

KHOTSO

June 2010



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In this issue

- PCV News Corner on Page 3
- Staff, Admin, Education & CHED Corners on Page 4
- Safety & Security Corner on Page 5
- Health Corner on Page 6
- PCV Life on Page 8
- News from around the Peace Corps World on Page 12

Message from the Country Director



The beginning of May found me in Thaba-Tseka. Highlights of my trip included: seeing and hearing about Sammy, Rocio, Vic, Tam, Jonathan, and Jack's great activities, host families and sites; getting advice from Sammy and Jonathan's industrious bo-'m'e; scoping out a garden Rocio helped build; checking out Vic's dance moves with kids in a kindergarten class; learning quadratic trinomials in Jack's Form B class; falling asleep in the *kombi* on my way to Mashai and being laughed at by the other passengers when I discovered that I had gone all the way to Sehonghong; watching Tam stalk a mouse in her house and finally slay it after 3 hours; eating amazing meals (vegetable stew, calzones, chicken curry) prepared by Jonathan and Jack; enjoying an 8-hour ride on a bus called "The Days of Cannibalism"; taking in breathtaking scenery; and remembering what it was like to be a Peace Corps Volunteer. Thanks to all the Volunteers up there for their hard work and hospitality!

As we await the arrival of the new CHED group, I'd like to take this opportunity to remind all Volunteers of the Core Expectations Peace Corps has of you and ask you to reflect on these expectations and why you are here.

1. Prepare your personal and professional life to make a commitment to serve abroad for a full term of 27 months
2. Commit to improving the quality of life of the people with whom you live and work; and, in doing so, share your skills, adapt them, and learn new skills as needed
3. Serve where the Peace Corps asks you to go, under conditions of hardship, if neces-

sary, and with the flexibility needed for effective service

4. Recognize that your successful and sustainable development work is based on the local trust and confidence you build by living in, and respectfully integrating yourself into, your host community and culture
5. Recognize that you are responsible 24 hours a day, 7 days a week for your personal conduct and professional performance
6. Engage with host country partners in a spirit of cooperation, and mutual learning and respect
7. Work within the rules and regulations of the Peace Corps and the local and national laws of the country where you serve
8. Exercise judgment and personal responsibility to protect your health, safety, and well-being and that of others
9. Recognize that you will be perceived, in your host country and community, as a representative of the people, cultures, values, and traditions of the United States of America
10. Represent responsibly the people, cultures, values, and traditions of your host country and community to people in the United States both during and following your service

Being a Peace Corps Volunteer is a gift that an elite group of Americans has benefited from since 1961, and I know that all of you are committed to living up to these expectations. Let us all show this newest group of Peace Corps Lesotho Volunteers what a great program we have and what a wonderful opportunity awaits them.

Khotso,
Kathy

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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 provide the name of the person making the submission and a contact person for follow-up questions.** The Newsletter will be emailed and a hardcopy made available in the office on or about the 1st of each month. Please make sure that your email address is on file with Peace Corps.

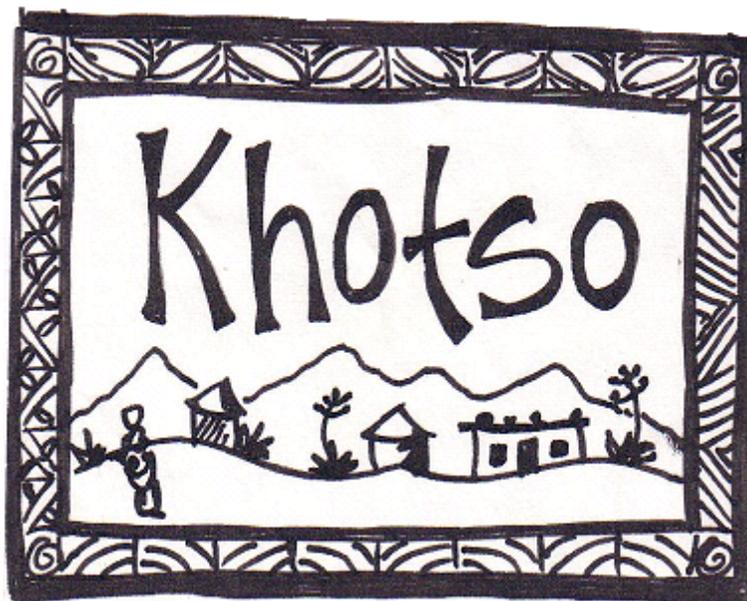
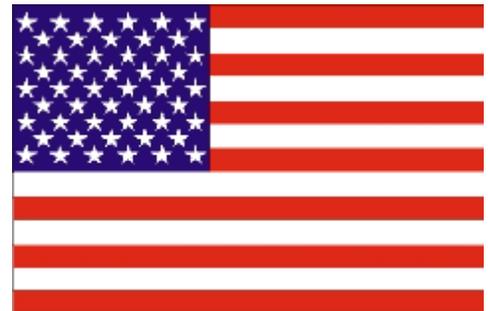
The editorial staff would like feedback from PCVs regarding the content. It is our desire to provide you with information that is useful, helpful, and encouraging. We would appreciate receiving constructive feedback from you as to whether the information contained in this newsletter met your needs.

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.

Happy Birthday PCVs

June

Jonathan Mohr	June 3
Taralyn Stone	June 6
Nicole Evans	June 7
Irena Erdeg	June 10
Rocio Enriquez	June 17
John Anhalt	June 25
Jack Murphy	June 27

July

Ro Gluck	July 5
Melissa Hill	July 8
Phillip Youngren	July 12
Stephanie Quihuiz	July 13

August

Samantha Hoehner	August 9
Kimiko Ebata	August 13
Aaron Laufman-Walker	August 16
Jessica Langridge	August 19
Tarsha Veiga	August 19
Melody Murray	August 31

For Sale

Blue Yoga Mat, Good Condition, R70.00

Contact:

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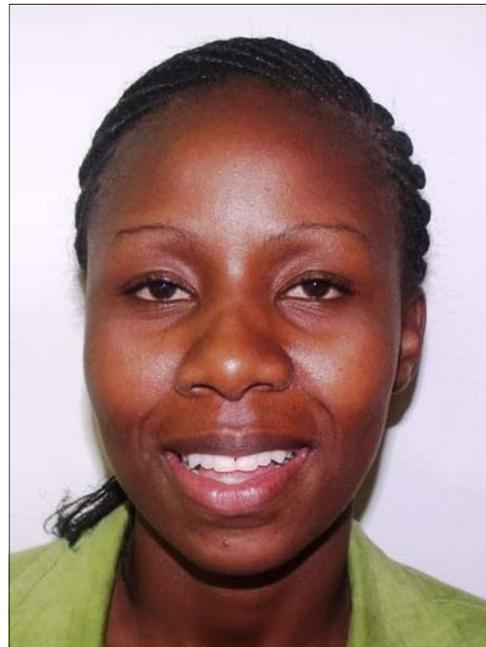
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STAFF SPOTLIGHT

Starting May 2010, each *Khotso* newsletter features an interview with a different staff member so that Volunteers can learn more about the folks in the office. In June, we meet:

Victoria Mofolo

1. **Full name:** Mofolo, Victoria Mpatetsi ('Maletsie Letsie)



- Job title:** Finance/Administrative Assistant
- How long with PC:** 1 year (in May 4th)
- Job prior to PC:** Worked with ActionAid International Lesotho as the Office Administrator
- Family status (married? Kids?):** Married with no kids.
- Where you grew up:** Quthing and Leribe districts - I was born in Quthing Qomo-Qomong, attended my primary school (Std/grade 1-6) in Quthing and finished off my grade 7 in Pela-Ts'oeu (not far from Ts'ehlan-yane in Leribe district), proceeded to Pitseng High School in Leribe, forms A-E.
- Favorite part of your job:** Processing liquidations especially when obligations are running with enough balances. (Who doesn't love that!?)
- Least favorite part of your job:** Dealing with staff leaves, particularly comp. time and sick leave!
- Hobbies:** Staying in-doors
- If you could meet anyone in the world, who would it be?** Oprah Winfrey
- Advice for PCVs in Lesotho:** Keep visiting your purpose for volunteering into service, try at all costs to stick to that purpose then you will leave Lesotho happy, having achieved your purpose!

PCV News Corner



Staff Birthdays



June

Lereko Mofokeng June 15

July

Kathy Jacquart Dill July 4
Malisema Makhele July 27
Victoria Mofolo July 31

August

No birthdays this month.

Peace Corps Lesotho Holidays

June

No holidays this month.

July

July 5— Independence Day (US Holiday)*
July 17— King's Birthday (LS Holiday)*

August

No holidays this month.

*PC Lesotho remains closed on this day.

Admin Corner By Rich Carlson

CHANGES IN LIVING ALLOWANCE!

Peace Corps – Washington is changing the way PCVs Living Allowances are made. This change includes **monthly** Living Allowances, rather than

quarterly payments. Effective September 1, 2010 you will be getting your Living Allowance deposited into your Standard Lesotho Bank account **monthly**. Peace Corps – Washington has insured us that

payments into your account will be received by the 25th of the month. Post will be running a few tests to see how much lead time will be needed in order to make this cut off.



Staff Corner, Admin
Corner,
Education Corner &
CHED Corner

Education Corner

By Clement Lephoto & Malitaba Hlabana

Khotsong baithaopi, As we all huddle up in the comfort of our heaters/blankets, we would like to wish you all the best during this winter break. We urge you to take advantage of this long break to explore your environment further... you may want to learn more about your site/community beyond the information you gathered during Phase II. This is perhaps the best time to begin to think of community development projects, working with Youth groups including herd boys, girls clubs, etc. Remember there are ample opportunities to interact with Basotho and if you do not make an effort to find this out, you may not really know or understand what is happening around you. We are hopeful that you will devote some time to build the relationships with the community members at all levels.

For those who may opt to take

a break and leave their sites, please remember to fill out the 'Out of site' leave request. Even though the schools will be closed week days are still considered work days unless they fall under a Lesotho holiday!

At last we have come to the end of the site visit season, having visited all the Ed10s. This has been a wonderful opportunity for us to see all of your in action and once again I would like to say congratulations for managing well through these four months. The amount of work and dedication you have demonstrated is noted by the staff, your colleagues and your students. As we said in the beginning Peace Corps is what you make it be and it will not always be a smooth ride, we trust that having had a glimpse of what it can be like, you are now in a great position to sail on. Good luck in the future!

Following the site visits, we will spend the month of June analysis the visits but also going through the VRFs and we do plan to provide individual feedback at the same time... sooooo stay tuned!

This month we welcome back 'm'e 'Malitaba. With Katleho still demanding her attention, I suspect each day she will be having her lunch hour at home! Thank you for your patience and understanding over the past three months whilst 'm'e 'Malitaba was away. With full strength now we will be able to respond more efficiently to your requests.

Please note that Clement will be on a three week vacation from July 1 – 25, 2010. In my absence please address your programming queries to bo-'m'e 'Malitaba and Kathy.

CHED Corner By Charles Miller & Selloane Pitikoe

Can you believe it? May is almost behind us. I scratch my head wondering where the time went. It seems like yesterday we were swearing in ED 2010s.

CHED 2008 has already started to leave us, eager to

begin the next chapters of their lives. We'd like to thank them for their service to their communities, to the Basotho people, and to Peace Corps. Best of luck, CHED 08s.

Trimester Reporting: Several of you still haven't submitted

your Trimester 1 reports. Trimester 1 covers activities performed between October 1, 2009 and January 31, 2010 and is due **NOW**. Trimester 2 covers activities performed between February 1 and May 31, 2010, and is due mid-

June. Please let us know if you haven't received the report forms or if you are having trouble opening them.

Site Visits: All CHED 09s have received their first site visit. The second site visit will be scheduled after PST. Several CHED 08s haven't received a site visit yet but we hope to couple as many of these visits as possible with site identification for CHED 10.

CHED 10 and PST: PST begins on June 4th. Latest count has the new group at 28 (27 Trainees and one PCV Transfer from The Gambia); 11 men; 17 women; 2 married couples; and 5 over the age of 30.

Remember what things were like for you when you first arrived? You wanted to know everything all at once, but time

and experience are part of the overall Peace Corps adventure. Resist the urge to tell Trainees virtually everything you know. Discovering some things on one's own is exciting and empowering. As you meet them, please do discuss your experiences with your job, with the project, with your village and with community members—the successes, as well as the challenges you've faced. However, make sure that you clarify that what happens in your community is not necessarily going to happen the same way in theirs since all sites are different. Make sure to clarify questions with "in my experience" or "in my community", reminding Trainees that their own experience may be very differ-

ent. Think about how what you say sounds to new and attentive listeners. First impressions are everything.

Over the course of the last several months, several Staff and Volunteers have worked diligently to plan and improve upon PST. This is a continual process, and no two PSTs are exactly alike. Some of the changes to this PST are a longer stay with Host Families focused on improved culture and language integration; Host Volunteer Visit to include visits to Volunteers in more remote areas (providing the winter weather cooperates; a more inclusive approach to site placement, and a more integrated approach to training as a whole.

CHED Corner & Safety and Security Corner



Safety & Security Corner

By Thamae Mpiti

World Cup 2010 is around the corner. If you have not already, please **immediately** send us your lodging/accommodation information, including the name (and preferably address or email info) and contact number/s for the place you are staying. If PC/South Africa does not know you're there, they will not be able to assist in case of an emergency.

Kenya Travel: PC/Kenya wants other posts to be aware that on August 4th Kenyans will be voting on a constitutional referendum. Post advises all potential visiting PCVs from other Posts to avoid being in Kenya from August 2nd - 9th, 2010. The likelihood for localized eruptions is high and one that visitors would not be able to anticipate nor know how to avoid.

Peace Corps policy on handling Volunteer/Trainee allegations of misconduct, mismanagement, or violations of law or policy

Director Aaron Williams has asked Country Directors and staff at post to vigorously implement and enforce the Peace Corps policy on handling Volunteer/Trainee allegations of misconduct, mismanagement, or violations of law or policy. This policy, IPS 1-09, was issued on March 27, 2009. Below is a summary of

what he has conveyed to us.

It is imperative that Country Directors ensure that staff and Volunteers/Trainees are aware of this policy and its practical implications. Volunteers/Trainees must know that they can bring allegations and concerns to agency officials without compromising their safety and security.

This policy requires a staff member receiving an allegation from a Volunteer/Trainee to treat the information with the utmost discretion and confidentiality and, where appropriate, to refer the matter to the Office of the Inspector General (OIG). If in doubt, you should err on the side of referring the allegation to the Inspector General. You should seek support and guidance from your respective regional managers at Headquarters as you deem necessary.

In addition, when a Country Director receives an allegation from a Volunteer/Trainee, the Country Director must immediately consider, in consultation with the relevant Regional Director and the Office of Safety and Security, what steps should be taken to ensure the safety of the Volunteer/Trainee. This may include, where appropriate, removing the Volunteer/Trainee

from his/her site either temporarily or permanently, or such other measures as may be appropriate under the circumstances.

The Office of the Inspector General's HOTLINE number is +1 800 233 5874. Country Directors and staff should publicize this number broadly to Volunteers/Trainees. Your Country Desk Unit (CDU) will be sending packets of information to you shortly, and I ask that you distribute this information to all Volunteers/Trainees and post it in prominent places and common rooms at Post. I also ask you to do the following:

1. Include the information in newsletters and other resources that are sent to all Volunteers/Trainees, as well as to include it in PSTs, ISTs, MSTs, and similar trainings.
2. Review the Post Volunteer Handbook to ensure that it clearly sets forth our commitment to confidentiality in handling Volunteer/Trainee allegations as set out in IPS 1-09 attached.
3. Discuss the policy at the next meeting with your Volunteer Advisory Council.

I am committed to ensuring that our Volunteers/Trainees have avenues of recourse and secure systems to handle and address their concerns and allegations of wrongdoing.

STAFF CALENDAR*

5/27/2010 to 6/7/2010: Dr. J on leave.
 6/3/2010: Clement on site development to Butha-Buthe.
 6/4/2010: CHED '10 trainees arrive in country.
 6/7/201 to 6/10/2010: Kathy on site visit/development at Quting and QN.
 6/14/201: Kathy on personal day off for FIFA in Bloemfontein.
 7/1/2010 to 7/23/2010: Clement on leave in Mauritius.
 7/5/2010: July 4th US Independence Day observed. Office closed.
 8/13/2010: CHED '10 swearing-in.
 8/30 and 31/2010: ED '10 COS conference.

*Committee meeting dates, camps, and other workshops to be finalized and communicated to Volunteers.

DUTY OFFICER SCHEDULE

7-Jun-10	13-Jun-10	Kathy
14-Jun-10	20-Jun-10	Deepak
21-Jun-10	27-Jun-10	Rich
28-Jun-10	4-Jul-10	TBD
5-Jul-10	11-Jul-10	Thamae
12-Jul-10	18-Jul-10	Clement
19-Jul-10	25-Jul-10	Charles
26-Jul-10	1-Aug-10	Kathy



*Safety and Security
 Corner & Health
 Corner*

Health Corner By Dr. Ulker Pirlekova

Lumela Bo 'Me' le Bo 'Ntate!
 Before writing an article I would like to introduce myself. My name is Ulker Pirlekova, and I am a PCMO in Turkmenistan, which is a Central Asian country situated just above Iran and Afghanistan. Turkmenistan shares borders with Uzbekistan and Kazakhstan on the north as well.

I will be working in Lesotho until end of June, so I look forward to meeting many of you, of course for a good reason, not for a sickness as I wish you all to stay healthy! I've gotten a chance to visit, and talk to some of you here at the office, and I am impressed with work you are doing in the field. You are great!
 I could not imagine that I will meet people here somehow connected to my country: I already met a PCV who traveled in Turkmenistan in 1990s; I met a woman whose husband used to be a marine at the US Embassy in Turkmenistan, and I met a PCV whose roommate in US was from Turkmenistan. Isn't that amazing?

Winter in Turkmenistan is supposed to be finished three months ago according to the calendar, but the weather continued to stay cold and rainy up until recently. So I arrived here in winter again, which gives me an idea of what to write about in this issue of Khotso.

Colds and Flu

May is the beginning of the cold and flu season in Lesotho. This year the same as a last, it is required that you get a flu shot. But don't think that just because you get the shot you won't get a cold or the flu. The vaccine is formulated with what the experts think is going to be the most likely flu for the coming year. Sometimes they are right on the money and sometimes, like In 2003-4 it was a little off. So, after the shot, you shouldn't get the most common type of flu, but you could get a cold or flu of a different strain. Here's how it works:

Those nasty viruses

There are all types of viruses out there that can make you miserable for a few days, weeks or even longer. There are different kinds influenza viruses and they frequently

mutate. That's why there's a different flu vaccine every year. You may not know, but there isn't one virus that causes a "cold". There are many viruses that can cause cold symptoms and these also can mutate. It is impossible to develop a vaccine for every known virus that causes runny noses and stuffed up heads. Both cold and influenza viruses are spread by infected droplets. Being anywhere where there is a concentration of sick people increases your chances of getting ill. Teachers, medical people and those who ride crowded public transportation are at most risk. When someone who is sick coughs or sneezes or sighs deeply, the virus particles in their lungs are expelled out into the air we breathe. Breathing in these droplets may or may not cause an illness. That depends on your body's ability to fight off infections. Just being a Peace Corps Trainee or Volunteer is very stressful and your immune system will be less able to fight of colds and flu than usual. You may find yourself sick more frequently than you've been in the past. That's why staying fit, eating right,

getting plenty of sleep, and reducing your stress is so important.

Symptoms

Flu: The onset is usually abrupt with fever (101° or more), chills, body aches, exhaustion and feeling “sick”. You can also have runny nose, cough, sore throat, headaches, and nausea.

Colds: Usually the onset is more gradual. There can be any combination of scratchy/sore throat, headaches, runny nose, cough, sneezing, stuffy ears and general feeling of unwellness. If there is a fever, it is usually below 101°.

Treatment

There is no cure for a virus. For the most part, it just has to run its course. Tamiflu and other antivirals can reduce the severity and length of flu. But they don’t “cure” it. Colds and flu usually last for 1-2 weeks with coughs lasting longer. So, you treat the symptoms to feel better while you wait for the virus to finish its course.

You can take:

For runny, stuffy nose and congestion: Pseudoephedrine 60mg 1 tabs every 6 hours.

For aches, pain or fever: **Ibuprophen 400mg 1 tab every 6 hours with meal; Acetaminophen 325mg 2 tabs every 4-6**

hours or Paracetamol 500mg 1 tab every 4-6 hours.

For sore throats and cough: Sore throat lozenges and cough drops as often as needed

Drink lots of fluids, teas, water and juice. Hold back on the caffeinated drinks and alcohol, they dehydrate you.

Don’t worry if you don’t want to eat. You don’t need to eat much for a few days. If your host mom insists, have her make you soup. Its got liquid for rehydration, protein in the broth and some well cooked vegetables.

Get plenty of rest. Your body is telling you it needs it.

ADVERTISEMENT

Shuttle Services for FIFA world cup matches in Bloemfontein

Lesotho2010 are running affordable, safe and convenient shuttle services from Maseru to Bloemfontein on match days. We have buses returning in the evenings after the games, and the following morning if you fancy a night out! We are:

- ◇ Quicker and safer than public transport
- ◇ Cheaper than private taxis
- ◇ Saving you the hassle of finding secure parking (Bloemfontein will be chaos) or a designated driver

Option 1 – Day Shuttle

- ◇ Depart Maseru at 0900 to reach Bloemfontein in time to soak up the pre-match atmosphere. Buses return from Bloemfontein at 22:00 (five hours after the matches finish) except for the Switzerland vs Honduras game on the 25th which is an evening kick off and the bus will return at midnight

- ◇ Return trip: 450 ZAR

Option 2 – Overnight Package

- ◇ Stay in Bloemfontein after a match and return the following day on our 0730 shuttle.
- ◇ Return trip: 450 ZAR
- ◇ Accommodation available. Prices start from M350 per person.

Match days are:

1. 14th June: Japan vs Cameroon
2. 17th June: Greece vs Nigeria
3. 20th June: Slovakia vs Paraguay
4. 22nd June: France vs South Africa
5. 25th June: Switzerland vs Honduras
6. 27th June: 2nd Round

The Lesotho2010 team
www.lesotho2010.org

Please call Tom Newton-Lewis on +266 59797278 and/or Matt Gammon on +266 59797276 if you would like to reserve a seat or negotiate a better price on a group booking.

Health Corner



PCVs at Work

Pictures taken during the Country Director's site visits in Thaba-Tseka



PCV Life



Submission by PCV Megan Kelly Gender and Multiple and Concurrent Sexual Partnerships in Lesotho



(National AIDS Commission Lesotho, The Joint United Nations Programme on HIV/AIDS (UNAIDS), Family Health International), August 1, 2009

Summary

A recent study was conducted to fill an information gap in Lesotho around multiple concurrent partnerships (MCP) and HIV. In particular, the goal of the study was to produce strategic information on determinants of sexual behaviour, focusing particularly on social, economic, and cultural factors that promote MCP, with the purpose to inform national gender interventions aimed at HIV prevention. The study found that MCP is not uncommon among Basotho men and women and is a likely contributor to high rates of HIV transmission in the country. The study was conducted as a collaborative partnership between the National AIDS Commission Lesotho (NAC), The Joint United Nations Programme on HIV/AIDS (UNAIDS) and Family Health International (FHI), and was conceptualised and implemented in collaboration with the President's Emergency Plan for AIDS Response (PEPFAR) Lesotho.

The study focused on men (aged 18-44 years) and women (aged 15-34 years) and was conducted at five sites in Lesotho including the urban capital of Maseru, a foothills urban site, a lowlands rural site, a border town, and a rural mountain site. Research methods included focus group discussions and individual in-depth interviews to describe community perceptions, values, norms and experience, and individual behaviours and experience with regard to sexual relationships and practices. In total, 30 focus groups and 92 interviews were conducted among people from a wide range of backgrounds. These included gender-specific focus groups.

The results suggest that concurrency is not reflective of an increased rate of sexual activity. Rather, multiple weeks with no sexual activity and multiple months with only one sexual partner were the norm for many people with concurrent partners. According to the authors, understanding the way in which 'being faithful' is translated and defined within Basotho culture is important for understanding MCP. Few people described sexual monogamy as an indicator of faithfulness. Most equated faithfulness with actions that protect a person from the hurt that may result from knowing about other relations. Discretion and secrecy figured prominently in people's ideas of faithfulness. Given this, authors feel intervention messages about "being faithful" need to be carefully nuanced or they run the risk of promoting secrecy and contribute to higher risk rather than lower risk for the partners involved.

The study also found that tension between the desirability of stable relationships and the negative reactions towards couples who seem to have such relations is closely intertwined with gender power relations. Men who are monogamous are seen as soft or weak. Monogamous women are either seen as being afraid of their partners or lacking power, or strong and able to withstand men's efforts at seduction. Economic factors were a constant theme - i.e. the need for basic necessities or wanting small luxuries. According to the study, the distinction between a "need" and a "want" as motivation for MCP is extremely important as a consideration for developing effective interventions.

The study showed a general perception that age-discrepant relationships are characteristic of MCP, although very few people who were interviewed in-depth reported having such a relationship. A number of myths around condoms were also reported by both men and women, as well as a dislike of condoms. Nonetheless, condom use was commonly reported by people with multiple partners, though such use was generally inconsistent. Alcohol consumption was another common theme, although it was referenced as part of the background or story.

According to the authors, messages about HIV transmission need to be developed with greater attention to the way the concept is translated into and interpreted within Sesotho to ensure that people understand that the virus remains in a person's body and continues to replicate even when it is 'passed on' to another person. There is also a need for dialogue about the meaning of respect for partners at national, district, and community levels.

The study also recommends making visible and promoting positive aspects of Basotho culture - using the stories from those who are monogamous as the basis for alternative cultural models. It also highlights the need for long standing commitment of all partner organisations and a standardisation of messaging. The authors stress that behaviour change will not come overnight, but rather it requires a consensus of stakeholders on key issues and a unified front from implementing partners, as well as long-term investment. To read the complete article, visit <http://www.comminit.com/en/node/312118/2781>

PCV Life



Submission by PCV Mike Dissen

A poem written and read by a participant at the recent HIV Life Skills Resource Workshop organized by PC staff, Volunteers and MOET officials in Botha-Bothe

Composed by: 'Malineo Hildah Maseretse, 'Muela Primary School

After a long time
Going up and down
In the darkness of teaching
HIV/AIDS and life skills
Thinking that teaching
Is hectic and strenuous
Unaware that we as teachers
Are the main source of hecticness
Because our teaching was not FUN!
Only receptive.

But unaware, like others
It rises from the east and sets in the west
The sixth May 2010 the year of great and his-
torical events in Africa
There started a workshop
A workshop of its own nature
Hey! Guys! Arrival day
Hoping that things will start
On the following day
Unfortunately it started

On our arrival
This improves time management skills
And obedience of rules and regulations
Yoooooo! Lovely, active and friendly facilitators
Ready for the work they are already here
Introduction of all participants started
Expectations from us after the workshop

At the end BE FUN!
Formulate rules
At the end BE FUN!
BE FUN! BE FUN!

We have arrived at Crocodile Inn
Oh! What a welcome
What a delicious dinner
And all meals as well
With remarkable and fantastic accommodation

Day two dawns and we all gather
An opening Hymn and prayer are made
Then it is down to business
Mr. Jobo was there to welcome us
And declares our workshop being opened
On behalf of Botha-Bothe Education Office
Then 'Me' Jimi addresses
On behalf of the Peace Corps
And gives a brief analysis
Of the starting and operation of Peace Corps

Hey! Guys! Come on
Within a day
Teachers being able
To use library books in teaching all subjects
Teach pupils how to read and use library effec-
tively
Especially in life skills
Which seems to be
A road block in our way
Don't forget guys
Everything was done in a funny way

HEY! The activities
How funny they were
Do you remember the Jeopardy game
Ah! This applies to all subjects
But in the case of HIV/AIDS

It simply shows that
knowledge about HIV/AIDS
It's like an ongoing journey
Where you come along with
New challenges now and then
There seemed to be a light
At the end of the tunnel
To teachers who have
Problems in teaching about HIV/AIDS

Oh! Guys! Day three
A long, hectic and enjoyable day
From seven to eight
Kick-4-Life as an opening session
Full of physical and active educational games
Like choices, numbers and finding a ball
Demonstration of Human Immune System
HIV virus and ARVs
Yoh! IT BE'S GUYS!
Teaching about HIV/AIDS
Seemed fantastic and enjoyable
Oh! Have fun with pupils
Remember commitment of
Signing a contract with Kick-4-Life

The followed activity work ideas
With exploration of books
Accompanied by activity sheets
And creation of different activities
To make teaching and learning fun!

Drama creation just
Squeezes itself among other sessions
Better and funny way of teaching drama
Let pupils read and discuss stories
And create their own dramas
About certain themes in the library books
Of the same themes
Ah! Creativity! Creativity!
Lots of talents are divulged

Teaching for comprehension
Let pupils know the characters
Roles and actions discuss them
Later let them write as if it is
Possible to write what you say
Let them give their own views

Towards the dinner there comes
A wonderful session of
Taking out what we have
Put it in our bags as take home package
For our colleagues at home
Wonderfully we have made this
In form of list and past on the walls

PEOPLE! Last session acting drama on stage



PCV Life

PCV Life



Yoooooh! We really HAVE FUN!
 To our Peace Corps friends
 Michael "Thabang," Joey "Rethabile"
 Haley "Tsepiso," Leeza "Palesa," Nicole "Neo"
 And others who are absent like Ausy "Thato"
 Meg
 We would ilke to say MILLION THANKS TO YOU
 ALL
 We salute you

You brought light into our country
 Let it shine to all parts and angles
 Of our poor but blessed county
 You have broken the ice
 Your presence here is a blessing
 Really we are blessed by being
 Given the people like you in Lesotho

I can make a great mistake
 By leaving my seniors and brothers
 And fellow sisters of this country behind
 But it is always the case
 Visitors get special attention
 Than the members of the family
 'Me' Jimi nothing can be done
 Your coordination makes us
 Special and well equipped teachers
 To make teaching and learning FUN
 Ntate Jobo and honorable
 Your attempts to improve
 Education in Botha-Bothe district
 You brought us important and knowledgeable
 People like 'Me' Leomile to equip us

With funny skills so that
 Our pupils will have fun
 And feel at home and interested

It would be unfair to leave
 Ntate Tsakatsi, Ausi Kiddy
 And Ausy Moipone the Kick-4-Life team
 Keep on doing that great job for us
 As Nation not Teachers

Oh! My fellow comrades
 We were once given tasks
 Without relevant tools and techniques
 As from no onwards
 We have been equipped with
 All necessary tools and techniques
 To do that same task
 Lets stuff our bags with them
 And go back to our respective schools
 Let us go and share them with our colleagues
 At our respective schools and communities

Let us go and shine as we are
 Like burning fire now
 Let us go and shine to
 Chase away the darkness in our
 Schools and communities
 Let us go and make our pupils
 Colleagues have this fun
 I would humbly like to say
 Thanks on behalf of the Botha-Bothe teachers
 Let us have Fun! Fun! Fun!
 And Fun!



News from around the
Peace Corps world

AROUND THE PEACE CORPS WORLD

Peace Corps Voting Assistance Program

Introduction. The Federal Voting Assistance Act of 1955 requires Federal Agencies to assist eligible employees, their spouses, and dependents serving outside the United States to vote by absentee ballot. The Peace Corps provides assistance through the Voting Assistance Program, which is described in Manual Section 253.

Federal Postcard Application (FPCA). In order to register to vote, volunteers must complete an FPCA. Many US Embassies have the FPCAs and will distribute them to the Peace Corps upon request.

In April 2010, we sent each Post the Voting Assistance Guide 2010-2011, which contains the instructions for completing the FPCA. In the shipment, we also included FPCAs for the Posts that have requested them. The FPCA is also available on the website www.fvap.gov.

Overseas Absentee Ballot Requests. Each Volunteer or staff member who wishes to request an absentee ballot must complete the FPCA and mail it directly to their county election board. FPCAs that are postage paid may be sent to the Peace Corps Headquarters (ATTN: Laurina Bragdon, M/AS). Ms. Bragdon will place the FPCAs in the regular mail. County election boards will mail absentee ballots directly to the Volunteers 45 days before the election. Volunteers will complete the ballot and send the completed ballot to their in-country Peace Corps office. The in-country Peace Corps office will collect all the ballots and send them to Peace Corps Headquarters via DHL. Next month, we will provide a DHL account number for Absentee Ballots. Peace Corps Headquarters will place the ballots in the regular mail.

Emergency Ballots. The Federal Write-In Absentee Ballot (FWAB) serves as an emergency ballot for the November general elections for federal offices, although some states also permit its use for elections for state and local offices. Beginning in January 2011, a new law allows use of the FWAB for primary, special, and runoff elections for federal offices. Voters who request an absentee ballot in advance of their state's ballot request deadline, but who fail to receive an official ballot from local election officials in time to vote, should complete the FWAB and send it back to local election officials in time for it to be counted. An on-line version of the FWAB, together with instructions for its use, is available at www.fvap.gov.

New Procedures for 2010 Elections. Beginning with the November 2010 general election, and for all subsequent general, special, and primary elections, states will be required to mail out ballots at least **45 days prior to an election for a federal office.**

In addition, the states will be required, at the voter's request, to provide registration forms, absentee ballot request forms, and blank ballots via fax or email. The new law prohibits states from rejecting marked ballots based on notarization, paper size, or paper weight requirements. The witnessing requirements of individual states remain in place.

Recommendations. The Department of State recommends that all U.S. voters residing abroad request absentee ballots from their local election officials at the start of each calendar year, and whenever there is a change of address, change of e-mail address, or change of name, by completing and sending in an FPCA. To locate information on your specific state's requirements, and to obtain an on-line version of the FPCA, please visit www.fvap.gov.

Director Williams Testifies Before House Appropriations Subcommittee

Peace Corps Director Aaron S. Williams testified before the House Appropriations Committee, Subcommittee on State, Foreign Operations, and Related Programs in support of President Obama's \$446.15 million Fiscal Year 2011 budget request for the Peace Corps. In prepared testimony, Director Williams detailed his vision for the future of Peace Corps and how the appropriated funds will be used to invest in quality growth, innovation, and recruiting the next generation of Peace Corps volunteers.

Director Williams detailed Peace Corps' strategic recruitment campaign and how the agency is focusing on ways to better support Peace Corps volunteers by scaling the benefits of service to more accurately reflect cost of living increases. In support of that goal, Director Williams announced that, effective April 1, 2010, the Peace Corps readjustment allowance that volunteers receive upon returning home from service will increase to \$275 per every month the volunteer served. With this \$50 per month increase from current levels, volunteers who complete a full 27-month tour will receive \$7,425 to help in the readjustment period when they return to the United States. Director Williams' testimony may be found in its entirety here: <http://multimedia.peacecorps.gov/multimedia/pdf/learn/whatispc/leadership/dir/PC.03.18.10.DirectorWilliamsTestimony.pdf>

PHOTOS OF LESOTHO SCENERY NEEDED

It's that time of year when Friends of Lesotho (FOL) starts putting together the Lesotho calendar for the coming year. This year, we'd like to do a scenery calendar. If you have any nice sharp, high resolution scenery photos you'd like to donate for the calendar, please send them to Janissa Balcomb at janissa@silverstar.com. There can be people in the photos, as long as they do not domi-

*News from around the
Peace Corps world*



nate the scene.

If we use your photo, your name will appear under the photo, and you will retain the copyright.

You can see our 2009 calendars in the FOL online store at www.cafepress.com/lesotho/5937778. By the way, these make great gifts for friends and family back in the States.

SCENARIOS FROM AFRICA CONTEST FOR YOUTH UNDER 25

Have you ever dreamed one of your ideas or stories would be taken up by a world famous film director and made into a movie, watched by millions of people across the world?

Young people all across Africa will get a chance to submit a winning idea for SCENARIOS FROM AFRICA, a contest based on young people's real thoughts and real and imagined experiences with HIV/AIDS. Contest entries must be submitted by March 15, 2010, and young people must be under the age of 25 on that date.

The idea can be a short story, a comic strip, a song, a poem, a play, or even a recording on audio or video cassette or CD, complete with music. The text must be in English. Young people can submit their own idea (as many as they like) or can work with a group of friends or a youth group, or a person who can help them work their idea into English.

Entrants can choose any idea they like, or they can choose from a list of 8 topics to get started. The topic must relate to HIV/AIDS in some way. For a questionnaire, which must be submitted together with the entry, go to a computer with Internet and check out www.scenariosafric.org. Send completed entries to Scenarios from Africa Contest; 06B.P> 9342; Ouagagougou 06, BURKINA FASO, AFRICA, together with the completed questionnaire or submit online: scenarios2010@gmail.com

To date, 145,875 young people from 47 African countries have participated in the SCENARIOS FROM AFRICA scriptwriting competitions.

Half of all new HIV infections are among young people between the ages of 15 and 24. Young people are those most vulnerable to HIV infection, and also the world's greatest hope for turning the tide of the epidemic.

SCENARIOS FROM AFRICA gives young people a unique opportunity to learn more about HIV/AIDS. It helps them to understand and to express what the epidemic means for their own everyday lives, and for their friends, families and communities. It also allows them to inform others throughout Africa and beyond about the need to protect themselves from HIV infection and to support those who are most directly affected.

SCENARIOS FROM AFRICA began life in 1997 as the pilot project SCENARIOS FROM THE SAHEL. That year, thousands of young people under 25 in Senegal, Mali and Burkina Faso took part in a contest inviting them to come up with ideas for short films on HIV/AIDS. The contest was so successful that a second contest was held in those three countries in early 2000.

In 2002, the contest was expanded geographically to become SCENARIOS FROM AFRICA. During the 2002/3, 2005 and 2007/8 editions of the contest, young people from across the continent participated thanks to the collective efforts of over 1,500 organizations working in partnership at community level; other young people took part electronically and by post.

To date, 145,875 young people from 47 African countries have participated in the SCENARIOS FROM AFRICA scriptwriting competitions.

The young people's film ideas can be in the form of cartoons, songs, poems, stories, dialogues, plays... If they choose, the participants can use a list of situations, provided in the contest leaflet and thematically updated each time the contest is held, as a springboard for their imagination. This list can include situations like: This young woman's family is very poor. She's beautiful. And, in a world with HIV, she's without doubt the strongest person you've ever met. Tell her story.

Your best friend is living with HIV but refuses to get any help or treatment because he is afraid of how people might react if they knew. Stigma, rejection and discrimination – or at least your friend's fear of those things – could kill him. What do you do?

Today, your cousin is happy, has many friends, and is at the top of the class in school. It's a remarkable story, given that your cousin lost both parents to AIDS several years ago....

She's married and has just learned that she's living with HIV. How will she tell her husband? How will he react? In your story, help this couple to deal with the situation in a positive, loving way.

The list of situations, based on priority topics highlighted by African CBOs in the run-up to the contest, is designed to encourage young people to explore a range of everyday situations on which

HIV/AIDS can impinge, and to do so in a constructive and optimistic manner.

The contests are very successful at generating reflection and open dialogue, at encouraging young people to seek out information about HIV/AIDS and to make use of available resources and services in their area, at helping youths to bolster their abilities and confidence to deal with HIV-related challenges, at developing empathy for people living with HIV, and at fostering a sense of personal activism. They have brought together tens of thousands of boys and girls to talk at length about subjects generally considered taboo – more than half the participants so far have been members of a mixed-gender team.

Special care is taken to ensure that the contest is made accessible to particularly vulnerable youths. Contest teams include organizations working on behalf of refugees and internally displaced people, young PLWHA, MSM, commercial sex workers, young people in prisons, girls in the care of social services, street kids, the disabled, and orphans. Many of these young people take part in the contests in small, confidential groups with the guidance of a mentor, who helps the participants deal with the HIV-related questions, personal experiences and feelings that are brought forth while they create their stories together.

The contests increase contact between community-based organizations (CBOs) working in HIV/AIDS education and the young people they serve. In the process, members of those CBOs gain unique and invaluable insights into the way young people perceive the epidemic, and they are able to identify young people's strengths and shortcomings when it comes to HIV-related information. The contests also build relationships between the various organizations involved in implementing the contests, leading to better collaboration at field level. These same organizations are involved in selecting (www.senariosfromafrica.org) the winning ideas.



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