

KHOTSO

October 2012

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



Volunteers at the Surprise Staff Appreciation Event on September 21, 2012

Dear Volunteers,

Congrats to all of you for surviving this latest Lesotho winter! I was just up in Thaba Tseka and, while it was still a tad brisk in the morning, it was gorgeous during the day and spring has definitely sprung!

It was wonderful to see the CHED11s at their mid-service workshop last month. As we all know, according to the "PCV Life Cycle" mid-service can be a tough and emotional time, but the Volunteers shared some great successes as well as their frustrations, which is the whole purpose of the workshop. If you see a CHED11, pat them on the back for a job well done during their first year.

Thanks to all the staff and Volunteers who worked hard during the recent TOT to prepare for the ED13 PST. We look forward to welcoming 30 new education Volunteers on October 12th.

Recently, we have had to remove a few Volunteers from their sites temporarily for safety reasons. In each case, the Volunteers, although possibly feeling somewhat inconvenienced, cooperated fully throughout the process. We really appreciated their understanding and ask that if such a case arises in the future, all Volunteers recognize that we would move a Volunteer only if we felt it were necessary.

Peace Corps requires all posts to keep local stakeholders informed about the work of the Volunteers in country. In the past here in Lesotho we have done this in an informal way but have not been very systematic about it. This year, with the help of Volunteers Heather Mangan (ED12) and Evan Anderman-Hahn (CHED10), we will be publishing our first

newsletter for partners. The newsletter, which we eventually hope to issue at least twice a year, targets host country government officials, supervisors and counterparts, local NGOs and others working at the grassroots level. Soon you will each be sent a few copies to distribute to your local partners. We welcome your feedback for our next issue.

During the country director conference that I attended in DC in September, Peace Corps Lesotho received kudos, including from outgoing Director Aaron Williams, about the success we have had in improving the safety and security of Volunteers. Our use of data to indicate crime hotspots and the operational adjustments we

have made as a result are being used as models for other posts with high rates of crime. As I say every time we are cited, it has truly been a team effort among staff, Volunteers and local partners such as supervisors, counterparts and police. Let's keep up the great work!

The conference was unfortunately overshadowed by the tragic events in Benghazi, Libya that week. Ambassador Chris Stevens was an RPCV and served as a Volunteer in Morocco with the current country director in Sierra Leone. She shared with us how Ambassador Stevens had dedicated his life beginning with his Peace Corps days to the Muslim and Arab world. He truly lived the goals of Peace Corps. His murder and that of the other Americans who were killed underscore the importance of the work that all of you are doing to promote world peace and friendship, which is Peace Corps' mission. I was reminded of this during my visits this week to Tara Hughes (CHED11) and James Forté (ED12), whose students and supervisors talked about how the Volunteers respect them, make them feel at home and encourage their learning.

Finally, on behalf of the staff, I'd like to thank you for the staff appreciation party last week. The cards and food were wonderful, and we all are grateful for your kind words and gesture.

Keep up your great work!
Kathy

PCV & Staff Birthdays

Birthday greetings go out to the following Volunteers and staff!

October

Koryto, Kevin – 3
France, Shanelle – 4
Mangan, Heather – 10
Cain, Jennifer – 16
Reynolds, Carlaine – 24

November

Nkoro, Eunicia – 3 (Training Centre Manager)
Kruger, James – 3
Lane, Courtney – 5
Wagnac, Trina – 18
Ranooe, Lebohang – 20 (Receptionist)
Lephoto, Clement – 22 (APCD—ED)
Ellard, Terry – 28

Peace Corps Lesotho Holidays (Office closed these days)

October

Independence Day – 4 (LS Holiday) *(The office will be open 7:30 -1:30 but just with a few staff.)*
Columbus Day – 8 (US Holiday)

November

Veteran's Day – 12 (US Holiday)
Thanksgiving – 22 (US Holiday)

Calendar of Events and Staff Travel

Oct 5-8	Kathy on leave
Oct 8-11	ED13 Language TOT
Oct 12	ED13 PST begins
Oct 13 - Nov 5	M'e Selloane at Overseas Staff Training in DC
Oct 29 – Nov 9	Ntate Mohale on leave
Nov 12-18	Bo M'e Masechaba, Mamokola, Mamakhetha at Food Security Workshop in Tanzania
Nov 19	ED13 IL Workshops
Nov 26-30	CHED12 Phase III

Duty Officer Schedule

October 1 – 7	APCD CHED
October 8 – 14	Training Manager
October 15 – 21	HIV Coordinator
October 22 – 28	PTS ED
Oct. 29 – Nov. 4	PTS CHED
November 5 – 11	SSC
November 12 – 18	ITS
November 19 – 25	FA
Nov. 26 – Dec. 2	GSO

Staff member of the month – Ralintoane Majara



During the month of September, Ntate Majara helped to resolve some urgent issues regarding a PCV and staff member. One issue involved returning to the office after hours on Friday, September 7th to arrange to drive a locksmith to Mafeteng to fix the house lock for a PCV who had accidentally broken off the key in the lock and could not secure the house. Earlier on that same day (and again on short notice) he drove to

assist the DPT whose vehicle died on the way to the CHED 11 Reconnect. He resolved both situations quickly and favorably. He is always willing to help regardless of what the situation requires.

ADMIN CORNER by Jim

Congratulations to the CHED 11s on celebrating the halfway point of their Peace Corps service during their recent Mid-Service Conference. On a side note it is hard to believe that we are only a few weeks away from welcoming the ED 13 Trainees. It is truly amazing how time can pass so quickly.

Many thanks to all the PCVs involved in the wonderful surprise on Friday, September 21st. I can tell you that every member of the staff was deeply “touched” by your thoughtfulness and kind notes of appreciation. It really made us feel good and even more committed to helping to make your PCV experience special.

VRC

I've noticed that a couple boxes of copier paper have made their way into the VRC. I understand that you need paper for various reports and other printings, but please check with General Services Manager Ntate Lereko, General Services Assistant Ntate Tsatsi or me if you need paper. When so much copier paper is available in the VRC, PCVs sometimes assume that it is left there to be taken (for use by their schools or other organizations), which is against Peace Corps policy.

Absentee Voting

If you haven't registered to vote and would like to, go to www.FVAP.gov for a Federal Write-in Absentee Ballot (FWAB) form that can be printed. It is a four page document that allows you to vote by party or individual candidate and will be honored if received before the voting deadline. You will need to put it in an envelope and make sure that it is properly addressed to the local election official at your home of record in the States. Send it to the PC office ASAP and will send it to the US Embassy for mailing. You can confirm your proper mailing address on the www.FVAP.gov web site.

Settling In Allowance Survey

Now that we have a new group of trainees arriving, we would like to be able to determine whether the M3,000.00 we will be giving them to get settled at their sites is sufficient. Unfortunately we haven't been able to get the required 75% response rate from past groups in order to justify a possible increase. Since the CHED 12s are still within their 90 window to respond, they should try to complete it ASAP. FYI – the group response rates are as follows...CHED11 – 62%, ED12 – 26%.

Ambassador Bond

United States Ambassador to Lesotho Michele Bond recently announced that she has accepted a new assignment in Washington. For those of you that have not had the opportunity to get to know her, she has been a tireless advocate for Peace Corps Lesotho and will be greatly missed. No word as of yet on when she may be replaced. Until then Deputy Chief of Mission Carl Fox will be Acting Ambassador upon her departure in December.

Rugby Balls Still Available

I still have some rugby balls to give away to any of you that would like to introduce the game to your communities. They are also quite durable to just “kick around” so please stop by my office the next time you are in town if you are interested. One caveat however, you will have to make use of my pump and fill them with air yourselves...!

As always, please stay safe...!

ED CORNER by Ntate Clement & M'e Malitaba

Ed News

Thank you again to all the Volunteers for hosting Staff Appreciation on September 21. We do value your kind remarks and we will continue to do our utmost to support you in your endeavors in Lesotho.

In preparation for the upcoming PST, a Training of Trainers workshop was held here in town from September 17 thru 21. We would like to thank the following Volunteers for their time and input throughout this training. They are: Aparna, Nancy, Tishina, Teresa, Maria, Hannah, Kevin, Shanelle, Janelle, Caitlin and Cassie. Re lebohile haholo ka tsehetso ea Iona.

Please note that the ED13s arrive in Lesotho October 12 and will immediately begin their 9 weeks of PST. The HVVs are scheduled for October 23 thru 26 and invitations to hosts have been sent out already. Thank you in advance for offering these trainees an opportunity to learn from you and your community.

VRF

At the time of going to print, we have only received a few VRFs. Here are a few 'Gold Star' activities we thought of sharing with you.

Mabuleng Girls Club – ED12 Caitlin Vincent: Every Tuesday, Caitlin brings her ipod and speakers to school. Once classes are finished in the afternoon, a majority of the girls at her school gather in one of the classrooms for an hour-long weekly dance class. Caitlin has danced for 9 years when she was young (tap and jazz) and she enjoys this activity with her girls. She recounts that at first, some of them were shy, but over time it has helped the girls them to become more comfortable with one another as well as self-confident (teenage years can be awkward times). She and the girls have not only practiced dance, but also how to present themselves in front of a crowd and how to walk like, as she puts it 'we own the world'. The girls really become alive and free at this time...it's a huge change from the classroom environment. At the end of each class Caitlin praises them and gives them a little pep-talk to boost their self-esteem. Tuesdays are a great day at Mabuleng Secondary School!

Winter SOS Camp – ED12 Nancy Feraco (and Tishina Okegbe): PCVs Tishina Okegbe and Nancy Feraco hosted a winter school break camp for the 80 (or close to) orphans at SOS. The camp included a daily journal of Life Skills questions. The facilitators read books every day, supplied Art projects and structured games to accompany the theme of each day. Each day was ended in a positive circle of holding hands. This was very successful event and potentially could be duplicated in the future as a winter break activity in other communities.

CHED CORNER by M'e Selloane & M'e Mamakhetha

Khotsong!

Lehlabula!

Ho futhumetse joale! Thank you all wonderful CHEDers for continuing to stay in Lesotho despite the harsh weather conditions! You can safely write home and tell your families about Lesotho especially in winter! Sad to say it but the CHED 11s you still have one more winter coming!

New CHED Project Framework Review

The progress on the development of this document is in progress, and as mentioned in the previous issue, it is our highest priority! Plans for the next PAC meeting are also in progress and soon, we might be knocking at some of your doors to recruit membership into the PAC, so be prepared.

Extending CHED 10s

Delia Helie has relocated from her Ketane community to Morija and is now settling in very well in her job with Jhpiego and as the PCVL. Congratulations! A big welcome goes to Kelly Anderson who has just arrived from back from the US. Surely she had an opportunity to recharge her energy and get ready to work with the Lesotho Correctional Services in Mohale's Hoek! Rea u amo-hela ausi Refiloe!

CHED 11 Mid-Service Workshop

Molengoane was great! Congratulations CHED 11s! You are now in your last year of service in Lesotho, so start making plans for the good-byes! Your Mid-service, in appreciation of the good work that you have done in the past year was yet another reminder that you are now Senior Volunteers in Lesotho and this was evidenced by the high level of maturity with which you conducted yourself in Nazareth! Our time keeper was also awesome! Thank you, Cassie, for the job well done! You guys are awesome! Thank you!

Site Visits and Site Identification

The month of October has been marked for CHED12 site visits and site identification to plan ahead before "nako ea lehloa" for the CHED 13 group! During the site visits, we would like to talk to the hosting families, the counterparts and the supervisors. We will also be checking the house (burglar bars, CO2 detector, emergency contact and the escape windows). If you have identified any potential organization in your area, please bring them forth.

CHED12 Phase II Assignments

Thank you to all those who up to date on their Phase II assignments! The assignments help us to see how well you are integrated and identify gaps for additional support well in advance before they can be blown out of proportion and limit your capabilities. So...do not forget to send them in! We love to read those stories! Remember that you must have completed your assignments by **November 26 2012**.

Gold Star Activities

Thanks to all Volunteers for your hard work. Below are a few "Gold Star" activities we've pulled from the VRFs over the last few weeks. They help to illustrate the importance of persistence, patience, and creativity. Please remember to send your VRFs not later than **October 7!** An early bird will also catch the fattest worm!

CHED12 Lyndsey Chaille: Lyndsey began consistently going to Pitseng Primary School in February, and for the past few months she has been giving Life Skills lessons to the teachers two days a week, every week. The teachers chose which topics they wanted to learn and in which order. They wanted to stick to the MOET curriculum and so far they have covered topics which include Coping with Stress and Anxiety, Interpersonal Relationships, Caring for the Environment, Population Growth, Sexual and Reproductive Health, and Dealing with HIV and AIDS. Some topics have been covered multiple weeks due to their complexity, etc. For each topic, she prepares a sample lesson plan using flip-chart paper, which includes basic definitions/background info, classroom discussions, and games and activities related to the topic to use with their students. She also gives them a print out copy of her chart paper notes. At the end of all the Life Skills sessions, she plans to make a folder of all the notes for the school.

CHED12 Jasmine Smith: Help Lesotho sponsors afterschool Anti-Aids Clubs in 6 High Schools in Hlotse, Botha-Bothe, and Pitseng. Twice a year representatives from each club come together to present a specific theme relating to the club's curricu-

lum. This year the activities included a poem on gender equity given in pairs of male and female, and a role-play "pitso" with a panel of experts commenting on the current prevention strategies for HIV in Lesotho and presenting two new strategies that could fight the spread of HIV in the country. Over 300 people attended the event, including teachers and students along with Help Lesotho staff. My role was to be on the panel of judges, help serve lunch, decorate and clean-up, and support a successful event.

HEALTH CORNER by Dr. Victor

Medical Confidentiality

Medical information is confidential and private, and the release of this information is closely controlled. Medically confidential information may not be released without the Volunteer's written consent except in certain circumstances where the PCMO may, in accordance with PC policy, extend confidentiality to non-medical staff who have a need to know in order to perform their duties.

The purpose of medical confidentiality is to ensure that Volunteers can be open and not withhold important information for fear that it will be released to others who do not have a need to know

Non-medically confidential information

The following information is not considered medically confidential:

- ◆ Non-medical information not directly related to the individual's medical care or treatment that is provided to the PCMO or other health care provider;
- ◆ Medical information voluntarily provided by the individual to non-medical Peace Corps staff or others; (Although not medically confidential, the information may need to be handled with discretion.);
- ◆ Information about the impact of an individual's medical condition on his or her ability to be at site, perform work assignments, or engage in other Peace Corps-related activities, without describing the underlying conditions; e.g.; the fact that a Volunteer will be absent from site and the period of expected absence; the fact that a Volunteer requires medevac and the likely duration; limitations on the ability to perform particular tasks because of medical conditions for which the individual is being accommodated;
- ◆ Statistical information related to the occurrence of diseases, injuries or other medical conditions among Volunteers that may be relevant to the conduct of the Peace Corps program;
- ◆ Routine individual immunization information;
- ◆ Behavior problems that may arise that can be discussed without revealing the underlying condition; and
- ◆ Information about sexual harassment by any Peace Corps staff, Volunteers, or anyone else associated with the Peace Corps.

Sharing medically confidential information with non-medical staff: Medical confidentiality may be extended to, and medically confidential information shared with, non-medical Peace Corps staff who have a genuine "need to know" medically confidential information in order to perform their jobs.

The following are examples of medically confidential information that must be disclosed by the PCMO to the Country Director or designee:

- ◆ The existence of a medical condition that requires accommodation, and the nature of the accommodation
- ◆ Evidence of use of drugs by a Peace Corps Volunteer in a

manner not authorized for medical purposes

- ◆ Information relating to a serious threat to the health or safety of the Volunteer or to any other person
- ◆ The fact that a Volunteer is the victim of a physical or sexual assault.

Beware of the Peace Corps grapevine! As a Volunteer, you have a role to play in ensuring that your medical information is kept confidential. Keep in mind two thoughts:

- ◆ Medical information you share with PC staff who are not health care professionals (or acting in that capacity) is not considered medically confidential
- ◆ The same is true with medical information you share with other Volunteers

Inquiries from family members and others: The confidentiality of Volunteer medical information must be respected, even when faced with concern expressed by family members and friends. Notification or discussion of a Volunteer's condition without the Volunteer's written consent may be made by the Office of Medical Services only in cases where a Volunteer is incapable of providing consent and is considered to have a serious or life threatening condition. In such cases, notification is made to the individuals whom the Volunteer designated as emergency contacts on the Trainee/Volunteer Registration Form.

Volunteer Concerns

In order to ensure that we continue to provide quality care, PC offers the Volunteer the opportunity to express concerns if the Volunteer is unsatisfied with the care received.

The Quality Improvement Department of PC receives and processes Volunteer concerns regarding Peace Corps health care delivery systems, including but not limited to PCMOs, consultants, contracted facilities and Volunteer Support.

Volunteers are encouraged to follow the process outlined below to express a concern regarding their health care:

1. Tell the PCMO they are dissatisfied with the care they have received, if they are comfortable doing so **or**
2. Follow the Post policy for reporting concerns **or**
3. File an email concern with the Quality Improvement (QI) Department at headquarters

QualityNurse@peacecorps.gov

In the email the Volunteer must include:

Volunteer's name
Volunteer's location
PCMO (or other health care provider) involved
Detailed description of the health care related concern

The Volunteer should be aware that email is not a secure method of communication. If the Volunteer chooses to communicate via email, Peace Corps will ask the Volunteer to sign a waiver acknowledging the risk of communicating via email

Guidance on First Aid Instruction

The Office of Volunteer Support at Peace Corps HQ has advised us that a Volunteer can teach first aid if he/she is certified to teach first aid, most especially if there is a CPR component. If the PCV can show proof of certification as a First Aid Instructor (i.e., through Red Cross, American Heart Association, or any other type of accredited organization that issues a certification card), then the PCV is allowed to provide this service to a local organization. This would not be considered clinical care as the PCV is teaching, not providing direct care. It is important to emphasize that personal protective equipment (e.g., gloves, mouthpieces, etc.) be used so that exchange of bodily fluids does not occur if working with people versus manikins. Supplies may not

be used from the PCV's Peace Corps medical kit for such activities.

If a PCV is not certified, they may consult the local Red Cross in Lesotho. <http://www.ifrc.org/en/what-we-do/where-we-work/africa/lesotho-red-cross-society/>

IT CORNER by Deepak

This is a reminder that just because classified information has been made public does not change the fact that it is still classified. Executive Order 13526 section 1.1(4)(c) states "Classified Information shall not be declassified automatically as a result of any unauthorized disclosure of identical or similar information". Classified information posted on WikiLeaks, as well as other websites that have received documents from WikiLeaks, has not been "declassified" by an appropriate authority; it is still classified and must be treated as such. Peace Corps computer systems are not approved for accessing, downloading or storing classified information.

In an effort to protect this information from further unauthorized disclosure and distribution, Peace Corps staff and Volunteers must not download or store classified information posted on the WikiLeaks website or any other website on any Peace Corps computer.

PCV CORNER

From the DAR Committee

Submitted by ED12 Heather Mangan, DAR Member



One of my absolute fears about teaching life skills was the sections on HIV, STDs and early pregnancy. At some point, I was going to have to say the s-e-x word. Out loud.

In my very Catholic upbringing, sex was a forbidden topic. Even as I got older, I still blushed at the mere mention of the word, not including all the other

related words.

But sexual health, especially in relation to HIV, is an important part of life skills classes and something Basotho students need to learn. I knew I needed to get over my fear pretty quickly. Not only that, I would have to be an authority figure and comfortably answer my students' questions.

Some volunteers can talk about sexual health freely with their students and teachers like they would friends. Others do not have such ease.

Here are a few tips I compiled based on my experiences and that of other volunteers that can help you teach about sex and HIV with more comfort.

Repeat sensitive words out loud and learn Sesotho equivalents:

Before you even start teaching about HIV, make all of your students scream sex, the names of male and female reproductive organs and condoms in English and then define them with the Sesotho word. Shout it and make them do the same. Say it in funny voices to lighten the mood. Students will get out initial chuckles and will feel safe using these words in discussions and questions.

Use journals: Journals are a great way for students to reflect on their thoughts about HIV and sex, saving the embarrassment of talking in front of classmates. Check to make sure they have

done the journal assignment, but don't read it, allowing the students to be free with their writing.

Set rules, but have fun: It's always a good idea to set class rules in any subject, but especially useful in life skills. One major rule is respect. When talking about sensitive subjects, students need to have the utmost respect for one and another and know it is not OK to make fun of each other. But, it should be fun, so when you pull out a condom for a demonstration and students start to laugh, let them. A little giggling, especially when not directed at anyone, can smooth out tension and create an open environment.

Invite Basotho who are not teachers to speak to your class:

Many times students will open up if they can do so to someone who is not their teacher and speaks their language. Basotho can also relate to your students much more than you can. Try to find both a male and female who is willing to share their experiences. If you can't, ask a fellow volunteer with great Sesotho to help.

Be confident: Although it may feel awkward, try to hide it. If you are confident and talk about all aspects of sex maturely and confidently, so will your students. They will pick up on your attitude and demeanor, good or bad.

Practice: Like most things, the more you do it, the better you will be. Keep practicing.

Starting with this issue of the Khotso, we are going to publish blog postings by Volunteers (with the author's permission). As we know, blogs are an excellent 3rd goal activity, but they can also be inspiring and informative for those of us living and working in Lesotho. The following posting is from ED12 Heather Mangan's blog, which recently was listed by the Online Education Database as #12 of the "40 Best Peace Corps Blogs" (<http://oedb.org/library/beginning-online-learning/the-40-best-peace-corps-blogs>). Way to go, Heather!!

Circumcision

Posted on September 17, 2012

"Good morning, class. How was your weekend?" I greeted my students as I entered the room and began pulling out materials.

"It was interesting," one boy said. This is a common answer with interesting a synonym for great, busy, awful.

When I asked why he said, "I was cut. On the pen." I stepped closer to him, trying to make out what he was saying because this didn't make sense. His voice was a little quieter than usual, but I kept making him repeat it until I understood.

Then, I realized, a cut. On the pen. He had a circumcision.

In Lesotho it is not typical for boys, especially in villages, to be circumcised at birth. There may be a variety of reasons, but I think it partly has to do with babies being born in villages and at rural clinics. Sometimes it is done at a traditional initiation school, where boys and occasionally girls go into the mountains for several months at a time and come back as men and women. The activities of initiation schools are extremely secret, even to Basotho who have never been. I have heard that circumcision is done at these schools, for both boys and girls, but I don't really know for sure.

In fairly recent studies, circumcisions are shown to greatly re-

duce HIV risks, as high as 60 percent in South African tested groups. (NPR's "This American Life" did a really awesome piece on HIV/AIDs in Malawi in a 2011 episode titled, "Gossip." One of the researchers they interviewed made a strong case for circumcision as way to slow the spread of HIV/AIDs in rural Africa.) In a country like Lesotho, and I am only talking about Lesotho, where the infection rate is 23 percent, mostly spread through vaginal sex, circumcision is a valid tool for prevention, but should certainly not be one's only defense.

In my life skills class, we have spent months on HIV/AIDS. What is it? What does it do to the body? How does it differ between men and women? Can it be cured? Even by a traditional doctor? Is it more common in America? How is spread? How do you protect yourself?

I've mentioned circumcision to my students and, thanks to a very life-like model another volunteer let me borrow, was able to show them what the surgery physically does. I threw in the stats and told my students that this method should NOT be their only defense, but does have an impact.

Then I didn't hear anything until the boy and another in class said they had the operation. The Ministry of Health in Lesotho is partnering with a few local hospitals to provide free circumcisions to boys older than 15 or younger if they are with a parent. My students are 18 and 19. Although they used their procedure to get out of class work and make me feel sorry for them, I was really proud that they took this initiative and did something that is scary and, I assume, quite painful.

That Saturday, I saw both students and another on a taxi. They were headed to the nearest to clinic and I to town. The boys who already had the procedure were going in for a check-up while the third was getting the operation done that day. Like the others, I told him I was happy he was doing such a great thing.

Then the boy, who spoke in class, said to me, "Madam, we are doing this because of your life skills class. You taught us this."

My heart was filled with joy. I nearly burst into tears. These are young men who understand what this disease is doing to their country. They see it rip apart families and communities. They know they are at risk. And they want to do something about it.

I share this story not to pump up my own ego, because they may have gotten the operation without my class, but to remind myself that good things do happen. Even if the kid lied to me, I will still take it as a tick in the win column. Working in the third world is devastating. You can't always make the changes or bring the help you intended to. There is too much heartbreak and not enough infrastructure. But you can make small differences and those are what you hang your hat on after two years.

I've finally come to terms with the fact that I am not going to be the volunteer who builds a school. I am not going to be the one who starts a great income-generating project or builds a playground out of recycled materials. My contributions will likely be small for reasons beyond and within my control. But when something as sparkling as these boys taking an initiative for their health based on a little of my prodding happens, I need to stop and appreciate it. Recognize it, congratulate myself and use it to get me up the next mountain.

That mere statement was justification. It was a reminder of why I am here and why I wanted to come. I can't change the world but

I can do something to improve someone else's world. And in this great big world full of wars, sickness and unfair playing fields, that really is enough.

*I have been told by adult males that infant circumcision is a choice taken away from them. I have no opinions about the issue at this point, but may when I am mother. All I know is that circumcision has been proven to be enough of an impact in Lesotho in the fight against HIV that the government is willing to do the procedure for free. It is certainly not 100 percent and doesn't prevent HIV, but has greatly reduced infection rate in varying African countries.



ED 12 PCV James Forte Teaching Form B Maths

NEWS FROM AROUND THE PEACE CORPS WORLD

TO: Peace Corps Global
FROM: Aaron S. Williams, Director
SUBJECT: National Hispanic Heritage Month

I am pleased to designate September 15 to October 15 as National Hispanic Heritage Month at the Peace Corps. This year's theme will be "Diversity United, Building America's Future Today."

Hispanic Americans represent a wide range of nationalities and backgrounds. Reflecting on that remarkable diversity, September 15 was chosen as the starting point for the celebration because it is the anniversary of independence for five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

Let us take pride in our unique and vibrant history as we reflect on our nation's rich Hispanic heritage and support the more than 500 Hispanic Americans currently serving as Peace Corps Volunteers throughout all three regions. These Volunteers fulfill the Peace Corps' mission and goals by sharing their knowledge and skills abroad and by helping to reflect the extraordinary diversity of America.

As we celebrate Hispanic American accomplishments, I encourage you to participate in the activities we will have here at the Peace Corps and in your own communities.