



Metsoalle ea Lesotho

Friends of Lesotho Newsletter
December 2006

President's Message

Is it the holiday season again!? Seems like the Annual Meeting just concluded, so let me give a quick recap of the meeting. The Annual Meeting was held by teleconference on October 15th, with the highlights being a presentation by current PCV Rebecca Nolan and the Board elections. Rebecca is one year into her service and works on agriculture and nutrition projects from Thaba Tseka. Rebecca took questions from those who called in about her work, current PC policies and the impact of FOL in Lesotho (see *PCVs Today* p. 6). Thank you for joining us, Rebecca.

All Board candidates and the by-laws change were approved by membership vote. Since that time, Jim Mueller has asked to withdraw from the Board for personal reasons. We're sorry to see him go and hope that he can join us again in the future. The Lifetime Membership addition to the by-laws change was also approved. While the by-laws change was overwhelmingly approved, it was not unanimous. Some members felt that people would make a one time contribution and then disappear. My response is that they disappear anyway, and anyone who is inclined to contribute \$250 or more is probably interested enough in our cause to make occasional contributions down the road. At worst, a lifetime membership is worth about 16 years of annual dues. The average number of years that people have historically retained their membership is 9.

On the by-laws subject I should mention that there was an error in the Annual Report (p. 4) stating that the Board had approved an officer position of Past President. This is, in fact, still under discussion.

The Board believes that reserve funds for general operations and also distributions benefit the organization and those who receive our financial

support in Lesotho. Over the past year both reserves have been established. Recent discussions however have questioned whether we should attempt to convert the distributions reserve (used to send funds to Lesotho) into an endowment. At issue are how to build up sufficient funds for an endowment, how to honor donor specifications for using the funds, and how to manage the endowment as an investment. This discussion is sure to be at the forefront of Board meetings over the next few months.

I should also note that FOL and The Lesotho Child Counseling Unit (LCCU) in Mazenod have signed a letter of understanding so that contributions can be sent to this organization. Since 2002, LCCU has provided temporary shelter and therapy for children in emergency situations. For more information about LCCU, see <http://friendsoflesotho.org/lccu.html>

Friends of Lesotho is 20 years old this year. (And I was surprised that it was the holiday season already!) 1986 doesn't really seem nearly so far away as it really is. Join with me to thank those who have held this organization together over these many years. And as always, please feel free to call in to any of the Board meetings to say hello or just to see what's going on. They are held on the third Sunday of odd numbered months (Jan 21st, Mar 18th, etc.) at 4pm Eastern. Contact John Hollister or myself for the conference numbers.

Best wishes for the New Year,

Bill Dunn, President

wdunn@friendsoflesotho.org

News

The "Lesotho Promise" – at 603 carats, the biggest diamond discovery in 13 years – was sold at auction in October 2006 for more than \$12 million. Named for the small African nation where it was found in August 2006 the diamond was found at the Letseng Diamond Mine by a woman looking through rocks. www.msnbc.com

<http://www.PeaceCorpsJournals.com>

Features:

1. The most comprehensive list on the internet of active websites for PCV Journals and blogs.
2. Each country has its own detailed site that can be directly linked to.
3. Detailed map for every country that becomes interactive, via Google, once clicked on.
4. Detailed information for each country is available through following one of four links at the bottom of each map.
5. The sponsor is someone who cares about volunteer's health. Enjoy!

-Mike Sheppard RPCV / The Gambia

<http://www.journeyacrossafrica.blogspot.com>

Dutch Aid workers staying at Trade and Industry minister Mpho Malie's house were victims of gunfire in late November, killing 36 year old Samuella Jacobina Verwey. Verwey worked for the Clinton Foundation. The minister and his wife were in South Africa when the event occurred. The minister is seen as a contender for the leadership seat of the Lesotho Congress for Democracy Party. The attack follows the same pattern as the attack on Foreign Minister Monyane Moleleki and parliamentarian Bereng Sekhonyana earlier this year.

Purchase a T-Shirt for \$40 and \$10 goes to supporting HIV/AIDS awareness in Lesotho. The shirts are made in Lesotho and available at Nordstrom's and online. www.one.org

In August several people were trapped in their cars for days due to heavy snowfall. An evacuation team was comprised of members of the Lesotho Air Force, the South African National Defense Force, and a medical team. Most were trapped along the Thaba-Tseka mountain peak others were at Molimo-Nthuse.

Member Updates

Patrick Davenport (RPCV, 1993—1994) writes to let us know that he's recently received a new posting. He is Community Development Director for the City of Ranson, West Virginia. His family, now numbering three kids (Connor, Ethan, and Kylie) are all doing well in Stephens City.

Arthur (Rosenbaum) Pinchev and **Bob Campbell**, PCVs in the late 1970's, have recorded and released a CD of songs Arthur wrote while in Lesotho. The CD is called "Waking Up Tunes" and can be purchased at

www.arthurpinchev.com. The songs are ballads and memories reminiscent of the style of Harry Chapin.

Arthur (Rosenbaum) Pinchev is living in the Los Angeles area and can be reached at Arthur@acutabove.com and **Bob Campbell** is living in Seattle and can be reached at vivikta@aol.com.

Charlotte Massey (RPCV, 1997—1999) graduated from Bastyr University with a Naturopathic Doctorate this past June. Charlotte is also currently completing her M.S. in Acupuncture and Oriental Medicine. This December, she and her husband Byron who live in Seattle, Washington will be going back to visit Leso-

tho to see how she can apply her degrees to assist those affected both indirectly and directly by the HIV/AIDS epidemic. Congratulations Dr. Massey.

Nicole Bosustow (RPCV, 1997—1999) married David Brulé this past October in Mexico. She recently graduated with her Doctorate in Psychology. Her dissertation focused on the psychological challenges returned Peace Corps Volunteers encounter when they return from service and their use of services. The Brulés live in Santa Barbara, California, where Nicole is a practicing Psychologist. Congratulations Dr. Brulé.

Todd Vetter (RPCV, 1995—1997) and his wife, Sarah, are pleased to announce the birth of their son, Matthew Richard Vetter on July 6 of this year. Todd is an FOL board member and pastor of the Orange Congregational Church in Orange, Connecticut.

In Memoriam

Philip McGuire, 83, sends us the unfortunate news that his wife, Shirley, passed away in May 2004. Phillip and Shirley were volunteers 1972—1978 in Lesotho. Shirley's name will be added to the plaque for deceased volunteers, located in the Peace Corps Office in Maseru.

September in Lesotho

Hobnobbing with the Foreign Service

I was asked by the Peace Corps-Lesotho Country Director to give an eight to ten minute speech to George M. Staples, Director General of Foreign Service and Director of Human Resources in the U.S. State Department, who visited Peace Corps Lesotho. His position falls not too far below Dr. Condoleezza Rice's title on the U.S. State Department's organizational chart. So it's kind of a big deal. Why I had been chosen to address him about my role as a Peace Corps Volunteer in Lesotho, the challenges that I face, and how I fit into the whole "HIV/AIDS thing" in Lesotho, I can't say.

For one week, my mind raced, "What do I say?"

Below are excerpts from the speech I wrote and delivered under a white tent in the Peace Corps office parking lot to Ambassador Staples, other senior Foreign Service officials, and U.S. embassy representatives in Lesotho.

Last week my Country Director, Hill Denham, asked me to talk about Community Health and Economic Development (CHED) Peace Corps Volunteers. What do we do in Lesotho? What are our challenges? How do we fit into the greater HIV/AIDS work in Lesotho? Oh yes, and can you summarize this in 8-12 minutes? I realize, though, that I'll have to summarize my work into two or three sentences when I return to the States because a prolonged speech on my work in Lesotho will make my families' and friends' eyes glaze over. But today at least I have your ten minutes of attention, which is a luxury I may never have again!

You may be wondering, 'Who are these community health and economic development (CHED) volunteers?'

When asked to describe what we CHED volunteers

do, you must understand that so much of what we do and how we experience Lesotho - though variations on theme - depend on three main factors:

First, where we are in our service impacts our experiences. Let me be the first to say that where I was one year ago in my work and my perspectives on Basotho was very different than where I am today, which is different than where I'll be six months from now. One year ago I stressed over everything and complained about kids asking for candy, folks being late, or transportation being unpredictable. Six months ago I couldn't see how I could stay in Lesotho for two ENTIRE years. Now I am incurably late and know that no taxi is truly over-crowded, no matter how many chickens or sacks of cabbages are stuffed between the seats. I also have no idea how I'm going to accomplish everything I want to do with my co-workers and counterpart. To be honest, I can't say that I'm 100% in love with Lesotho - I mean, I still swear way too much on a daily basis - but I think leaving nine or ten months from now will be one of the hardest times during my service.

Second, where we are located in the country impacts our experiences. CHED volunteers are placed all around Lesotho. I am at a rural hospital, but have easy access to Maseru, South Africa, many ex-pats from all around Africa and the rest of the world. I am terribly spoiled at my site. I have a refrigerator, indoor toilet, hot shower, and access to a washing machine (please don't tell the other volunteers). I'm also surrounded by English speakers. Other volunteers are far more remote and work entirely with Basotho and often in Sesotho-only conversations. They use communal water taps, pit latrines, and paraffin lamps. They are also adept at washing clothes by hand, whether using their own hands or hiring an extra set from a village neighbor.

Finally, and most importantly, where we come from

(Continued on page 4)



New Flag

Lesotho marked its 40th anniversary by unfurling a new flag. Replacing the shield, spear, and knobkerrie is a Basotho hat. The flag is designed to show that Lesotho is a peaceful nation. As part of the anniversary celebrations, King Letsie III planted trees at the foot of the statute of King Moshoeshoe I.

September in Lesotho, cont

(Continued from page 3)

and who we are impacts our experiences. CHED volunteers range in age from 22 to 65 years old and come from diverse backgrounds. Some are first-generation Americans, some have worked their way out of poverty, Some have privileged backgrounds. Some of us have family who are completely supportive of our decisions to join Peace Corps. Others have families with deep worries and reservations about us being in Southern Africa. We come from all over America, from New York to San Diego, from large urban neighborhoods to small rural hometowns. We are from high schools, technical schools, colleges and graduate schools. For some, this is their first time outside the U.S. and for others this is yet another journey to another part of the globe. So, yes, we are a diverse group with diverse interests, backgrounds, and experiences - both back home and now in Lesotho.

That said, what do CHED volunteers do?

Let me briefly overview the three main tracts: Permaculture/Nutrition; Youth & Small Business; and HIV/AIDS Advising.

Permaculture/Nutrition volunteers are placed with the Food and Nutrition Coordinating Office (FNCO), and often work with Ministry of Agriculture and Forestry, community groups, clinics and schools. Suzi is a volunteer in a small, rural village called Thabang in the mountains of Mokhotlong District. She works with local community gardens, HIV/AIDS support groups, clinics, and schools. Recently, she set up a seed cooperative to help 48 households purchase spinach, onion, carrot, beetroot, tomato and cabbage seeds at an affordable price for communal and individual garden plots. Through her work, these households - many of which are affected by HIV - will

have a diet rich in the vitamins and minerals they need to lead healthy lives.

Youth & Small Business volunteers are placed with the Ministry of Youth & Gender, local villages and community organizations, and local businesses. These volunteers train school-aged youth on small business and life skills, assist HIV/AIDS and OVC support group members on income generation projects, and help existing community businesses with organizational training. Jack, a volunteer attached to Ramabanta Lodge in rural Maseru District, works with an OVC support group on its piggery project and helps another HIV/AIDS support group on its candle-making project. Most of his interactions with Basotho are conducted in Sesotho, the local language, and he has developed close relationships with community members and a deeper appreciation of Sesotho culture over the past year.

HIV/AIDS Advisors are placed with both government and non-governmental organizations, such as the District AIDS Committees, Population Services International, and community- and faith-based organizations. Our work varies from organizing community-based HIV Testing & Counseling Campaigns, assisting HIV/AIDS and OVC support groups, supporting Community and Home-Based Care (CHBC) Groups with income-generation and organizational development skills, and building the capacity of organizations to deliver HIV/AIDS prevention, treatment and care services. For example, at my site in the foothills of Berea District, I work with 15-20 staff in our HIV/AIDS Clinic, called the Wellness Center, on information management skills. Staff members already offer clinical care for HIV positive and TB patients and support several community-based programs, such as Community and Home Based Care, OVC programs, Food

(Continued on page 5)



Garment Industry Rebounds

The strong rand and the expiration of the multi fiber agreement had dealt a blow to the Lesotho garment industry. However, the Lesotho has developed a policy that facilitates growth in the industry by offering ready-made factory shells and serviced industrial sites. Government representatives also meet regularly with industry players. As a result of the policies three knit garment firms have reopened and a new denim fabric factory has opened. At least two other garment manufactures and two fabric mills have expressed an interest in the region. At the end of July 2006, 48,000 Basotho were reportedly employed in the garment industry.



September in Lesotho, cont

(Continued from page 4)

Security programs, and Community Mobilization of Youth Against AIDS. And while it sounds completely geeky, I help these staff who are excited about developing simple, user-friendly paper and computer recordkeeping systems for our clinic patients as well as databases for analyzing HIV Counseling & Testing data. We are also conducting a Community Needs Assessment Survey for OVC and I'm working with staff to input and analyze this information.

In summary, Community Health and Economic Development Peace Corps Volunteers offer a wide range of skills and activities in Lesotho, each of which are aimed at strengthening communities, households, and individuals with better nutrition, agricultural and business practices, and in the overall prevention, care, and treatment of HIV/AIDS.

As Peace Corps Volunteers, we do face challenges in our work and lives in Lesotho. Like I said earlier, so much of our experience in Lesotho depends on where we are in our service, where we are placed in the country, and where we come from and who we are. Hopefully, you will talk with other volunteers and ex-patriot staff in Lesotho and get a better view of their lives working in this incredible country. In the meantime, let me share with you one of my greatest challenges.

My personal challenge is coming to terms with my limited knowledge of the historical, socio-economic, and cultural context of Lesotho - and more specifically, how HIV/AIDS fits into that context - as I work and live in this beautiful mountain kingdom.

Lesotho is a relatively new nation of Southern Africa Sotho peoples, united under Moshoeshoe in the early to mid 1800's, who now call themselves the Basotho. Basotho have always incorporated new ideas and technologies into its culture, and yet they also continue to assert their own identity and independence. The re-structuring of Lesotho's national borders, trade agreements, and employment opportunities as well as land erosion, migration, and the political economy of South Africa have all drastically changed Lesotho's economic and physical environment.

These factors also create the backdrop of the current HIV/AIDS epidemic in Lesotho. Perhaps I've been reading a bit too much Paul Farmer lately, but

without understanding Lesotho's history and socio-economic context as well as its languages and cultures, we - as Peace Corps Volunteers or Development Workers - miss the true etiology of HIV/AIDS in Lesotho and may fail to understand why Basotho react to HIV/AIDS the way that they do.

Everyday I am seeing a new angle or getting a fresh insight, and gaining a deeper perspective of this context. I wish I could see the whole picture with a snap of my fingers, but developing that picture of Lesotho is a process, it is not product, and it takes time.

How do CHED volunteers fit into HIV/AIDS efforts in Lesotho?

Well, that's where the benefits of the U.S. Peace Corps comes in. Unlike many people who come to work in Lesotho, Peace Corps offers us interactive cultural, language, and technical training with Basotho trainers. Peace Corps also places us in communities dotted throughout Lesotho, in all ten districts, where we are encouraged to learn the language (Sesotho) and interact with regular folks "outside of Maseru". Being able to interact with Basotho in their language and on their terms is a unique privilege that Peace Corps training gives us. Still, as United States Peace Corps Volunteers, we are also able to access the "people in Maseru," like the U.S. Ambassador and high-ranking officials in various Government Departments and International Development Organizations. Right now, I have a very distinguished audience with whom I can share my experience - that is certainly a privilege - and, as versatile Peace Corps Volunteers, we can use these opportunities to benefit Basotho in our districts.

It is being able to interact with Basotho and development workers outside and inside Maseru that is our strength. Ideally, we can connect projects, programs, and funding emanating from Maseru with the daily lives of Basotho, and vice versa. This, too, is a sizable challenge, but, as cheeky CHED volunteers, we often have enough chutzpah to embrace these challenges as opportunities.

I want to thank everyone for listening today. We very much appreciate your support and interest in our lives and activities. Let's work together to develop a healthier, more prosperous Lesotho - with Basotho!

Khotso! Pula! Nala! S. Kristjan Selvig
current Peace Corps Volunteer in Lesotho

40 Years of Lesotho Stamps

Immediately after Independence, new issues (*stamps*) were restrained, sensitive to local events, international events or anniversaries in which Lesotho had a special interest. In 1970 there was a coup; the Prime Minister sent the King into exile and the monarch's portrait was almost entirely banished from Lesotho's stamps.

In the early post-Independence period, there was a Stamp Advisory Committee of lay persons advising the postal administration on suitable topics to be illustrated by stamps. However in 1980, a Lebanese entrepreneur, D Issa, secured the right to manage the new stamp issues and the modest output of 20 new stamps a year grew. Many were on themes of no relevance to Lesotho, such as the 250th Anniversary of the Birth of George Washington (493). Not long afterwards Issa apparently sold out his interest to the Inter-Governmental Philatelic Corporation of New York and Mickey Mouse made his debut on Lesotho stamps (523). By this time, the denominations became inflated and less and less relevant to actual postal rates.

There were during this period a few stamps which still had special relevance to Lesotho. For example, the

rock paintings issue of 1983 (543) recognised the extraordinary talent of the artists, now long gone, who had once painted Lesotho's rock shelters, developing sophisticated polychrome techniques to depict the eland and other antelopes which had then been plentiful. The contribution of the early French protestant missionaries was also recognised (550) in 1983, the 150th anniversary of their arrival in 1833. They had brought to Lesotho the Word of God, literacy, sugar, potatoes, wheat, peach trees and domestic cats.

Excerpt from Gibbons Stamp Monthly, October 2006 issue (<http://www.gibbonsstampmonthly.com/story.asp?storycode=2748&preview=1>)



Lesotho's parliament was recently dissolved in anticipation of upcoming elections on February 17, 2007. The move was in response to a rift between members of the ruling party, Lesotho Congress for Democracy, leading to the formation of an opposition party, the All Basotho Convention.

PCVs Today

According to Rebecca Nolan, this year's annual meeting speaker, almost all PCVs now have cell phones and regularly send text messages to one another. Sure, you may have to go stand atop of the nearest mountain to get good reception, but what a difference in the lives of volunteers!

Rebecca is a current Peace Corps volunteer based in Thaba Tseka and was assigned to work on agricultural and nutrition projects. She just completed her first year. She was initially placed with the Food and Nutrition Coordinating Office (FNCO), which is designed to coordinate nutrition activities with agriculture and health. She now teaches agriculture to standards 5 – 7. She presents lessons and does a practicum. For example,

this past winter they had a successful winter garden. By building rock beds and covering them at night, the garden grows well. She is also working with clinics and demonstrating the keyhole garden, which is easy for those who are ill or who have limited mobility to maintain. In her work, Rebecca noted that the problem is not so much with hunger as with nutrition.

Another dramatic changer for the region: because of a new dam scheduled to be built in the area, plans are underway for a paved road that will link Thaba Tseka and Semonkong.

Download a 2 minute streaming video report on the new Children's Hospital in Maseru and how it is supporting the delivery of anti-retrovirals to kids in Lesotho at www.time.com/aidskids.

New Television Spots (news release)

WASHINGTON, D.C., September 25, 2006 - Peace Corps unveiled new public service announcements for TV that will complement the award winning campaign "Life Is Calling. How Far Will You Go?"

The PSAs feature a series of Americans who hear the calling to become PCVs. From a woman in her cubicle who seeks a new endeavor, to an older gentleman who sees the possibilities for his future while viewing a travel information board, the spots highlight the moment when potential Volunteers realize the difference they could make in the world.

"The Peace Corps is celebrating a 30-year high in

Volunteers serving, and we want all Americans to know Peace Corps service is an option for them," said acting Peace Corps Director Jody K. Olsen. "These new public service announcements reflect the diversity in Peace Corps today and the decision each of us makes when we hear 'our calling'."

The PSAs are narrated in English and Spanish by Ricardo Chavira, (Carlos Solis on the ABC's "Desperate Housewives"). Ricardo's parents were both Peace Corps Volunteers.

View one at: <http://www.peacecorps.gov/psa/tv>



Lesotho News

Pension System Assists Elderly

Two years ago Lesotho implemented a pension system that provides \$20/month for Basotho over the age of 70. The pension, though meager, is helping elderly Basotho avoid total destitution. They are able to get by without having to work for basic foodstuffs. However, with rising costs, there are calls to increase the pension amount. The government is also considering lowering the age of eligibility to 65.

HIV Testing Campaign Has Slow Start

At the beginning of the year, Lesotho launched its "Know Your Status" campaign aimed at offering everyone HIV testing, however, it has taken months to get the infrastructure in place. There are also concerns that the resulting increase in patients will overwhelm the already strained healthcare system.

Volunteer health workers will perform the testing. The initial goal was to have 3,500 volunteers, but so far 720 have been recruited. In mid-October, Quthing became the third province to launch the testing phase of the campaign. Lenka Sello, the health department's media officer stated, "We are going slowly to give [the] government the chance to scale up treatment." In Mafeteng, where the campaign was launched in August, volunteers stated that they have been trained, but they lack the funding to travel to the villages to complete the testing.

Expert Patients Program

In response to the severe health care worker shortage in Lesotho, the Clinton Foundation HIV/AIDS Initiative came up with the concept of 'expert patients'. HIV-positive patients help doctors and nurses by filing records, taking vital signs, and counseling patients on how to take their antiretroviral medication. The program benefits all involved, the staff is able to assist more patients; the 'expert patients,' many of whom have been unemployed because of their illness, are compensated; and the new patients are often inspired by the success of the 'expert patient.'

Labor Agreement

The labor ministries of Lesotho and South Africa recently signed an memorandum of understanding aimed at protecting migrant workers. The fundamental provisions are aimed at the general

welfare of workers, death benefits for widows, repatriation of funds to Lesotho, and deductions from the Unemployment Insurance Fund.

Lesotho – a business alternative

Burdened by empowerment policies and rigid labor laws that can cost as much as 14% of earnings South African companies are considering moving operations to countries such as Lesotho. Last year Circuit Breaker Industries (CBI), a manufacturer of electrical distribution and protection components, expanded its operations in Lesotho. According to a CBI representative, the favorable wage environment in Lesotho will help the company remain competitive with manufacturers in Mexico and China.

The Price of Corruption

The World Bank debarred Lahmeyer, a German Engineering company, from involvement with World Bank development projects for 7 years because of its role in corrupt activities related to the Lesotho Highlands Water Project (LHWP). Lahmeyer paid bribes to Lesotho Highlands Development Authority's chief executive, Masupha Sole. Sole was convicted in 2002 of bribery and sentenced to 18 years in prison for taking more than two million dollars in bribes.

This is the second time that the World Bank has debarred a company for corruption related to the LHWP. Previously, Canadian firm Acres International was debarred for 3 years for paying bribes. Lahmeyer, which was named in a second case in Lesotho, has agreed to assist the prosecution by providing evidence against Reatile Mochebelele and Letlafuoa Molapo, high-ranking Basotho officials it is alleged to have bribed in connection with the Katse dam project.

In September, the corruption case against Impregilo began. Impregilo is the final company to be charged in Lesotho's "clean hands" operation. According to the charges, an Impregilo employee paid bribes to a South African and to Masupha Sole. Ntate Sole purportedly supplied an official with copies of tenders submitted by other companies and also asked the Lesotho Highlands Development Agency Board to award the contract to Impregilo.

Want to receive this newsletter via email?
Go to <http://www.friendsoflesotho.org/member.html> and request online delivery.

Thank you FOL!!

November 4, 2004

To the FOL Committee and all donors,

It is with great pleasure that I write to you today to tell you about the complete success of a recent pre-school painting project done on the weekends of September 24-26th and October 15-17th 2004. Both PCV Jessi Herbert and I put in a request for funds for the cement and paint from FOL in order to paint the school.

Holy Innocent Pre-School in the district of Mophale's Hoek has about 80 students. The former classroom of these students, however, could only fit about 30 comfortably so fitting 80 was incredibly crowded and simply not safe. The pre-school is on a church compound so the church was able to raise funding to build a new building. A contractor and his men were hired and construction started of the new, bigger building. When nearly completed, the contractor and his men disappeared, took what was left of the money, and left the new building in total shambles. The church had no funds and now had to deal with a "new" building that was not complete. After almost a year, the church again raised funds, hired a new contractor, and the building was completed. It became a new school, now being able to accommodate all the students.

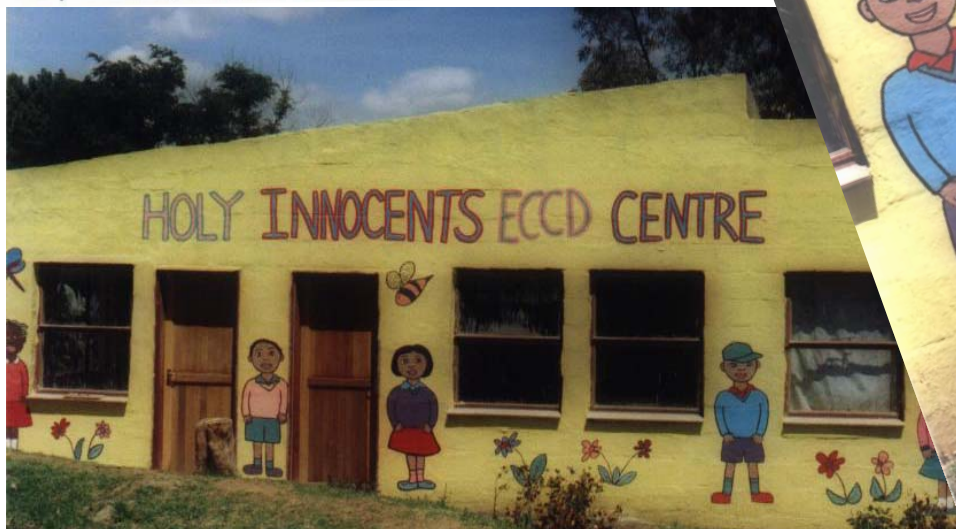
It was after seeing it finished that I decided to help out and paint both the inside and the outside. I asked the assistance of our resident artist PCV Jessi Herbert as well as parents of the students and other community members to help. The outside walls needed cement to make them smooth so cement was bought and once smooth and dry, we began our project. We started with the inside, painting various different teaching tools for the teachers to use with their students following the proper curriculum and guidelines of pre-schools in Lesotho. 2 weeks later, we began the outside making the school feel bright and colorful attracting people walking by to look and comment.

Overall, the project was a huge success. Members from the community and parents of the students helped, as did many PCVs who took part in the project. Now the new building looks like a real pre-school. The teachers and the church itself are so happy and proud of their new school. They can't believe that last year at this time they didn't think it could ever be used.

On behalf of everyone involved in the project I would like to say thank you for giving PCV Jessi Herbert and myself the funds necessary to do this project. Enclosed are various pictures of the new school and receipts. Thank you so much for making so many people happy with this project and contributing to the overall well being of the future of Lesotho.

Thank you,

Joshua Russell
Early Childhood Education PCV Lesotho 2002-2004



Thank you FOL!



Joshua Russell, December 2004.

"Thank you on behalf of myself, 'M'e Monzane the teacher of the school, the parents of the children attending the school, and the children themselves, for sponsoring the school painting held recently.

We were awarded the FOL grant and with the money, we went out and bought the paint.

'M'e Monzane provided the brushes and she asked all the parents to come out and paint.

It took less than 2 hours to finish.

Many people have come up to me to tell me how much better the school looks."

Dear fol,
we really appreciate the good work you did for our school. Also the Parents were very glad about the work too. Even our school children were very happy about all the drawings and also it is easy for them to read and write the alphabet and to know more and many animals you draw for them. Thank you for your help.
God bless you in everything
we love you. M. Ketsi (the Principal) in behalf
The teachers Parents and the committee of the school Mantloane

MANTLOANENG MORIJA
P.O. BOX 98
MORIJA 190

Dear FOL,
We want to thank you for your help/assistance with a pre-school painting project. With funds from FOL local youth, teachers, and PCs painted 5 classrooms and one hall at a Morija pre-school. The classrooms now contain educational materials such as alphabet, number, weather chart, animals, etc. The project was a huge success bringing the community together to help a local school. Thank you again for your support.
Sincerely,
Texys Morris, PCF-Morija

Do you have photos to contribute to the newsletter? Do you have article ideas or current news? Please send it all to Faye Farmer (f_e_@hotmail.com, 2612 E. Geneva Drive, Tempe, AZ 85282).

Committee Updates

Noka e Tlatsoa ke Linokana

Noka e tlatsoa ke linokana (a river is filled by small streams) is a Sesotho proverb that conveys the meaning that when individuals come together they can accomplish something greater than what they could do on their own. The many donations made by FOL members flow to Lesotho and make a difference in the lives of many Basotho. There are children who were able to finish high school, orphans who received care, and communities that were able to start income generating activities due to the generosity of FOL members.

Sometimes FOL donations have been combined with contributions from other organizations and individuals to help make larger projects possible. Projects that use FOL funds almost always are combined with contributions from the local community so that the people who are receiving help are also helping themselves.

Here is a sampling of projects that FOL funds have helped support:

Workshops that teach people living with HIV/AIDS how to start income generating activities. These workshops have spawned additional projects which FOL helped support such as:

- o Construction of a greenhouse to grow seedlings for sale.
- o Gardens to grow medicinal plants and herbs for personal use and for sale.
- o Community gardens that are used to feed orphans and families in need.

o Maseru Tapestries and Mats received funding to buy business cards and a tent and chairs to display products at flea markets.

o An FOL grant helped Hatooa Mose Mosali weavers buy a booth to display their products.

o Several schools received grants to buy paint and materials to decorate classrooms with educational murals.

In Thaba Tseka, Hlotse, Roma and Mochales Hoek, FOL helped fund youth fairs where young adults attended workshops on a variety of life skills topics, learned to be peer advisors and how to organize HIV/AIDS outreach programs.

FOL has also contributed to Touching Tiny Lives (TTL) in Mokhotlong. TTL helps the community provide a safe home and care for orphans and provides educational and outreach activities. Donations from FOL members have also helped to buy playground equipment for the Maseru Children's Village.

The Tuition Assistance Project has helped literally hundreds of students attend school who might not have been able to attend without that assistance. In the words of one student who received tuition assistance, "Thank you for saving me from staying at home and doing nothing and never fulfilling my dreams. With all my heart I will never forget this help. You have brought joy to my life."

If you would like to make a donation to FOL, follow the "Donations" link on the Friends of Lesotho website."

Committee Member Position Available

The goal of the fundraising committee is raise money to supplement member donations and to cover our organization's administrative costs. Examples have included the Walk-a-thon Resource Package and sales of Basotho CDs and t-shirts.

The Committee is looking for members who would like to work with a team of FOL members to plan new fundraising projects in the coming year. Meet via quarterly phone conferences and conduct work through email exchanges.

Contact kfreer@cfl.rr.com for more information.

End of the Year Contributions

Many of us make end of the year contributions to worthy causes such as FOL to take full advantage of the tax benefits. We also know that our financial support of FOL is greatly needed and appreciated by all those who benefit from the projects we support.



Thank you for considering a special end of the year contribution to FOL. Please remember to send all contributions to FOL by the end of December for a 2006 tax credit.

Committee Updates

MEMORIAL SCHOLARSHIP FUND REACHES \$1100 in 2006; GOAL is \$3000 in 2007

How it Began....

About a year ago, a good friend of mine and fellow Lesotho Peace Corps Volunteer, Ian Duncan (1967-69) passed on. His sudden death started me thinking about the dedication that Ian and other deceased volunteers had given to the people of Lesotho and how important it would be to remember their work.

I contacted FOL to recommend that we start a memorial scholarship fund on behalf of our deceased colleagues because of their love for Lesotho and the Basotho people whom they served.

Tapping into TAP....

FOL was extremely open to my suggestion and even had a running list of those PCVs' and staff who had died. With that list of names we began to solicit donations to fund through our Tuition Assistance Program (TAP) the education of Basotho students on behalf of the deceased volunteers and staff.

In our first year donations totaled \$1100 in Memorial Scholarship Funds. Our **goal for 2007 is \$3000**.

Memorial Plaque...

In addition to the scholarship fund, Richard Rowan, FOL Board Member, brought over to Lesotho a Memorial Plaque, listing the names and years of service of deceased volunteers and staff. The plaque is now on display at our Peace Corps Office in Maseru.

The plaque in Lesotho lists the following names:

Earl Ambre 1975-78
Mimi Austin 1984-86
Andrew Berky 1973-77
Linda Bogard 1977-79

Herman Branson
Florence Brooks 1977-81
Gary Buchfink 1967-69
Richard Dehmel 1973-75 will be added
Mike D'Adamo 1981-83
Jerry Derr
Ian Duncan 1967-69
Patricia Eaton 1967-69
Rodney Farrell 1978-80
Barbara Hardy 1975-78
Patricia Howes 1976-78
Kloek-Jenson Scott & Barbara
Tom Leseur 1978-80
Carl Malmberg 1980-82
Shirley McGuire 1972-1978 will be added
Judith Pasmore 2000
Jo Ann Roberts 1978-80
Jeremy Rolf 1996-97
Lesa Sanftleben 1984
Maynard Smith
Tim Stanley 1979-81
Terry Strong 1983
Alys White

If there are other volunteers or staff who need to be added to the list or corrections to the current list, please contact me at wc44reed@aol.com.

How to Contribute...

Donations on behalf of a deceased volunteer or staff member who served in Lesotho, can be made by going to our website, www.friendsoflesotho.org and click on donations.

Our goal is to keep alive the memory and spirit of people whom we loved and who dedicated their lives in service to others. We have free, downloadable notecards to use for anyone making a Memorial Contribution available on the FOL website.

Khotso, Pula, Nala and Lerato! Bill Reed

Do you have access to an industrial copier?

We need help copying/mailing the FOL newsletter. Lucent, Inc. copies and mails our newsletter once a year (out of a possible four times) and is currently our only corporate sponsor. They absorb the cost for copying, collating, stapling, labeling and mailing our newsletter by using a band of volunteers. The remaining three quarterly editions are copied and produced at the personal expense of only a few FOL members. If you are interested in helping with this process (defraying cost, donating copy services, etc.), or if you are interested in soliciting donated services in your community, please contact Faye Farmer (f_e_@hotmail.com). We are looking for someone or a group of people to take over only one mailing per year. The time commitment is about 6 hours per newsletter, including steps from copying the newsletter to mailing.



Committee Updates

Fundraising Committee Looking for Teleflorist

The Fundraising Committee is looking for a teleflorist - either a FOL member or friend/acquaintance of a FOL member. The committee would like to form a business partnership whereby FOL advertises a teleflorist's 1-800 number and website in our newsletter and on our website with a FOL customer code. FOL members who order flowers would use this code, giving FOL credits with the teleflorist. A small donation is made to FOL for each order we generate. The teleflorist gains new business and FOL receives a new source of income. Please contact the Fundraising Committee if you can help find a teleflorist to partner with us.

paid for 2007. 10% of the selling price to be donated to FOL. One bedroom with King sized bed, queen sized sleeper sofa in living room, full kitchen, cable and internet - all units with ocean views! With its Five Star Rating, Grand Seas Resort (www.grandseas.com) provides the full range of ocean front and club amenities & services you would expect of a resort destination. Member of Interval International and Navigo Club resort vacation exchanges. Contact the Fundraising Committee for more information - lkfreer@cfl.rr.com.

Want to receive this newsletter via email?
Go to <http://www.friendsoflesotho.org/member.html>
and request online delivery.

Contact FOL Directly

Are you visiting Lesotho sometime soon? Or are you on vacation/home visit from Lesotho? Do you have an interesting article idea or an already written article on Lesotho? Do you have an underutilized talent, like web design or database management? We are always looking for opinions, insight and reflections on Lesotho. You can contact any of the board members directly if you are interested in helping out as an active member of FOL or pursuing board membership. If you have something (articles or photos) to put in the newsletter, contact Faye (f_e@hotmail.com).

Vacation in Florida for a good cause

8 days, 7 nights on the beach with easy drives to Disney & Central Florida attractions and the Kennedy Space Center. Deeded timeshare for sale, week 29, Grand Seas Resort, Daytona Beach, Florida. \$9,400. Maintenance fees

Lifetime Membership - a good idea?

In the recent FOL elections, a by-laws change adding the Lifetime Membership category was approved. However, a concern was raised that lifetime membership may impact funds available by reducing the amount of annual dues received. This same concern was raised when the Board considered this issue. Board members who have experience with other organizations have found that lifetime donors continue to make regular contributions. Additionally, most FOL members remain active for 9 years, yet even basic lifetime membership equals 16 years of annual dues. Based on these considerations, and the fact that lifetime membership contributions will enable FOL to have adequate funds available to ensure regular contributions to TAP and VAC, the Board unanimously decided to recommend creation of the lifetime membership category.

Thanks to new Lifetime Members:

Lorrie Beck, Kevin Freer, and Joel Reynolds!

Sandy Puckett Awarded Honorary Lifetime Membership

The FOL Board has unanimously voted to honor Sandy Puckett with Lifetime Membership in Friends of Lesotho. For the past several years Sandy has held fundraisers at the Tapei American School and raised thousands of dollars in Tuition Assistance Program funds. We can all be inspired by Sandy's tireless efforts and the significant impact that he has had on the lives of those students who receive scholarships because of his efforts.



Stamps from Lesotho

Treasurer's Report

Friends of Lesotho - Treasurer's Summary as of: November 19, 2006

	<u>9/1/06 Report</u>	<u>11/19/06 Report</u>	<u>Difference</u>
Paid Membership (46% via NPCA):	94	120	26
New members this Year to date:	15	16	1

2006 Extra Donation Fund Status:

<u>Donation Fund</u>	<u>Amount in Fund</u>	<u>Amount sent to Lesotho (*)</u>	<u>Amount remaining to be sent</u>
Undesignated Fund (\$250 min balance)	\$4,967.24	\$2,416.35	\$2,550.89
Tuition Assistance Program (TAP) Fund	\$12,941.19	\$3,001.20	\$9,939.99
HIV/AIDS Fund	\$635.00	\$410.00	\$225.00
Morija Museum Fund	\$200.00	\$200.00	\$0.00
Orphanages Fund	\$350.00	\$275.00	\$75.00
Save the Children - Lesotho (Wilkens)	\$1,000.00	\$1,000.00	\$0.00
Sharon Zeiden's PCV Projects (Ober)	\$450.00	\$250.00	\$200.00
Chuck Kuehn's PCV Projects (Kossman)	\$5,000.00	\$5,000.00	\$0.00
Memorial Scholarship Fund	\$1,100.00	\$650.00	\$450.00
Village Hope Project (PCV)	\$294.00	\$0.00	\$294.00
LCCU (Lesotho Child Counseling Unit)	\$8,715.50	\$2,900.00	\$5,815.50
Totals	\$35,652.93	\$16,102.55	\$19,550.38

Note (*) - These include donation collection fees from Just Give and transfer fees in sending funds.

2006 Operating Expense Status:

Current Cash in Account (as above):	\$25,254.56	
Subtract out:		
Project Expense Obligations (per above)	-\$19,550.38	
Future Dues for Carryover	-\$182.50	
2006 Life Membership Fund (under Board consideration)	-\$1,030.00	3 = total life members to date
Cash Available for FOL Expenses =	\$4,491.68	
Unused Expenses in 2006 Budget -	-\$1,231.78	
Current Cash Reserve =	\$3,259.90	

(Total operating cash expenses, incl. NPCA pass thru): \$1,834.22

(Total operating in kind expenses to date): \$780.17





MEMBERSHIP

Why join FOL?

- **Make a difference in the lives of Basotho**
- **Keep abreast of the latest news about Lesotho**

Friends of Lesotho is a non-profit organization promoting friendship between the peoples of Lesotho and North America. Friends of Lesotho (FOL) provides scholarships and grants to small development projects in Lesotho, assists in locating old friends from Lesotho, and provides information about current events in Lesotho.

Name:¹ _____

Address: _____

Home Phone: _____

Work Phone: _____

Email: _____

List email on website? Yes No

Years in Lesotho: _____

Village: _____

Information for FOL Directory:

Current Occupation/Employer: _____

Family Members: _____

_____ Check to receive the newsletter via e-mail link. (This saves postage costs and results in more money being available to be sent to Lesotho!)

Annual Membership: \$ _____
(\$15.00/person)

Additional Contribution: \$ _____

Additional Contribution Designation:

- | | |
|--|--|
| <input type="checkbox"/> HIV/AIDS | <input type="checkbox"/> Tuition Assistance Program |
| <input type="checkbox"/> Orphanages | <input type="checkbox"/> Volunteer Liaison Committee |
| <input type="checkbox"/> Greatest need | <input type="checkbox"/> Morija Museum |

Total to FOL: \$ _____²

Annual Membership in the National Peace Corps Association is \$35/individual and \$42.50/ family.³ \$ _____

Matching gifts can enable you to double or even triple the value of your contribution. Many companies match their employees' personal donations. If your company is eligible, request a matching gift form from your employer and send it completed and signed with your gift, we'll do the rest.

Please check if you would like more information on other ways to give, such as wills, estate planning, IRAs, or listing FOL as an insurance policy beneficiary.

Please check to receive information on Lifetime Membership in FOL.

Please mail your completed membership form to:

Friends of Lesotho
4110 Denfeld Avenue
Kensington, MD 20895

We're online at: www.friendsoflesotho.org

1) Unless you specify otherwise, FOL will provide your name and address to an individual asking about an old friend or to a prospective volunteer to Lesotho. If you do not want your name released to organizations, please mark as appropriate here:
 a) Organizations selling merchandise and publications b) Professional organizations concerning employment
 c) Other non-profit organizations

2) Friends of Lesotho is a registered 501(c)(3) organization. Contributions are tax deductible to the extent permitted by law.

3) Friends of Lesotho (FOL) is affiliated with the National Peace Corps Association (NPCA). If you have included NPCA dues in your payment, we will forward them to NPCA. If, however, you choose to send your FOL dues directly to NPCA in response to their membership solicitation, you must specify FOL as your choice of affiliated group to receive the credit for dues. NPCA membership is optional. NPCA multi-year discount available, see www.rpcv.org.



Friends of Lesotho Newsletter

December 2006

Friends of Lesotho
4110 Denfeld Ave
Kensington, MD 20895

301 942-2751
wdunn@friendsoflesotho.org

We're on the Web!
<http://www.friendsoflesotho.org>

Friends of Lesotho

- President:** Bill Dunn (wdunn@friendsoflesotho.org)
- Vice President:** Richard Rowen (qhomaki@yahoo.com)
- Treasurer:** John Hollister (zapdoodat@erols.com)
- Secretary:** Ella Kwisnek (kwisnek@duq.edu)
- Database/Web/Inquiries:** Bill Dunn
- Board Members:**
- Martha Munson, Embassy Liaison (khotsocv@hotmail.com)
 - Kevin Freer (kfreer@cfl.rr.com)
 - Todd Vetter (todd.vetter@aya.yale.edu)
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