they admired included rap and pop stars, and numerous young ladies put their biggest wish was to meet Justin Bieber. I wonder how many Basotho children even know what Xboxes are! As for careers, there were a wide variety of answers from NBA player to professional photographer. The letters also included questions to my students like what Africa was like and how long they were in school for each day.

There are many MANY things that Basotho children lack compared to American kids, but the most apparent seem to be access to imagery and video. Upon receiving the letters with the photo of the student attached, a lot of my kids responded in the usual Basotho way when seeing something they liked: suck in your breath through your teeth really loud, roll your eyes around and let it out with an “AHHHHHHHHH!!!” which involves a side head-shake and an open mouth. To get their very own photo of a student from the states was HUGE for them. This was a wonderful opportunity for a lesson on diversity in the USA and Africa, as Jay’s class was comprised of kids of many races and ethnicities. Several students came to ask me if their black pen-pal was from Lesotho.

After helping my students rewrite their letters again and again, we finally had one letter from each student, complete with some very unusual and hilarious English:

“I am delighted, not dismal, to write this letter to you.”

“A famous person I admire is lion, cow, pig and sheep.”

“My friend, I love you. Do you love me?”

“My friend I see you on the photo you are beautiful girl. I love you my baby.”

“I like school because I eat food. My favorite thing is food.”

“I don’t like school because the teachers beat us on the bottom with sticks.” (sometimes ‘beat’ was written as ‘bit’)

“How old is your grandmother?”

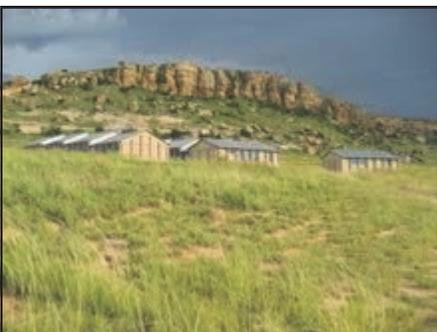
“I stand tall and robust like a Swazi warrior.”

“Do you love Jesus?”

“When Madam Matsepo go back to America she take me and then I will go to your school.”

“*Banana*.” (as the last statement before closing)

This letter writing project has made me realize a couple major differences between 6th graders from the USA and Lesotho. While they might both love Beyonce, my students had no idea that she is black. We Americans grow up accustomed to and believing in the value of diversity in the USA. Many of my Basotho students believe they are hindered by their skin color and that lighter-skinned Basotho are more beautiful than darker ones. Doing this kind of exchange was a great way to show them that there are people who look just like them on the other side of the world, and who have dreams just like them.



In addition, Basotho children are much more sheltered than American kids. Or maybe American kids are just exposed to too much at an early age. The laptops, ipods, and Xboxes were completely lost on my students. Television, pop culture and the media have hardened US children and made them grow up faster than they have to. In Lesotho, grown men often hold hands and people say “I love you” to share their happiness. While kids in the USA might seem more mature and worldly, it makes me a little sad to think that these expressions of joy might be misinterpreted. Differences were also demonstrated in their choice of careers. American kids have a greater understanding of their options in life while many of the Basotho students put basics like “nurse,” “teacher” or “shopkeeper”.

This project was a fun, positive thing for the students on both sides of the Atlantic. While there may be many differences, at the core, students are truly the same everywhere. They have favorite music artists, do sports, and like spending time with friends. I am pleased to have partaken in this experience and hope we can do the same next year.





METSOALLE ea LESOTHO

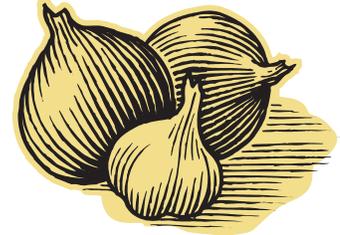
Lijo tsa Basotho: Chakalaka

P. 43, “Where There is No Chef”, recipes compiled by PCVs in Lesotho

Chakalaka is a common, somewhat spicy dish in southern Africa, but the ingredients vary drastically from region to region, often including fruit and chutney

Ingredients:

1 green pepper, chopped	2 cubes beef stock	1 can peas
1 clove garlic, minced	1 T curry powder	1 can beans
1 t oil	1 clove ginger, minced	
2 carrots, grated	1 onion, chopped	



Fry onion in oil, adding garlic, ginger, curry powder, pepper, carrots and stock. Turn heat off when onion is translucent and add beans and peas. Stir and serve warm or at room temperature. *Chakalaka* can also make a delicious soup by adding additional stock.

Stories out of Lesotho's Mountains

By Courtney McDermott (2007) Makhotlong

I was a writer before Lesotho. But when I returned from Lesotho in 2007, where I served as an Education Volunteer, the only way I could grasp and fully explain the ride I had experienced, was to write about it. Over the next three years, I found myself constantly returning to the landscape, culture, people and politics of southern Africa. Stories emerged, inspired by my days teaching, or the rides in kombis, visits to the camp towns, or backpacking along South Africa’s Wild Coast. I wrote about people whom I had observed, or spoken with, or invented—people I wish I had known. I explored not only the journey of a foreigner, an outsider, but I used my capacity to empathize with experiences unlike those I had known—the experience of a young mother fighting village gossip, of a double-orphan school boy witnessing a rape, of a father dying in hospital. I imagined what it would be like to see the ocean for the first



time, or to learn to speak English. And through the writing process, I discovered this wasn’t about a Peace Corps Volunteer writing about Basotho, it wasn’t the foreign teacher writing about her students, but it was about a human writing about other humans and the human experience. Which, when you come down to it, is what good writing should be all about.

In the last couple of years, I compiled 22 short stories into a collection. This collection, entitled *How They Spend Their Sundays*, will be published by Whitepoint Press in September 2013.

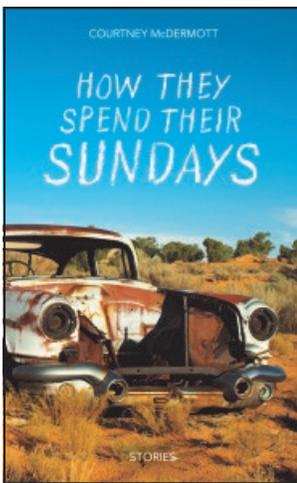
Excerpt from title story, “How They Spend Their Sundays”

The dead car didn’t have a steering wheel. Someone had sawed it off, so Seabata had rigged one out of chicken wire. Slight beneath his branchy fingers, it gave him the illusion that he could drive. Always driving at an angle, for one tire remained on the car, sunken and muddy. The others stripped by thieves.

Shorty lay on the floor of the car – the seats taken to sit in a hut – his feet bare and resting on the dash. He smoked a joint. It nestled in his wide white piano key teeth. He rubbed his fingers up and down his chest bone, playing his ribs.

“We could play football today.”

“Nah.” Seabata arched up and over the wheel, pretending that the road was getting steep. He wanted to be a driver, so he practiced in the hollows of dead cars.



Newsletters Past and Present—The FOL Newsletter, *Metsoalle ea Lesotho* is posted on our website homepage (<http://friendsoflesotho.org>) under Recent News each quarter of the year. The complete set of newsletters is available on our website from Issue Number One, Summer, 1987 to the present. Go to Membership->Newsletters for the archives.

Peace Corps Lesotho in-country Khotso Newsletters are also available on our website. *Khotso* is the official monthly newsletter published by Peace Corps Lesotho and distributed to current Peace Corps Volunteers. Read it and be prepared for some nostalgic memories and a unique reconnection with your own experiences in Lesotho.

Submit Newsletter Articles—Do you know a great website? Have you given a talk about Lesotho? Have an opinion, blog, or want to write a column? Have you visited Lesotho recently? Do you have photos from Lesotho to share?

Submit articles, photos, or information of interest to our members to:

Madeline Uranek, FOL Newsletter Coordinator (globalmaddy@gmail.com) or send hard copies to her at 2995 Gannon Street, Madison WI 53711, USA



Peace Corps Lesotho Shines at Peace Corps Connect

By Pete Neumann, pneumann1947@yahoo.com

On June 28 and 29 my wife Maria Steele and I (both RPCVs, 2004-06, Mophale Hoek) had the privilege of representing Friends of Lesotho at NPCA's Second Annual Peace Corps Connect held in Boston, MA, and attended by over 365 RPCVs, current and former staff, friends and family. The days were jam-packed with plenary sessions, panel discussions, practical workshops, open forums and exhibits.

We set up a table with FOL information showing some of our keepsakes from our service in Lesotho.

We were fortunate to meet many former RPCVs whose breadth of service spanned the globe and decades. We also attended several conference information sessions and the annual awards ceremony.

- Dr. Mohammed Sheikh Nurein Said received the Harris Wofford Global Citizen Award
- RPCV Philip Lilenthal received the Sargent Shriver Distinguished Humanitarian Award
- The Friends of the Dominican Republic and the Northern California Peace Corps Association received the Loret Miller Ruppe Award for outstanding community service.



Of the many intriguing subjects covered in the break-out sessions, we found the following of particular interest:

Peace Corps Response, describing the evolution of the Peace Corps Crisis Corps, and now providing short term assignments for RPCVs throughout the world. Consider applying: info is at <http://www.peacecorps.gov/response/>

Next Step Travel is a collaboration between the National Peace Corps Association and Discover Corps that provides 10-14 day service and travel opportunities. Currently in Guatemala and the Dominican Republic, they plan to expand to Africa next year. Check out destination and prices: <http://www.peacecorpsconnect.org/resources/next-step-travel/>

Archiving your Peace Corps History is a place to submit digital photos and Peace Corps service memorabilia. This project is just beginning and more info may be found at <http://www.american.edu/library/news/pcca.cfm>

Fallen Peace Corps Volunteers Memorial Project (fpcv): This poignant project establishes an Internet memorial to those volunteers who died in-country during their Peace Corps Service years. Bios and memories of those who died is at <http://fpcv.org/>



Plan now to be part of next year's conference in Nashville, Tennessee, and recruit the friends you'd like to see once you get there!

Keep an eye on the Facebook page of the Tennessee RPCVs:
<https://www.facebook.com/events/271557542984383/>

Lesotho RPCVs Featured in Family Album

The terrific Family Album project was undertaken by Ernest and Helene Zaremba (RPCVs Tanganyika 1964-66). They were present at the Peace Corps Connect conference and spent their time interviewing RPCV's about their service, doing 120 interviews in two days. The interviews are now both on Facebook (search for Peace Corps Family Album) and on YouTube Internet video <http://www.youtube.com/watch?v=iscywm6tSQo>

These Lesotho RPCVs were caught on video:

Peace Corps Family Album – RPCV Lesotho Participants

Don Gray, 72-76
Lois Brau 87-90
David Zapanarick 90-02
Gail Hughes 70-71 Mafeteng
Karen Lindquist 09-11
Julie Hirshfield 93-95
Heidi Rice 93-95

Tracy Lane 95-97 Quthing
Wade Dallagrana 77-79 Semonkong
Richard & Tlotlisang Rowan 79-83 Mamahao
Tim & Momoaletse Spanier 75-78 Thlotse
Eyvonne Duncan 78-80 Buthe Buthe
Kate Swenson 79-81 Maseru



Blogging Volunteers — Send some comments to a current PCV

By Madeline Uraneck

If being a Peace Corps Volunteer is a life-changing experience, then writing, as one is in the midst of the change, is a challenging and revealing process. Many Volunteers *coalesce* their experiences into books *after* service, but blogs, letters, videos and e-mails by *current* Volunteers capture the raw edge of frustrations, friendships, loneliness and insights. They mirror the up-and-down graph of initial enthusiasm and excitement, mid-way challenges, and final emotional evaluations of all one has learned. The following Volunteers, all now serving in Lesotho, passed along their blog Internet URL addresses specifically to share with Friends of Lesotho in this issue.

Each Volunteer's blog states that opinions are his or her own, and not that of Peace Corps. Check out a couple if you have some time, and write a comment back to the Volunteer. It's a heady experience for them to know there are readers "out there" who can relate, and it's a bit breathtaking for us to find out how vividly a single day's experience can evoke the aura and aroma of the Mountain Kingdom.

Heather Mangan—Blog: a story ~ Little stories that tell one big story—<http://heathermangan.com/>



Trained at South Dakota State University as a journalist, you'd expect, and correctly so, that Heather Mangan's blog would be professional and her entries prolific. Evacuated from Peace Corps Niger to Morocco after politics got hot there, Heather returned to the US and then was re-assigned as an Education Volunteer to Lesotho. Especially recommended entries are "Suitcase or Backpack" (August 9, 2013) and "The Difference between Being a Good Journalist and a Good Volunteer."

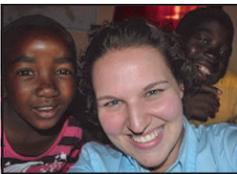


Shawn Joshi—Blog: African Shawnanigans—<http://plannedspont.blogspot.com>

Shawn is a high school math teacher in Leribe, who began his service in December 2012. Shawn has the gift of telling a funny story, and in his 12 posts since arriving, has many to share, given his boisterous high school students and equally fun-loving fellow Basotho teachers.



Mary Beth Bird—Blog: With Every Passing Day—www.witheverypassingday.blogspot.com



Mary Beth Bird has both a Biomedical Engineering degree and a Masters in Medical Anthropology, which makes a pretty good background for working as a high school science teacher in Butha-Buthe. Hers is handsome blog, with nearly 40 entries since arrival. This one titled, "The Best of Times," gives a flavor of her writing:

They were the best of times. They were the worst of times. -Charles Dickens

"I think Dickens must have been a Peace Corps Volunteer. Or at least he knew a few... Because my life in Peace Corps is breathtakingly priceless, painstakingly frustrating, over-flowing with joy and laughter, full of disappointment and tears, absolutely rewarding, occasionally mundane, breathtaking when you least expect it, and confounding in its ability to teach you something new about yourself EVERY single day... And through it all, it's the occasional, seemingly-insignificant gatherings, birthday celebrations, and chance-encounters with my Peace Corps family, that keep me going!"

**Will Stock and Amanda Frye—Blog: The Next Chapter ~ William and Amanda's Life in Lesotho
<http://williamandamanda.wordpress.com/>**



Will Stock is a math and science teacher at a secondary school and Amanda Frye teaches English and works with teachers at the primary school level. Their reflective and honest entries chronicle the couple's adjustment to a new culture. Recommended reading: Amanda's June 2013 description of her exhaustion after a day of missed communications, busses going to the wrong destination, and classes cancelled when somehow everyone except her seems to know what's going on. Also a strong entry is "School's Back," in which Amanda discusses her struggles with comparing herself to accomplishments and recognition given to other Volunteers. These detailed, candid descriptions evoke empathy and recognition.

Aparna Jayaraman—Blog: Lumela! My name is Aparna...—<http://lumelamynameisaparna.blogspot.com/>



I admire and envy the professional lay-out of Aparna Jayaraman's blog pages, especially the many teaching techniques she shares, together with reflections about the hard work of being a teacher. Recommended entry from June 1, 2013, "Learning the Lingo," is guaranteed to make you smile, with a review of Ses-lish slang like sharp, yebo, too much, now, and of course, now now.



Learning about the human skeleton, stretching, and spelling COCONUT all at the same time

Jen Jiggetts—Blog: Life in Lesotho!—www.make-upmusicmoneyme.blogspot.com

Jennifer is an Education Volunteer teaching Primary School English and Lifeskills in Mafeteng. She writes some delightful entries in the process of discovering Basotho culture, but I liked best the one about what it takes to keep up one's manicure in the mountains. Jen owned 121+ bottles of nail polish back in Virginia.



Nails for swearing-in with Lesotho's flag



Litaba tsa Lesotho (News of Lesotho)



Compiled by Ella Kwisnek, (1992-1994) Lesotho Agricultural College

Drought Impacts Winter Crops

Anticipated precipitation has not been falling for the winter planting, thus making it difficult for farmers to till the soil. After two very bad years, the 2012-2013 planting season had been a good one for maize and sorghum; however, lack of rain and snow has made it difficult to prepare the land for winter crops such as wheat, peas, and hay. In addition, the lack of rain means springs have run dry, resulting in no water for the crops.

A climate statistician with the Lesotho Meteorological Service stated that rainfall had been below average and the winter has been warm. Sekhonyana Mahase, senior crop production officer in the Ministry of Agriculture, said the lack of moisture this winter was bad news for farmers and for the government's crop-sharing scheme, which is running in eight of the country's 10 districts. In return for paying the full costs of seed, fertilizer and tractors for planting wheat, the government takes 70 percent of the harvest, leaving farmers with the remaining 30 percent. But Mahase said yields are expected to be low due to the lack of rain.

The poor winter harvest has also led UNICEF to estimate that 12 percent of the population, a decrease from the same time last year, is currently food insecure. That number is expected to increase between January and April, prior to the summer crops being ready for harvest.

According to Mahase, of the Ministry of Agriculture, "even if it rains now, it may be a little too late for some farmers who have not prepared their soil."

Read the full story online at <http://www.irinnews.org/report/98571/dry-winter-spells-bad-news-for-lesotho-s-farmers>



Photo Courtesy:
Jen Jiggets, PCV

Efforts to Improve School Meals

The United Nations World Food Program (WFP) and a Lesotho Government delegation are to travel to Brazil in late August to early September to learn new skills for managing the school meals program. Each year, approximately 125,000 children living in Lesotho's more remote areas receive a hot lunch through the national School Meals Program, which is managed by WFP.

The goal of the trip is to learn more about the Zero Hunger strategy that is designed to help officials integrate school feeding into broader national safety net policies and poverty alleviation programs, and to support local agricultural production.

Read more online at <http://www.trust.org/item/20130823174405-sbgyc/?source=hpartner>

New National ID's Issued

This month Lesotho started issuing national IDs designed to consolidate information about its citizens in one secure document. This goal of the program is to update the national citizen database and prevent abuse of official documents. Abuse of Lesotho travel documents has been an issue with South Africa.

Although Lesotho law does not permit dual citizenship, South Africa did for years; thus, many Basotho have documentation for South African citizenship. However, in 2010 South Africa amended its citizenship law to permit dual citizenship only with those countries that also allow it. The new ID system will thus likely impact Basotho who availed themselves of the services afforded to South African citizens.

Read more online at <http://allafrica.com/stories/201307260805.html?viewall=1>

Police Constable Found Guilty in NUL Shooting Death

The High Court found Police Constable Sello Jabavu Paamo of the Roma Police guilty of fatally shooting a National University of Lesotho (NUL) student during a protest march held on October 22, 2009. Paamo was also convicted of the attempted murder of three other protestors. The police officer had fired his pump action rifle at the students who were protesting unpaid stipends.

Paamo denied firing shots at the students, and stated that he had fired in the air to frighten away the protestors. However, several witnesses testified that they saw him aim his gun at the students.

Read more online at <http://publiceye.co.ls/?p=3517>. (Caution: you may receive virus security warnings from the Public Eye site)

Micro Finance

According to the general secretary of the Council of Churches in Lesotho (TCCL), Reverend Khiba Mandoro, the organization is planning to launch a credit and savings cooperative to assist community-based entrepreneurs.

Dr. Mandoro said the cooperative, which would operate in all the districts of the country, would assist small businesses by providing them with equipment or raw materials, not money. It would also help entrepreneurs market finished products and will offer training on running a business. In order to receive assistance, people must join the cooperative and pay a membership fee.

Read more online at <http://publiceye.co.ls/?p=3493>. (Caution: you may receive virus security warnings from the Public Eye site)





METSOALLE ea LESOTHO

People You Should Know

Editor Extraordinaire – Faye Farmer By Past FOL Presidents Bill Dunn, Richard Rowan, and Kevin Freer



On behalf of all friends of Lesotho, we three past FOL Presidents would like to thank Faye Farmer for her numerous contributions over the years.

RPCV Faye Farmer began her involvement with FOL shortly after the 1999 riots when PCVs were evacuated from the country. She emailed FOL with stories and pictures of the events, which we had on the website at that time. Faye joined FOL shortly after her return to the US in 2001. She is a professional biologist and specialized in food security as a PCV. Faye and her husband Joel live in Arizona with their three children. Even with her busy, young family, Faye was able to devote a significant amount of time and attention as newsletter editor.

Faye started helping former editor Dorothy Holland in March 2006 and continued on as the editor until June 2013. During this time, Faye recruited FOL members Allison Matlock Pranger, Nicole Haber Potsane and Dyann Van Dusen to work as a team to create our quarterly newsletters. Faye was known for her patience when working with the presidents and other Board members spread across the country. She reminded people what they needed to do and she handled the business of getting the newsletter out in a timely way.

Under Faye's leadership, the FOL newsletter consistently produced high quality, appealing articles of interest for our members and friends. Faye was able to print newsletters at a local printing office at a greatly reduced cost, saving FOL funds which could be sent directly to projects in Lesotho. With much appreciation, we'd like to recognize the charitable value of all her work - over the years her professional contributions were worth thousands of dollars in time and in-kind donations.

Faye's last official duty was to mentor Madeline Urank, who will be taking over her editor duties of *Metsoalle ea Lesotho* beginning with this issue. With much appreciation from all of us, *rea leboha*, Faye!

Woman of All Seasons – Dyann Van Dusen By Kevin Freer, Bill Dunn, and Richard Rowan



Retiring Board member Dyann Van Dusen (2003-06, Morija/Mazenod) initially worked with the Friends of Lesotho while she was still a Peace Corps Volunteer supporting the Lesotho Child Counseling Unit. She joined the Board shortly after her return to the US and brought a lot of energy to help modernize how we communicate. She was the first to propose that FOL use social media, got us moving with emailed newsletters and worked with Marty Smith to revamp the Web site.

Dyann served as Vice President both during Richard Rowan's and Kevin Freer's terms, was Chair of the Membership Committee and Co-Chair of the Donations Committee. She is well remembered for providing valuable leadership on the Planning Committee for the Friends of Lesotho's 25th Reunion in Washington D.C. Without hesitation, she took on the task of organizing numerous presentations and speakers at the reunion to showcase the widespread support that FOL continues to provide.

One of her most important connections was the excellent support she established with Peace Corps Lesotho and her monthly contributions to *Khotso*, the newsletter of Volunteers there. She succeeded in keeping Volunteers informed of support they could receive from FOL and also encouraged Volunteers to become members of FOL after completion of service in Lesotho.

Over many years, Dyann provided an extraordinary amount of energy that helped keep the FOL Board and Committees on top of things. We are very grateful for the caring and dedication she put into this organization.

Jan and Peter to Wrangle New Members—As some step down, others step forward. Thanks to Jan Kalnbach and Peter Quella for volunteering to head FOL's Membership Committee. While over 2,000 Americans have volunteered to serve in Lesotho, only 350 are current Friends of Lesotho Members.



Jan Kalnbach, feministwomyn@earthlink.net—As Volunteers in 1977-79, my husband, Bob, (d. 1984) and I served in different places. We were in Lesotho for the first year with two teenagers. The Country Director was dubious that the mountains were a good placement for a family, but Bob persisted and worked with the Thaba Tseka project in Mochlanapeng, as an agricultural agent. I worked with the new National Teacher Training College (NTTC) as an inservice supervisor. As there were no interns in the Thaba Tseka area, I moved down to Thabana Morena and served as an intern supervisor there. I now live in Florida, and travel all over the U.S. as much as I can with children and grandchildren. I am retired from teaching and work as a docent at a museum.



Peter Quella, pdquella@hotmail.com—As a Peace Corps volunteer, I worked for the Home Gardens Nutrition Project from 1990-92, doing water development projects in various locations in Thaba Tseka and Qachas Nek districts. I worked in Lesotho again from 1999-2001 and for part of 2009 doing research, and in Johannesburg from 2008-2011 running a small business in research acquisition. In June of this year, I married Nthatsi Mohapi, a teacher who grew up in Mochale's Hoek, in a traditional wedding ceremony in Wepener, South Africa. We live and work in Boston.

Kieran Conway, FOL's New Intern, conwayk@wittenberg.edu - Meet Kieran Conway, a sophomore at Wittenburg University in Springfield, Ohio. Kieran will serve as the first intern for Friends of Lesotho. Anticipating Kieran's social media and Web site skills, the FOL Board already has a pile of projects for her. Kieran says, "I was first introduced to the wonderful country and people of Lesotho last Christmas 2012, and I can't seem to get enough of the place. I look forward to working with others who share this passion and staying connected with Lesotho through my work with FOL."



Kieran has a double major in Dance and International Studies with a concentration in African Studies.



Bits and Pieces

People You Should Know (continued from page 8)



RPCV Youngren's Environmental Work Highlighted—RPCV Phil Youngren (2008-10) worked in Lesotho with the local Department of Rural Water Supply to build 250 water supply systems for local communities as well as an improved model of ventilated pit-latrines for every household in communities that will receive the new water systems. The project's goal was to improve health in the beneficiary communities by improving access to clean water and sanitation facilities for an estimated 150,000 Basotho. Reducing the amount of time collecting water will allow more time for community members to spend on leisure, educational or economic activities. His work is highlighted on the Peace Corps Web site as an example of environmental projects throughout the world: <http://www.peacecorps.gov/learn/whatvol/earthday/environmentprojects/>



Lesotho RPCV Chapters in the News



Bob Sos (1974-76, Thabana Morena, Mafeteng) says he got some curious stares during the middle of the summer as he walked in his green and yellow Maise pattern *kobo* blanket through the California streets of Corte Madera/Larkspur during the annual July 4th parade there.

But Lesotho RPCVs' Third Goal outreach helped Northern California's Returned Peace Corps Volunteers Chapter win the Outstanding Community Service Award for 2013. Their many events included participation in the Festival of Cultures in Palo Alto in January, 2013. There Bob worked an exhibit table together with David Song, (2005-07, Berea, Ha Mokhoroana) who commented, "It was great connecting with a Lesotho RPCV who served in the 70's when there were no cell phones and taxi rides were much bumpier."

In the same chapter, Dyann Van Dusen (2003-06, Morija/Mazenod) participated in an event in Berkeley, CA, held primarily for applicants waiting to hear about their status, as well as newly selected trainees and their families. Most of the selectees were still waiting to hear in which country they would be serving. "There was a very good turnout," commented Dyann. "I would guess at least 30 RPCVs at various tables representing their countries of service and probably 100 applicants and family members."



Historic Photos – 1st Group to Lesotho 1967—Nancy Korn, 1967-69, sidkorn@gmail.com

For images of how Lesotho has changed in 46 years, watch Nancy Korn's short, lovely YouTube video of black and white photos taken during her service in the first group of Peace Corps Volunteers, 1967-69.

"I was in the first Peace Corps group to go to Lesotho and lived in Maseru the first year where I taught science and biology at Lesotho High School. The second year I lived behind St. Michael's mission on the road to Roma. That year I visited villages and worked at mother-child clinics on a gardening project." The images were compiled into a video by Nancy's husband, Sid Korn.

<http://www.youtube.com/watch?v=OVIVemUtsYY> (or Google "YouTube Lesotho Sid Korn")



Remember How to Count I-10 in Sesotho?

Got a young counter in your family? Buka ka Bana ba Family Art and Literacy Centre's Counting Book (numbers I-10) can be ordered from PO Box 12597, Maseru 100

E-mail: poctovious@yahoo.com

Tel (266) 584-751 37 or (266) 660 328 73.



In Memoriam: Amy Friedheim 1960-2013



The Washington Post carried the obituary of RPCV Volunteer Amy Friedheim, who served as an Education Volunteer in Lesotho in Kolonyama, Leribe, from 1981-83. Amy died July 22, 2013 at a hospice in San Francisco from lung cancer. She was 53.

Amy Friedheim was born in Seattle and grew up in the Washington DC area. Her Peace Corps service came after she graduated from UCLA with a degree in international relations. She later did graduate work in economics at the University of Maryland. She held an impressive list of jobs with the U.S. International Trade Commission, Department of Agriculture, the IRS, the Government Accountability Office and as an international tax investigator assigned to the Senate Finance Committee.

Memorial donations in the name of Amy Friedheim may be made by going to the Friends of Lesotho Web page (www.friendsoflesotho.org), clicking on DONATIONS, then MEMORIAL Fund. Alternatively, contact Richard Rowan (qhomaki@mac.com) if you wish to have a form for the Memorial Fund sent to you. Thanks to RPCV Ted Hochstadt (1967-70) for informing FOL of this sad news.



METSOALLE ea LESOTHO

Bits and Pieces

We're Getting Social ~ FOL on Facebook

by Christina Balch, Qacha's Nek (CHED 07) & Megan Kelly, Qacha's Nek/ Maseru (CHED 08)

Friends of Lesotho wants to connect with you on Facebook and Twitter. FOL has a new Social Media Committee dedicated to bringing you news about Lesotho, Peace Corps, and of course the latest from Friends of Lesotho via social media on the web. Stay connected with Lesotho by liking our Facebook page and following us on Twitter. Just Google "Friends of Lesotho" or enter the following links into your web browser. We have a following of nearly 500 users on Facebook with an average of 3,000 views per week. We hope to see you online!



<https://www.facebook.com/FriendsOfLesotho>



<https://www.twitter.com/FOLesotho>



The Kingdom in the Sky: Sights and Sounds of Lesotho

Pam Rogers, a Lesotho RPCV, lived in Mashai (Thaba Tseka) from 2007-09. With music and photos from her service, Pam has created a fantastic Youtube video titled "The Kingdom in the Sky ~ Sights & Sounds of Lesotho. "

The URL for the video is www.youtube.com/watch?v=H_iWPKrEofI

Returned Peace Corps Volunteers Asked to Support Equity

Click on the image to open full size. Save and share.

The poster says, "Peace Corps women serve selflessly in order to improve lives around the world. Service doesn't come without risk. And when they need our support, don't they deserve equal treatment?"

A number of male and female RPCVs are working to ask Congress to expand health coverage for female volunteers. Currently, abortion coverage does not include instances of life endangerment, rape or incest for Peace Corps Volunteers.

RPCVs can use the attached letter as a model to request their US Senators to co-sponsor [S. 813, the Peace Corps Equity Act](#), and can post the letter or poster icon on websites and social media. No action is needed on the House side at this time.

Template: Statement of Support for [S. 813, the Peace Corps Equity Act](#):

As a Returned Peace Corps Volunteer , I strongly believe that Americans serving abroad in the Peace Corps should have coverage for the same vital reproductive health care as their federal employee counterparts. We write in strong support of fixing this longstanding inequity by providing abortion coverage to Peace Corps Volunteers in cases of life endangerment, rape or incest.

Women make up more than 60 percent of the more than 8,000 Peace Corps Volunteers who devote their time and energy in service to people around the world, working on a range of issues including education, health, youth and community development, agriculture, and the environment.

Despite their hard work in service to others, Peace Corps Volunteers are denied the same basic abortion coverage that federal workers receive when a pregnancy results from rape or incest, or would endanger the life of the woman. This is not fair.

Unfortunately, women both at home and abroad still face the risk for sexual assault which can result in pregnancy. Moreover, some women face medical complications that can make a pregnancy life-threatening. In these cases, Peace Corps Volunteers deserve the same basic protections extended to other women who serve our country, whether in the military or in the federal government.

My fellow Volunteers and I have dedicated years of our lives to serving our country and the countries with which we partner to foster peace and development. We strongly support the crucial mission of the Peace Corps and the service it provides. But right now, women in the Peace Corps stand alone among citizens serving our nation overseas who are denied this medical coverage.

We have the power to change this. The Peace Corps itself, as well as a group of bipartisan lawmakers, support Peace Corps Volunteers having the same coverage as federal workers. Please stand with us and support this important issue and make the change that is necessary to fix this inequity.

Sincerely,

For more information follow Peace Corps Connect "Support Equity Act": (<http://www.peacecorpsconnect.org/support-equity-act/>)



THANKS Thanks to contributors to this newsletter, my first attempt at filling Faye Farmer's big shoes:
Zoe Schroeder, Courtney McDermott, Peter Neumann, Ella Kwisnek, Kevin Freer, Bill Dunn, Bill Moore, Richard Rowan, Wendy Vandamme, Christina Balch, Megan Kelly, Richard Rowan, Jan Kalnback, Peter Quella, David Song, Bob Sos, Dyann Van Dusen, Kate Schachter, Scott Rosenberg, Nancy & Sid Korn, Matt Schudel (*New York Times*), Kate Swenson, Ted Hochstadt, Bill Reed, Kieran Conway, Pam Rogers, Anne Baker, and Jane Hale. Thanks, Volunteers, for sharing your blogs and photos ~ Heather Mangan, Shawn Jossi, Mary Beth Bird, Will Stock, Amanda Frye, Aparna Jayarama, and Jen Jiggetts. Thanks especially to the Newsletter Team, awesome Nicole Haber Potsane, eagle-eyed Mary Howard and finally, to get it to you, phenomenal Marisa Ernst, Pete Neumann and Marty Smith. Advice from indomitable Faye Farmer. Mis-spellings and errors all mine. ~ Madeline (globalmaddy@gmail.com)



FRIENDS OF LESOTHO

Making a difference at the grassroots level

4110 Denfeld Avenue
Kensington, MD 20895
(301) 942-2751
www.friendsoflesotho.org

*Name(s): _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone/Home _____ Cell _____

*Email: _____

*Yrs in Lesotho: ____ to ____: *District: _____

*Village: _____

CHED ED Project(s): _____

Occupation/Employer: _____

Newsletters will be sent by e-mail as part of FOL's "GO GREEN" effort. If you prefer postal service, check here .

FOL's Website Member Directory is accessible to members only by use of a secure ID and Password. The fields marked above with an * will be included in the directory. Check here if you do not want to be listed .

Privacy Policy: FOL will not release member information to any organization, except the National Peace Corps Association, upon implied consent when a member joins both FOL and NPCA. FOL will share membership information with other FOL members and prospective PCVs seeking information about Lesotho.

Friends of Lesotho (FOL) is a registered 501(c)(3) organization. Contributions are tax deductible to the extent permitted by law. A copy of the current financial statement of Friends of Lesotho is available by writing 4110 Denfeld Avenue, Kensington, MD 20895, or by emailing treas@friendsoflesotho.org. Documents and information submitted under the Maryland Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis MD 21401, (410) 974-5534.

*FOL is affiliated with the National Peace Corps Association (NPCA). * If you choose to send your FOL dues directly to NPCA in response to their membership solicitation, you must specify FOL as your choice of affiliated group to receive the credit for dues.*

Membership Form

Complimentary--PCVs during service up to 12 months after COS.

Dues Are Per Person

Annual Membership--\$15 \$ _____

Lifetime Membership Options

- Basic--\$250 \$ _____
- Bronze--\$500 \$ _____**
- Silver--\$750 \$ _____**
- Gold--\$1,000 \$ _____**

****Payable in annual installments of \$250**

Additional Donation to FOL \$ _____ for:

- Greatest Need (default option)
- Tuition Assistance Programs
- Memorial Scholarships Fund *In memory of:*

Name _____

Yrs _____ to _____ Dist/Village/Job _____

TOTAL to FOL \$ _____

NPCA Membership--\$35 \$ _____

**FOL will forward to NPCA for you.*

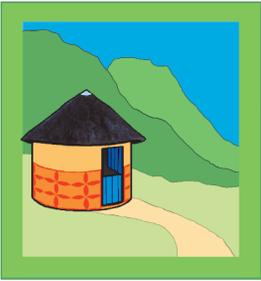
TOTAL CONTRIBUTION: \$ _____

Mail your check and completed form to Friends of Lesotho at the address above or pay by credit card by Clicking on Join/Renew from our website at www.friendsoflesotho.org and select JustGive or Razoo.

For FOL use only. Please do not complete the information below.

Check # _____ Amount \$ _____ Member Since _____ New _____ Source _____

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FRIENDS OF LESOTHO

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Third Quarter 2013
Newsletter



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