

KHOTSO

March 2015

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

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Message from the Country Director

Dear Volunteers,

In the last EAP message, I referred to the uncertainty Lesotho is facing now. Some aspects of the situation may become clear even before you read this newsletter. The determination of other issues may not be reached for a long time.

What can we do in times of uncertainty? We can apply that question to Peace Corps service within the context of undecided local politics- or to bringing together different community members to pursue a grant proposal that creatively addresses a challenge- or to that big question you may feel hanging over your head, "So what are you going to do after Peace Corps?" These are cases when you cannot know for sure what the future holds, whether things are heading the right way, or if there might be a better option out there instead.

We observe, listen, learn from experience, and make decisions based on data. We talk to our friends and we talk to people with vastly different perspectives. We follow twitter and hear official announcements, too. You can follow a specialist or a good example. Some people compare options, consider "what if" scenarios, make pro/con lists, or just tune out and wait until clarity comes. They follow their hearts- or gut instinct- or decide to hit the pause button. Here are some steps that together have helped me through many uncertain periods: get informed, be prepared, make plans, stay connected and do what you believe is best. Preserve time to reflect, the right to make adjustments to your plan, and remain committed to your goal, whether it is continuing service in a delightful and deserving country that is experiencing a period of uncertainty, or figuring out how to turn a plea for help into a project that builds capacity, or deciding whether you should pursue grad school or use that readjustment allowance to set out and explore another uncertain adventure that you may suddenly be able to fund!

When is it okay to live with uncertainty and when does one need to have clarity? What can one do about uncertain times? Sometimes we have to accept the question marks. Not all the answers depend on us. In times of uncertainty, find the strategy that helps you move forward or to be able to wait when you must. Thank you for your service. It makes a difference, and that is always worth it. Kea leboha,

Wendy



DSR training workshop in the South

Editorial Staff

Managing Editor – Wendy Van Damme/CD

Editor – Lebohang Ranooe

Contributors:

Dr. Clement Lephoto

'Malitaba Hlabana

'Mamakhetha Moranye

Mohale

Debra

Dr. Olga & Medical staff

Tori Raymond

Joe Downes

Durian Cassandra

Amy Mycoff

Distribution – Lebohang Ranooe

From the Editor

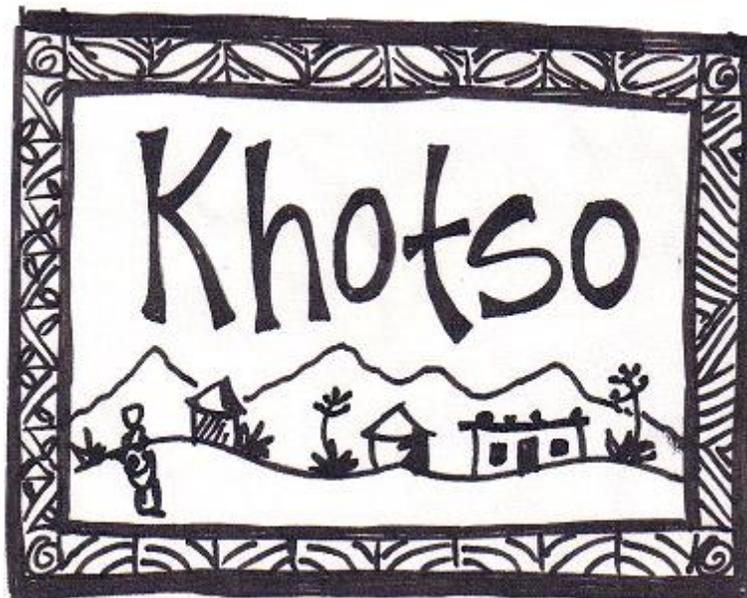
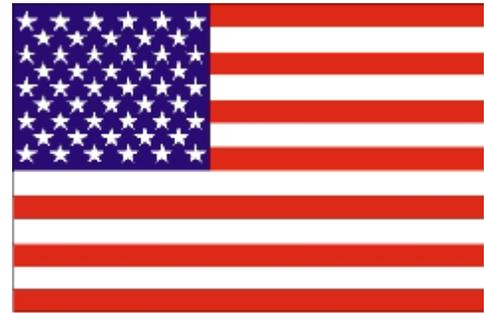
Articles must be received by the 4th Monday of the month to be included in the following month's edition of the *Khotso*. When submitting articles, please provide the name of the person making the submission and a contact person for follow-up questions. The Newsletter will be e-mailed in the office on or about the 1st week of each month, and a hardcopy will be made available upon request. Please make sure that your correct email address is on file with Peace Corps. Remember that it is your responsibility to read *Khotso* for updates from Peace Corps Lesotho.

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.

By submitting articles, you are providing Peace Corps Lesotho with the right to reprint your article in full or part in any publication.



**Next submission
deadline for
April is Monday
March 23, 2015**



PCV & STAFF BIRTHDAYS

March

8	Lisa Bergman
15	Bernard Letsella/PC Gardner
19	Catherine Wheat
20	Jon Beckerle
27	Brittany Hibbs
31	Jamie Langlois



April

1	Leandro Rodriquez
4	Michael Langley
7	Gloria Odusote
7	Kathleen Zimmer
19	Tsatsi Sefefo/General Services Assistant
22	Brandy Hart
26	Leonard Horne

PEACE CORPS LESOTHO HOLIDAYS (Office closed on the following day)

March 11	Moshoeshoe's Day (Lesotho Holiday)
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CALENDAR OF EVENTS AND STAFF TRAVEL

March 2 - 6	APCD/ED on site visits to Leribe and Botha-Bothe
March 7	GEL Meeting
March 12 - 13	Staff retreat - Tsehlanyane
March 14 - 24	DPT on annual leave
March 21	Diversity Committee
March 27 - April 1	ED 15 Phase III

DUTY OFFICERS

March	6-12, 2015	DMO
March	13-19, 2015	TM
March	20-26, 2015	PTS-HY
March	27 - April 2	APCD-ED

STAFF MEMBER OF THE MONTH by 'M'e 'Malisema

M'e Malisema is our PEPFAR Administrative Assistant, and that job alone is a lot! It has been even more challenging over the past few months as there has been a lot of action on the PEPFAR side, and a lot of reporting. And with the current vacancy for the HIV Coordinator, 'M'e Malisema has been even more 'in demand' in terms of her availability and expertise. As if this recent challenging workload isn't enough, this past month she



has had to pull "double duty" in Admin while the DDMO has been away at training in Washington. And on top of that, she has also assisted with training and integrating a new staff member in Admin! Despite having basically a triple workload throughout the month of February, 'M'e Malisema continues to come to work with a great attitude. Her dedication to Peace Corps is especially appreciated this month!

EDUCATION CORNER by Ntate Clement and 'M'e "Malitaba

During this month our primary focus has been on site visits to the Lesotho 83 Group and we are impressed with how well the group is adjusting to the local environment here. We invite you to take a look at the pictures captured during the visits! As we build towards Phase III at the end of March, we appeal to the group to begin to identify key areas that they feel we can target as part of their training.

Primary English Teachers

I (Malitaba) managed to attend Training of Grade 5 teacher's roll out held in Morija on January 5 - 9, 2015 by MOET and Examination Council of Lesotho (ECOL). I would like to share with you what I learned during this training. There were so many teachers in that workshop and 60+ primary schools from Maseru south were represented. We learned that new grade 5 curriculum is structured by 5 learning areas being **Linguistic and literary** (English & Sesotho), **Numerical and mathematical**, **Scientific and technological**, **(Personal, spiritual, and social) and Creativity and entrepreneurial**. We also learned about a new way of scheming and recording of work done, new lesson planning format, and Assessment. So Lesotho 81 (ED 14) group if you need this information, please let me know, as for Lesotho 83 group (ED15) we will share with you this information during Phase III training.

Mohoma temeng Baithaopi ba batle.

HY CORNER by 'M'e 'Mamakhetha

Lumelang Baithaopi!!!

PDM Workshop

The PDM Workshop that was held at BMI turned out to be a great success. Thanks to all volunteers and their counterparts for their active participation. You were all great!!!! Keep it up!!! We hope that now they are discussing viable and sustainable projects that can be implemented at their sites. These should be the type of projects that counterparts will continue with, even after the close of service of their different volunteers.

HY 15 Site Identification

We are expecting new PCTs in April and in preparation, we are undergoing site identification, meeting with host organizations. Soon we will be conducting public gatherings to inform the communities of the incoming new volunteers. A special vote of thanks goes out to all volunteers who assisted in the site identification process. Your contributions are highly valued.

TOT/TDE

The TOT/TDE Workshop will be held from **7-10 April 2014** in Maseru, slightly later than originally planned.

PROGRAMING & TRAINING CORNER by IRC Manager, Ntate Mohale

Lumelang Baithaopi, ke thabile haholo ho ngola litaba tse monate ka Information Resource Center (IRC) ea rona. Please allow me to use this corner as a 'marketing' space for our IRC and its publications. Most of you who have used the VRC/IRC will agree with me that we have plenty of resources even though some are not being utilized. I want to highlight a few resources we have and that include but not limited to novels, children's books, PC manuals, etc. Below are few of the manuals and their descriptions which are found in the IRC.

In the next Khotso article I will write about 3-4 more publications found in the VRC/IRC. You can place your orders through Ntate Mohale, lmohale@peacecorps.gov.

As always, thank you for taking time to read Khotso Newsletter, especially P&T Corner!

ICE #: T0121

TITLE: Working with Supervisors and Counterparts

DESCRIPTION

Working with Supervisors and Counterparts is organized into three parts. Part I addresses the importance of working with supervisors and counterparts in capacity-building partnerships; provides various ways in which the partner relationships may be defined; and indicates how these local partners can be included in the two-year programming and training cycle of a Volunteer. Part II provides a sample one-day workshop for supervisors and counterparts, as well as additional training ideas and sessions. Part III is a sample handbook for supervisors and counterparts which provides a template, standard information and suggested post-specific information.



ICE #: M0100

TITLE: Youth Camps Manual: GLOW and other Leadership Camps.

DESCRIPTION

The Youth Camps Manual: For GLOW and Other Leadership Camps [ICE No. M0100] addresses a subject that crosses all Peace Corps sectors and impacts thousands of youth across the globe each year. In an effort to provide Volunteers with more tools to run a successful camp, the manual features sections on planning, different types of camps, activity ideas, counselor training, and Camp GLOW. Extensive appendices feature guidelines and checklists, health and safety resources, monitoring and

evaluation tools, and sample documents from successful camps. This manual replaces and incorporates the Camp GLOW Handbook for Volunteers [ICE No. M0056], published by the Peace Corps in 2001. The new manual is more comprehensive and is intended for both Volunteers and community counterparts in their efforts to contribute to the sustainability of leadership camps. The counselor training section contributes to that goal with 10½ hours of detailed training designed to build the capacity of local community members to facilitate camp activities.

ICE #: M0063

TITLE: Life Skills for Sexual and Reproductive Health (formerly Life Skills Manual)

DESCRIPTION

This manual provides a comprehensive approach to developing skills needed for life, such as communication, decision-making and relationship skills. It addresses development of the whole person, including empowering girls and guiding boys toward new values. It also includes 10 session plans that provide factual information on HIV/AIDS and STDs. Interactive approaches to engaging participants include role play, games, group discussion, and many other teaching techniques from around the world.

SMALL GRANTS UPDATE by DPT-Debra

Small Grants – Peace Corps Lesotho

As follow-up to your questions regarding small grants and the application process, please know that our team is working to address your concerns as quickly as possible. We know that you are also awaiting updates and we are gathering any new information from PC/Washington. We will share it with you as soon as it comes available. With this in mind, this is what we have so far:

Small Grant Process Steps & Guidelines

- **Discuss the initial idea:** Connect with your APCD and/or PTS to discuss the type of project or activity you and your community partner would like to pursue.
 - **Submit a draft copy for review:** Once you have received some preliminary guidance regarding elements to consider when conducting the activity, submit a draft copy of the small grant proposal/application for PC/Lesotho staff to review and provide feedback as needed.
 - **Wait to receive feedback or instructions for next steps:** The PC/Lesotho small grants committee will schedule a time to meet, review grants, and provide any additional feedback to help strengthen proposals if necessary.
 - Feedback will be provided via email or phone.
 - **Email notification of approval to begin work:** Once the grant is approved and you may begin work, you will receive email notification. This will either come directly from the PCGO system and/or from one of the PC/Lesotho staff.
- Grant funding limit is \$5000 for PC/Lesotho:** As you review the small grant guidance documents, kindly note that the agency funding limit for all Peace Corps posts is capped



at \$10,000. However, this amount can be lowered by each country program based on costs in country. **Please note that the PC/Lesotho is \$5000.**

Using the PCGO Portal to Create a Small Grant Application – New Process!

Go to the PCGO portal ([PCGO Portal](#)) or go to the internet address listed here: <https://pcgo.peacecorps.gov/login.html>

- Once you get to the portal, enter your username and password to begin.
- **If you have not yet registered**, please do so at this point by going to the area of the screen that says **Not Registered? Sign up here**.
- If you need to work on the application offline, you can now download a **Word** file and complete the information offline.

o Complete the application and when you have an opportunity return to PCGO to upload the information, please do so.

If you are unable to upload it, please email a copy to your APCD and PTS.

Additional Documents You Must Send with Grant Application

For the time being, the following documents will be sent as attachments to you when you begin the grant proposal process and communicate with your APCD or PTS. These must be submitted along with your grant application. Eventually, you will no longer need to send them as attachments because they will be part of the PCGO application, but until these elements of the system are developed and successfully tested, please send them as attachments:

- Final Report Project Log
- Small Grants Applications Timeline
- Small Grants Budget Worksheet

Possible Challenges with PCGO

- If you are unable to use the PCGO system or need assistance from staff to get the application into the PCGO system, let us know as soon as possible.

If you were able to access the PCGO system and download the Word copy of the grant proposal, but are not able to upload it, kindly send a copy to your APCD and PTS and copy me. We will work with PC/Washington to get the grant proposals into the system.

Signature Pages

There is ongoing discussion among stakeholders and system developers at PC/Washington on how to best address the signature pages and electronic signatures. We will provide updates as they are available. For now, you will need to upload them into PCGO. **No funds will be transferred to your account until the signature pages are provided.**

MEDICAL CORNER by Dr. Olga

For the month of March Dr. Olga will be on leave and **Dr. Lesya Pasichnyk** will be covering the medical unit together with 'M'e Mamotebang and 'M'e Itu. Dr. Lesya is a PCMO from Peace Corps Ukraine, and she is well-known to many of you. She has joined us in Lesotho several times already. Please join me in welcoming Dr. Lesya back here and wishing her an enjoyable stay with us in Lesotho.

VOLUNTEER VOICES

RPCV interview

By Tory Raymond HY 2013

Name: **Jennifer Rafalski**

PC Sector (i.e. Health, Education): Education

Years served in Lesotho (i.e. 2005-2006):2002-2003

Where in Lesotho you served: Roma

I currently live in Seattle, WA. After serving in Lesotho I pursued a Master's degree in public health and moved to Seattle to work at independent contracting company doing health outcomes research. Most recently I returned from doing six months of PC Response in Cameroon, as the Monitoring and Evaluation Specialist at Malaria No More a non-profit organization working on malaria intervention programs and behavior change messaging.

What was your favorite thing about Lesotho?

I loved the music that taxi drivers played in their busses—always a vibrant and exciting adventure getting from one location to the other, near or far.

What was one of your most memorable moments of PC service?

Welcoming new Volunteers to the country was always very inspiring.

You currently finished serving as a PC Response volunteer. What did you do? How was it different from serving as a PCV? Would you recommend PC Response?

I would recommend PC Response to anyone mid-career or later who is seeking to continue working or expanding their work in an international environment. Response positions typically, but not always, require RPCV status and approximately 10 years of experience. People are assigned to professional positions with organizations, often in the capital, which is very different from most types of Volunteer posts.

How did PC/PC Response prepare you for what you wanted to do after service?

It was great experience working on-the-ground with a health program, using French language, and having the opportunity to work with community health workers, ministries of health, and other people working in

malaria prevention. This is directly related to the kind of work I'd like to continue doing here in the States within my local community or with an organization that works on programs abroad.

How have you stayed connected with other RPCVs?

Yes! There is a whole network here in the Pacific Northwest of Volunteers who are either from my group or groups directly before me. In fact, I live with one of them. We all meet fairly regularly and just had our group's 10-year reunion last year. Yes, it was one year late but that's what worked for our group.

Do you have any advice or wisdom for current PCVs in Lesotho?

Stay grounded however you can. Remember that people are doing the best they can every day and that there is more than one way to do things. Be patient; with yourself and others. If it's not working put it aside and move to something else and revisit the issue at a later date. Also, find something good that happened or that you are grateful for in each day.

*The photo I'm attaching is of me and my Response Volunteer roommate at a wedding in Cameroon. Our landlord of our apartment building invited us to his nephew's wed-



ding. We were wearing the wedding "pagne" (pronounced pawn-yah), which is the fabric of the family. Everyone from the family was wearing this fabric and we had these outfits made especially for the occasion. I am on the left-hand side.

Diversity

Pretty Fly for a White Guy

By Joe Downes

During the exile that was Peace Corps Lesotho's consolidation in Thaba Nchu, I was approached by the Diversity Committee to write an article concerning my experiences as a heterosexual, white male in Southern Africa. Indeed, if it were not for the matrilineal side of the family's proclivity for the Holy See, I would be the veritable prototype of your standard WASP. Throughout history (at least the last two millennia or so), my demographic has been the most advantaged group in the entire world. We're the guys who wrote you out of the American constitution, women and minorities (unless in case you were "lucky enough" to be a slave and have counted as 3/5 of a white, land-owning male). We're the guys who took your land and gave you smallpox-ridden blankets, Native Americans. We're the guys who put almost the entire world under the transatlantic, colonial yoke, killing or exiling anyone who stood against us. In short, despite an extremely checkered history of repression, prejudice and unspeakable crimes against our fellow man, we've written the history books and reinforced our position at the top of most major industries worldwide. When you think of the American, white male, it's almost impossible not to think of affluence, power and the freedom to pursue his happiness, even if it comes at the significant expense of others.



When viewed through the prism of this historical context, it is easy to see why every single day I am regularly pestered for money, work, candy and help of some kind or another. When people see me, they often see a guy who can afford to buy them a whole case of beer, let alone just one Maluti. Although I do not particularly like sweets, children automatically assume my pockets are literally bursting with candy at any given moment. Indeed, in a country with significant ties to both the Free State Province (and its many disproportionately advantaged, white Afrikaners) and the United States of America (think PEPFAR, USAID... and many disproportionately advantaged white people), I can understand why an assumption might exist that I've got employment and funds at my disposal.

Accordingly, while I may have to deal with being pestered due to my assumed wealth, I would be lying if I didn't admit to certain advantages here in Lesotho due to my background. People generally give me respect without any sort of merit and are usually pretty excited to have a large, stupidly grinning *lekhoaa* in their presence. I am usually consulted and my opinions treated with respect.

No Ntate has ever tried to make a drunken pass at me, although I have definitely had to endure more than my fair share of drunken monologues in limited English (I'm pretty sure this comes down to my personal character as an overly attentive sucker who can't say no, however.). Ultimately due to these stereotypes about my Anglo-Saxon heritage, even *my hair* is valuable as a magical token (*muti*). And thus, it is the bane of us white, male ex-pats everywhere to receive constant attention, both positive and negative, as targets of pleas, crime and countless appeals.

... Oh but that I was a true ex-pat! My Lord, would I revel in a salary exceeding \$200 a month and the ability to own a car! I would make it rain sweets as I cruised the main drag of Hlotse with the reverberating praises of my greatness echoing into the Leribe sky. But alas, I am a mere volunteer: the lowest of the low in the ex-pat community. I have no money, I neither like nor keep candy on my person, and, as of writing this, I don't even have a host organization (although I'm plenty busy) in which to employ others. I spend most nights watching brackish water drip from multiple places in my room, wishing someone would buy me a beer.

Thus, it is my personal mission to proselytize this simple fact to Basotho: While we should always respect the diversity and individual backgrounds of others, at the end of the day we are all members of the same human tribe. There is nothing special about white people. Human beings are human beings and we all deserve the same treatment. While I respect the diversity and the unique viewpoints of others, I honestly feel like racial or gender based distinctions are superficial and erroneous. Like you, Ntate, I need a job. Like you, I thoroughly enjoy house music, papa ka nama and other common human pleasures. And like you, I could sure as hell use a beer right now if you'd buy me one. There also seems to be some sort of belief that I am (as a white, heterosexual male) automatically a smoker and have cigarettes. While I do partake in the rare cigarette, this is not true and I take it as a simple sign that Basotho think I'm just *really, really* cool.

In all seriousness, however, I think us white, heterosexual male volunteers have a serious responsibility to communicate to Basotho that we are all not privileged and do not condone a past culture (of privilege and power) with which we are so often associated. Yes, some may think that for a white, male volunteer to say thusly is naïve, unrealistic and somewhat disrespectful towards others. However, I would venture that assuming all white males ignorantly enjoy and condone these inherent advantages is a small form of prejudice unto itself. I think it's absolutely deplorable what my ancestors have done to secure advantageous circumstances and position. Ultimately, at the end of the day, I think it is the duty of those in my demographic to transmit this simple message: While respecting our differences regarding ethnicity and culture (and possibly sex), we are all simple humans at our core and should not be judged by basic stereotypes. Whatever privilege or plea you extend toward me can be extended to my colleagues who are non-white and/or

women, because, despite whatever superficial differences might exist, we all should be treated the same.

Perhaps it would be easier to convey that message with sincerity if some members of our society (most notably the law enforcement community) actually reflected this ideal in the practice of their actions. Nonetheless, I resolutely believe this ideal of equality exists and is a cornerstone of American culture, even if it doesn't always show through in the actions of some Americans. In accordance with Peace Corps' commitment to teaching host-country nationals about the positive aspects of American culture, we need to stress this important belief and prominently feature it during our service here.

Now... how about that Maluti, Ntate?

Volunteer Advisory Committee

The first of the tri-annual VAC meetings was held on the 25 of February to bring your concerns, issues, and suggestions to the top dogs of Peace Corps Lesotho. Wendy, Debra, and David joined the district representatives to hear the voices of volunteers, and to make a change for a brighter future of current and future volunteers. An outline as well as updates with responses of the topics discussed will be sent out by Wendy in the next coming month. For now, here are some highlights! If you ever have any further questions or concerns that need to be addressed, feel free to contact your VAC, so your voice is heard!

Request: information sheet on South African cell carriers.
Response: Lesotho's Tech Committee has incorporated this information into the Technology Reference Sheet given out during PST. Currently serving volunteers can contact the committee at lesothoict@gmail.com.
Request: information on starting a BRO/GLOW camp
Response: GEL is working on a comprehensive manual for running a camp that will cover everything from site selection to grant writing to VRF indicators. The manual should be ready by the end of the month.

Request: need for an updated packing list when coming to Lesotho.

Response: Cassandra Durian (Ed) and Tyler (HY) will be constructing an updated list with the help of current volunteers. If you have any suggestions please contact them. Cassandra will be holding a short suggestion session during phase 3 for Lesotho 83 volunteers
Cassandra: durian0691@gmail.com
Tyler: tthomp21@gmail.com

All Volunteer Conference:

Is set for the end of July. It will be a great time for all volunteers to see each other (old and new)!

Location and activities are TBA. So if you have any suggestions please contact your VAC rep.

Ba Re E Ne Re Literary Festival

By Amy Mycoff HY 13

The Sesotho phrase "Ba re e ne re" is used to designate the beginning of a story, similar to the familiar phrase "Once upon a time". While the phrase has been used in this way for ages, in the past few years it has taken on an additional significance.



In 2011, Liepollo Rantekoa used the phrase "Ba re e ne re" to name her dream of a festival to promote a culture of reading and writing. That year, the first "Ba re e ne re" festival was held. After Liepollo passed away in 2012, her friends and family worked to carry on her

dream. Ba re e ne re (Ba Re) is now an established arts and literature institution devoted to the promotion of reading and creative writing throughout Lesotho.

Last year in May, the director of Ba Re, Lineo Segoele, and RPCV Zach Rosen, reached out to Peace Corps Lesotho to request that some volunteers assist in the planning and implementation of the 2014 festival. Volunteers Morgan Van Baalen, Matthew Merritt, and Amy-Morgan Mycoff offered to help with the festival, specifically with the national writing competition.

The writing competition was aimed at encouraging students in Forms A-E to engage in creative writing. The competition was held in 6 districts at rural schools where PCVs were located. The compositions were judged based off of creativity and clarity and the top three winners were chosen from each Form. The first place winners were planned to attend the festival in Maseru from September 5-7, 2014 and have an award ceremony, unfortunately the instability in the capital at the time did not allow for this to happen. While the festival successfully continued as planned, the award ceremony for the writing competition was postponed until February 13, 2015. The ceremony was held at Alliance Francaise on this date and honored the following winners:

Form A: Pulane Lepolesa - Sefikang Secondary



Form B: Thuto Tsekele - Renekeng
Form C: Nthabeleng Mateane - Kingsgate
Form D: Lithhare Thamae - Kingsgate
Form E: Matseliso Moleleki - Zenon

The winners of a separate, online writing competition that was held for adults living in the Maseru area were also honored at the event. All of the winners were presented with e-readers, provided by the U.S. Embassy, and stationary and books, provided by Ba Re.

PSN Qnited

Greetings from the beautiful forest and mountains of the south, this month we bring you a joint thought from Federico Batista and Kate Lord:

As elections approach, we are reminded of a time in space where we were uncertain of our time in Lesotho and for some it brought on a little stress. Through all the whirls of the consolidation journey, one good one was the formation of the QNITED NATIONS. If you are not aware, the Qnited Nations consists of super human (much like x-men) individuals from Quthing and Qachas Nek.

Lord's corner:

Stressful as it was, consolidation had a lot of positive attributes as well. The best for me was the formation of the Qnited nations. A lot of random and different personalities came together and were able to have an awesome time, letting loose and being weird together (yes, we did take it as weird and as far as baby birding; any rumors you heard were true!!!). Since then, I have become so much closer with its members (some who at first were distant to me) than I expected. We became more of a family and this continued even at Black Mountain. We worked and played hard together during difficult times. The positives of consolidation make me look forward to our All Volunteer conference in July. With the new ED 15 group and incoming HY 15 group, there will be a lot of new faces to see, and a new dynamic family to witness in action.

Batista's corner:

Although firmly against baby birding (haha), I really enjoyed getting to know the Qnited Nations citizens better during consolidation. Whether it was border control or arriving fashionably late to Black Mountain, this group of people kept me smiling and filled me with positive vibes all the way up until our return to Lesotho (and still do). We're all in this together boos, from your friendly Qs

Lady Kate Lord Zimmer and Sir Federico Batista Poitier

Peer Support Network/PSN

PSN Bios

Here is a list of your PSNs! They each selected a quote that has meant a great deal to them in their lives, along with a sentence or two about why it's important to them. Enjoy.

HY 14s

Dani Mohling

Mafeteng

“You must do the thing you think you cannot do.” – Eleanor Roosevelt

This quote is a constant reminder that overcoming mental obstacles can be just as challenging as the physical ones.



cases, there is so much we could gain.

ED14s

Brandy Hart

Thaba-Tseka

“I found out what the world needs, then I seek to invent” – Thomas Edison

This quote speaks to my personal definition of what it means to help others and to a lot of the work we do here in Peace Corps.



Michaela Puryear, Co-Chair

Thaba-Tseka

“I am only one; but still I am one. I cannot do everything; but still I can do something; and because I cannot do everything, I will not refuse to do the something that I can do.” – Edward Everett Hale

After graduating from Prairie View A&M and leaving my home town of Kansas City, Missouri, some would joke and say I’m setting out to change the world. Well, I’m not, but if I can change just one child’s life, that would be sufficient.



Jody Lewis

Berea

“Happiness is when what you think, what you say, and what you do are in harmony.” – Mahatma Gandhi

This is crucial and important to me. I think it means to be who you are no matter what—otherwise you make life more stressful and less enjoyable. Happiness is about being true to yourself and not compromising your personal beliefs, values, and ideals. If you can be you—with all your flaws and weaknesses—then happiness is at your fingertips.

beliefs, values, and ideals. If you can be you—with all your flaws and weaknesses—then happiness is at your fingertips.

Eloise Williams

Berea

“Endurance may entail the feelings of jealousy, loneliness, frustration, dislike, and more. However, all the while being at a state of mind of thankfulness. Who said it would be easy?” – EW
Life is reality. However, with an attitude of gratitude, one can overcome obstacles.

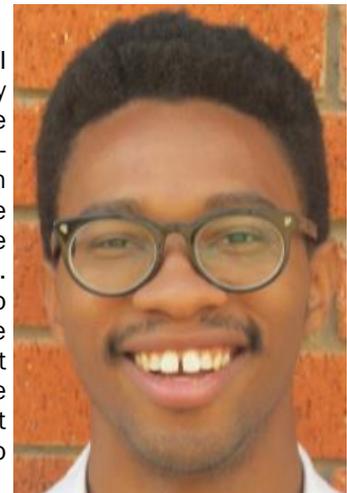


Federico Poitier

Quthing

“Be young, run.”

I enjoy this quote because I always picture the memory that brought about the quote; my aunt and I running barefoot in the rain in early spring. I felt so free and fresh, and those three words popped in my head. Sometimes life happens so fast and you have to make important decisions, but sometimes you have to take a minute and run barefoot in the rain like there’s no care in the world.



Eric Noseworthy

Mokhotlong

“Don’t be afraid to give up the good and go for the great.” - Steve Prefontaine

This helps to remind me that we are all good at considering what we might lose if we make a certain decision or give up something that is familiar. But we often fail to measure what we could gain. And in many

Kate Zimmer

Qacha’s Nek

“When you walk to the edge of all the light you have and take that first step into the darkness of the unknown, you must believe that one of two things will happen: there will be something solid for you to stand upon, or you will be taught to fly.” – Patrick Overton

This is one of my favorite quotes because it instructs us to



have faith when entering the unknown, and that everything will be okay. Joining the Peace Corps came with a lot of unknowns, but here I have flown to new heights and grown so much. The unexpected challenges have taught me more about myself and the world around me.

Amy-Morgan Mycoff

Berea

"Tell me, what is it that you plan to do with your one wild and precious life?" – Mary Oliver

As Peace Corps Volunteers, we've already taken a huge step to leave our homes and lives for 2 years to live in Lesotho. But let us not squander away our time here. Let's remember that we only have 27 months in this country to explore and to grow and to soak in as much as we can. Don't waste a single moment, but make the most of your "wild and precious life".



Mike Yoon

Mokhotlong

"You can't get away from yourself by moving from one place to another. There's nothing to that" – Ernest Hemingway

This quote, to me, speaks to the incredibly important and difficult act of confronting all aspects of oneself, despite the very natural desire to look away at times.



Evan Brown

Thaba-Tseka



"You don't set out to build a wall. You don't say 'I'm going to build the biggest, baddest, greatest wall that's ever been built.' You don't start there. You say 'I'm going to lay this brick as perfect as a brick can be laid.' You do that every single day. And soon you have a wall." – Will Smith

As a Peace Corps Volunteer, this helps me remember that nothing is done overnight, or even at the same pace we're used to in America, but with consistent daily

effort and putting great importance even on the smallest interactions and daily tasks toward your goal, you'll soon see something great come from your diligence.

HY 13s

Tori Raymond

Mafeteng



"Change is the essence of life. Be willing to surrender what you are for what you could become."

Leaving the USA for two years is a big sacrifice. Comforts of home are missed: people, places, things, Mexican food. I've endured changes in the environment and become increasingly aware of the changes happening within me. Change brings challenges, and challenges nurture growth. As I adjust to the new people and places around me, while I

develop the character, skills and attitude necessary to do good work, it has become clear that change is one thing that will remain constant in my pursuit to be who I want to become.

Clareese Saunders, Co-Chair

Mohale's Hoek

"Everybody can be great, because everybody can serve. You only need a heart full of grace. A soul generated by Love. And you can be that servant." – Dr. Martin Luther King Jr.

I like this quote because I think there are many times during PC that we can get stuck on what we have not accomplished and feel like we are not making a difference. This quote reminds me that simply making the decision each day (sometimes each hour) to stay, to give, to love and to serve is nothing short of greatness and an accomplishment in itself.



“Shout Outs”

-Shout out to **Janice** for coordinating the next GLOW camp, preparing the grant proposal, and showing the perseverance which will make this a success!

-Shout out to the **DSRs** for their dedication to keeping PCVs connected, through weekly messages, readiness to serve as part of the EAP team, and for suggesting to include a swimsuit on the list of items for the emergency bag!

-Shout out to **Chelsea**- we are proud of our PCVL! She helps in so many ways.



Are you interested?

MA in Children, Youth and International Development

This innovative interdisciplinary programme, based at Brunel University London, is one of the first worldwide to cater specifically for those working, or interested in working, in the field of children, youth and international development. Taught by highly motivated, internationally recognised, research-active staff, it has been running since 2009, and has attracted students from diverse disciplinary and occupational backgrounds and almost 50 different countries.

The course is designed to equip students with the conceptual understanding and breadth of knowledge required to critically evaluate policy and practice in the area of children, youth and international development. It also develops the skills necessary to design and undertake research relating to children, youth and development. Former students have progressed to careers with government, international organisations and NGOs as well as doctoral study.

The full time course requires attendance two days a week across two terms (September to April), followed by 6 months spent preparing for, researching and writing a dissertation. During term 2, options include a work placement or participation in an academic exchange with the Norwegian Centre for Child Research in Trondheim.

Further details, are available on the Brunel website

<http://www.brunel.ac.uk/courses/postgraduate/children-youth-international-development-ma>.

For further information, email nico-la.ansell@brunel.ac.uk.

ED site visits



Colleen with her Form A math class



Lee showing off his lovely backyard garden



Tyler and his Form A class



Jennifer and counterpart checking the pupils' work



Neel in Form D Math class



Leonard, Mamokola and his host family