

KHOTSO

October 2013

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Message from the Country Director

Dear Volunteers,

Out of your 27 months of service, there will be many things that you remember. Peace Corps memories stay with you, even when you have left Lesotho. Volunteers are remembered, too, by the many people with whom they make connections. September was a special month of remembrance and service for Peace Corps/Lesotho.

On Sept 25, PC/L coordinated with Berea High School, in the community where PCV Tom Maresco lived as a trainee and at the school where he did practice teaching to hold a remembrance event. More than 200 people assembled in the school courtyard. Gracious words, poignant stories and memories of Tom were shared.

After pausing over a moment of silence, Peace Corps explained to the students, teachers and community friends gathered that we wanted to remember Tom through action, through service. We were there to



paint a classroom in his honor. Staff headed to a classroom and dug into the work for the next couple of hours. Filling cracks, painting stained and faded walls and ceilings, all of us worked side by side. The strength of this team was heart-warming, and working together in honor of Tom, reminded us of our shared commitment to service and why Peace Corps matters.

Khotso,
Wendy



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

The editorial staff would like feedback from PCVs regarding the content. It is our desire to provide you with information that is useful, helpful, and encouraging. We would appreciate receiving constructive feedback from you.

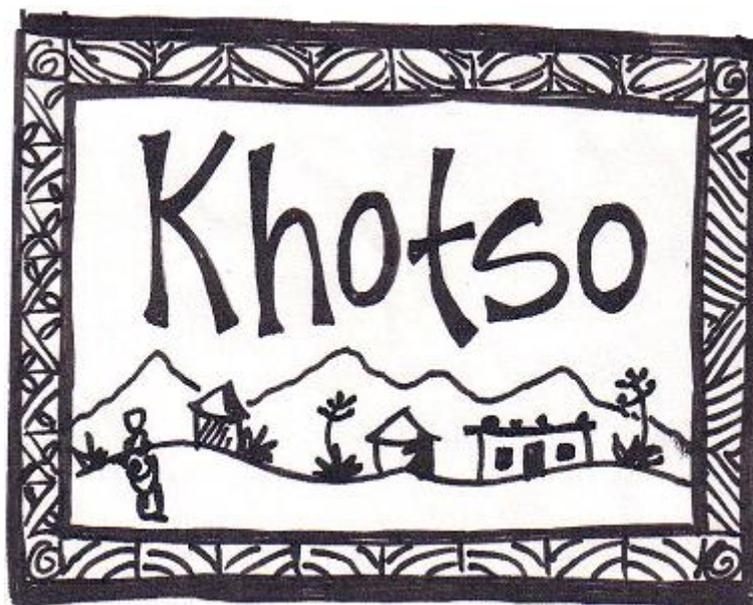
By submitting articles, you are providing Peace Corps Lesotho with the right to reprint your article in full or part in any publication.



From the Editor



Editorial



PCV & STAFF BIRTHDAYS

October

October 3	Kevin Koryto
October 3	Janice Desmangles
October 4	Shanelle France
October 10	Heather Mangan
October 11	Clareese Saunders
October 24	Carlaine Reynolds
October 27	Will Stock

November

November 3	James Kruger
November 3	Eunicia Nkoro/Training Centre Manager
November 10	Amy Mycoff
November 14	Bonnie Lawrence
November 15	Randi Helgesen
November 16	Wendy Van Damme/Country Director
November 18	Trina Wagnac
November 20	Lebohlang Ranooe/Receptionist
November 22	Priyanka Vedarthan
November 22	Dr. Clement Lephoto/APCD Education
November 23	Carol Hayes
November 26	Sarah Reno

PEACE CORPS LESOTHO HOLIDAYS (Office closed these days)

October 4	Independence Day (LS Holiday)
October 14	Columbus Day (US Holiday)

STAFF TRAVEL

October 7 – October 10 Dr. Lephoto out to Thaba-Tseka & Butha-Buthe
 October 21 – October 25 Dr. Lephoto & Nthoalo out to Quthing, Qacha's nek, Mokhotlong, Butha-Buthe & Leribe

P & T UPDATE by Ntate Eric DPT

Welcome to my inaugural "column". My hope is to provide useful and interesting information in this corner, so if there are resources and/or opportunities for Volunteers that you would like to share, perhaps we could use this forum for that.

Grassroot Soccer: In light of the enthusiasm following the first training, we are looking to hold another training next March.

Women and Girls Empowerment: There is a growing Volunteer interest to do more in this area, and strong support from staff as well. We are receiving ideas on how to move forward, and if you are interested in being a part of this, please let 'M'e Selloane know.

LGBT: Diversity committee members and staff will facilitate an LGBT training for staff in October.

Life Skills Youth Leadership Manual: This is one of my favorites, recently released by Peace Corps. HY 13 has it, but useful to all Volunteers. Go to:

<http://files.peacecorps.gov/library/M0098.pdf>

Additional Peace Corps Resources: A list and explanation of many other resources can be found here: links <http://www.peacecorps.gov/library/pubindex/>. Publications are listed

in alpha order. Right-click on "download PDF" and select "copy shortcut."

Above all, please remember that the staff is here to support you in any way we can.

Warm regards,
Eric

ED CORNER by Dr. Lephoto & 'M'e Malitaba

We hope things are going well at your sites, and always want to hear from you, with both concerns and good news that you would like to share..

ED12 COS Conference

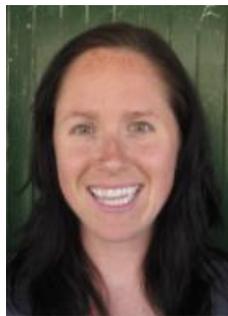
We wish to express our gratitude to the Ed 12 for the wonderful COS conference that we had in Semonkong. From the feedback we received this workshop was worthwhile to all of you and other than the light snow and cold, the venue was excellent. It was unbelievable that two years are almost over. As discussed at the conference, please remember to stay vigilant and safe until you all finish your service!

TDE and TOT Workshop for ED14

Many thanks also for those who attended the TDE and/or TOT workshops. We all feel a lot better with the manner in which the preparations have gone and in many respects it is the contributions of the Volunteers in the process that made it effective. Again, thank you for your time and efforts.

A success story

We invite you to read the following success story that highlights the potential of these young women. The story is related by PCV **Amanda Frye ED 2013:**



My biggest success story is my Young Women's Club. I began this group in the beginning of February, right after schools opened. I had had a young women's therapy group at a program I worked for in Alaska and it was amazing. It really opened my eyes as to how dividing the sexes and talking about issues central to them could help promote better understanding amongst one another. It has not been easy having this club, and investing so much time and energy in it, but it has been worth it. Will's counterpart is my biggest supporter, and due to my work with the girls he and Will have started their own Young Men's group.

Back in March the girls had brought up to me that they wanted T-shirts for their club as they felt this would help 'differentiate them' from other clubs. I was supportive of the idea, and encouraged them to fundraise. They were not excited about this idea, and some even said that girls who could afford the shirts should have their parents buy them for them. I disagreed with them, but reminded them that the club was theirs and that they would need to decide amongst themselves what to do. They argued about it and never really came to any conclusion. Ntate Koena, Will's counterpart offered them capital money from the school to sell items to make money, but they found excuses why they did not want to do this. I did my due diligence though and took their T-shirt design around until I found a place willing to do it for a good price. But by the end of 2nd quarter I had pretty much given up on the idea of ever having shirts, and told the girls this at our last meeting before the winter break. But at the PDM workshop someone said something which opened up my mind as to why these t-shirts meant so much to the girls. They said that students participate in clubs, like English and Math clubs, because there are incentives, competitions and the possibility of

trophies for example. Yet my club, at the time, had no incentive. Girls were attending after school, arriving home late, and what did they have to show for it? Ntate Koena and I talked about this at the PDM workshop and we decided on a plan. As winter classes were being held for all students at the secondary and high school, with Ntate Koena there most days teaching them, we decided we would encourage the girls to explore fundraising again. I'm not sure what changed their minds, but suddenly they were up for it.

I told every single club member about my plan, which was that they would write business letters asking for donations to their club. I would then use the business letters to acquire funds through interested people or businesses. We also discussed again selling items and also showing films on Fridays at school where we would charge students an entrance fee. The school provided us M100 as capital and we have been using it for the last six weeks or so to buy items in Maputsoe and sell them at school. One girl has been put in charge of managing the funds and items to sell and we have named her our business manager. We have managed to raise quite a bit of money and pretty soon will have all we need for our shirts. This has been a huge lesson for the girls I think as they have had to work for this, and wait for it. They did not get to just ask their families to support them, but have had to help themselves. Some of them have of course been working harder than others, and Will and I have been working hardest of all trying to coordinate everything and correct their business letters for them to revise, but overall it feels like a huge success. Showing the movies has also shown us how much money we can raise and the school admits they would like to do this for many school activities in the future.

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

Likhomo tseo baithaopi!

HY 13 Site Visits

We wish to acknowledge the warm welcome that we received during the first site visits to some of the HY 13 PCVs! It was really breathtaking to see how well you have adapted into your communities and sites. While people are at different stages, some have already taken a step ahead and identified the potential language tutors! Remember that eager as you may be to start getting your hands dirty, this is really the time for you to get to know your environment and the organization before you embark on any heavy work....integrate as much as possible. The process is pretty slow regarding the receipt of the phase II assignments and the site locator forms. Lets us have those on your priority lists as well.

HY 14 Site Identification

Our eyes and ears are wide open for any leads that could kick-start the site identification process for the HY 14 group. The sooner the better! If you have seen or heard of any potential site to host the HY PCV, please give us a shout! The potential new sites must be receptive to have Volunteers work on the following:

- Working with youth aged between 10-24 and their caregivers
- HIV prevention and sexual and reproductive health
- Male circumcision
- HIV Testing
- Treatment adherence of the infected youth
- Care services
- Life-skills
- Economic strengthening and preparation for the world of work
- Physical health

Volunteerism

Your support will highly be appreciated in this regard.

Gold Star Activities

Thanks to all Volunteers for your hard work and perseverance to ensure your projects succeed. Your efforts do not go unnoticed and unappreciated. Below are a few "Gold Star" activities we pulled from your VRFs. They clearly indicate that you are shining stars in the high mountains of the Mountain Kingdom. You bring light and hope to the rural communities of Lesotho. Rea leboha ruri (We thank you indeed).

Michael Goularte kapa Karabelo/Mpho CHED 2012



Michael is a living testimony that local partnerships do exist in Lesotho! Over the last couple months his host orphanage has partnered with a local vocational school targeting OVCs to use the funds for the improvement of the orphanage's infrastructure. Students at the Khotsong Skills training center have put their theoretical skills to the test by constructing a double latrine, two dormitories, a kitchen and dining room at the orphanage for their practical examinations. The funds gathered have also allowed them to begin a poultry project as an IGA, and a source of animal protein for the kids. Well done Karabelo!

Delia Helie kapa Boitumelo CHED 2010

As a Third Year PCV and PCVL, Delia led a team of people of Jhpiego staff and consultants to create a situational analysis, conduct research, analyze and create a report surrounding the needs of adolescent girls in Lesotho. Their research was conducted in three districts using interviews and focus group discussions with the adolescents, their parents, and key organizations in the area. Most importantly, they were supported by one of the key project partners, the Ministry of Gender Youth, Sports and Recreation (MGYSR). Well done Boitumelo!



Molly Mclsaac kapa Mosa CHED 2012

Good things are happening in Qacha's Nek! Molly, together with LENASO, PSI, JHUCC, and a guest from Malawi, facilitated a training to teach facilitators about Ha Re Bua...(when we speak/talk). The sessions covered during the workshop included; the facilitation skills, the logistics of monitoring and evaluation, as well as targeting groups and project budgeting.



A BOOST FROM PSN

Feeling Burned-Out?

This week my counterpart nearly lost her job. She's been looking for another one for the past 4 or 5 months and the organization knows about it. So in order for me to prepare for her eventual departure, I scouted around town to find a secondary project. Much to my delight I am actively working with two new projects and both with very eager to learn Basotho.

Now, my counterpart has come to realize just how difficult finding a job can be; and of course, wishes to stay put. She has apologized profusely to the organization for her lack of commitment, and vowed her undying loyalty and willingness to learning all that I am able to share. We're all very happy that she has decided to stay, and we're also pretty impressed with her increased motivation. But that now leaves me feeling a bit over-extended with the addition of 2 new secondary projects (common stress); and a do-over of a years' worth of work in my primary project (burnout). I am unable to match her enthusiasm.

In case you have experienced similar feelings or situations here are some things that I have learned about Burnout:

What is Burnout?

Burnout is a type of stress, but is not stress in the popular sense of the word. While common stress is usually defined as "doing too much", burnout is about "doing... nothing". Being burned out means feeling empty, devoid of motivation, and beyond caring. If excessive stress is like drowning in responsibilities, burnout is like being all dried up. While you're usually aware of being under a lot of stress, you don't always notice burnout when it happens.

Some of the Factors that contribute to Burnout:

How you look at the world around you
Being expected to be too many things to too many people
Taking on too many responsibilities, without enough help from others
Not getting enough sleep
Lack of close supportive relationships
High-achieving, Type A personality

Some Physical signs and symptoms of Burnout:

Feeling tired and drained most of the time
Lowered immunity, feeling sick a lot
Frequent headaches, back pain, and muscle aches
Change in appetite or sleep habits

Some Emotional signs and symptoms of Burnout:

Sense of failure and self-doubt
Detachment, feeling alone in the world
Loss of motivation
Increasingly cynical and negative outlook
Decreased satisfaction and sense of accomplishment

Some Behavioral signs and symptoms of Burnout:

Withdrawing from responsibilities
Isolating yourself from others
Procrastinating, taking longer to get things done
Using food, drugs, or alcohol to cope

Some Burnout prevention tips

Start the day with a relaxing ritual
Adopt healthier eating, exercising and sleeping habits
Set boundaries
Take a daily break from technology (BlackBerrys, I-Phones, Laptops)
Nourish your creative side
Learn how **you** manage stress

Some Recovery Strategies

Slow down
Get support (PSN, PCMO, staff, friends, relatives)
Re-evaluate your goals and priorities

When dealing with Burnout remember the 3R approach:

Recognize – Watch for the warning signs of burnout
Reverse – Undo the damage by managing stress and seeking support
Resilience – Build your resilience to stress by taking care of your

physical and emotional health

By the way, I am happy to report that I took a full "bed" potato day and I'm feeling much better!

Jacqueline Muhammad

CHED 12
Co-Chair of Peer Support Network (PSN)

(Information provided by helpguide.org a non-profit resource center



THE INTERVIEW

Remembrance

Interview by Heather Mangan ED 2012



"You will not change the world."

That is the first thing Peace Corps staff tells us when we arrive at staging. Still, it's hard not to hope we will make a difference in the world. Even if we can just help one person, everything we endure – two years away from family, pit latrines, hot taxis – is worth it. We like to think that, in 20 years from now, one of the youth that we work with will be a doctor, administering HIV tests, or a community leader, helping her village build pumps for clean water. We want just that one person.

Bill Boeddiker taught maths from 1982-1983 at Christ the King High School in Roma. He taught one very serious student that would later go on and to earn his PhD. That young man is Education APCD Ntate Clement Lephoto and, in his position with Peace Corps, he helps strength education across the country. Ntate Clement acts as an inspiration for many volunteers – that may be we will inspire a student to continue to work hard and grow into a career that will contribute to the betterment of Lesotho.

I contacted Bill to find out more about his experience in Lesotho, what he does now and how it feels to know he impacted at least one life.

What did you learn the most from being a teacher in Lesotho?

That the Basotho are kind and determined people. And great students.

What was the most challenging thing about your service?

Being away from home and family in the U.S. But not much else. I felt very well supported at my school and built some great friendships with local students and staff members.

When you think about Lesotho 30 years later, what sticks out the most?

How welcoming the people were to myself and my fellow volunteers. So many times local Basotho would offer us food, shelter, transportation during our travels around the country. One time on a three-day backpacking trip in the mountains, a local village woman walked with us through the rain (for) over 3 hours just to make sure we got to the next village safely.

One of your students was Education APCD Ntate Clement. What memories do you have of him and what kind of student was he?
It has been over 30 years but I do remember Ntate Clement as a very serious and strong student. It was a pleasure to have him in my class.

Many PCVs hold on to the hope that they can make a difference in at least one person's life. What does it mean to you to know that one of your students, Ntate Clement, went on to receive a full education and take a job that impacts Basotho all over the country?

Knowing that he has made such a success of himself makes my experience all the more worthwhile. I am sure that my contribution was just one of many, many people that Ntate Clement benefited from. But he is the one who deserves credit for achieving his own success.

What kind of contact do you have with your former students and community members?

Sad to say that I have not been able to return to Lesotho as of yet. And even sadder is that after around 10 years after service, I fell out of touch with most of my fellow teachers and students from Christ The King. One thing that does remain is that I have a life long very close relationship with many other Peace Corps volunteers that I served with and visit with them regularly back here in the states.

What do you miss about Lesotho the most?

Teaching. And the travel, adventure and freedom we did enjoy between school semesters.

What is your favorite story from your service that you find yourself still telling?

So many, but the best stories are about the travel we did enjoy during school breaks. We were very fortunate and enjoyed road trips to Cape Town, The Transkei, Namibia, Botswana and most of Lesotho and South Africa.

What do you do now?

My partner and I own and operate a small hotel in San Francisco.

What role does your service play in your life 30 years later?

I feel because of my service that I am closer to being a member of the world community instead of just an American. I feel I am able to engage fully with people from all backgrounds and all corners of the world.

If you could do your service again, what would you do differently?



Bill Boeddiker, a 1982-1983 Lesotho RPCV, taught at Christ the

(Photo submitted by Bill Boeddiker)

ently?

I would try to be better about speaking Sesotho. Mine was never very good.

What piece of advice would you give to current PCVs?

The 2 years goes so fast you won't believe it. Do great work. And, have as many adventures as possible.

District AIDS Representatives (DAR)

Remember this! Why You Should Do Grassroot Soccer's PC Skillz

By Shana Thoreson CHED 2012



If you haven't considered doing Grassroot Soccer's PC Skillz program at your site, you should. PC Skillz is a 17-lesson life skills curriculum designed for PCVs that focuses on HIV/AIDS. The program is similar to Kick4Life in that it uses games and sports, especially soccer to teach about HIV and other health topics such as circumcision, gender roles, relationship skills and risk taking. Here are some reasons you should join the movement:

It's a Great Secondary Project

PC Skillz reeks of secondary project potential. The program was designed with PC in mind, so they require groups to be less than 25 kids (which your VRF will love), the lessons focus on mitigating the risk of HIV/AIDS with the youth you are working with (which 'Me Jimi will love), and there is a pre and post test to measure your success (which you as the PCV will love). You can use the program to do whatever works with your schedule and kids.

It's Fun and Not Awkward

I may be alone in this, but some of the Life Skills lessons I have tried to teach have been awkward city, I am not really gifted or super comfortable with children, so PC Skillz was a god-send to me. PC Skillz uses games and soccer to explain HIV/AIDS issues and challenges, so my kids and I had a lot of fun with minimal eye rolling (from the students). GRS also stresses the importance of creating a comfortable discussion atmosphere, so I found that even when we were talking about sensitive topics, we were a lot more comfortable, and squirmed a lot less than in your average sex talk!

It's Easy

The PC Skillz curriculum was designed for PCVs by PCVs. The lessons are really easy to replicate and have a lot of room for adding activities and discussions. Lessons are also very straightforward and simple, so they are easy to translate into Sesotho (there are several key messages and issues that come up a lot, so you only need to learn the key vocabulary words to get your point across.)

It's only 12 weeks!

You can cater exactly to your needs and your group of kids, some volunteers host a GRS workshop over a weekend, or you can meet weekly/biweekly with your group, whatever works for you. If you need to condense the program, students need to participate in a minimum of 8 lessons to graduate, but if your kids can't get enough of PC Skillz there are 5

extra extension lessons you can do on top of the original 12 if you wanna keep the party going.

It Ends with a Party

The last lesson is supposed to be a graduation. The PCV (along with counterparts) decide how to celebrate the completion of PC Skillz. The curriculum gives some recommendations, but the possibilities are endless, you can host a concert, HIV/AIDS awareness event, dramas, a soccer tournament, a workshop for parents, and the list goes on.

If you're not convinced to do PC Skillz after all that, then maybe the free stuff and support will push you over the edge. When you choose to do PC Skillz, Grassroot Soccer is there to help get you going, they provide the curriculum as well as some teaching materials (depending on availability and who you contact), they also host workshops and provide ongoing support during your instruction. Now that you have been convinced, if you need support to get started, please contact: a member of the DAR Committee, Me Jimi, Ntate Eric, Kick4Life or Grassroot Soccer (GRS.)

Diversity Committee

By Shanelle France ED 2012

"It's in the act of having to do things that you don't want to that you learn something about moving past the self. Past the ego."
-bell hooks

Who am I?

As I move closer and closer to my imminent return to the States, I can't help but reflect upon the past two years that have been incredibly challenging at times yet ultimately rewarding in all regards. One of my challenges was a surprising identity crisis. I've never been one to "fit in", so to speak; my mother raised me to believe that "fitting in is highly overrated". I've lived by that mantra for several years now, but there have been times in Lesotho when I would have given anything to go unnoticed.

It was extremely frustrating for me during my first few months of integrating into my community because I absolutely despise being called, *lekhoora*. Not only because it's geographically incorrect, but because of its implications. The word *lekhoora* in our handy-dandy pocket dictionary defines it as meaning *European*. The word in Sesotho has evolved from its proper meaning to a broader definition of White/light skinned foreigner. Now here's where my identity crisis comes in: I've never self-identified as a White woman. In simplest terms, my mom is White and my dad is Black. It was a bit jolting to hear my host family during PST call me their White daughter. It kind of hurt at first because I've never really been black enough or white enough to fit in anywhere, hence why I embraced the mantra of "fitting in is highly overrated", but now I found myself in a place where explaining my background was even more difficult!

I eventually grew desensitized to being called *lekhoora*, and with time, the word spread in my community that "ha se lekhoora. Haeso ke America, kahoo, ke Americana!" It wasn't until after I decided to let go of the sensitivity of my identity that I grew stronger as an individual. Letting this go was painful and something I didn't want to do at first, but just as the bell hooks quote states, when we move past ourselves, that's when we learn more about not only who we are but who WE, collectively, are.

It no longer matters if I'm mistaken as *lekhoora* or correctly referred to as an American. What I have found most important is that I'm a piece of the woven fabric of my community. I am part of them, and they are a part of me. I am always humbled when I look at my left wrist and see Desmond Tutu's script of *Ubuntu*

forever tattooed on my body. It reminds me to ask, "Who am I?" Who am I to be so selfish? Who am I to think myself apart from the greater connectivity of my community?

So whether or not you have been called *lekhoora* or if you have ever struggled with your identity, ask yourself, "Who am I?"

NEWS FROM AROUND THE WORLD

The White House

Office of the Press Secretary

For Immediate Release

September 13, 2013

Presidential Proclamation – National Hispanic Heritage Month, 2013

NATIONAL HISPANIC HERITAGE MONTH, 2013

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

From the earliest days of our Republic, Hispanic Americans have written crucial chapters in our national story. Hispanics have honorably defended our country in war and built prosperity during times of peace. They run successful businesses, teach our next generation of leaders, and pioneer scientific and technological breakthroughs. This month, America acknowledges these vital contributions and celebrates our Hispanic heritage.

Hispanic Americans represent an array of distinct and vibrant cultures, each of which enriches communities in valuable ways. Just as America embraces a rich blend of backgrounds, those who journey to our shores embrace America. Sharing the dream of equality and boundless opportunity, many Hispanics have marched for social justice and helped advance America's journey toward a more perfect Union. Last year, I was proud to establish the César E. Chávez National Monument in honor of an American hero, a man who reminded us that every life has value, that together, those who recognize their common humanity have the power to shape a better world.

As César Chávez's example teaches us, we must never scale back our dreams. My Administration remains committed to building a rising, thriving middle class, a middle class accessible to the Hispanic community and to all Americans. As we continue to implement the Affordable Care Act, more than 10 million uninsured Latinos will gain access to coverage. To reduce health disparities, my Administration will work to educate, engage, and enroll Hispanic Americans in the Health Insurance Marketplace.

Last year, we lifted the shadow of deportation off young people who are American in every way but on paper. Today, I am as determined as ever to pass commonsense immigration reform – reform that helps American workers get a fairer deal, adds more than one trillion dollars to our economy, and provides a pathway to earned citizenship. A bipartisan bill consistent with these principles has already passed the Senate, and a growing coalition of Republicans and Democrats is calling for action.

Whether our ancestors crossed the Atlantic in 1790 or the Rio Grande in 1970, Americans are bound by a set of common values -- a love of liberty and justice, the belief that a better life should



await anyone willing to work for it. As we celebrate the unique influences of Hispanic cultures during National Hispanic Heritage Month, let us also rededicate ourselves to realizing our shared aspirations.

To honor the achievements of Hispanics in America, the Congress by Public Law 100-402, as amended, has authorized and requested the President to issue annually a proclamation designating September 15 through October 15 as "National Hispanic Heritage Month."

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim September 15 through October 15, 2013, as National Hispanic Heritage Month. I call upon public officials, educators, librarians, and all Americans to observe this month with appropriate ceremonies, activities, and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this thirteenth day of September, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-eighth.

BARACK OBAMA

ANNOUNCEMENTS

Do you **remember** this DSR Message?...

Grants Advisors needed

PCVs who have worked on a PCPP or VAST grant and are available to give input to the Grants Committee and to mentor fellow PCVs should contact 'M'e Jimi. So far we have a small group of VAC members who are available to share their project development experience with PCVs who are considering a project that includes a funding component. Grants Advisors will be resources to PCVs who are drafting the application forms, so that lessons learned can be shared. A Grants Advisor may be asked to help a PCV to complete the budget, clarify objectives, or think about realistic ways to increase the community contribution. And each PCPP that is submitted to the Grants Committee will be reviewed now not only by staff but will also include input from a PCV Grants Advisor, leading to stronger more sustainable projects and more communication across PC/Lesotho! Please let M'e' Jimi know if you would like to be a Grants Advisor- or if you would welcome the support of a Grants Advisor as you move forward working on a community project in your site.

Vacation Memories...

Are you planning a vacation to South Africa? If your trip will be longer than 7 days, then you will need to apply for a visa ahead of time. There are quite a few requirements, which are listed below, but if you plan ahead and contact M'e Jeanett, Peace Corps can support you with this process, which takes at least 7 days before you receive the visa. Here are the requirements:

1. Application form (request an original form from m'e Jeanett)
2. 2 passport size photos
3. copy of passport (photo and Lesotho residence permit pages)
4. Fee of R425.00 in cash only
5. Copy of return travel itinerary (even if it's by bus)
6. Bank statement with minimum M1000.00 (if you don't have this, please ask Me Jeanett and PC can provide a letter to waive this requirement)
7. Employer Letter (please ask Me Jeanett, and PC will do this)
8. Proof of accommodation (email or fax showing reservations)

PCV LIFE IN PICTURES



Kevin Koryto's opening of a new library



Tour of the library



Dance! Dance! Dance!