

A US Peace Corps - Lesotho Publication

KHOTSO

October 2010



In Loving Memory of
Thomas Carmine Maresco Jr.
1986-2010



KHOTSO

October 2010



Message from the Country Director

Below are the remarks I gave at Tom's funeral

As the Country Director, I stand before you representing the Peace Corps Lesotho family, including our 95 Volunteers (some of whom are here today), our staff, Tom's students and fellow teachers, our government partners, counterparts, host families, and the returned Volunteer community. Please know that their thoughts and prayers are with you as they share the shock and sadness of losing Tom.

Tom was pretty much a Country Director's dream Volunteer - dedicated, active, polite, low maintenance. I've only been in Lesotho since February and hadn't made it to Tom's site in Katse yet. Living in one of the most picturesque locations in one of the most beautiful countries in Africa, Tom also didn't come to the capital very often. Each time he did though he left an impression on me. Once, my husband Michael and I had group of Volunteers over to our house for lunch. He and Michael struck up a conversation about guitars and how hard it had been for each of them to be without one when they first arrived in Lesotho. He also told Michael how his dad had taught him how to play and that his dad had something of a guitar fetish. It wasn't until we visited the Maresco's house the other day, that we really understood what he was talking about.

In July, we held a workshop on HIV/AIDS that Tom attended, and I was struck by the thoughtful comments Tom made about how Peace Corps Volunteers could respond to the epidemic in their communities. What really stood out though were his stories about his secondary projects. In addition to being a great math and science teacher and promoter of AIDS education, Tom found the time to build a chicken coop, clean up a decaying pool and teach Basotho highlanders how to swim and make basketball hoops out of scrap metal. It seemed that Tom could do anything.

A week ago last Monday, we organized a memorial service in Maseru for Tom. It started out as a solemn ceremony but progressed into a joyful tribute to Tom's life in the Peace Corps. Volunteers, staff, colleagues, government officials, students, and friends shared their memories and thoughts of Tom. That evening several themes emerged - Tom the teacher, Tom the generous and gracious host and Tom who lived life to the fullest, to name a few.

As the Principal Secretary of the Ministry of Education noted, "Tom left his country in selfless pursuit of human advancement in Lesotho." Ntate Tom, Tomisto, or Tomza as he was known in Katse, made a difference and was described by his fellow Volunteers, colleagues and students as a phenomenal teacher. One of his Peace Corps technical trainers, a science teacher herself, told us that just a week before Tom died, she was preparing a lesson for one of her own classes and remembered an activity that Tom had developed during his training. She got out her notes from that training and

worked Tom's activity into her lesson.

Tom was known for welcoming guests - announced and unannounced - with open arms. According to his friends, he was unable to enjoy himself until each and every person was having fun. My favorite stories from Volunteers at the memorial service were of Tom's bathtub. You should know that running water and indoor plumbing are luxuries to say the least for Peace Corps Volunteers, especially in Lesotho. Tom, however, was lucky enough to have a tub in his house and was always eager to treat a weary traveler to a soak. And he didn't just draw a bath. He created a "bathing experience" - he threw in bath salts, lit candles and for a select few, whipped up a Hawaiian cocktail with a little umbrella in it.

Sonny, one of Tom's closest friends in Lesotho, said that every moment with him was a celebration. His infectious smile, his passion for music, his "one minute dance parties" with his students, his pig roasts all were testaments to his approach to life. I had heard about the pig roast from a few other Volunteers and frankly was a bit disturbed by the lengths Tom went to find and slaughter a pig. Little did I know that Tom and his dad had skinned wild hogs in their back yard right here in suburban Port Ste Lucie!

It is almost impossible to grasp that such a bright light was snuffed out so young. As another one of his close friends Parker said, Tom had "more countries to visit, more fish to catch, more hole in the wall eateries to discover, more cultures to explore, more people to meet, more memories to make." Last week during our long and arduous trip to bring Tom's remains back home, Tom Sr., my husband and I were in the Atlanta airport and saw a bunch of soldiers in uniform. Tom looked at them and said, "Those guys are heroes, everyone of them."

In his short life, Tom made a difference. He inspired many people and brought joy to those who knew and loved and him. I know he will continue to inspire our Volunteers in Lesotho and the Basotho he encountered. Tom and Emily, please know that Thomas Carmine Maresco Jr. is our hero. Robala ka khotso, Tom.

Kathy Jacquart
Country Director

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From the Editor's Desk

Articles must be received by the 4th Monday of the month to be included in the following month's edition of the Khotso. **When submitting articles, please 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.

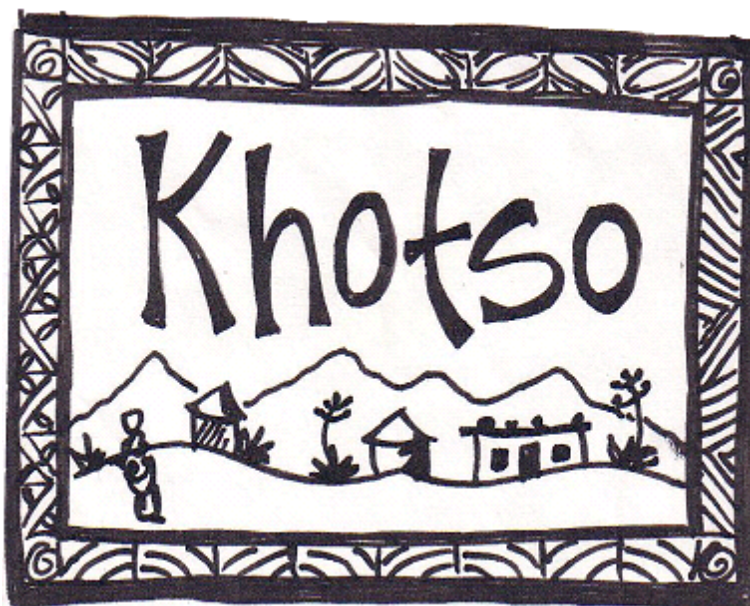
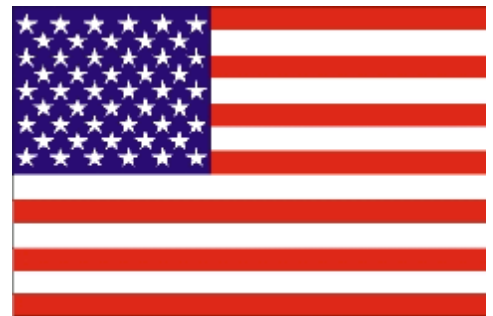
The editorial staff would like feedback from PCVs regarding the content. It is our desire to provide you with information that is useful, helpful, and encouraging. We would appreciate receiving constructive feedback from you as to whether the information contained in this newsletter met your needs.

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

October

Jimenez, Violeta	October 2
Lindquist, Karen	October 7
Liggins, Chante'	October 12
Helm, Brandi	October 19
Salen, Leeza	October 23
Milloy, Erin	October 25
Shepard, Katie	October 26

November

Pierce, Eric	November 6
Rossi, Erica	November 9
Philips, Shanthy	November 19
Simons, Ariel	November 20

December

Bechtold, Kali	December 19
Comstock, Grant	December 4
Helie, Delia	December 8
Kehr, Genevievre	December 31
Lehnhard, Noelle	December 23
Rogers, Kate	December 16
Sanni, Danielle	December 28
Tamsen, Dustin	December 25

STAFF SPOTLIGHT

Full name: Majimisi Machai

Job title: HIV and AIDS Coordinator

How long with PC: 7yrs as Program Assistant for CHED and 1 yr with PEP-FAR (8yrs)

Job prior to PC: Community Educator/Trainer in HIV/AIDS, Sexual Health and Rights addressing stigma and discrimination of PLWA.

Family status (married? kids?): Married for 13 yrs and a beautiful 9yrs old daughter

Where you grew up: St. Michael's in Roma Valley.

Favorite part of your job: Conducting HIV/AIDS training particularly for Volunteers and their Community Counterparts.



Least favorite part of your job: Even though it is part of job planning, sitting for more than an hour in meetings frustrates me!

Hobbies: Hiking, running and chatting/gossiping with groups of Bo-'M'e from the village

If you could meet anyone, who would that be? My long lost friend "... from America who played such a valuable role in my life.

Advice for PCVs in Lesotho: You are highly valued by Basotho for the work you do in this country! I encourage you to always think of your service as an experience of what you can do together rather than what you can do for Basotho as an individual. As Benjamin Mays says "The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goals to reach. In your goals please value the opportunity you have conversing with any Mosotho, always share and learn.

PCV News Corner



Staff Birthdays



October

No birthdays this month

November

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

December

No birthdays this month

Peace Corps Lesotho Holidays

October

October 4— Independence Day (LS Holiday)*
 October 11—Columbus Day (US Holiday)*

November

November 11— Veteran’s Day (US Holiday)*
 November 25—Thanksgiving (US Holiday)*

December

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

Admin Corner By Victoria

With the new Volunteer In-country Allowance (VICA) payment system, medical travel reimbursements will now be processed with all other reimbursements every 2 weeks and paid through EFT. Medical travel reimbursements will no longer be reimbursed in cash.

CHED '10 settling-in allowance survey: we have only received 52% so far. If you have not yet submitted yours, please do so as soon as possible. We have not yet reached the minimum percentage required for considering any adjustments for the next group arriving in No-

vember. Thanks to ED '09 for completing their surveys on time, we were able to determine an updated amount for your settling-in allowance. Let's pay it forward!



*Staff Corner,
 Education Corner &
 CHED Corner*

Education Corner

By Malitaba Hlabana

Khotsong!
 We would like to once again express our sincere condolences to the Maresco family and friends. This has been a difficult time for the rest of the Peace Corps family. We wish you all well as you slowly begin to return to your workstations.

PST
 PST is almost here! A team of technical, language and cultural facilitators will be assembled in Maseru for a Training of Trainers workshop, October 18 thru 24. The purpose of the workshop is primarily to lay

our plans for the rest of PST and as always a few of you have applied to assist whenever possible. We have already informed those who have indicated their interest. We would like to take this opportunity to thank all of you for submitting the Letters of Interests. For those who have not been invited to the TOT, we will make a concerted effort to involve you in one way or another during various stages of the training. 'M'e 'Masechaba is already taking a list of Volunteers who are willing to host the Trainees for their site vis-

its. The trainees are due to arrive in Maseru November 3 and training will begin immediately upon their arrival.

Project Status Reports

It is that time again! Over the next few weeks we will be processing your VRFs to generate the annual report due in Washington November. Please make sure that all you are up to date with your submissions (October 15 is the deadline for Trimester Report#3).

CHED Corner By Charles, Selloane & Megan

Three cheers for the arrival of Spring as we all welcome warmer weather, blooming flowers, and hopefully, easier access to the people in your communities. Thanks to all of you for your patience, understanding, compassion and support of everyone in the Peace Corps Lesotho family during the last month. The bonds that we all shared during the last month demonstrate the very best of what Peace Corps and the USA has to offer.

Now, on with the show....A few

reminders from your CHED Team.

CHED 10 Site Locator Forms:

Thanks to all of you who have submitted your Site Locator Forms. We're close to setting a world record for receiving the highest percentage of SLFs in the shortest amount of time. If you are one of the remaining five who have yet to submit, please do so SOONEST so we can take home the title of Best New Group to Complete Site Locator Forms. It comes with a trophy!

Phase II Assignments: 'M'e Selloane reminds CHED 10 Volunteers to submit your Phase II Assignments. Just a friendly shout-out that leave requests will not be approved until Assignments have been submitted. Many of you are delinquent in your submissions so please dust off your pens and paper and get to work.

Resource Materials: Remember that we have a host of wonderful technical resource materials to help you. Send any requests for technical

resources to Charles, 'M'e Selloane or Megan, and we will work closely with 'M'e Makhauta, the IRC Manager to get the resources to you soonest.

Site Visits: For October we'd like to schedule visits to Volunteers in Mokhotlong, Mophale's Hoek, Mafeteng, Quthing and Qacha's Nek Districts. In November we'll be visiting Volunteers in Butha Buthe, Leribe, Thaba Tseka, Berea and Maseru Districts. Please contact 'M'e Selloane to schedule a date for the visit. We'd like to review your job description, see your house, discuss any challenges you may be having, and help you celebrate your

accomplishments. Please have a couple of alternative dates in mind as we're working hard to coordinate travel schedules during a busy time in the office with the preparations for ED PST.

CHED 09 Reconnect: We will likely schedule the CHED 09 Reconnect for sometime in November. We'll keep you posted on exact dates.

CHED 10 Phase III Training: Don't forget, CHED 10s should plan to arrive in Maseru on Sunday, December 5 for the workshop which begins on the 6th. Stay tuned for more info.

CHED 11 Site Identification Process: We're already starting to think about sites for CHED 11 Volunteers. Please let us know if you think you may have a good site for a CHED Volunteer.

Annual Leave Requests: The holidays are quickly approaching, and we strongly encourage you to get your leave requests approved before making any plans for the holidays, including purchasing tickets.

Trimester Reports: We will be sending the third Trimester Report to the CHED 09 Volunteers in the next week.

STAFF SCHEDULE

October 1, 2010	Deepak on leave
October 1-8, 2010	Malitaba on leave
October 2-9, 2010	Charles on leave
October 2-9, 2010	Kathy at CD conference in Ghana
October 5-8, 2010	Makhauta on leave
October 5-8, 2010	Malisema on leave
October 12-13, 2010	Clement on leave
October 14-15, 2010	Selloane on leave
October 15, 2010	Diversity Committee Meeting
October 18, 2010	Kathy on leave
October 21-22	Staff retreat
October 25-29, 2010	Clement at ED Final Site Assessments at MSU, MFT, MHoek, Quthing, Q'Nek, MKH, TTseka
October 25, 2010	VAC Meeting
Oct. 29- Nov. 11, 2010	Charles on leave

Duty Officer Schedule

October 4 - 11, 2010	Deepak
October 12 - 17, 2010	Charles
October 18 - 24, 2010	Clement
October 25 - 31, 2010	Masechaba
November 1 - 7, 2010	AO
November 8 - 14, 2010	Kathy
November 15 - 21, 2010	Deepak
November 22 - 28, 2010	Charles
November 29 - December 5, 2010	Clement

CHED Corner & Staff Schedules



Kimiko Ebata in the News! - From "Wicked Local Hingham"

By Glenda Garland, [GateHouse News Service](#)

Sep 09, 2010, Hingham, MA

Teachers at many local schools will soon be asking their students that famous standard question: what did you do over the summer? One former Hingham High School student, now a teacher, won't be asking that of her students, though. That's because nothing about Kimiko Ebata's ('03) situation is standard. She's teaching in Lesotho, a tiny, mountainous country totally surrounded by South Africa, as a member of the Peace Corps. Ebata has an entire culture to ask her students about.

Ebata wants to know this culture, and the individuals who comprise it, to broaden her own worldview and theirs. In an email to Dr. Roy Smith, her Hingham High School guidance counselor, now retired, Ebata wrote, "I want to understand the lives and cultures of those who are different than I. I want to work beyond my comfort zone, outside of my borders to be a positive leader across different cultures ..."

She has discovered much about the Basotho people, who live in Lesotho, since she swore in as a Peace Corps volunteer in January of this year. She admires their slower pace of life, the brightly patterned blankets they wear during cold winter days, their sense of rhythm, the hymns her students sing in the mornings, and their generosity.

They've even given her a name in Sesotho, their language: Kimiko kapa Boitumelo. Pronounce Boitumelo as "Bwee-do-melo." It means, simply, "We are proud."

But, said Ebata, "While this culture's beauty continues to impress me, the poverty is beyond striking." In the village where she did her practice teaching, "... students eat chalk and paper, they are so hungry." She describes the dormitory at her current school, Holy Trinity High School in Moyeni, thus, "The boarders sleep two to a twin size-bed and as far as I can see they just sleep on bed frames without mattresses. There are 400 girls living in a tiny building with only four toilets. They have to wake up at 2 a.m. to start bath rotations, which are bucket baths of course."

Ebata's schedule is also strenuous. Each week she teaches 28 classes averaging 70 students apiece, and regularly puts in 12-hour days. Her subjects are English and Life Skills, which focuses on sex education and HIV/AIDS prevention.

HIV/AIDS looms large within the culture. Atop a local mountain, like a smaller but grimmer Hollywood sign, an HIV "ribbon" reminds everyone of how prevalent the HIV/AIDS epidemic is in Lesotho. The US Department of State puts the infection rate at 23.2 percent, third highest in the world. The infection rate has lowered the average mortality age to about 40, down 8-16 years for men and women, respectively, from 2001. Ebata said that 70 percent of her school's student body have been orphaned, either losing one or both parents, to HIV/AIDS.

Despite that, Ebata describes the schoolchildren as incredibly open and inquisitive. They were thrilled to have the World Cup so close. Anyone who had a radio, TV, or computer would tune in. Before the World Cup, most of her students thought there were only 10 countries in the world. Now they know there are at least 32. They're interested to try Ebata's popcorn and sushi, quite a departure from the sugary beet salad, rice, peas and carrots, and bean dish called chakalaka that are traditional to them.

But Ebata wants to do more than feed their imaginations with new foods. That's why she has made the school's library one of her priorities. When Ebata arrived at Holy Trinity High School, she found its library locked up with 3,000 books inside. Wrote Ebata in her blog, "I have managed to get my principal to get us tables for 70, a ceiling and new shelves. I have managed to get posters from NGOs, two maps, a rules poster, three responsible student librarians, a *Time* magazine subscription, a bunch of HIV magazines, a check-out system and student interest!" She also added that, "Just to show how aid isn't always effective, we had 1,500 books about weight watchers, golf, juicing, and all of the British classics in my library."

Ebata gave those books to the National University of Lesotho. She's now actively seeking donations of young adult fiction.

Her students are starting to love the new library. One student in the school now carries around a red volume of fairy tales like a Bible, he likes them so well. Others help her make posters with the library rules and meticulously label the books. "By next year," Ebata writes, "I want to get a library period worked into the schedule for every class."

Ebata has gone far and wide in her desire to learn, teach, and connect, and she credits her time growing up in Hingham with starting her on her path. Said Ebata, "It was my introduction to out-



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reach at the Hingham public schools and St. John's Episcopal Church that caused me to become motivated to serve the less fortunate."

Her pastor since sixth grade, Reverend Robert Edson, now retired, said of her, "She has a terrific way of reaching out to people. I wasn't at all surprised she wants to serve people, but not in any sort of condescending way. If I can take credit for anything she's done, it's that something took hold of her to put her faith into action."

Her outreach at St. John's gave her the opportunity in high school to apply and get into the National Youth Event that brings Episcopalian youths together from across the country. The logistical planning she learned there made the Peace Corps accept her very quickly, according to her father David Ebata. While still in college, she was accepted to Boston University's Rethinking Globalization Project, which enabled her to travel to five different countries. After college she coordinated volunteerism for after-school enrichment for a low-income school in Boston, and then taught English in Japan for a year. She also stayed in contact with Roy Smith and asked after his son, who volunteered with the Peace Corps in Turkmenistan.

Said Ebata, "I decided to join the Peace Corps because I felt it was the best way to gain a better understanding of the developing world at the grassroots level ... In addition, this opportunity would allow me to bring some truth to the Western perception of Africa, in turn, bringing some justice to its people."

Peer Support Network Meeting Review By Rusty de Lucia, ED 10, PSN Member



We are all profoundly affected by the untimely death of our colleague, Tom Maresco. His songs and laughter will ring in our ears for the rest of our lives. Be proud to continue the work that Tom so passionately loved, and remember that your Peer Support Network is always available to listen to you and chat with you, confidentially, if you feel the need. Please take advantage of us. We were proud to elect Ryan McClaine and Elissa Kaufman to co-chair our committee.

Here are our numbers:

Rusty de Lucia: 59707635	Karen Lindquist: 59114838	Adam Santos: 59870807
Ed Griffin: 59568284	Ryan McClaine: 59707646	Jackie Tipsword: 59167853
Elissa Kaufman: 59519645	Emily McKeen: 59541464	Megan Kelly: 59054564
Gwen Kehr: 59466855	Jack Murphy: 59432873	Shanthy Philips: 59707665

Education Project Advisory Committee Meeting Review By Rusty de Lucia, ED 10, ED PAC Member

The Project Advisory Committee held a productive meeting on the first of September. We were glad to learn that the Education Act of 2010 was passed in Lesotho. Highlights of the act are:

1. Corporal punishment in Lesotho schools is now illegal.
2. Primary education is now compulsive for all Lesotho children.

Principals will now sign a five-year contract. At the end of the five years, performances will be evaluated and a possible additional five years awarded.

You may be able to find a copy of the full Education 2010 Act at the government printing office.

We also discussed the possibility of introducing an interim liaison counterpart for all education volunteers; once a volunteer has been on sight long enough to know those with whom he will be working, he would be allowed to choose his own counterpart.

Changes to schools' application forms were discussed; we are hoping that the applications from secondary schools will include the number of hours a volunteer will be expected to teach.

A discussion was held about how to give more efficient help to new education volunteers. We are looking for ways to help those volunteers who have had little or no experience in the field of education.

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We were told that there would be an external review of Peace Corps Lesotho in the near future. Peace Corps Washington will possibly conduct this review.

The restructuring of the primary resource manual for education volunteers was discussed. If you are an education volunteer and have suggestions for entries in our manual, please don't hesitate to contact us. In fact, any volunteer who might have suggestions for the Project Advisory Committee is welcome to contact us at: rustynjd@yahoo.com

WELCOME RESPONSE VOLUNTEERS

By Karen Lindquist, ED 09



One COSed in Malawi on Tuesday and arrived in Lesotho as a Response volunteer on Wednesday (Jocelyn). The second completed service in Guyana eight weeks ago and now jumps into Response service in Lesotho (Tim). And nine months ago the third completed three years of service in South Africa and is now ready to settle in for nine months of service in Lesotho (Brenda).

We welcome our three new PC-Lesotho Response volunteers who will join Travis as teachers at the National Health Training Center (NHTC) in Maseru. Their teaching work will include Brenda (Nursing), Jocelyn (Biology/Chemistry) and Tim (Physics) and continue through this school year at NHTC (until mid-June 2011).

The arrival of the Response team was not-so-perfectly timed – NHTC students went on strike on Thursday! A quick site visit was arranged to Teya-Teyaneng and St. Agnes High School and a lunch of superb Indian cuisine (thanks to friends) brought together a few Berea PCVs to welcome, play basketball and do some puzzling with these new members of our PC-Lesotho 'family'.

English Language Paper III

By Karen Lindquist, ED 09

Below is a sample English exam on Language Usage.

ADJECTIVES or ADVERBS: Select the correct modifier in parentheses to complete each of the following sentences.

(gentle/gently) A _____ breeze blew in my face.

(loose/loosely) Those clothes fit you _____.

(steady/steadily) That stack of plates doesn't look very _____.

(even/evenly) The rows of desks in the classroom were arranged _____.

(quick/quickly) In the desert, darkness comes _____ after sunset. **(5 points)**

PREPOSITIONS: Write one of the following prepositions (*AGAINST, AROUND, BEHIND, BEYOND, DURING, FOR, FROM, OUTSIDE, SINCE, THROUGH, UNDER, WITHOUT*) in the blank spaces to complete the following sentences. Use a preposition only one time.

The dog _____ the tree belongs to the family who lives next door.

A crowd of people gathered _____ the theater waiting for the movie to begin.

We looked up into the sky as the jets disappeared _____ the clouds.

Our summer holiday took us on a driving trip _____ Lesotho.

_____ the speech everyone listened carefully to the speaker.

My sister called _____ England, where she is working, yesterday.

Ntate had his picture taken _____ the newspaper story. **(7 points)**

VERB TENSE: Circle the correct form of the verb in each sentence below.

Thabo has (**knew/ known**) the Koela family for many years.

The cashier (**rang/rung**) up the total on the cash register at ShopRite grocery.



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All the school cross country teams (**ran/run**) the race in the wind and rain.

That was the best football game I've ever (**saw/seen**).

My brother has not (**spoke/spoken**) to me since last Wednesday.

They had (**threw/thrown**) their school uniforms into the laundry basket.

The artist's name was (**wrote/written**) in the bottom right corner of the picture.

When you witnessed the accident, you should have (**wrote/written**) down the license number on the car that got away. **(8 points)**

INTERPRETING INFORMATION: Answer the following questions by using the information shown in the chart on "Crops that Grow in Southern Africa".

How many different regions are there in Southern Africa? _____

In which countries is maize a crop? _____

Which region of Southern Africa produces no crops without irrigation? _____

Tea is a crop in which regions of Southern Africa? _____

The Equatorial forest region and one other region grow timber? What is the second region? _____ **(8 points)**

"Crops that Grow in Southern Africa"

REGIONS	CROPS
Equatorial forest	Timber; tea; bananas
Tropical grassland	Tea; maize; sugar
Semi-desert or desert	No crops without irrigation
Mediterranean	Fruit; wheat
Temperate grasslands	Maize; wheat
Sub-tropical east coast	Sugar cane; maize
Warm temperate forests	Timber

KINDS OF SENTENCES: For each sentence below, write SIMPLE, COMPOUND, or COMPLEX to tell what kind of sentence it is.

1. Thabo loves to spend time with Refiloe but he prefers spending time with Thabiso.
2. Puleng and Teboho both love going to school.
3. Khotso watches lots of television, enjoys working in his garden and loves to work with all kinds of animals.
4. When the rain started pouring down, the driver put his foot on the car brakes.
5. I was asked to bring juice, chips and biscuits to the party.

HOMONYMS and HOMOPHONES: (a) are the following pairs of words Homonyms or Homophones; (b) write a sentence for each set of words (one sentence in which you use both words)

1. Carrots/Carats
2. Brakes/Breaks
3. Limb/Limb
4. Not/Knot
5. Flour/Flower

PCV Life





PCV Life

ANTONYMS and SYNONYMS: Write an Antonym OR a Synonym for the words typed in bold in the following sentences.

	ANTONYM	SYNONYM
1. The music was so loud that it hurt my ears.	_____	_____
2. "Don't shout , I can hear you just fine."	_____	_____
3. When I visit, her house is so tidy .	_____	_____
4. I hope you can concentrate in maths class.	_____	_____
5. Teboho is really great in English class.	_____	_____

(5points)

An RPCV's Deepest Regret By Eric Pierce, ED 10



"It's the things you intend to do, but always put off till the next day," says Ashley Wierzbicki, CHED '08, in a recent exclusive interview with the Khotso. Wierzbicki, describing what she calls "two wasted years of her life," recounts her downfall: "I was neglectful, quite honestly. I was always so busy with income-generation projects for AIDS support groups, or developing Life Skills curricula, or coaching the local youth group in softball, that I just never wrote up my recipes for the PC Lesotho Cookbook. I kept saying to myself, 'I'll write them tomorrow,' but as any Mosotho will tell you, tomorrow never comes. Suddenly, I woke up one morning in South Carolina and it hit me - I was a terrible volunteer."

Asked if she's being too hard on herself, Wierzbicki remains adamant. "No, not at all. It's the unwritten code - you join PC Lesotho, you gotta submit your best recipes to the cookbook. Yeah, there's other 'jobs' like income generation, HIV/AIDS education, libraries and youth development, but between you and me, that's all child's play. You know where it's really at? Capacity building - the capacity of PCVs to make awesome foods and drinks - to improve the quality of their collective life. I totally dropped the ball during my two years."

As for her advice to current PCVs? "Look, how many more clichés can I spout off? There's no time like the present. Carpe diem. Life is calling, how far will you go? Just email your recipes to elpierce6@gmail.com. Do it before the Oct 15 deadline. Do it today! Those recipes were floating around in my head all that time, but I just never put them down on paper. Learn from my failure. Let me be your martyr."

THE DEADLINE FOR RECIPE AND COVER DESIGN SUBMISSIONS IS NOW OCTOBER 15. Please submit recipes as soon as possible!

DAR Crossword Puzzle By Shanthi Philips, ED 10, DAR Member

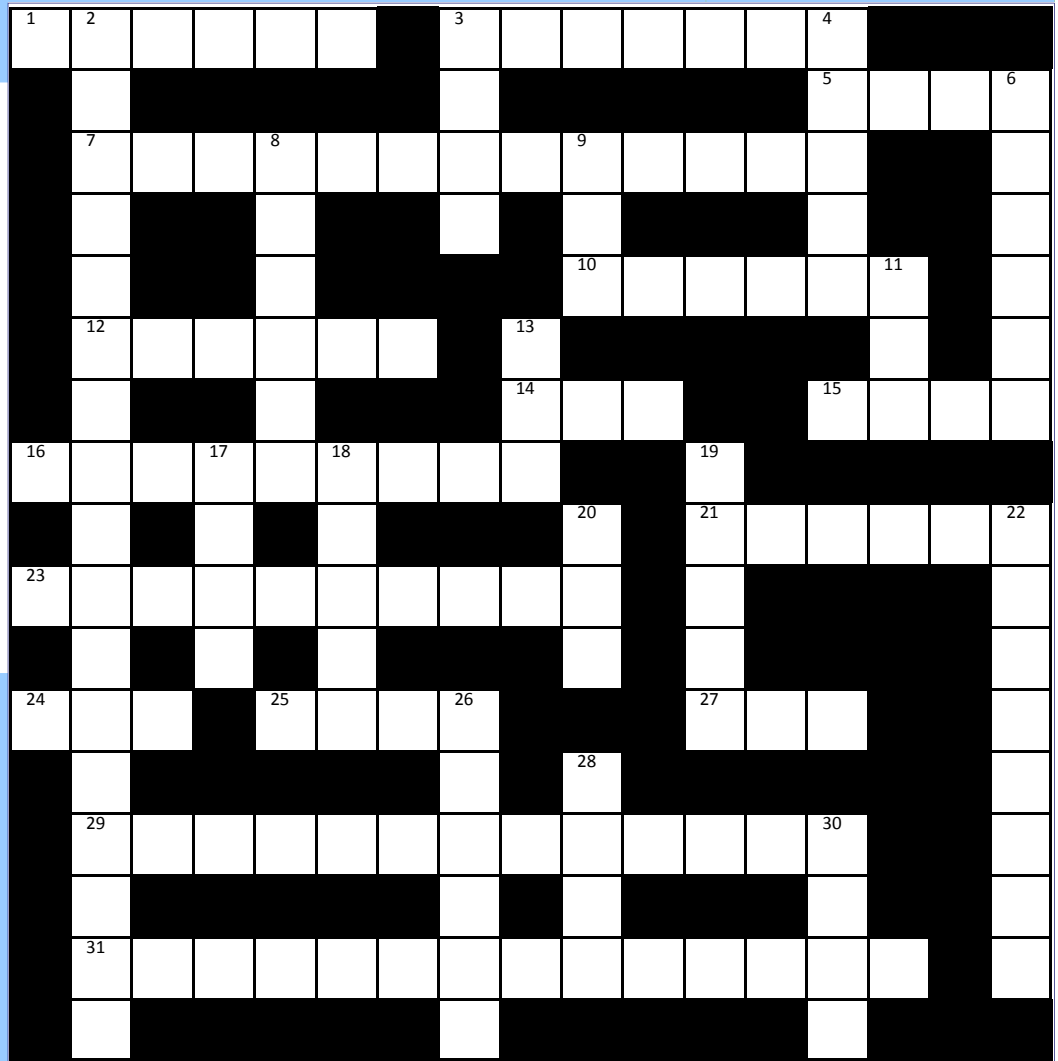


This month we lost a valued member of our committee. Tom was the DAR rep for Thaba-Tseka. While we were only on the committee together a short time, I saw the passion and energy Tom had for what he was doing. He was full of great ideas and was clearly dedicated to being the best rep for his district. He will be deeply missed. I don't think I have to say much more, as I know we are all together in our feelings about this tragedy.

This is my month to write a DAR article for the Khotso. I feel the only appropriate thing to do is honor Tom in some way. Tom was so fun-loving and energetic. And he was a great volunteer. He accomplished so much at his school in such a short time. So in that spirit, I created a DAR crossword puzzle for you all; a little fun and a little business. Please take care.

Across

- 1 Location of the XVIII International AIDS Conference in 2010
- 3 A volunteer may participate in a pitso, translated as this, to introduce/gather project ideas
- 5 Acquired Immune Deficiency Syndrome
- 7 This type of sex is when intercourse is exchanged for goods or money
- 10 What should always be used when having sex
- 12 A keyhole _____ can improve the nutrition and food security of a person living with HIV/AIDS
- 14 The abbreviation for orphans and vulnerable children
- 15 Lesotho's version of Planned Parenthood
- 16 The theme for World AIDS day on December 1, 2010 is "_____ Access and Human Rights"
- 21 The district in Lesotho with the highest HIV/AIDS prevalence
- 23 The P in PEPFAR
- 24 Abbreviation for a sexually transmitted infection



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- 25 Lesotho is sometimes referred to as the " ____ of Africa"
- 27 Peace Corps committee that can help you with any HIV/AIDS related questions, concerns, or projects
- 29 The O in OI
- 31 People living with HIV/AIDS may be on ____ therapy

Down

- 2 This type of sex is when two people are of different generations
- 3 Abbreviation for when mothers pass on HIV to their babies
- 4 Scientists, ____ and Montagnier, are credited as the co-discoverers of HIV
- 6 This is one of the biggest barriers to prevention and effective care of HIV/AIDS in Lesotho
- 8 Drug users increase their risk of infection by using dirty ones of these
- 9 Abbreviation for Information Education & Communication
- 11 Abbreviation for overlapping sexual partnerships
- 13 Abbreviation for the Government of Lesotho
- 17 The name of the grant that you can get PEPFAR funds through
- 18 Phela delivers One Love messages and other public service announcements through this media
- 19 There are 4 ____s that can transmit HIV: blood, semen, vaginal secretions, and breast milk
- 20 This organization provides HIV counseling and testing services around Lesotho
- 22 The E in PEP
- 26 As of 2007, Lesotho had the ____ highest TB infection rate in the world
- 28 The Sesotho word for "sores"
- 30 ____ mining can increase the risk of TB



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What Makes Everything Better?

by Violeta Jimenez, ED 08



It's not much of a secret that I think baked goods can solve almost any problem. Anyway, in light of that, I thought it was time to share with you what I fondly term the Ultimate Chocolate Chip Cookie recipe. Yep. As far as I'm concerned there's nothing better and I will never so much as try baking another chocolate chip cookie recipe, because this one is the best. Period. The end.

So, what makes it so good?

- 1) Proportions (so measure carefully!). Note the several kinds of flour, sugar, and leavening—all readily available in Lesotho—they are adjusted to make the cookie at once chewy, crispy and cakey.
- 2) Bittersweet chocolate (have you requested Ghirardelli's chocolate chips yet?). Milk chocolate is insipid in a cookie—or just about anywhere. Here, the delicious cookie dough surrounds nuggets of equally delicious, slightly sweet, very chocolatey chocolate. (Excuse me while I drool on my keyboard.)
- 3) Salt thy cookies! Seriously. Our taste buds are wired so we taste contrasts best; we taste sweet better when we also taste salt. Generally, a dusting of salt on top of your cookies will add that extra savory punch which makes it impossible to stop eating them. (Don't say I didn't warn you!)
- 4) Sleep on it! The cookie dough is supposed to rest at least 24 hours before you bake it. This helps the dry stuff absorb perfectly into the wet stuff; even the chocolate chips start to blend their essence with the dough around them. I do realize that waiting to bake your cookies is a big sacrifice, but it's worth it. I suggest baking a few cookies right away, or just stuffing yourself with cookie dough, and then making the rest the next day. This is easiest if you have a fridge—just wrap the dough tightly in plastic wrap and bake cookies as you, er, need them. (Yes, I have left cookie dough in several peoples' fridges around Maseru—for their protection, I won't divulge their identities.)

A lot of people ask me why I like cooking so much. I usually say that I like food a lot, or that I'm Mediterranean. In all seriousness, the act of making food and giving it to people is, to me, about love and life. We all have to eat; it's a basic need, and cooking for someone helps satisfy that need. But what about fulfilling not just a nutritional need, but a spiritual one? What if you can make an everyday moment extraordinary? What about not just going through the motions of life, but living as fully and beautifully as you can?

If you can create something special, something delicious, something that makes the act of eating about more than the need for calories, you are in fact giving your life a dimension of beauty. So please, bake these cookies, feed them to your friends, feed them to your family, and add some joy to your life and theirs. Cooking for just you? Isn't it most important of all to give yourself love and joy? Listen, this is what I think: when life is ugly and cruel and bleak, that's when it's most important to add beauty when you can. Laugh. Wear a nice outfit. Take care of yourself. Make something. Make cookies. And share with me! ;)

Chocolate Chip Cookies (NY Times, adapted from Jacques Torres)

1. 2 cups minus 2 tablespoons (8 1/2 ounces) cake flour
 2. 1 2/3 cups (8 1/2 ounces) bread flour
 3. 1 1/4 teaspoons baking soda
 4. 1 1/2 teaspoons baking powder
 5. 1 1/2 teaspoons coarse salt
 6. 2 1/2 sticks (1 1/4 cups) unsalted butter
 7. 1 1/4 cups (10 ounces) light brown sugar
 8. 1 cup plus 2 tablespoons (8 ounces) granulated sugar
 9. 2 large eggs
 10. 2 teaspoons vanilla extract (use Moir's, NOT Robertson's!)
 11. 1 1/4 pounds bittersweet chocolate pieces, preferably >60% cacao (Midnight Velvet or Cadbury's Bourneville, chopped up, is OK)
- Sea salt

Sift flours, baking soda, baking powder and salt. Cream butter and sugars until very light. Add eggs, one at a time, mixing after each.

Add vanilla. Add dry ingredients and mix until just combined. (Note: at first it will seem difficult to mix in all the dry stuff. Keep trying—I recommend using your hands. It's fun!) Incorporate chocolate pieces. Wrap dough in plastic wrap and refrigerate 24-72 hours. (You can keep it wrapped tightly in the fridge for a week or two, or in the freezer indefinitely.)

When ready to bake, preheat oven to 350°F. Line a baking sheet with parchment. Scoop 3.5 oz.

mounds of dough (the size of large golf balls, because big cookies are love) onto sheet, making sure to turn horizontally any chocolate pieces that are poking up (for a more attractive cookie). Sprinkle with sea salt and bake until golden brown but still soft in the middle, 18-20 minutes. Cool on baking sheet on a rack for 10 minutes, then slip cookies onto rack to cool more. Eat warm, with a big napkin and a glass of milk.

Peace Corps/Lesotho World AIDS Day 2010 Photo Contest

By Megan Kelly, CHED PCVL



World AIDS Day 2010 Theme: Universal Access and Human Rights: Global leaders have pledged to work towards [universal access to HIV and AIDS treatment](#), prevention and care, recognizing these as fundamental human rights. Valuable progress has been made in increasing access to HIV and AIDS services, yet greater commitment is needed around the world if the goal of universal access is to be achieved. World AIDS Day provides an opportunity for all of us – individuals, communities and political leaders – to take action and ensure that human rights are protected and global targets for HIV/AIDS prevention, treatment and care are met.

Photo Contest Entry Requirements and Restrictions

In support of World AIDS Day 2010, Peace Corps/Lesotho is sponsoring a photo contest for Volunteers and staff.

- Photos must relate to one of three categories: “Raising Awareness,” “Positive Living” or “Caring for Those Infected.” (Judges reserve the right to determine if a photograph is appropriately categorized and change a photograph’s category accordingly.)
- Contestants must submit their photographs digitally by e-mail or on a CD (no prints please) to PCVL Megan Kelly.
- Each entrant may submit one photo per category for a total of 3 entries per entrant.
- Each photo should include a short caption and a 50-word maximum description of what the picture represents.
- Completed and signed Contest Entry and Model Release (when the subject is recognizable in the photo) forms must be submitted with photos.
- Photographs must be taken within Lesotho and may be either in vertical or horizontal format.
- Minor digital enhancement for cropping, red-eye removal, filters, and corrective functions are permitted, but images that have been judged to be altered in any significant manner will be disqualified. Contestants are not permitted to place borders, frames or backgrounds around their images or to place watermarks, dates, signatures or copyright images on photos. Entries that fail to comply with the contest rules will be disqualified.

Judging

- Entries will be reviewed by a panel of Volunteers, PC staff, and Embassy officials. Photos will be critiqued on impact, creativity, originality, artistic quality and relevance to the category.
- One winner from each category will be announced on World AIDS Day, December 1, 2010. Prizes will be awarded.

Photo Rights of Ownership

All photos submitted will become property of Peace Corps/Lesotho and may be used in departmental publications promoting Peace Corps. Whenever possible, the photographer will receive credit. Peace Corps reserves the right to crop photographs for display purposes. Winning photos will be published in the *Khotso* and submitted to PC/Wash.

Entries must be received by November 1, 2010.

Contact Megan Kelly for Contest Entry and Model Release forms (+266- 5885-3929 or mkelly2@ls.peacecorps.gov).

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Peace Corps Participation in Global Handwashing Day: October 15, 2009

By Charles Miller, CHED APCD

What are you planning for Global Handwashing Day on October 15th?

"Why a Global Day for Handwashing with Soap," you ask? Hand washing with soap is the most effective and inexpensive way to prevent diarrheal and acute respiratory infections, which take the lives of millions of children in developing countries every year. We hope that the following links will be helpful in thinking about ways you can observe GHD.

You can find more resources and ideas on the website for Global Handwashing Day: <http://www.globalhandwashingday.org/>, which includes the Global Hand Washing Day Planner's Guide: http://www.globalhandwashingday.org/Tools/Global_Handwashing_Day_2nd_Edition.pdf.

You can also find more resources on the Knowledge for Health (K4 Health) resource page on hygiene promotion <http://www.k4health.org/toolkits/pc-wash>, including two versions of "How to Make a Tippy Tap", and a Hand Washing Tip Sheet. Tippy Taps are low-costs designs for simple, economical, and effective handwashing stations.

For more inspiration, you may want to watch the video made by Peace Corps Press Office for Global Hand Washing Day last year:

http://www.peacecorps.gov/index.cfm?shell=resources.media.press.view&news_id=1491

Please let us know what you are planning to do to celebrate GHD! We can share your planned activities with other Volunteers, partners and the Peace Corps press office. The documentation and photos are also helpful for preparing reports, such as Peace Corps' annual submission to the Water for the Poor act report prepared by the State Department for Congress each year. You can find the report here: <http://www.state.gov/documents/organization/146141.pdf>

Following is a compilation of some of Peace Corps' Global Handwashing Day activities from 2009

Albania

Health and Education Volunteers created a sample lesson plan for kindergarten age children in Albanian language and sent it to all Volunteers. They ran a contest to see which Volunteer contacts the most children, youth and adults for the topic. They also conducted a campaign with PC staff.

Bulgaria

One Volunteer and her counterpart made a PowerPoint presentation, did a germ simulation demonstration, and distributed coloring books with the steps for proper hand-washing to all of the schoolchildren ages twelve and younger.

Costa Rica

Two Volunteers held an event at the local elementary school for kindergarteners with their teacher and a school counselor. The Volunteers prepared a presentation on the importance of washing hands and on when and how to wash. After the discussion, the children made a promise to wash their hands and sealed the contract by placing their right hand in paint and stamping their handprint on a large poster board with hand washing slogans. When the children finished stamping their handprint, they moved to the hand wash station, where the Volunteers and teachers were waiting to help each child correctly wash their hands. By the end of the activity, the students had a colorful banner to hang in their classroom with each of their handprints as a promise and a reminder to always wash their hands. The Volunteers also made sure the teachers were aware of proper hand washing methods so they could oversee the application of these techniques in the future.

Ghana

GHD was celebrated in Brekumanso, Ghana, with a large "durbar" (public gathering) attended by nearly 200 adults and 400 school children. The local chief, as well as many government officials participated. A Volunteer, the Environmental Health Officer and the head nurse at the local government health clinic received a small grant to provide handwashing stations to 29 schools in the sub-district. The stations are large plastic containers with lids fitted with a water spigot plus bars of soap suspended on ropes on the sides. In addition, 500 household handwashing stations (Tippy Taps) were to be sold at 1/3 cost to families through the Child Welfare Clinics. The GHD celebration was the kick-off event for the educational activities related to handwashing with soap and water that will continue for the next months at schools and baby weighings. The Volunteer and the Environmental Health Officer also planned sessions all of the local schools. The primary students were taught how (with soap and water), when (before eating and after the toilet) and why (to prevent disease and stay healthy) we wash our hands. The week before GHD the lessons were done at the high school. Students were selected to perform the song and hand actions at the celebra-

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tion. Two students also gave short speeches (one in English and one in Twi) about the lessons taught in the handwashing song. Community Health Nurses provided sanitation and child health education to mothers of young children at Child Welfare Clinics. A special educational poster was developed by the Volunteer showing the critical times for handwashing (after toilet, before cooking, before eating and after changing a diaper) with a Tippy Tap close at hand in the picture. These posters were used for education at the clinics and at "points of sale" for the Tippy Taps, the clinic and the area council building. Tippy Taps were offered for sale at Global Handwashing Day, and all 100 sold quickly.

Guinea

All health Volunteers were challenged to set up Tippy Taps at their sites. One Volunteer sent the following story: "I was finally starting to get things started in my community and I had my first community presentation planned at the local pharmacy: teaching kids to wash their hands with soap and water. I checked and double checked that I had everything I needed: translator, water, bars of soap for the kids, pictures and songs. It's all ready. I manage to entertain them for awhile by having them singing the hand washing songs and pantomiming hand washing, along with Feist's "1,2,3,4" and Queen's "We Will Rock You" but eventually my pack of "petits" have to leave and I'm left all alone feeling down when my translator shows back up. I have nothing else to do so I sit and wait and hope maybe we can find some kids on the street to pull over and do the hand washing bit. Finally, two hours after it was scheduled to begin, I see the moms walking down the street with their little ones in tow. I jump around and sing, so do the kids, I wash their hands and explain why it's important. It's good, it's done, or so I thought. The moms, seeing their kids thoroughly entertained, decide we need to keep on singing. So we do. Each of the two hand washing songs is sung a dozen times then we switch to the hokey pokey and the chicken dance. Finally as the light begins to fade we finish singing and everyone wanders off towards home. In spite of the set back and delay I'm really happy about how things went. If that was the end of it I'd be content, but it wasn't over just yet. The next day little Madinatou stopped by my compound after school to use the bathroom. As she is filling the neighbor's kettle with water I ask in my basic Pular, "Are you going to wash your hands?" "Yes," She replies. "With soap?" I prompt to see if the message stuck from the night before. "Yes." Then she pulls out the little bar of soap I gave all the kids from her pocket. I know it's just a small bar of soap, but the fact that she carried it with her to school the next day makes me hopeful that she'll carry the message with her always."

Jamaica, Jordan, Mali

Several Volunteers promoted activities for GHD in schools and health clinics. A Volunteer, who teaches Spanish in Jamaica, did a presentation on handwashing using the Spanish vocabulary.

Morocco

"Luckily for me, GHD fell on a Thursday, which happens to be souq (market) day. And what better place than a popular souq attracting many men, children, and some women from all over the area to disseminate healthy hand washing tips? You might be thinking, "But isn't it awkward to go up to a bunch of strangers and try to teach grown men how to wash their hands"? The answer, is "Yes. Extremely awkward". That is why I took advantage of a traditional cultural practice to help me break the ice. If you have ever been a guest in a Moroccan household and eaten a meal, or even at Moroccan restaurants in America, you have probably seen what we call "Imaxsi". This is basically a kettle of water and a basin to catch the water in. As a guest, you are presented with the "Imaxsi" and somebody will offer to pour water from the kettle into the basin so that you can wash your hands. This portable hand washing device, which Moroccans are very comfortable with, seemed like a great way to open dialogue. My idea was to walk around souq with the "Imaxsi" and offer to wash peoples hands in hopes that they would ask me what I was doing. I also made some fliers with all the necessary hand washing information in transliterated TashlHite as well as in Arabic, in case people wanted a reminder later, or in case my language was failing me. Perhaps out of pity, or just in the spirit of the quirkiness of the moment, eventually some men did agree to wash their hands. And to my surprise, they even asked us the right questions so that we could have a fairly natural discussion about hand washing. After the discussion, we gave them some fliers in Arabic. When the other men in the small cafe saw this, many of them wanted to read the flier, so that soon many of the men were sitting around reading the fliers and discussing them among themselves. Having affected all the people we could at the cafe, we decided to move on. Outside, not far from the cafe, there were a few kids looking at us curiously. We convinced them to wash their hands, and then gave them the fliers and told them what the fliers said. When two of the boys still seemed interested, we asked them if they would be interested in helping, to which they said yes. We went over the information with them one more time and then gave them a handful of fliers to pass out and discuss. Another lull in participation followed, but emboldened by some success, we carried on. When someone gave us a funny look, we would ask if they wanted us to wash their hands. Children proved to be more curious and therefore more participatory. At one point, we ran into our imam friend. We greeted each other and he asked us what we were doing. We explained it to him, and asked if he would like to wash his hands, which he reluctantly did. Somehow, this became the tipping point for a mass of interest. Soon we had a line of people waiting to get their hands washed, and we were passing out fliers and talking about hand washing as fast as we could. Eventually, the



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crowd of people got so thick that people were grabbing for fliers without even being able to see what they were. It was a feeding frenzy until we were out of fliers. Luckily we still had the original, so we went and made another 80 copies and refilled the kettle. When we returned, we had figured out the system, so once again near the souq entrance we quickly amassed a circle of curious people wanting to get their hands washed and hear what we were talking about. All in all we washed probably 30 people's hands, and gave away over 200 fliers. In addition, we thoroughly trained two kids who taught others. I noticed this effect also happening a lot among the grown men. When the big groups would form around me, I would talk to one man about the importance of hand washing, and then hear him explaining it to other people around the group.

Namibia

UNICEF helped to support a Volunteer's efforts as they visited schools throughout the week doing hygiene education for students in primary schools. "It was really cool to see these kids learning. It was also great to involve volunteers in the community in the initiative."

Niger

To celebrate GHD all Volunteers demonstrated proper handwashing to classes of school children. After demonstrations, students created handwashing songs and rhymes. Songs and rhymes were painted on the walls of school latrines to remind students to wash their hands. Students added their handprint with paint to the latrine wall, and then everyone washed their hands together, with plenty of soap! Volunteer-run radio shows announced the day's activity a week ahead of time and discussed the importance of washing hands with soap. Following GHD, radio shows broadcast recordings of the students performing their songs and rhymes. Exceptional handwashing songs or rhymes were awarded with national recognition. PC/Niger partnered with a leading soap manufacturer to make soap available and to publicize the celebrations through TV/radio.

Peru

"Last week, I celebrated GHD by giving 5 different workshops on hand washing. The kids loved it - think: soapy suds, water fights, and squealing children. Soon the kids will have soap and soap dispensers in their bathrooms (thanks to the donors of my Healthy Schools grant!), so they'll be able to wash their hands every day." - Volunteer

Vanuatu All Volunteers worked on installing Tippy Taps and on hand washing activities during GHD. Trainees made tippy taps with their host families, as well as learning a song in Bislama to teach to the kids in their villages. One volunteer did a soap making workshop.

Washington

PC/Washington emailed a trivia quiz and conducted a barrier analysis on hand washing for staff in at HQ. A surprising outcome of the survey was that those who did not wash their hands regularly were concerned about the effect of hand washing on dryness of skin!