



FRIENDS OF LESOTHO

# METSOALLE ea LESOTHO

Fourth Quarter 2015  
Newsletter

## FOL Searching for New Board Members

Want to keep your doors to Lesotho open? Want to channel donations, discover Basotho talent, shape U.S.

-Lesotho relations? Friends of Lesotho seeks two new members for its Board of Directors. Interested individuals should apply by submitting an application, found on the organization's web site (<http://www.friendsoflesotho.org/how-to-support-fol/board-and-committee-service/>). Download the **Nomination Form** and send it as an e-mail attachment to FOL President Scott Rosenberg, ([scott.rosenberg@friendsoflesotho.org](mailto:scott.rosenberg@friendsoflesotho.org)). Says Rosenberg. "If anyone is curious or interested, please contact me or other board members through the FOL web site. I especially hope that some newly-returned RPCVs consider joining FOL, as your recent experience in Lesotho is so important." Whether you are newly COS'ed or have knowledge of Lesotho from long-ago connections, your interest is welcome and needed.



### Newsletter Features Clickable Links!!

Download the newsletter from the FOL website [www.friendsoflesotho.org](http://www.friendsoflesotho.org) and you will be able to click on all the website addresses.



Photo courtesy: Dyann Van Dusen

## Looking to FOL's Future: Letter from the President

*Lumelang Metsoelle,*

Thanks to all Friends of Lesotho who continue to support our work and to the Board members for all the hours they put in. I am pleased to report that FOL continues to fulfill its mission to promote positive change and to assist the people of Lesotho.

In addition to FOL's support of Peace Corps Volunteer projects, FOL has found new ways to make an impact in Lesotho, such as support of The Hub in Morija. The Hub provides affordable internet access to community members, offers workshops on web design, photography, and film making, and provides local artists a place to sell their work. FOL has additionally been able support the *Ba re ne re* Literature Festival in Morija.

With assistance from FOL, I look forward to taking 20-plus Wittenberg University students to Lesotho Dec 17 to Jan 8 to work on projects with orphans and other vulnerable children. We will build a new house and repair several older ones, build a playground at a pre-school and an elementary school, and plant fruit trees and gardens. A dozen students, several of whom are preparing to become Peace Corps Volunteers through Wittenberg's Peace Corps Prep program, will work on a nutrition project for 3,000 children in Mokhotlong. We packed our first 60,000 meals on November 14, 2015.



I was very proud to be asked to join the Board of FOL several years ago. I am excited about FOL as it continues to support Volunteer projects and the Tuition Assistance Program (TAP), and to expand wider in the future to support more programs to assist the Basotho, from increased access to computers to helping feed children in the mountains.

Sincerely,  
Dr. Scott Rosenberg  
President, FOL  
Honorary Consul, Kingdom of Lesotho

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# METSOALLE ea LESOTHO

## Meet Paula Rocha—Peace Corps Lesotho



Paula with 'niece'

I arrived in Lesotho October of 2013, just a few months after graduating from Georgia Tech with a degree in mechanical engineering and am now finishing up as a Peace Corps Volunteer in the education sector.

**Why I Applied:** I applied for Peace Corps because I wanted to help people. In college I worked on a project to design a water distribution system for a village in Cameroon through Engineers without Borders. This project sparked my interest in international development and in Africa. Peace Corps seemed like a program where I could learn more about international development and challenge myself.

**First Impressions:** My first memory of Lesotho is flying in and thinking how beautiful all the mountains and plateaus looked, while also wondering where this plane was about to land. It did not seem like there was going to be enough flat space. Immediately after landing, we were taken to our training village where we were greeted by numerous women and children, singing and dancing. It was a little overwhelming seeing how excited they were to have us in Lesotho and welcome us into their families.

**Projects in Lesotho:** My main project here is teaching math at Berea High School. I also teach life skills in my high school. Life skills covers everything from goal setting to self-esteem to HIV/AIDS. I have also used the Grassroot Soccer program to teach about HIV/AIDS in a more interactive way. The project closest to my heart here is the boys and girls rugby teams I started at my school. It is awesome to be able to share a sport I love and see how excited the students are to learn this new sport.

**Lesotho's Lessons:** After being at site a short time, I realized how much death is a part of life for Basotho. There are funerals somewhere near my village almost every Saturday. The morning announcements at school include the deaths of students' parents. What has had a deeper impression on me than the death, is how Basotho deal with it. I am constantly in awe of strength and even optimism shown by parents who have lost multiple children and children who have lost parents or siblings. Basotho have their way of grieving and honoring the family and friends they have lost, but do not let these losses define their lives. From the outside, you would never be able to tell all the struggles a Mosotho has had to overcome, things that most people in the US never have to give a thought.

**Making a Difference:** There is one conversation I had with one of my students that I do not think I will ever forget because it made me realize just how much of an impact one Peace Corps Volunteer can have. The students had to write an essay about a person who had made a positive impact at the school. One of my students told me that she wrote about me for bringing rugby to the school. She said she never thought rugby was something they could play in Lesotho because it was a "white sport". Now she knew that anyone could play. This girl was not even playing on my team. It was crazy for me to see the effect a rugby team I started could have on someone who is not even part of it. It is easy to get discouraged and feel I am not doing much here when most of my students are still failing math, my primary focus. Thinking about this conversation helps me stay motivated because I am impacting my students and community in ways that I do not even know.



Paula's Girls' Rugby Team

**International Development:** My views of international development have changed drastically through my two years in Lesotho. I think we all come into Peace Corps with a "we are going to save the world" attitude. I now know how much time and work are required for sustainable development. Two years has seemed way too short. It takes almost half of that time to find out, not only what a community needs, but also wants. Then that much longer to figure out how to go about it and implement it. I'm sure I am not the first Volunteer to come up with many projects in the last few months of service and just wish there was more time. Peace Corps has opened my eyes up in a way I could not have anticipated.



### THANKS TO NEWSLETTER CONTRIBUTORS

Christina Balch, Mary Beth Bird, Kevin Caughlan, Marisa Ernst, Kevin Freer, Jack Healy, John Hollister, Melissa Knight, Melissa Knight, Ella Kwisnek, Pete Neumann, Zach Rosen, Richard Rowan, Scott Rosenberg, Richard Rowan, Kate Schachter, Carl Thomas, Wendy Van Damme, Lee Vogel, Edward Wycliff





## FOL Adds Muscle to Nutrition Project

Friends of Lesotho contributed \$4,050 to a nutrition supplement project designed to reduce growth stunting affecting children in Lesotho. Nearly half of all children under five suffer from stunting.

The project is supported by King Letsie III, Ambassador Sebatane, and government ministries in Lesotho. Partners include Bloom Africa, the UNDP, Touching Tiny Lives (TTL), the World Food Program (WFP), and Pack Away Hunger, a non-profit based in Indianapolis. TTL and WFP will handle the distribution. In the U.S., FOL President Scott Rosenberg and Wittenberg University students worked to organize and fund the purchase, packing and shipping of the supplement. The cost of providing 60,000 meals is \$16,200. The project is budgeted at \$250,000/year over three years.

This article details the growth stunting problem: <http://www.fao.org/emergencies/fao-in-action/stories/stories-detail/en/c/177513/>



## Returning to Lesotho as a U.S. Fulbright Scholar

By **Mary Beth Bird**, RPCV 2012-14, Butha-Buthe, [bird.maryelizabeth@gmail.com](mailto:bird.maryelizabeth@gmail.com)

When I left Lesotho as an RPCV (ED '13) in November 2014, I was hopeful that I would soon return. After a brief four months back in the United States, I got my wish, and began to pack my bags for a second, very different kind of Lesotho adventure.

In September, 2015, I began a nine-month research grant as a U.S. Fulbright Scholar. As a reproductive anthropologist, my research examines how expectant Basotho women are selectively utilizing biomedical care, specifically prenatal HIV testing, in remote highlands communities in eastern Lesotho. This work was largely a result of my time in Peace Corps Lesotho. My research assistant, Ts'episo Makhalemele, and I will be working out of a single research site, in the remote highlands of Botha-Bothe District. We will conduct ethnographic interviews with traditional midwives and clinic nurses alike, in an attempt to elucidate the obstetrical practices and options available to Basotho women. Our primary purpose, however, is to collect the personal medical narratives of ten Basotho women, through multiple interviews over a period of several months. Ts'episo and I hope that these narratives will begin to illuminate how HIV-positive pregnant women in highlands communities negotiate issues of stigma, disclosure, consent, and how biomedical surveillance and technological intervention in their pregnancies affect maternal identities and personal experiences of motherhood for Basotho women.

In the true fashion of all good ethnographic fieldwork, my time in Lesotho thus far has been more *waiting* than *doing*. I have spent the last five weeks waiting for Health Research Clearance from the Ministry of Health and Social Welfare. Ts'episo and I, along with my collaborators at the National University of Lesotho, are hopeful that we will be able to begin our fieldwork by January 2016. In the meantime, we examine historical and anthropological archives at the Morija Museum, gather information from the NGO community on maternal health interventions, make fieldwork arrangements, create data collection tools, and, in my case, study lots of Sesotho.

Returning to Lesotho as a Research Associate and Guest Lecturer of Anthropology in the Department of Sociology, Anthropology, and Social Work at the National University of Lesotho has been an enlightening experience. I have greatly appreciated the opportunity to experience my Basotho community, friends, and host family anew, this time through the viewpoint of a medical anthropologist. I feel truly blessed to have been welcomed, once again, to the Mountain Kingdom. *Salang ka khotso!*



Mary Beth Bird and her 'niece', Lilly, at home in Ha Abia, Maseru District



## You're Invited: Annual Meeting March 20, 2016

Friends of Lesotho reserves multiple telephone lines to host its annual meeting on Sunday afternoon, March 20, 2016 at 4:00PM EST, open to all interested FOL members and the entire Board of Directors, who connect from sites across the U.S. and abroad. Please contact FOL Secretary Kevin Caughlan ([kevin.caughlan@friendsoflesotho.org](mailto:kevin.caughlan@friendsoflesotho.org)) if you are interested in attending the meeting via conference call. Each year an outstanding Mosotho or individual of African Studies expertise is FOL's featured guest.





## Litaba tsa Lesotho (News from Lesotho)

Compiled by Ella Kwisnek, RPCV 1992-94, Lesotho Agricultural College, [ekwisnek@msn.com](mailto:ekwisnek@msn.com)

### Improved Border Crossings

New measures designed to improve travel between Lesotho and South Africa have been announced. There will be a special dispensation to "regularize" the status of undocumented Basotho in South Africa. In addition, by the end of 2015, a system will be implemented in which passports will be scanned but not stamped. Finally, a special student visa will be developed in time for the 2016 school year. The changes should reduce delays for regular travelers.

Read the full story online at <http://allafrica.com/stories/201509231038.html>

### Media Review Reporting Project

In September journalists met to review the impact of the Media Peace Building and Conflict Reporting Now project, which was designed to prepare journalists for the February 2015 elections. The review revealed the reporting during the elections was ethical and of a high quality; however, the quality of reporting since the elections has declined. Accordingly, plans are in the works to train more journalists. In October 2015, journalists were invited to a five-day training workshop on investigative journalism.

Read the full story at <http://allafrica.com/stories/201509151315.html>



Photo: Jane Hale, RPCV



Photo: Pam Rogers, RPCV

### Lesotho Politics Continue with High Drama

In August 2014, military factions loyal to army commander General Kamoli allegedly led a coup attempt against Prime Minister Thabane. After that, the home of Lesotho Defense Force (LDF) commander Brigadier Maaparankoe Mahao was peppered with bullets. The Southern African Development Community (SADC) intervened and early elections were held in February 2015, and Prime Minister Mosisili was appointed. In May 2015, General Kamoli was re-appointed as commander of the LDF. Shortly thereafter, a large number of LDF members were apprehended on suspicion of plotting a mutiny. In the course of these arrests, Brigadier Mahao was shot and killed by members of the LDF. Further, Thabiso Tsosane, a prominent businessman and ally of former Prime Minister Thomas Thabane, was shot and killed.

Fearing for their lives, several prominent opposition leaders fled to neighboring South Africa. SADC again intervened, and, at the request of Prime Minister Mosisili, conducted a fact-finding mission. Recommendations for reform included institution of an independent Commission of Inquiry to investigate the alleged mutiny and the murder of Brigadier Mahao. The arrested soldiers have remained under army detention. During *habeas corpus* applications, they have alleged torture, abuse, and denial of access to medical treatment, to their lawyers, and to their families.

Read more online at <http://allafrica.com/stories/201509210713.html> and <http://www.dailymaverick.co.za/article/2015-09-03-op-ed-sadcs-failures-have-led-to-renewed-instability-in-lesotho/#.VhP5aCvD-Uk> referenced in <http://allafrica.com/stories/201509041417.html>

SADC Commission of Inquiry background: <http://www.iol.co.za/news/africa/kamoli-zips-lips-at-lesotho-inquiry-1.1916631#.VhQXWyyvD-Uk>

### Soldiers Ordered Released

On October 5, 2015, Justice Makara of the High Court, stated that the arrest of 23 soldiers by the Lesotho Defense Force (LDF) was unlawful, and ordered their immediate release on "open arrest," a form of military bail. The question remains whether the independence of the judiciary will be recognized and the court order complied with.

Read more at <http://allafrica.com/stories/201510070909.html>

### President of Mozambique Seeks Political Solutions

Mozambican President Filipe Nyusi met with South African Deputy President Cyril Ramaphosa, and the Lesotho Prime Minister Pakalitha Mosisili, in an attempt to find a



Photo: Joseph Thompson, RPCV

(Continued on page 5)



## Litaba tsa Lesotho (continued)

solution to the political crisis in Lesotho. Nyusi held the meeting in his capacity as chairperson of SADC (Southern African Development Community) organ on politics, defense and security cooperation.

Allegedly, stories are circulating in Maseru that members of the armed forces plan to assassinate opposition party and military witness who are scheduled to give evidence to the Commission, which is sitting in both Lesotho and South Africa. Some opposition leaders, including former Prime Minister Thomas Thabane, Basotho National Party leader The-sele 'Maseribane and Reformed Congress of Lesotho (RCL) leader Keketso Rantšo have fled into South Africa, claiming they are at risk of assassination. The Minister of Communications, Science and Technology, Khotso Letsatsi, dismissed claims of an assassination plot.

Read full story at <http://allafrica.com/stories/201510080022.html>

### Diamonds to Europe - SADC-EU Agreement

An economic partnership agreement (EPA) between six Southern African Development Community (SADC) member states and the European Union will give Lesotho more options for duty free and quota free export of its products into the European market. Lesotho currently has this trade status with the U.S. through the African Growth and Opportunity Act (AGOA). SADC-EU EPA is a bilateral trade and development agreement between the SADC EPA Group (comprising Botswana, Mozambique, Namibia, South Africa, Swaziland, and Lesotho) and the EU, which is the largest trading partner of the SADC EPA Group. The agreement is expected to be implemented in 2016, following the signing and provisional application by all parties. Rough diamonds currently form the bulk of Lesotho's exports to the European Union market.

<http://www.publiceyenews.com/site/2015/08/07/sadc-eu-agreement-to-be-implemented-in-2016/>

### 357-carat Diamond Sells for \$19 M

A 357-carat white diamond mined from the Letšeng Diamond Mine in July 2015 sold for \$19.3 million, the highest value any Lesotho diamond has ever grossed.

Read more at <http://www.publiceyenews.com/site/2015/10/09/357-carat-diamond-beats-lesotho-promise/>

### Metoland Dam and Water Supply Program Honored

The Construction Management Association of America (CMAA) honored the Metolong Dam and Water Supply Program with two wins in the Infrastructure and International award categories. The awards were presented at the CMAA National Conference and Trade Show in Orlando, Florida, on Tuesday, October 13, 2015. Major program components include construction of the Metolong Dam and raw water pump station, water treatment works, downstream conveyance system, an environmental and social management program, and capacity-building components.

Read more at <http://www.waterworld.com/articles/wwi/2015/10/landmark-dam-and-water-supply-program-in-lesotho-lands-two-cmaa-awards.html>

### Cannery Shuts Down

Employees at the Basotho Fruit and Vegetable Cannerys, now trading as Mountain Kingdom Foods, were shocked upon learning of the immediate closure of the factory. The Lesotho National Development Corporation (LNDC) had invested an estimated M7 million to upgrade the firm's production line in a project that began late last year and was completed this winter. The factory employed over 20 permanent staff and about 200 casual workers during the peak season. The closure will also adversely affect over 500 local farmers who supplied vegetables to the cannery and their employees.

Read more at <http://www.publiceyenews.com/site/2015/10/23/stakeholders-panic-as-cannery-shuts-down/>



Photo: Kaye Thompson, RPCV



Photo: Jane Hale, RPCV

### Local Manufacturers Form Association

Small manufacturers have formed the United Manufacturers Association Lesotho (UMAL), which is designed to equip individual producers with technical business skills like product development and market opportunities to enhance their operations. The association, which currently has over 25 individual member producers, plans to embark on a nationwide lobbying campaign in order to have representatives from all the 10 districts of Lesotho.







## Bow Shoeshoe:

More than a charitable cause, more than a fashion statement

**Tip from Christina Balch**, RPCV Qacha's Nek 2007-09, [christina.balch@gmail.com](mailto:christina.balch@gmail.com)

Even King Letsie III has purchased a *Bow Shoeshoe* ("shway-shway") bow tie. The nascent business out of Qacha's Nek, barely a year old, brought over M50,000 into the isolated mountain area with their sale of orders in 15 countries, across five continents. RPCV Edward Wycliff, a Healthy Youth Volunteer in 2014, struggled with projects like bee keeping, greenhouse development and beaded jewelry before coming up with the idea to make something from *seshoeshoe*, the sturdy traditional cotton fabric, into products that could be appreciated outside Lesotho.

After a crash course in sewing from the visiting mother of a fellow Peace Corps Volunteer, the bow tie project started with just one man, Edward, and one sewing machine. Now, 70 people from 7 surrounding villages in the Ha Rankakala region have been trained in skills of sewing, even with hand-cranked machines and stove top-heated irons. Production is concentrated in a short two-week period to enable maximum production while creating minimal interference with the rural lifestyle around Thoteng.

Edward did a recent tour of 15 U.S. cities, trying to interest small boutiques and menswear shops to carry the unique product. In six weeks, he successfully raised over \$5,000 in a Kickstarter campaign to build a solar-powered sewing center. Edward states, "Technology is really making the sales game evolve. I can show up in a city and use a system of apps to broadcast that I'm selling bow ties in their area. Bringing the product directly to the consumer is really helpful for a young business without a storefront." Matching bow ties and pocket squares for the groom and best men at weddings and for sales staff at trendy businesses are obvious targets for the eye-catching fabrics. Bow Shoeshoe is established on Etsy and Edward hopes to sell products directly through its own website [bowshoeshoe.com](http://bowshoeshoe.com) before the end of 2015. In Lesotho itself, Edward and his two Basotho partners reach out to hotels and lodges with gift shops and appear at fairs and festivals.

"We want to sell the most interesting bow ties in the world." states Edward.



## Former Country Director Healey Releases Memoir

**Create Your Future: A Memoir by John G. (Jack) Healey**

Snail Press 2015, 236 pp

(Amazon bio): John G. (Jack) Healey, Country Director of Peace Corps Lesotho from 1977 to 1981 and later founder of Human Rights Action Center, has confronted human rights abuses of governments for over 50 years. He is credited with moving the topic of human rights from closed-door diplomatic negotiations to widespread awareness, public debate, and direct citizen action. As Executive Director of Amnesty International USA for 12 years, he produced, with Bill Graham, some of the first large-scale rock music events, using over 130 top musicians to spread the message of human rights on a global scale. Healy lives in Washington D.C.

(Amazon reader reviews: 100% 5 of 5 stars):

"...When he was declared "Mr. Human Rights" by U.S. News and World Report, it suited (Jack's) obsession, but politely masked (his) fierce, uncompromising enterprise of the driven, as he once told the *Boston Globe's* magazine, "to push Hell into the face of the devil." *Create Your Own Future* is a love letter to humanity, but I suspect Jack is up to his old tricks as well, aiming for another generation of human rights activists, thinkers, leaders, warriors, speaking in his priestly soft voice to that one individual who could emerge as the next human rights tower...." ~ Charles Cinque Fulwood (October 16, 2015), former colleague





## Mants'ase Children's Home Fund Established

Contributed by Leigh Vogel, [leigh@leighvogel.com](mailto:leigh@leighvogel.com)

I am a photographer based in Washington, D.C. This past February 2015, I traveled to **Mants'ase Children's Home**, an **orphanage** in Nama-u-Lule, near Mohale's Hook, Lesotho, that provides temporary and last-resort care for **46 children**, 20 girls and 26 boys. **Twenty-nine of the children are double orphans, 17 children are single orphans, 8 are HIV-positive and two have additional special needs.**

I was warmly welcomed by the children and the staff, who work around the clock for less than \$200 per month, and I was treated with such grace. The children need immediate funding for basic necessities and for continued education.

The girls in the silhouetted photo are two of three sisters that are living at the orphanage. I spent several days with them, and I think about them and all of the children every day. Though we speak different languages, they took me by the hand to show me through their worlds and I hope you can help me make their lives just a bit more secure. I've established a fund through Go Fund Me (<https://www.gofundme.com/LesothoOrphanage>), which details the difference even a small contribution will make in the lives of these children.

*Ed:* More of Leigh's compelling photos are on her website: [www.leighvogel.com](http://www.leighvogel.com), in her Mants'ase portfolio. The orphanage has a Website at: <http://www.mom-society.org>. 



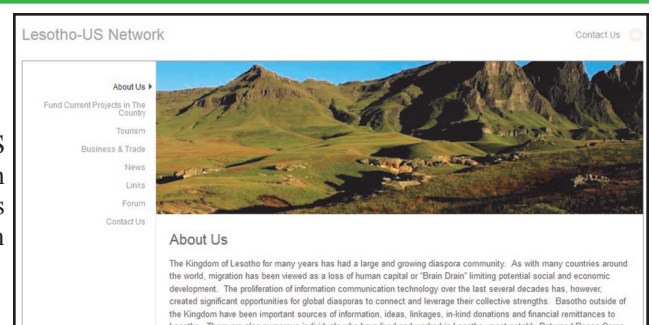
Photos by Leigh Vogel

## Lesotho-US Net Open for Surfing

A new website connects the U.S. and Lesotho. It is called Lesotho-US Net, [www.lesotho-us.net/](http://www.lesotho-us.net/) and its mission is to better utilize the "brain trust" of the Basotho diaspora and others like Returned Peace Corps Volunteers and health and international development professionals with knowledge of Basotho culture.

According to the Website, the electronic social network will serve to:

1. Link individuals, groups and organizations in the United States interested in and concerned about Lesotho;
2. Improve coordination and avoid duplication of efforts among individuals and groups interested in supporting projects in Lesotho;
3. Identify and share ideas, assistance and resources to support activities and projects designed to benefit Lesotho;
4. Serve as an information clearinghouse to track and raise awareness about projects planned or currently underway in Lesotho.



You are welcome to participate on forums, to suggest projects to link, and to improve the reach of the site. 



# METSOALLE ea LESOTHO

## Literary Festival Springs to Life

By **Zach Rosen**, RPCV 2011-12 Maseru, [zach.rosen@friendsoflesotho.org](mailto:zach.rosen@friendsoflesotho.org)

*Ba re e ne re* is excited to announce the 3<sup>rd</sup> *Ba re e ne re Literature Festival*, first held in 2011, inspired by our late founder Liepollo Rantekoa. The 2015 festival will be held from 5-6 December at Machabeng College in Maseru with the theme, “Reclaim your story.” Festival activities include panel discussions, a writing workshop, keynote lecture, creative performances, live storytelling, arts activities for children and an open mic poetry night. Friends of Lesotho contributed funds to help support the festival.

Panel discussions will address a variety of topics including cultivating readers, writing for social change, powerful poetry, the writer’s hustle and the state of African literature. The annual Liepollo Rantekoa Keynote will be delivered by South African author Thando Mqolozana. Sessions and performances will be broadcast live on the Chimurenga Pan African Space Station, [panafricanspacestation.org.za](http://panafricanspacestation.org.za).

Festival goals are to strengthen networks for writing and publishing, motivate young people to express themselves creatively and generate innovative ideas for enhancing education systems for more effective learning. We believe the result will be a more literate, innovative society.

2015 festival guests include: Thando Mqolozana, Napo Masheane, Moses Kililo (Kenya), James Murua (Kenya), Michaela Wrong (UK), ‘Pemi Aguda (Nigeria), Anthea Paelo, Saaleha Bamjee, Ret’sepile Makamane, Liako Ntsoele, Lucy Kolobe Mpho Makara, Kgauhelo Dube, Masello Motana and more.

Check out the *Ba re e ne re* Facebook page at [facebook.com/barelitfest](https://facebook.com/barelitfest) and contact us at [barelitfest@gmail.com](mailto:barelitfest@gmail.com)

*Ba re e ne re* is an educational organization that enriches the lives of Basotho people by promoting initiatives that support improved literacy, creative writing/storytelling and artistic exchange between Basotho and creative individuals from other cultures. Through our work, Basotho access training and platforms to share the unique stories Lesotho has to offer with local and international audiences. *Ba re e ne re* (“They say it was said”) is a phrase used to start traditional stories in Sesotho, similar to “Once upon a time” in English.



<a href="http://www.bareenere.com">www.bareenere.com</a> <a href="https://facebook.com/barelitfest">facebook.com/barelitfest</a> <a href="mailto:barelitfest@gmail.com">barelitfest@gmail.com</a>	 <b>BA RE E NE RE</b>	PO Box 7333 Maseru 100, Lesotho +266 5796 6632
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## Lesotho’s Inaugural Spelling Bee

By **Zach Rosen**, RPCV 2011-12 Maseru, [zach.rosen@friendsoflesotho.org](mailto:zach.rosen@friendsoflesotho.org)

*Ba re e ne re* Literary Arts Organization presented the inaugural National Schools Spelling Bee on 6 November 2015 at the State Library in Maseru. The Bee showcased top spelling talent from 10 schools in Lesotho by inviting the winners of regional school spelling bees to compete in the national championship.

Contestants demonstrated their literacy skills by spelling words in both Sesotho and English. Two winners, one each from primary and high school categories, were crowned. The project has goals to encourage Basotho students to practice and improve literacy skills including vocabulary, word structure and writing abilities, to think under pressure and to build confidence.



Contestants entered from Linakaneng Primary School, St. Denis Primary School, Monyake Primary School, Maluti Adventist School and Rakobeli Primary School, Mokotjana Secondary School, Malubalube Secondary School, Mopeli High School, Qholaquoe High School and Rat’seu High School.

The 2015 National Schools Spelling Bee was made possible by generous support from partners including Friends of Lesotho, the US Embassy-Maseru, Peace Corps Lesotho, KFC, Metropolitan Insurance, Vision Clinic, Office National, Mountain View Hotel, Hotel Mount Maluti and DHL.







## Mosotho Woman Lands at Berea College



Kabelo at White House

By **Mary Beth Bird**, RPCV 2012-14, Butha-Buthe, [bird.maryelizabeth@gmail.com](mailto:bird.maryelizabeth@gmail.com)

July 23, 2015, was a day of fulfilled dreams and answered prayers. After months of endless paperwork, fund-raising, visa appointments, and nervous waiting, Kabelo finally arrived in the United States to begin her new life as an undergraduate student. Over the first few weeks, she and I toured Washington, D.C.; spent an incredible week at the beach in North Carolina with my boisterous American family; visited my family's farm in southwestern Virginia; and enjoyed welcoming visits from family, community members, and Returned Peace Corps friends.

In mid-August, Kabelo and I loaded my Honda Civic with suitcases, dorm-room decorations, and textbooks. We set off on the six-hour drive to Berea College, a beautiful private school located in the rolling hills of Kentucky. The International Program at Berea is truly magnificent. Every year, they matriculate only 30 students, specifically from developing countries, and for those few, they provide everything from dorm room essentials and a stipend to buy winter clothing, to museum outings and small-group classes on American culture.

Kabelo recently took her mid-term exams and performed wonderfully. She spends 10-15 hours a week working at her required "work-study program" job in Berea's Dining Hall. Given the lack of employment opportunities for young people in Lesotho, Kabelo has loved working as a waitress and seems to have lots of new friends. She joined the African Students Association and is looking forward to Berea's Homecoming Dance. This winter she and Temvelo, an international student from Swaziland who is also sponsored by Africa's Tomorrow, will be spending Christmas with my family—sledding, Christmas caroling, my great-grandmother's sugar cookie recipe, Christmas-Eve candlelight service, and presents under the Christmas tree. Meanwhile, I, on fellowship in Lesotho, will be sharing Christmas with Kabelo's family in Maseru.

Thank you to the countless friends, family, and anonymous donors, including those from Friends of Lesotho, who made this dream possible for Kabelo. Africa's Tomorrow provides assistance to help young women from underprivileged backgrounds in Africa pursue four-year undergraduate degrees in the United States. For information on how you can sponsor a Mosotho student's college education, visit <http://www.africastomorrow.org/>.



Kabelo (R) and her Swazi friend, Temvelo. Both women attend Berea College, sponsored by Africa's Tomorrow.

## March 31 Deadline for Health Fellowship

**Contributor: Dr. Thomas Allen**, Associate Director, Global Studies Center, [tfa3@pitt.edu](mailto:tfa3@pitt.edu)

Carl Paul Malmberg, native of Pittsburg, served in Peace Corps Lesotho as a teacher of science and mathematics in Lesotho and later worked as a research technician in the U.S. Department of Agriculture. Following his untimely death in 1984, his family worked with the Global Studies Center at the University of Pittsburgh to establish a Fellowship Program for Basotho health professionals in his memory. Find program details at: <http://www.ucis.pitt.edu/global/malmberg>

Endowment funding supports an early-career Lesotho national working in community health care for one semester beginning in fall 2016 or spring 2017. The endowment covers international transportation, lodging, health insurance and a stipend for food and living expenses. Once back in Lesotho, alumni are expected to contribute to the development of their country and promote lasting ties between practitioners in the U.S. and their professional counterparts in Lesotho. **Application deadline is March 31, 2016.**



## Holiday Shopping?? Please use FOL's link to Amazon.

Amazon donates a small percent of purchases made by Friends of Lesotho year round, with no extra charge to the customer, if you access their site through [Friends of Lesotho's Web page](http://FriendsOfLesotho.org), <http://FriendsOfLesotho.org>

One extra click by you enables FOL to send hundreds of dollars of donations to Lesotho each year.



# METSOALLE ea LESOTHO

## ELECTIONS



All members of Friends of Lesotho will receive an e-mail prior to January 2016 to vote for new Board of Directors for their upcoming two-year terms, which begin April 2016 through March 2018.

## Mark Your Calendars!!

March 20, 2016 at 4:00PM EST  
You're invited! FOL's Annual Meeting  
Special Guest Speaker (to be confirmed)  
Contact Kevin Caughlan  
(kevin.caughlan@friendsoflesotho.org)  
for call-in information.



- Dec 1, 2015 World AIDS Day
- March 11, 2016 Moshoeshoe Day
- March 20, 2016 FOL's Annual Meeting (Call in & join us)
- June 1, 2016 Deadline, next FOL newsletter
- Sept 22-25, 2016 NPCA Peace Corps Connect, Washington DC & Peace Corps' 55th Anniversary

## TREASURER'S SUMMARY

Request detailed report from Treasurer John Hollister,  
JohnHollister@friendsoflesotho.org, RPCV Thaba-Tseka, 1986-1988

Report date: August 20, 2015	9/16/2015	10/15/2015
FOL's Bank Balance (checking)	\$14,566.73	\$7,796.06
FOL's Bank Balance (savings)	\$48,205.28	\$48,227.73
<b>Total</b>	<b>\$62,772.01</b>	<b>\$56,023.79</b>
<b>2015 Project Fund</b>		
<b>Total</b>	<b>In Fund: \$53,473.54</b>	<b>Sent to Lesotho: \$28,335.00</b>
Qabanyane ACL Primary School Roof	2/25/2015	\$2,000.00
Qqholaqhoe Mountain Project	4/13/2015	\$560.00
Peace Corps Partnership Project (PCCP)	7/23/2015	\$15,500.00
Ramabanta Orphan Project	8/5/2015	\$2,500.00
Mofolo Grant / Morija Museum	8/5/2015	\$950.00
Wittenberg Project	9/28/2015	\$2,500.00
Literary Fest	9/28/2015	\$4,000.00
The Hub Project	10/15/2015	\$325.00



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Follow us on twitter:  
<https://twitter.com/FOLesotho>



Visit our website:  
<http://www.friendsoflesotho.org>

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

**Submit Newsletter Articles**—Pass on RPCV updates. Recommend a Mt. Kingdom movie, music, book or Website. Share new or old photos. Been to Lesotho lately? Share it!

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

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



# FRIENDS OF LESOTHO

Making a difference at the grassroots level

4110 Denfeld Avenue  
Kensington, MD 20895  
(301) 942-2751  
[www.friendsoflesotho.org](http://www.friendsoflesotho.org)

\*Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone/Home \_\_\_\_\_ Cell \_\_\_\_\_

\*Email: \_\_\_\_\_

\*Yrs in Lesotho: \_\_\_\_ to \_\_\_\_: \*District: \_\_\_\_\_

\*Village: \_\_\_\_\_

CHED  ED Project(s): \_\_\_\_\_

Occupation/Employer: \_\_\_\_\_

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

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

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

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

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

## Membership Form

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

### Dues Are Per Person

Annual Membership--\$15 \$ \_\_\_\_\_

### Lifetime Membership Options

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

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

Additional Donation to FOL \$ \_\_\_\_\_ for:

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

Name \_\_\_\_\_

Yrs \_\_\_\_\_ to \_\_\_\_\_ Dist/Village/Job \_\_\_\_\_

TOTAL to FOL \$ \_\_\_\_\_

NPCA Membership--\$35 \$ \_\_\_\_\_

*\*FOL will forward to NPCA for you.*

TOTAL CONTRIBUTION: \$ \_\_\_\_\_

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

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

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

Renew Date \_\_\_\_\_ Expires \_\_\_\_\_ No. of Members \_\_\_\_\_ NPCA \_\_\_\_\_ 11/01/2010





## FRIENDS OF LESOTHO

4110 Denfeld Avenue  
Kensington, MD 20895

301.942.2751  
board2@friendsoflesotho.org



## METSOALLE ea LESOTHO

Fourth Quarter 2015  
Newsletter



FRIENDS OF LESOTHO

**President:** Scott Rosenberg (Scott.Rosenberg@friendsoflesotho.org)

**Vice President:** Bill Moore (Bill.Moore@friendsoflesotho.org)

**Treasurer:** John Hollister (John.Hollister@friendsoflesotho.org)

**Secretary:** Kevin Caughlan (Kevin.Caughlan@friendsoflesotho.org)

**Board Members:** Christina Balch (Christina.Balch@friendsoflesotho.org)  
Kathy Jacquart (Kathy.Jacquart@friendsoflesotho.org)  
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Richard Rowan (Richard.Rowan@friendsoflesotho.org)  
Andrew Steele (Andrew.Steele@friendsoflesotho.org)  
Madeline Uraneck (globalmaddy@gmail.com)

[Picture your name here!](#)  
*Applications Open*

**Newsletter Team:** Madeline Uraneck, Coordinator  
Nicole Potsane, Graphic Designer  
Kevin Freer, Mary Howard, and Deena Rowe, Editors  
Scott Rowan and Scott Rosenberg, Mailing & Distribution  
Marty Smith, Webmaster