

# KHOTSO

January 2015

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## Message from the Country Director

Dear Volunteers,



As we close 2014 and look forward to the New Year, I thank you for your service. Your work here inspires me. Lesotho is a special place for Peace Corps, which is made clear by the way you describe your sites and friendships and plans, and which continues to be demonstrated by the stories that RPCVs share many years after their COS. It is not easy to serve here. Be proud of that and rise to meet that challenge, because it matters.

Kea Leboha,

Wendy



## Editorial Staff

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Malitaba Hlabana

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Amy Morgan Mycoff

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### From the Editor

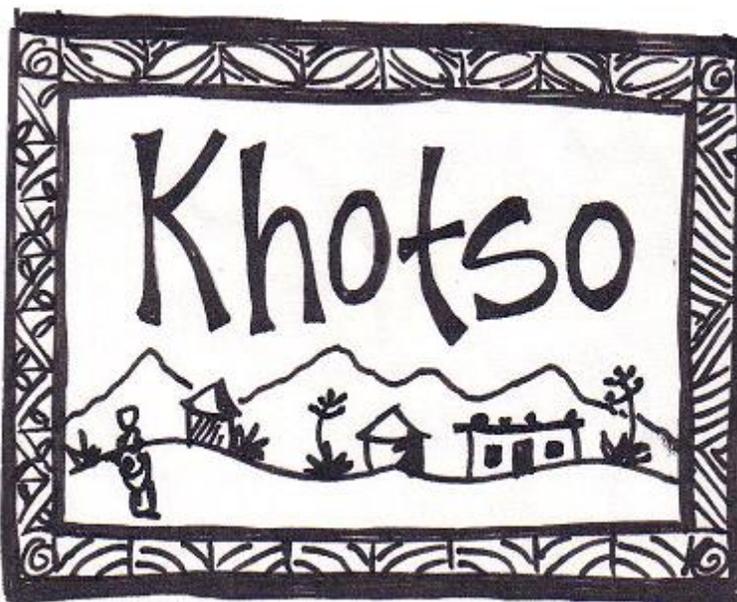
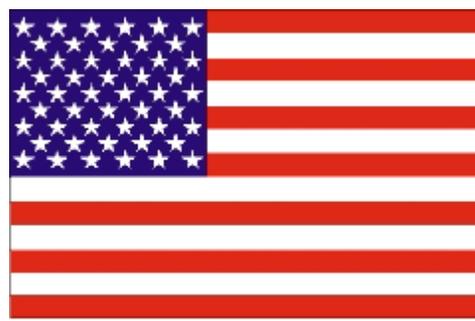
Articles must be received by the 4th Monday of the month to be included in the following month's edition of the *Khotso*. When submitting articles, please provide the name of the person making the submission and a contact person for follow-up questions. The Newsletter will be e-mailed in the office on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

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

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



**Next submission  
deadline for  
February is  
January 26, 2015**



**PCV & STAFF BIRTHDAYS****January**

1	Matt Murray
3	Matt Merritt
4	Caroline Dillon
8	Christy Shanks
11	Mackenzie Rotherham
12	Elizabeth Spencer
15	Colleen Thiersch
17	Michelle Wilcox
22	Deepak Pullanikkatil/Regional IT Specialist
23	Margaret Putsoa/Cashier
27	Brendan Rosen
27	Katie Vo
29	Taylor Hines

**February**

5	Laurel Schall
7	William Thompson
8	Tholoana Masupha/IT-Specialist
12	Nthoalo Masiphole/Safety & Security Manager
21	Travis Wohlrab
22	Dr. Olga/PCMO
28	Michaela Puryear

**PEACE CORPS LESOTHO HOLIDAYS** (Office closed):

January 19      Martin Luther King Day    (U.S. Holiday)

**CALENDAR OF EVENTS AND STAFF TRAVEL**

Dec 22 - Jan 3	APCD ED /Clement on vacation
Dec 22 - Jan 7	DDMO/Victoria on vacation
Dec 22 - Jan 16	TM/Masechaba on comp time
Dec 22 - Jan 8	LCCHC/'Mamokola on comp time
Dec 29 - Jan 9	CD/Wendy on annual leave
Jan 24 - Jan 21	SSM/Nthoalo on Vacation

**DUTY OFFICERS**

January 2 - 8, 2015	TM
January 9 - 15, 2015	PTS-HY
January 16 -22, 2015	APCD-ED
January 23 - 29, 2015	GSM
January 30- February 5, 2015	HIV-COORD

**STAFF MEMBER OF THE MONTH: Ntate Tsatsi Sefefo/General Services Assistant (GSA)**

Ntate Tsatsi has moved mountains recently! He worked things out at the new DMO residence in a timely way, and facilitated the successful move of the generator as well. He coordinated Peace Corps' participation in the auction with the embassy, and also made sure that the wrap up of PST and swearing in took place as planned. These are all big jobs, with many complicated steps and participants, and Ntate Tsatsi accomplished a lot to make sure Peace

Corps Lesotho would succeed. His good work and dedi-



cation to Peace Corps Lesotho is greatly appreciated.

**ED CORNER by Ntate Clement and 'M'e "Malitaba ED 15**

Once more we welcome the ED15s into the Peace Corps Lesotho family and who were sworn in December 17 and 23, 2014 respectively. Congratulations to you all to have come this far. We have seen how dedicated you are during your training and we are proud that you will all make it to the end as you all have started the journey together. Wish you all the best stay in the Mountain Kingdom. As you are making good progress in settling into your communities, our plea to you is to take advantage of this time when schools are closed to work on your Phase II assignments. In particular, take a good look at the PACA booklet and begin to engage your community using the tools provided. This is also a good chance to know your community and integrate more. Try by all means to use what you have learned during PST. If you need some resources please let us know.

**Ed 14 Mid-Service Training**

This is to confirm that the dates **January 31<sup>st</sup>** is the arrival for Mid-service workshop and **February 1<sup>st</sup>** for departure. More information about this workshop will be communicated to you by Dr. Lephoto. Let us get prepared and make this workshop a success.

**Site Visits and site identification**

The site visits for ED15s are scheduled to take place in February and March whilst ED14s will be in April and May. We will also be making initial checks on the ED16 sites! We welcome your opinions on potential sites in the proximity of where you are. If there are some changes on our Calendar regarding Site Visits and site ID, we

will communicate to individuals concerned.

### ADMIN CORNER by Ntate David Wallace

**Fun fact:** the appropriation from Congress for Peace Corps is approximately \$379 million dollars. Think about that: basically \$1 million a day funds nearly 7,000 volunteers in 64 countries. This is an absurdly small amount when you consider Peace Corps' impact—and when you consider all the staff and resources necessary to run one post and support all of its volunteers and their work; let alone 64. Also, to put this amount in perspective: there is currently a fighter jet program with a price tag that would fund Peace Corps for the next **4,000 years!** You should all feel a tremendous sense of pride in what you're helping to accomplish with such limited resources! Rock on!



### MEDICAL CORNER by Dr. Olga

**FOR ED 14:** After 12 to 18 months of entry on duty, the Peace Corps Medical Unit organizes mid-service health evaluations. The time has finally come for ED 14! Here is what you need to expect during these health examinations:

- Review and treatment of any current health problem
- Screen for asymptomatic health condition.
- Reinforce health promotion.
- Oriented physical examination
- PAP if indicated
- Mammogram if indicated
- TB test- to be read 48 to 72 hours later
- Stool examination if indicated



- Dental screening.
- Any other test, if indicated

You will soon receive the schedule from the medical secretary of when these exams will be performed.

**FOR ED 14:** As we discussed at PST, some immunization

types are given in different doses. This is the case of hepatitis A and Hepatitis B this time. Some of you are already due for a second or 3<sup>rd</sup> dose of any of these shots. The medical unit will organize and give specific appointment to the concerned PCVs in order to help you complete this immunization program.

**CONCERNING MOSQUITO NETS:** following the discussion we have been having with some PCVs on how to handle mosquito nets, the situation was further taken to the attention of both the CD and the **PC Regional Medical Officer**. Finally, it was resolved that each PCV can request one mosquito net during service. **Since mosquito nets will not be re-used, PCVs do not need to return these to Peace Corps at the end of service. If a mosquito net is damaged, and a PCV needs to request a replacement, then the damaged net should be returned.**

**QUESTIONS AND ANSWERS:** In the need to serve you better and respond to the maximum of your health need, the medical unit is introducing, starting from the next Khotso, a new section called **"ASK YOUR PCMO"**. This section will cover subjects that you as PCVs raise as health concerns during your service or vacation. Note that these will be non-confidential questions that can benefit any other PCV or person reading that answer. Please submit your questions and label them as "Khotso question" before the 15<sup>th</sup> of the month to [medical@ls.peacecorps.gov](mailto:medical@ls.peacecorps.gov) to allow the answer to be published in the monthly Khotso.

To contact Lesotho medical unit:

For emergency: 62851003

For non-emergency: [22323871/medical@ls.peacecorps.gov](mailto:22323871@medical@ls.peacecorps.gov)

### VOLUNTEER VOICES

#### RPCV interview

Name: Byron Williams (wearing a tie)

Years served in Lesotho: 2003-2005

Where in Lesotho you served: Mohale's Hoek

#### **What was your favorite place in Lesotho?**

My favorite place scenery-wise was probably Maletsunyane Falls and the view from the bus as I also traveled Molimo Nthuse. Both were breathtaking. As far as just spending time I loved the streets of Mohale's Hoek camptown and walking around the nearby villages.

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

One of my most memorable moments was the tears I shed as I had my going-away party at Selibeng Youth Centre which was/is located in the former church building that is on the same street as Hotel Mount Maluti in the camptown of Mohale's Hoek. I remember thinking minutes before I was invited up to speak, 'I will not cry. I will not cry. I know all those other volunteers let the waterworks flow at their party but that won't be me.' As I'm standing there looking out at the audience: members of Selibeng Youth Centre, the community



members such as one of the local shoe repairman named Neo, people I have played basketball with, teachers from the local schools, the daughter of a local restaurant owner that I frequent, friends that I made in a seamstress shop my first week that I visit all the time, my best friends Refumane Mosoka, Thabo Mokhele, and Seipati Maphatsoe, all of their faces I know I wouldn't see for a long time but had been etched in my memory. I feel it in begin in my throat, then I start sniffing, then one tear fell. Immediately the audience became uneasy then someone yelled for my

counterpart, Seipati Maphatsoe, to make me stop because I looked so uncomfortable. In Sesotho, Seipati tells them, "Be quiet because if Mr. Byron doesn't get it out right now he might never and it is important for him to say what he has to say even if he cries." That was one of my most memorable moments.

#### **What did you do once you returned to the U.S. after PC service?**

After returning I worked for a summer camp in upstate New York called Fresh Air Fund as a Counselor in Training Director. After the summer job I returned to my hometown of Las Vegas, NV where I eventually met my wife. After we had been married for a couple of years we decided to serve in the Peace Corps together getting posted to Ukraine. After completing our service in December 2013 I began working for Peace Corps as a Regional Recruiter in New York City. In between services I stayed in the training and development field working in the social services industry and hospitality industry.

#### **I noticed that you work(ed) for Peace Corps. What do you do and why did you decide to work for the agency?**

I am a Regional Recruiter in the Northeast Regional Recruitment Office. I decided to work for Peace Corps because it would be a great fit upon return having served twice and having two very unique experiences. I also didn't want the benefit of having non-competitive eligibility to go to waste after my second service like what happened after my first service in Lesotho so I aimed to use it well before I finished my second service.

#### **How have you stayed connected with other RPCVs?**

Before working for Peace Corps I participated in Southern Nevada Peace corps Association and would be a part of recruitment events when Peace Corps would visit Las Vegas. After the advent of Facebook it has made it a lot easier to stay connected. Now in NYC where there are a slew of RPCVs I keep connected to them professionally and personally.

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

- 1) I probably don't have to tell you this, but take a lot of photos. I only had the point-and-click disposable cameras during my service in 2003-2005 because I couldn't afford a better camera so I was very selective about the photos I took. 2) I would also say to talk to everyone you can and get to know and use their Christian names AND their Sesotho names. Me using their Sesotho names over their Christian names made a significant impression on my community.

### Diversity

#### By Paula Rocha ED 14

Being a quiet person, I tend to enjoy sitting back, observe what's going on and don't speak up unless it is something important. The center of attention has never been my



forte and this has proved to be the most difficult part of my service. Luckily I have never had trouble speaking in front of a crowd when completing tasks, so teaching and leading lessons are easy-breezy.

The difficulty comes from all the attention I get from being the token white girl. I love blending into the crowd but being the minority here

doesn't allow such luxuries. As every female volunteer knows, it is almost impossible to leave village without an Ntate inquiring about your boo status and whether or not you're looking for a husband.

Even in the village, a year later, I'm still the talk of the town. I get stared at by everyone even if I go for a brisk run or workout. I've just come to the realization that anything I do is going to be pretty weird, mostly because I'm the white foreigner. And, I must say, this realization has made me feel comfortable doing my daily activities; no matter what I do, I am the center of attention.

It's great having other volunteers to hang out with because I know I can just be myself and relax (sans staring). The constant attention can get to you so it's nice to be able to get away and just chill. Helps me stay sane and

fresh so I can focus on my work and be a positive force in my village.

I would have to say, all the attention I have received in Lesotho has made me very grateful to have grown up with so much diversity.

### Gender Equality Lesotho (GEL)

#### By Amy-Morgan Mycoff

GEL (Gender Equality Lesotho) committee notes

#### **Terminology:**

WID: women in development

GAD: Gender and development

PC worldwide group that focuses on gender equality and women's empowerment in developing nations

GenEq: Gender Equality

Inclusive of both genders in development of country, promoting gender equality even in non development sectors; also aimed at all interpretations of gender

PC Lesotho wants to rename the committee something other than GAD based on our view of our mission



#### Camp GLOW and TOBE

TOBE: Teaching our Boy's Excellence/ to Excel

GLOW: Girls Leading Our World

Potential sub-committees that focus on holding the camps in Lesotho

#### Mission Statement:

Work to make boys and girls equal and active participants in the development of the whole community – example of mission statement

PC Lesotho wants Wendy wants us to bring on Basotho partners (ex World Vision, Director of Youth Services, different NGO's) so that PCVs are not launching initiatives on their own. Peace corps should not be the host of the camps and other activities. PC is not liable for the event

The committee can play the role as a resource for gender equality information in place having a staff member that would fulfill that role

Include something in regards to HIV in objective

**Objectives:**

1) PCL wants a potential role to be resources and training for other PCVs. There needs to be a larger focus on training in gender equality since it is the second cross-sector focus with HIV/AIDS

à

2) HIV/AIDS and use gender based approaches to reduce HIV transmission.

3) Reduce gender discrimination and stigma

**Sub-committees:**

Meet x3 a year

Co-chairs (ED and HY working together)

4 subcommittees

GLOW

TOBE

Youth Development

Ex: Young men/women clubs, Sister to Sister, Brother to Brother

Provide resources and ideas to PCVs who are looking to implement smaller projects

Programming and Training

For staff, PCVs, and Counterparts

Each sub-committee will have its own purpose written out

Each sub-committee would have 2 chairs and the overall committee would have 2 chairs. Those 10 chairs would then meet x3/year. Anyone else can be apart of the sub-committees. The two main chairs would be liaisons with PC staff.

Want chairs to be diverse (male/female and HY/ED)

Select the chairs based upon group, rather than district, during phase 3

During COS conference, a chair would have to step-down and a new chair will be selected.

At this point, only ED 13 and HY 13 will be viable committee chairs. When the ED 13 COS in September, a ED 14 will step up to be chair. The ED 14 will join the sub-committee in April after their phase 3

Randi will help out Mary Beth as a HY representative.

Have next meeting February 8, 1pm Mohale's Hoek with PC staff involved. Possibly in Mohale's Hoek

Have nominations for committee chairs for each groups

Bi-laws need to be written

GLOW and TOBE

Big Vision: host national annual camp with partner organization, ministries, grants

Students are eligible to receive scholarships from grant money for transport, allowing for students from rural communities are able to attend camps

Want to start regional camps

Eligible for PCCP and VAST, but need to have HCN organization be in charge and have PC assist and facilitate

In order to be sustainable, want the students to form clubs after the camp

Also, include Basotho counterparts for Sesotho assistance

Need to find partners that would be able to fund and take responsibility for the event

TOBE camp

Goal is to replicate Camp GLOW at Pitseng HS with some male PCVs

Lodging, food, counterparts all provided

Going to use Camp GLOW as model with some amendments

Sports as a major teaching tool

Possibly mid-February as date for camp

***Enjoy your holidays  
and have a prosperous  
new year.***

***Khotso! Pula! Nala!***

## Swearing In Ceremony



## *Congratulations ED 15s*



*Bo-Ntate doing their thing*



*And Bo-'m'e entertaining the crowd*



Jennifer Bouslog



Leonard Horne (middle) with US Ambassador & Minister of Education

Bon Voyage



Keegan Mackin (2nd from left—1st row) & Narin Ratanavade (2nd from right)



Mike Solano (3rd from right-1st row)



(Left to right) Gerad Thornton, Annie Whitley & David Wickland



Will Stock and Amanda Frye (Last to leave the office from the ED 13 group).