

# The Swazi Sojournal

Issue 8, Volume 1



September 2004

## Olympics ring different notes for Swazi fans

By Kevin Okun  
*Swazi Sojournal*

Everyone wanted the Ethiopians to win the race. Everyone except me. I was cheering for the Americans.

Watching sports, especially the Olympics Games, has always been a part of my lifestyle. So when the kids at the chief's house asked me to come watch the Athens games, I couldn't wait.

I've always watched sports and I even ran a 10,000-meter race once. But never have I seen a 10-kilometer race in its entirety on television before I came to Swaziland.

The Americans had three entries, but with poor qualifying times my country had little strength in this long distance race. We usually take the maximum three qualifiers in athletics events. In America, I used to call it track and field.

Haile Gebre Selassie hoped to bring Ethiopia his third gold medal in this event. Three golds won by one athlete in any

**See Olympics** *continued on page 2*



*Morgan Smith and Ally Geary-Stock surround Yemi with love, modeling winter hats made by PCV Mika Kooiker.*

## Volunteer Profile: Adayemi Oshodi

By Yemi Oshodi  
*PCV, Mpolonjeni*

As an HIV/AIDS educator in the rural Swazi community of Mpolonjeni, I often receive credit for work that could not have been accomplished without the dedication and commitment of youth in my area.

In my community, the projects and events that take place are effective because of the youth, who bravely opt to buck a system that says development is not a youth priority.

When we began the Mpolonjeni Journalism Club during my first few months at site, people told me it wouldn't succeed. "The youth are lazy," many said. "They will not volunteer their time to develop themselves."

Yet last week, as we celebrated the formal launching of the club and our monthly HIV/AIDS and youth issues newsletter *Umbono Wetfu* or *Our Opinion*, it was evident to everyone that Mpolonjeni youth are extremely active.

The eight youth members of the club completed an intensive four-month training, where they worked to improve their

journalism skills as well as their knowledge of HIV/AIDS.

During that time, they also discovered talents within themselves that might otherwise have gone unnoticed. Tengetile, 14, discovered her voice. As the youngest member of the group, she was once too shy to talk during our meetings, even when asked a question. In the last four months she has become comfortable enough to share her perspectives with the group.

Working tirelessly, the *Umbono Wetfu* volunteers serve the community as reporters, writers, and photographers, tackling issues affecting youth. Each month, we publish the newsletter, incorporating interesting and innovative stories - from stories capturing a 'day in the life' of a local rural health motivator, to personal testimonies from individuals recently tested for HIV, to poems and fiction work on youth issues.

Once a month, the members of *Umbono Wetfu* also work on a 'community advancement' project. These projects

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event has never happened before. He had two teammates prepared to beat him. There were Kenyans, Eritreans and other Africans. My friends cheered for them all.

The difference between Americans watching the Olympics and Swazis is Americans cheer for Americans. We don't get too excited for Canadians or Mexicans or Guatemalans. In some events like ice hockey, we really want to beat our neighbors to the north.

Before the Berlin Wall fell, we cheered against the East Germans, Czechoslovakians and especially the Russians.

Swazis want to see Africans win. Sometimes they cheer for Roland Mark Schoeman from South Africa in the swimming pool. He came home with a gold, silver and bronze. Other times, it's Ethiopians on the track. It depends on who has the best chance on the given day.

Africa has had a disappointing Olympics, bringing home nine gold, 13 silver and 13 bronze medals, totalling 23. The United States claimed 35 gold, 39 silver and 25 bronze, for a total of 103.

On Aug 20, it was the Ethiopians. Selassie didn't win; he finished fifth with a sore Achilles' Heel. Kenenisa Bekele and Seleshi Senen stepped up to take gold and silver for Africa. Uganda took the bronze.

As for my Americans? One didn't finish. Another finished 12<sup>th</sup>. Another 15<sup>th</sup>. 24 started the race.

This would not be the case when we watched the 100-meter sprint on Aug. 22. With three Americans in the final to be crowned the

fastest man in the world, I prophesized a red white and blue sweep.

Only one African, a Ghanaian, advanced to the eight-man final. But the time trials showed anyone could win.

Swazis know Maurice Green. They know Marian Jones. They know Kellie White. They know our superstars.

Green's name recognition brought me some Swazi support to my side but most remained with the Ghanaian. When he pulled up with a hamstring pull 20 meters into the race, we kept our eyes on the others.

Justin Gatlin of USA would win. Portugal took silver. Green took bronze. Another American, Shawn Crawford, took fourth. That's how I told them Americans ran. We laughed as my countrymen paraded around the stadium.

Crawford won the 200-meter dash with Americans following in second and third on Aug. 26. I watched the race with Americans and

it wasn't the same. We all cheered, I grabbed a broom. But this we expected: an American sweep.

International sport – gathered in the name of athleticism and peace. I never watched it in a foreign country before.

In all fairness, American athletes have better training opportunities. It's the same kind of advantageous opportunities we as Volunteers in Peace Corps see unavailable every day in our Swazi communities. Maybe that's why watching the Africans' raw talent is so enjoyable. Maybe that's why I appreciate what they do and the opportunities I've had in my life a little more than before Africa.

**“The difference between Americans watching the Olympics and Swazis is Americans cheer for Americans....  
....Swazis want to see Africans win.”**

**Spring fever blooms in Mbabane**



Preparing for Beijing 2008, Patrick Stonehouse (near left) tosses a Frisbee from Kevin Okun (far left). Justin Garland (above) dove, missing only fractionally.



**in brief**

**On Friday, Sept. 17, the VAC is organizing a One Year in Swaziland Anniversary party at PCHQ from 1-4 p.m.**

**Tortillas are now available at the Mbabane Spar. Check the cheese section.**

**Female PCVs who wish to have their mid-service medical exam done by a female practitioner can sign up in the office with Thembi Mkhaliphi.**



**Peace Corps Headquarters is conducting a worldwide Volunteer Survey. Thandi Mkhabela is distributing the questionnaires to Peace Corps/Swaziland Volunteers. Please return the completed survey to her, and she will forward all the surveys to PC headquarters.**

**A Staff Retreat is planned for Sept. 10, and the office will be closed for the day.**

**Silena Layne has a “True Love Waits” activity packet from the youth of Nkwene available above the mailboxes in the Volunteer lounge.**

**Info on trench gardening and efficient water use from the Moya Centre is available from the bulletin board by the photocopier.**

**Please note that according to the U.S. statute - the Child Protect Act - it is illegal to engage in sexual activity with a minor (under 15 years). The Act covers sexual conduct, which may include sexual abuse or commercial sex, carried out outside of the United States. If any Peace Corps Volunteer engages in sexual behavior which violates the statute, the case will be reported to the Inspector General at Peace Corps headquarters and to the Regional Security Officer at the Embassy. FYI - There is a current case of an RPCV who is being prosecuted under the Child Protect Act.**

**One final note, Spring has sprung in Swaziland.**

# Umhlanga Brings PCVs & Maidens to Royal Palace

# NEWS & NOTES

From the Peace Corps Web site

WASHINGTON, D.C., Aug. 24 – They tried on various clothes, like kimonos and Russian-style fur hats. They played instruments ranging from drums to tambourines. They recreated flags from southern Africa and South America. And in the end, the participants of the Kids for Peace Camp walked away with a little better understanding and respect for other cultures.

Friday, Aug. 20, the Paul D. Coverdell Peace Corps Headquarters and Peace Corps staff hosted over 40 students, ranging from age 6-14, who have spent much of the summer learning about the similarities and differences between world culture. Mary Hilton, who directs the camp, said she partners with the Peace Corps because the staff – many of whom are returned volunteers – knows the cultures of the world better than just about anyone. Hilton said she started the camp after 9/11 because she realized that many Americans don't understand the cultures and attitudes of the rest of the world. At the culminating field trip to the Peace Corps on Friday, participants learned world culture in an interactive way at five stations: musical instruments, flag creation, storytelling, games and outfit dress-up. And when they grew tired, the youth took a break by listening to stories from Tibet and other countries. All the activities were geared to help students gain an appreciation for the tradition of other cultures.

This year, the Kids for Peace Camp expanded to reach students in Columbia, Md., as well as in Towson, Md., where the camp first began. While the campers can choose to attend for as short as a week, the full camp runs for nine weeks. The participants learn through field trips, cultural activities, sports, and cooking. While most of the campers are local, Hilton said that the diversity of the participants is another piece in helping them understand different cultures and attitudes. It is Hilton's hope that the camp opens the participants' eyes to future cultural learning opportunities – opportunities that may one day, when they are older, possibly include being a Peace Corps Volunteer.



**Far left:** PCVs look on in excitement of experiencing Swazi tradition and culture.

**Near left:** Maidens and feather dusters of all ages participated.



**Left:** Bobabe head out to court the maidens.

**Right:** A socially conscious mkhulu sports an AIDS ribbon scarf.



photos by Annie Mohr

## Yemi continued from page 1

involve giving back to a member of the community who has expressed a need for assistance. After writing a story about the individual, the group does something to help the family, from cleaning their homestead, to conducting fundraising activities. This month, the club donated food to a "gogo," or "grandmother," in the community who is struggling to raise her 10 orphaned grandchildren, after her own children died of AIDS.

As a graduate in journalism and mass communication, it gives me great pleasure to use communication to educate my community, thus helping to reduce the spread of HIV/AIDS. I get excited when I see the youth working hard, using skills I have tried to transfer to them. Through their work, as well as trips to newspapers in the country, they too are discovering the value of communication.

When the *Umbono Wetfu* youth stood in front of the crowd last week, discussing their work and personal growth since joining the team, I looked on with such satisfaction.

Stunned, I also watched as the community came together to celebrate the event. Community members donated enough chickens, other food and money to feed over 300 people. The bomake or "mothers" arrived at 5 a.m. to cook for the event.

Members of Parliament gave speeches,

along with representatives from a number of local HIV/AIDS-related organizations including the local organization of people living with HIV. In between the encouraging speeches, local youth groups performed – singing and dancing about youth issues. We also played HIV/AIDS games with the audience, giving out prizes and T-Shirts.

The launching truly developed into a day for the community.

During my next year in Swaziland I will continue to serve as the advisor to the club. However, we are working to make sure the projects succeeds long after my service ends. We hope the youth and the community take control of this project, as they did during the launching. Through our project, I hope the youth continue discovering and expressing their opinions.

**Adeyemi Oshodi is a PCV working on HIV/AIDS prevention in Swaziland until November 2005. She graduated with a BA in Journalism and BS in Mass Communication from Miami University in Ohio. She has an MA in International Development from the University of Iowa. She is from Columbus, Ohio.**



# Letter from heaven...

*Recently when I so suddenly and tragically lost my beloved elder brother, a friend gave me this poem that I would like to share.*

To my dearest family,  
Some things I'd like to say  
But first of all to let you know  
that I arrived ok.  
I'm writing this from heaven.  
Here I dwell with God above.  
Here there's no more tears of sadness,  
there is just eternal love.  
Please do not be unhappy,  
just because I'm out of sight  
Remember that I am with you,  
every morning, noon and night.

That day I had to leave you,  
when my life on earth was through  
God picked me up and hugged me  
and He said "I welcome you.  
It's good to have you back again;  
you were missed while you were gone.  
As for your dearest family-  
they'll be here later on.  
I need you badly, you're part of My plan.  
There's so much we have to do  
to help our mortal man."

God gave me a list of things  
that he wished for me to do.  
And foremost on the list  
was to watch and care for you.  
And when you lie in bed at night,  
the day's chores put to flight,  
God and I are close to you

in the middle of the night.  
When you think of life on earth,  
and all those loving years,  
Because you're only human,  
they are bound to bring you tears.  
But do not be afraid to cry,  
it does relieve the pain.  
Remember there could be no flowers  
unless there be some rain.

I wish that I could tell you  
all that God has planned.  
If I were to tell you,  
you wouldn't understand.  
But one thing is for certain,  
though my life on earth is over  
Now, more than ever before,  
my life to you is closer.  
There are many rocky roads ahead of you  
and many hills to climb  
But together we can do it  
by taking one day at a time.

It was always my philosophy  
and I'd like it for you too  
That as you give to the world,  
the world will give to you.  
If you can help somebody  
who's in sorrow and in pain  
Then you can say to God at night  
...' my day was not in vain.  
And now I am contented  
that my life was worthwhile.  
Knowing that as I passed along the way,  
I made somebody smile.



So if you meet somebody  
who is sad and feeling low,  
Lend a hand to pick him up  
as on your way you go.

When you're walking down the street,  
and you've got me on your mind,  
I'm walking in your footsteps,  
only half a step behind.  
And when it's time for you to go,  
from your body to be free,  
Remember you're not going...  
You're coming here to me.

-Author unknown  
Thank you,  
Xolile Ngwenya, PCSO



## Travel warning

The Aug. 20 U.S. indictment of Hamas figures may be used as an excuse to target American citizens or American interests throughout the region. In addition, the Department of State continues to warn of the possibility for demonstrations and violent actions against U.S. citizens and interests in the region. Anti-American violence could include possible terrorist actions against aviation, ground transportation and maritime interests, specifically in the Middle East, including the Red Sea, Persian Gulf, the Arabian Peninsula and North Africa.

The Department is concerned that extremists may be planning to carry out attacks against Westerners and oil workers in the Gulf region. Recent armed attacks targeting foreign nationals in Saudi Arabia that resulted in many deaths and injuries, including U.S. citizens, appear to have been preceded by extensive surveillance. U.S. contractors may be some of the potential targets. U.S. citizens planning to travel should consult the Department of State's country-specific Public Announcements, Travel Warnings, Consular Information Sheets and regional travel brochures available on the Consular Affairs Internet website at <http://travel.state.gov>.





## Peace Corps Swaziland Welcomes Ambassador Lewis Lucke

Lewis Lucke assumed the position of Ambassador to the Kingdom of Swaziland upon his arrival in Swaziland on Aug. 19. He was nominated by the President to be Ambassador on March 11 and confirmed by the U.S. Senate on June 25. He is a career Senior Foreign Service Officer who served for 25 years with the US Agency for International Development.

From November 2002 until February 2004, Mr. Lucke served as USAID's first Mission Director in Iraq where he managed a \$4.0 billion reconstruction program, the largest USAID financed reconstruction program ever and the largest such US program since the Marshall Plan.

Mr. Lucke has served in the Foreign Service since 1978 in eight countries: Mali, Senegal, Costa Rica, Tunisia, Bolivia, Jordan, Haiti and Iraq. He was USAID Mission Director in Bolivia, Jordan, Haiti and Iraq.

Mr. Lucke has received the Presidential Merit Award from the President of the United States in 2001; and USAID's top two awards, the Award for Heroism (2004) and the Administrator's Distinguished Career Award (2001). He was named Distinguished Alumnus of the Year from Thunderbird, the Gavin School of International Management, in 2003.

Lucke is from Austin, Texas, married to Joy Willeford. They have three children ages 23, 20, and 15. He is a graduate of the University of North Carolina-Chapel Hill and has an MBA from Thunderbird, the Gavin School of International Management.

He is fluent in French and Spanish and has a working knowledge of Arabic. He is the author of "Waiting for Rain: Life & Development in Mali, West Africa."

## Duty Roster for September

The duty roster will be made available to Volunteers so that they know who to call (602-8519) in the case of an emergency.

Aug. 31-Sept. 6: Gus  
Sept. 7-Sept. 13: Simanga  
Sept. 14-Sept. 20: Lindiwe  
Sept. 21-Sept. 27: Winnie  
Sept. 28-Oct. 4: Oghale

## Tips from Titus: Rape Awareness

By Titus Motsa  
U.S. Embassy

### If You Are Attacked

- Keep your head. Stay as calm as possible, think rationally and evaluate your resources and options.
- It may be more advisable to submit than to resist and risk severe injury or death. You will have to make this decision based on the circumstances. But don't resist if the attacker has a weapon.
- Keep assessing the situation as it is happening.
- If one strategy doesn't work, try another. Possible options to not resisting are:
  - negotiating,
  - ~ stalling for time,
  - ~ distracting the assailant and fleeing to a safe place,
  - ~ verbal assertiveness,
  - ~ screaming to attract attention, and
  - ~ physical resistance.
- ~ You may be able to turn the attacker off with bizarre behavior such as throwing up, acting crazy, or even picking your nose.

### After an Assault or Rape

- Go to a safe place and call the RSO and Police. The sooner you make the report, the greater the chances the attacker will be caught.
- Do not shower, bathe, douche, or destroy any of the clothing you were wearing at the time of the assault.
- Do not disturb anything in the area where the assault occurred. It is important to preserve all physical evidence for court use.
- Go to your medical unit and get medical care. Make sure you are evaluated for the risks of pregnancy and venereal disease.
- Call someone to be with you. You should not be alone.
- Write down a description of the attacker and the assault. The RSO needs all the information you know about the attack and assailant.
- Help is available to assist you in dealing with the consequences of an assault. Victims of assault suffer emotional and Psychological Trauma. It is important to realize that, no matter how strong a person you are, you cannot go through this alone.
- Get counseling! Contact your missions medical unit or the security office, where personnel have been trained to deal with this crime.

### Take Action—Today

- Practice being alert and observant. You can avoid many threatening situations; and if you are attacked, you will be able to accurately describe the assailant to the authorities.
- If someone you know has been attacked, be a good friend. Lend an ear and lead them to others who can help.

### RAPE . . . Do YOU Know the Facts?

**Myth:** Most women are raped by strangers in high-risk situations — hitchhiking, walking alone at night, going alone to a bar.

**Fact:** Rapes can happen in these situations, but about one-third of all victims are attacked in their homes.

**Myth:** Rapes are committed by total strangers.

**Fact:** 70 percent of all rapists were known to female victims.

**Myth:** Women invite rape by dressing seductively.

**Fact:** Victims do not cause rape. It can happen to anyone—children, grandmothers, students, working women, mothers, wives, the rich, the poor, and even men. Police believe that in the stranger-rape situation, rapists tend to prey on women who look frightened, easily intimidated, or seem to be daydreaming. In other words, most rape victims often are in the wrong place at the wrong time.



If you have any security concerns, or would like to see advice in the newsletter, please do not hesitate to contact Titus or the RSO.

# We, the Volunteers...Introducing the VAC Constitution

Peace Corps Swaziland  
Volunteer Advisory Committee  
2004-2005 Constitution

**Mission Statement:** The Volunteer Advisory Committee (VAC) shall represent the volunteer population to convey volunteer ideas, concerns, and issues to Peace Corps staff; to serve as channel of communication from staff to volunteers; and to work with staff to address strategies and policies in efforts to effect continual improvement in the Peace Corps Swaziland program.

**Organization:** The VAC will consist of four volunteer officers (Chair, Secretary, and 2 Regional Representatives) who will serve out terms for the duration of their status as Peace Corps Swaziland volunteers. Each incoming class shall elect two representatives. The senior class' representatives shall hold the offices of Chair and Secretary. The incoming class' elected reps shall serve as the regional representatives (one each for Shiselweni and Lombombo regions). The Country Director will be considered a permanent member of the VAC.

**Term Of Service:** Representatives shall be elected by incoming classes at their first IST and will serve for the duration of

their two years of service. If a VAC member extends volunteer service for a third year, continued participation as a VAC representative will be contingent on a simple majority approval of remaining VAC members.

**Resignation:** A member of the VAC is free to resign at any time with written notice submitted to the Chair. The class that member represented will select a new representative at earliest convenience to fill the vacancy for duration of term.

**Duties Of Officers:**

**Chair -** shall be responsible for serving notice of meetings and preparing the agenda for each meeting. He/she shall preside over all meetings and act as the primary contact person for staff. The Chair will also be responsible for training incoming Chair.

**Secretary -** shall keep the minutes of all VAC meetings and assist in the preparation and submit ion of notices to staff, volunteers, and relevant publications. In the absence of the Chair, the Secretary will assume the Chair's responsibilities.

**Regional Representatives -** shall be responsible for the representation of volunteers with attention given to region-specific issues, events, and information. Each regional representative shall report VAC business to respective volunteer

populations, and shall act as primary VAC interface for volunteers.

**Country Director -** shall attend all main VAC meetings or appoint a representative to address concerns of PCVs as presented in the meeting. The CD will assist VAC in logistical and programming support.

**Meetings:** VAC meetings shall be held quarterly at the Peace Corps office in Mbabane, unless otherwise arranged. All senior staff members are encouraged to attend meetings when appropriate. The Chair can call additional meetings at any time, provided appropriate notice is given to staff and VAC members.

**Amendments:** Any section of this constitution may be amended, altered, repealed, or added to at any VAC meeting by a majority vote provided that the proposed changes or the substance thereof has been distributed to all representatives prior to the meetings and that all representatives are present at the meeting. If any section of this constitution is amended or repealed, the remainder of the constitution shall not be affected and shall remain valid.

**Miscellaneous:** Representatives serving on the VAC shall be reimbursed for travel and lodging expenses when on VAC business and when approval for reimbursement is granted by VAC members. ~~Please contact VAC members Director.~~  
*comments and concerns.*

## 12 Steps to Living Positively with HIV and AIDS

On Friday, 27 August, Jesse Milan (Vice President and Director of Health Communications, Constella Group, USA) gave a talk at the U.S. Embassy where he introduced a framework for positive living. His 12 steps are:

1. **Be honest** (do a "life inventory" of what you did and who with)
2. **Know your status - get tested** lack of info/ misinfo ⇔ fear ⇔ rejection & discrimination
3. **Protect yourself**
4. **Protect others** knowledge ⇔ acceptance & understanding ⇔ community & hope
5. **Start learning**
6. **Get a medical provider** (or try to get regular checkups)
7. **Start a healthy lifestyle** (lower stress, don't smoke, lower your alcohol intake, eat a balanced diet, do light exercise)
8. **Find or create a network of support** (it's good to encourage those you love to get informed before disclosing status)
9. **Get spiritual**
10. **Know your rights** (find out if your employer can fire you for being positive or force you to test. Knowing your rights puts you in a position of power instead of being a victim)
11. **Advocate** (it's especially important for people who are HIV+ to plan policies, workshops that deal with HIV and AIDS)
12. **Kill the stigma** (disclosing your status in the workplace and schools shows others not to be afraid or prejudiced)



# Kevin's Poetry Korner

By Kevin Okun

*Swazi Sojournal*

Some days there's just a funny rhyme somebody says on accident. This one comes from a friend in my community seeing one of my Buffalo Sabres T-shirts and asking if that was the Chicago Bulls.

No, I told him. It's a hockey team, not a basketball team. But that would make a good limerick.

### Umtsimba singer

There was an old man from Chicago  
He dated a girl from Nhlanguano  
They went to the kraal  
Said he now had it all  
Celine asked to sing, they said NO.

### Greeting in the rain

Did you see when it rained here in Hluti?  
It came from the sibakabaka  
The rain came so hard  
SwaziPost hired a guard  
He said Sawubona my bhuti.

### Hope yet fulfilled

Swaziland has a big problem  
Too many have AIDS in the country  
I wish more would care  
Cuz I'm pulling my hair  
Live for the future responsibly.

## Chicken's Tasty Chequet Curry

Ingredients:

- chicken
- onion
- Green and red pepper
- chile pepper
- Coconut milk
- Thai green curry paste
- rice



### Three easy steps!

- 1) Add diced garlic, onion, ginger, chile pepper and chicken to a pan. Stir fry until chicken is done.
- 2) Add three scoops of curry to the pan. Let food cool.
- 3) Add green and red peppers. Then add coconut milk.

Oh, and a fourth step. Do your dishes after you finish eating.



Travel Corner

Mbabane Hot-Spot of the Month:

# Indingilizi Art & Craft Gallery

Tucked away on a side street behind the American Cultural Centre, the Indingilizi Art and Craft Gallery has featured the works of local artists for nearly 22 years.

The Gallery has earned a reputation for excellence and for being a reliable source of contemporary art and collectables for Swaziland and elsewhere in Africa. Artwork and selected crafts are available for export.

Energetic Dori Angus-Verhoog, the owner, seeks to convert everyone to the beauty of African art for which she herself has great passion. She travels widely to keep her gallery supplied with the best of her finds.

Exhibitions are held regularly, featuring the work of contemporary local artists and the best of available crafts also from elsewhere in Africa.

Original sculptures, paintings, quality batiks, mohair, ethnic jewellery, ethnic pottery - too much to mention are tastefully displayed, with information readily available.

After examining the rooms of varied African art, find your way to the back porch and patio, where an equally diverse menu offers tasty, affordable meals (washed down with yummy mango fruit shakes) in a quiet, shady piece of paradise well worth the extra time required to find this hidden gem of Mbabane.

**Moroccan Food Festival**  
**September 1-15, 2004**  
**Indingilizi Cafe**



## Tessa Teaches us How to Make Recycled Paper

### Materials:

- basin or bowl (2)
- pieces of used paper torn into small pieces
- wire coat hanger
- pair of nylons
- 2 kitchen towels
- rolling pin (or any cylindrical object that rolls)

### Optional:

- glitter
- dried flowers or leaves
- food coloring

1. Bend hanger in to square shape, stretch pantyhose over hanger frame. Make sure it is tight and flat.

2. Tear paper into small pieces. Soak in water; crunch with fingers. Let soak 2-4 days, periodically crunching with fingers.

3. Add 2T white glue to pulp, mix with hands. (this is also the time to add optional ingredients)

4. Put frame in other basin, then put pulp on top. Flatten and squeeze out excess water.

5. Put frame out in sun to dry until paper peels off.

6. Flip onto a clean towel, cover with a second towel, and roll with rolling pin to flatten for one minute.

7. Your paper is now ready to decorate and share with someone special!



## Make your mark in three easy steps:

**E**lections serve as the ultimate suggestion box for citizens to evaluate political leadership and offer either their support for the status quo or a pink slip for the current administration. While only 49% of eligible voters embraced this opportunity in the 2000 election, heated issues ranging from American military involvement abroad to environmental protection at home may cause this election to stand as the most critical and scrutinized of our time. The candidates continue to wrestle over a single percentage point lead in the polls, an inkling that news commentators may be working overtime once again to call a race “as tight as the rusted lugnuts on a ‘55 Ford” (thank you, Dan Rather). A close election bestows an added influence to the votes of Americans abroad, and now it’s easier than ever for ex-pats to make their mark. Follow these three steps to secure your legal vote:

**1.** For **registered voters**, simply pick up the voting documents in your volunteer mailbox (**Federal Write-In Absentee Ballot for General Elections**, along with registration and absentee ballot request if you are interested in having future ballots mailed to your local address).



**2.** Read and complete the official absentee ballot, seal it and place it in the outgoing PC mail. Your ballot will be mailed to the U.S. through use of the embassy pouch. You don’t need to inform your state auditor, as long as you complete and mail **only one absentee ballot**.

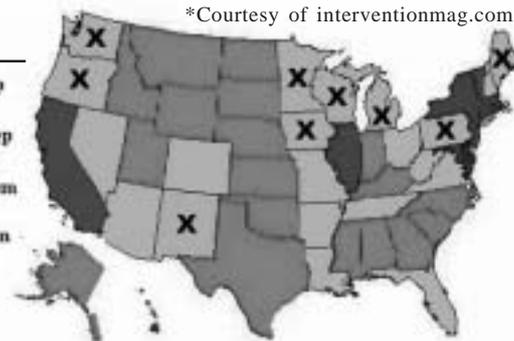
**3.** Celebrate your participation in the political system at a swashbuckling Election Night party, November 2. Those with **voting receipts** will be treated to munchies and minute-by-minute CNN coverage! Venue to be announced in next month’s Sojo.

## Election 2004: The Battlefields

\*Courtesy of interventionmag.com

### Swing State/Electoral Votes

Arizona — 10	■ Solid Rep
Arkansas — 6	■ Swing Rep
Colorado — 9	⊗ Swing Dem
Florida — 27	■ Solid Dem
Iowa — 7	
Louisiana — 9	
Maine — 4	
Michigan — 17	
Minnesota — 10	
Missouri — 11	
Nevada — 5	
New Hampshire — 4	
New Mexico — 5	
Ohio — 20	
Oregon — 7	
Pennsylvania — 21	
Tennessee — 11	
Virginia — 13	
Washington — 11	
West Virginia — 5	
Wisconsin — 10	



### Mystery PCV of the Month

Which PCV, in a moment of flush toilet envy, was heard saying

“I yearn for the sound of my pee hitting water” ?

Submit answers to the Sojo for a prize. See the answer in October’s issue.



# A Peace Corps Divided: An empirical look at pop-culture

By Annie Mohr

*Swazi Sojournal*

Background

Staying at site, it can be easy to lose touch with pop culture. The occasional pop culture encounter, therefore, can make some of us rediscover and even embrace icons we once despised or ignored. At a recent AIDS Awareness day at the high school I work with, I suddenly developed a fondness for J. Lo as her voice blasted during an interlude. To find out how others felt, Peace Corps staff and volunteers were asked who they prefer: J. Lo (aka Jennifer Lopez) or Justin (Timberlake, not Garland).

Results

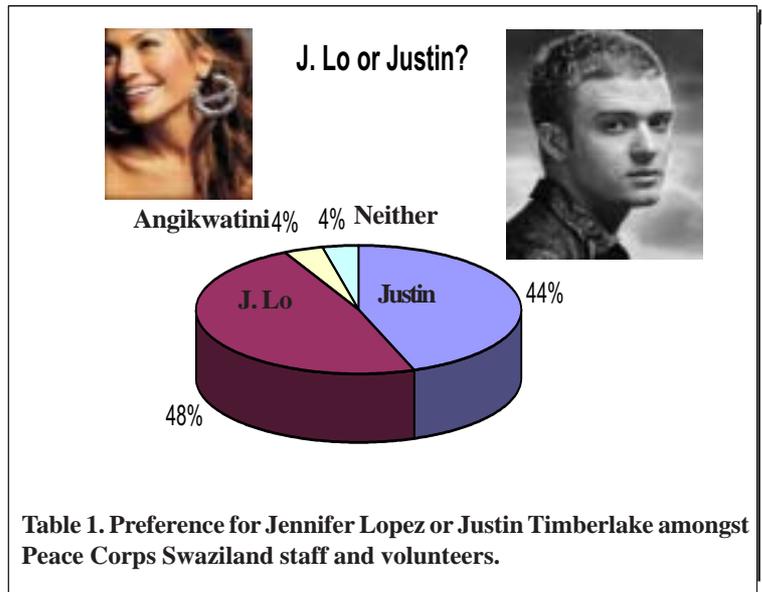
A total of 27 people responded.  
 Ryan Crew was not available for comment.  
 12 respondents said Justin  
 13 respondents said J. Lo  
 1 respondent said neither  
 1 respondent was not familiar with either

Discussion and Conclusion

J. Lo got more pie.

Some respondents were thrown off when simply asked "J. Lo or Justin?" It was then necessary to clarify that the survey concerns Justin Timberlake, not Garland, in the interest of keeping the results accurate. Other respondents had difficulty deciding between the two, claiming they each have unique talents. Still others felt passionate about one and only one of the icons, saying things such as "Justin, any day of the week."

***Peace Corps staff and volunteers give J. Lo the edge, in a race as close as the projected 2004 Presidential election.***



## The Background Story of Holly's cartoon:

While picnicking at Satara campsite, my family was overwhelmed by birds. African starlings and yellow hornbills fought over every little crumb that fell from the table. One bird in particular grew more and more daring as our meal progressed. He kept inching closer and closer to the table. Then suddenly, as though scripted by Alfred Hitchcock, the hornbill attacked my toes. I can only guess that he mistook them for Vienna Sausages.

**September 2004- A year in our lives**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Swazi Independence Day • Labor Day (US) <i>office closed</i>	7	8	9	10 Amber Kelly's birthday • Pitch Black Afro Hip Hop/Kwaito House on Fire	11 Siteki Bike race 20km starts at 7:45 a.m.
12 Grandparent's Day	13	14	15 Rosh Hashanah, sunset	16	17 One year in Swaziland • party at PC Office 1-4 p.m.	18 VAC Meeting
19	20 Mika Kooiker's birthday	21	22	23 Sojo production day (COMPUTERS IN USE)	24 Awesome Africa music festival, Durban	25 Destiny's Child Somhlolo Stadium • A.A. music festival
26 A.A. music festival	27	28 Ask a stupid question Day	29	30		



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