



# The Swazi Sojournal

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## From the air to the road

By Kevin Okun

*Swazi Sojournal*

New country director Patricia Austin has found the best part of her new job to be going on site visits to learn what Volunteers do.

Austin, a former commercial airline pilot and returned Peace Corps Volunteer from Malawi, arrived in Swaziland Feb 11. Since then she took two site visits with APCD Gus Konturas, seeing nine Volunteer's sites of the 50 in PC Swaziland.

In her first week, she hit the road with PCVs Jill Granberg, Morgan Smith and Justin Garland as they filmed material for movies they are making about the HIV impact in Swaziland. Their destination was Jen Cendric's site at KaPhunga.

They then traveled south to Hlatikulu where Alyson Peel's community organized a youth group. Austin also saw Lisa Grossman's Neighborhood Care Point at Busileni. She finished the day seeing Silena Layne teach lifeskills in Nkwene.

During the day Austin said she talked with Volunteers about concerns of the new group settling in and issues of overlapping with the third group of Volunteers set to come to country in June.

On Feb. 23, Austin took her second trip,

delivering a package to Andi Pietruszka while visiting a school she was working at. Austin and Pietruszka talked for an hour about issues including working with counterparts and bringing mobile testing facilities to Andi's community.

They went to Jabulani to see Sarah Coffey, picking up Morgan Smith along the way. They attended a meeting where the community requested fencing for a garden.

Austin also visited sites of Rebecca Friedburg, Julie Zoleman and Blia Yang, but couldn't find the busy Volunteers.

"When I visited sites, I asked where do the communities end and the best way to find out is to just look around and see as far as your eye can see," she said.

"I hope to go out every week to get a sense of what's happening," Austin said. It's been her favorite part of the job, helping get a handle of the program and projects with such variety from different Volunteers. Austin said she is impressed with the work Volunteers are doing with organizing and working at NCPs, helping orphans and organizing youth groups.

"Each Volunteer seems to be rising to the challenge, finding a niche of what they are doing," she said.

Konturas and Lindiwe Dladla impress her



*New Country Director Pattie Austin hopes to be on the road once a week, visiting volunteers in the field*

with their direction of the program, she said. In less than a month in country, Austin said she's learned that every NGO wants to be a Peace Corps partner. "We are in the rural areas, on the ground and in the trenches doing work," she said. "They want to be our new best friends."

Austin sees many differences in Swaziland from where she served in Malawi, starting with the set up of villages and com-

**See Austin** continued on page 6

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## Traditional Healers attend HIV workshop

By Brigid O'Brien

*PCV, Esitjeni*

Senior traditional healers gathered at the Mountain Inn, February 9th and 10th for a workshop on HIV/Aids. The meeting was the first formal step in a Peace Corps initiative to work with traditional healers and to help facilitate a collaboration between healers and Western medicine.

The workshop was led by our very own Doctor Fraser. Over the two days, his presentation covered many aspects of HIV/Aids, including: the origins and epidemiology, the biology of HIV (life cycle), transmission and stages of HIV, and testing and treatment. The material was presented in the same format that we received during training. Doc Fraser stressed that it was not his intention to "tell healers what to do", but to just present HIV/Aids from a Western standpoint.

PH Mtshali, (a sangoma from Matsetsa), found the workshop beneficial. "We owe it to each other the time of knowing one another. It was exactly what we needed."

Siphso Mamba, (a sangoma from Kabuta), echoed this enthusiasm. "It was a great opportunity for us to participate."

The workshop was just a beginning. Although it focused on the Western perspective on HIV/Aids it's up to us how we foster this relationship with healers and negotiate future collaborations.

The healers voiced an interest to participate in more workshops and opportunities to work with Western medicine in order to better understand each other and improve patient care in the fight against HIV/Aids. As PH expressed, "We need each other to fight the disease. Without them (Western medicine) humbling themselves we won't fight it."

# Parting advice from "Doc" Fraser

This will be my last contribution to the Swazi Sojournal. After 4 years with Peace Corps I am moving on. It has been a truly rewarding experience and I have learnt a great deal from you all. I have found your commitment to the rural people of Swaziland, compassion for those in need, enthusiasm in very trying circumstances and resilience to rise above all the obstacles extraordinary. I thank you for that. I believe that what you are doing here IS making a difference – more than you know. It is something I am convinced, will be more enduring than so many of the other initiatives directed at HIV. You are the eyes and ears of the underprivileged and have given them a voice (small at the moment but growing stronger). I am proud to have been a part of what you are doing and know the program will continue to strengthen and grow.

Before I get too carried away, here are some news items:

1) The Mental Health Workshop for the 2003 PCV intake is taking place at Thokoza Church Center on Wednesday 2 March. It will start promptly at 8:30am and run through until 5:00pm. Teas and lunch will be provided for those who have indicated they will be attending. You will all be put up at Grifter's on Tuesday and Wednesday nights.

2) The new PCMO, Daynese Santos, is arriving in country on 25 February and will be in the office from the 28 February. She is coming from Peace Corps Burkina Faso. She has been with PC for over 3 years so will be bringing a lot of experience. She will be participating in the Mental Health Workshop on 2 March.



3) The new medical unit is nearing completion and we hope to move in before the end of February. Thank you for your patience with the construction, inconvenience, etc. The new unit will hopefully enable us to continue to improve on the services we give to you.

4) **IMPORTANT:** We have been given a directive by Washington to have all of you sign a form to do with HIPAA – Health Insurance Portability Accountability Act. There are 2 documents - HIPAA for PCVs, FAQs and Peace Corps Notice of Privacy Practices. We plan to use the ISTs as an opportunity to get the original documents to you to read thoroughly and sign. If you have any specific queries please call me or come in and see me.

Our plans from here are that we will initially be in Johannesburg for a few weeks. Then we will be heading up to Malawi and finally Tete, Mozambique. I don't have any contact details yet but will forward them to Oghale when I have them. If any of you plan to travel northwards during or after your service, Tete is on the main road between Zimbabwe and Malawi. You would be most welcome to visit. Good luck with all your endeavors and above all, keep safe and healthy.

## in brief

### Foreign Service Exam

Volunteers interested in taking the Foreign Service exam can do so at the U.S. Embassy in Mbabane April 23, 2005. Exam registration materials and information are in the Peace Corps office. You must register by March 16.

### Reminder:

Follow Peace Corps policies.

### Beware at the Atm

Beware of thieves putting a thin, clear, rigid plastic sleeve into the ATM card slot. When you insert your card, the machine can't read the strip, so it keeps asking you to re-enter your PIN number.

Meanwhile, someone behind you watches as you enter your PIN number. Eventually you give up, thinking the machine has swallowed your card and you walk away.

The thieves then remove the plastic sleeve complete with card, and then empty your account. **The way to avoid this is to run your finger along the card slot before you put your card in.** The sleeve has a couple of tiny prongs that the thieves need to get the sleeve back out of the slot, and you'll be able to feel them.

### Quarterly Reports due

All volunteers are required to submit their quarterly reports by March 25 to Khabo Kunene. Reports can be based on a guidelines available in Oghale's office. These forms are extremely helpful in streamlining efforts of the APCDs in aiding volunteer projects.

### COS Update

Attention, Group 1 PCVs:

The Close of Service conference will be on **August 25-27** at the Forresters Arms Hotel.

The official COS dates are **November 11 - December 9, 2005**. (two weeks prior and two weeks past the swear-in date)

Peace Corps requires that volunteers shall not travel for the last three months of service. This means that there will be no travelling from the time of COS conference until your COS date.

There will be information regarding the possibility of early COS by the end of March. Please contact Mikaela for more information.

### Water Delivery Schedule for PCVs

Date	PCV Name	PCV Area
1st Tue of every month	Melissa O'Farrell	KaNdzangu
	Justin Knox	KaShoba
	Gavin Dia	Mndobandoba
2nd Tue of every month	Luke Fiordalis	Maphungwane
	Susan Taylor	Mambane
3rd Tue of every month	Silena Layne	Nkwene
	Arlene Shaffer	Ethunzini
	Meredith Aggers	Engoleni
	Amber Kelly	Ndinabanye
4th Tue of every month	Kathryn Menninger	Nkonjwa

Director's Chat

A warm introduction from Pattie Austin, Peace Corps Swaziland Country Director

Hi! to Peace Corps Swaziland Volunteers. My name is Patricia (Pattie) Austin and I am the new Country Director for Swaziland. I arrived in country Feb.11 and assumed my duties at the office on Feb. 14. I'm grateful for the opportunity to introduce myself to all of you via this newsletter and look forward to meeting everyone personally over the next month or two.

I was a PC Volunteer in Malawi from 95-97 working with the Ministry of Health at the Central Hospital in Lilongwe. HIV/AIDS was a major health problem in Malawi so I do know some of your frustrations and the emotional impact of the disease. Swaziland is not Malawi though, so I am eager to hear from you about your individual triumphs and trials.

I went on my first site visit with Gus on



Day 4 of my first week. We visited the Hlatikulu area and I met volunteers and saw their projects. I was impressed with the sincere commitment, enthusiasm and creativity of the volunteers. My intention is to make frequent site visits. I want to learn from you about your work and also hear how we can best support you.

During my Overseas Training, HQ told me repeatedly that I was lucky to be coming to Swaziland because the country was beautiful, the staff was good and the volunteers were doing an excellent job. So, that is your reputation in Washington! After only a short time I can concur with HQ's assessment. Thank you very much for your service and your efforts on behalf of the people of Swaziland.



Informal school for orphans and vulnerable children, Buseleni

Lisa Grossman's community was recently visited by the BBC news service. They documented the efforts of local women, trained by Sebenta, in establishing an informal school and feeding scheme.

Photo by Jill Granberg

New strain of HIV reported; causes rapid progression of AIDS

FEBRUARY 15, 2005 - Health officials in the U.S. city of New York have discovered a new strain of HIV that is drug-resistant and also causes a quick onset of the AIDS virus. Though this remains a single occurrence, the New York Department of Health and Mental Hygiene issued the alert for doctors and hospitals to watch closely for other possible cases. Health officials have not publicly identified the man whose case prompted the alert.

This new strain of HIV was found in a man in his mid-40's who had unprotected sex with other men, often while using crystal methamphetamine, an addictive stimulant. The man was diagnosed with the strain in December 2004. He appears to have fallen ill with AIDS

within two or three months, and at most 20 months, after infection. The man's HIV did not respond to three of four types of anti-viral drugs most commonly prescribed. He is currently receiving a fourth regimen of treatment.

Dennis DeLeon of the Latino Commission on AIDS says his fears of a new strain of HIV are well founded. "I was dreading this day because I knew this day would come when multi-drug-resistant strains of the virus begin to enter into a community."

While drug resistance is increasingly common among those with HIV, even among those who had never been treated before, it is not normal to have such a rapid progression to AIDS.

Courtesy of Voice of America news

NEWS & NOTES

From the Peace Corps Web site

**President Bush Announces 2006 Budget**  
WASHINGTON, D.C., February 7, 2005— Today, President Bush unveiled his 2006 budget, in which he asks Congress to provide the Peace Corps with \$345 million—a \$28 million increase from 2005.

"We are pleased with the President's continued commitment to the Peace Corps and the accomplishments we have achieved to date," stated Gaddi H. Vasquez. "Today, 7,733 Americans are serving in 72 countries – the largest number of volunteers to serve overseas since 1974."

Moreover, the demand for Peace Corps volunteers overseas continues to increase, with more than 20 additional countries requesting Peace Corps programs and assistance. This past year, the PC opened a new program in Mexico, concentrating on information technology, small business development, and science and technology. PC also returned volunteers to Haiti, sent Crisis Corps volunteers to assist with disaster recovery following Hurricane Ivan in the Caribbean, and plans to send 30 Crisis Corps volunteers to Thailand to support post-tsunami relief efforts. In addition, the Peace Corps is a participant in the President's Emergency Plan for AIDS Relief.

The Peace Corps provides practical assistance to host countries by sharing America's most precious resource, its people. Through the work and contributions of its volunteers over the past 44 years, the Peace Corps has emerged as a model of success for encouraging sustainable development at the grass-roots level. However, the Peace Corps is much more than a development agency. Its larger purpose is to strengthen the bonds of friendship and understanding between Americans and the people of other cultures.

The men and women who serve as Peace Corps volunteers reflect the rich diversity of our country and represent some of the finest characteristics of the American people. Volunteers have a strong work ethic, a generosity of spirit, a commitment to service and an approach to problems that is both optimistic and pragmatic. They speak the local language and adopt the cultures and customs of the people they serve. In the process, volunteers share and represent the culture and values of the American people, earning respect and admiration for our country among people who may never meet another American.



# Creative energy sparks dialogue in HIV

By Jill Granberg

**O**n the off-chance I find myself marooned on a deserted island off the coast of Equatorial Guinea with grim odds for survival and I am allotted only one other human cohort with whom to share the predicament, I hope it's Annie Mohr.

From crocheting floor mats out of plastic bags, to fashioning recycled parchment from newspaper pulp, while collecting bottle caps like a nervous habit to construct home-made tambourines and Scrabble pieces, she absorbs the resources around her. It's this brand of clever resourcefulness and resilience that causes me think Annie is capable of orchestrating a *coup d'état* – if she so wanted – employing only construction paper, a tube of glitter glue, and a couple of pipe cleaners.

But like the sundry layers of a lucrative landfill, Annie's inventive efforts also swell on a deeper plain. Focusing her attention on the school children of Ndzevane, she sought to "help kids *conceptualize* HIV and AIDS." And she did so first by piecing together an eye-catching Anti-AIDS Club workbook, brimming with activities and appealing comics to help students take an interest in and digest the issues of HIV.

Recognizing the dangerous gap between memorization of nebulous facts and actual application of knowledge, Annie crafted a board game suitable for a classroom setting that encourages students to actively demonstrate their knowledge. After rolling dice, teams may come to rest on a square inviting them to perform a role play, or they may be quizzed on their understanding of HIV transmission. Some game spaces serve to positively reinforce care and respect for those living with the disease: "You hug a friend with HIV – go forward two spaces."

To help children reflect their own impressions of the disease, Annie encouraged her primary school students exercise a *visual* response to HIV and AIDS. She set them to work creating posters in groups that expressed the basics of HIV transmission. The students formed collages of images representing the "Six W's" of HIV: "What is HIV?, Who gets it?, Where in the world is it?, When was the first case found?, Why do you want to protect yourself?, and Ways it is transmitted" They were also encouraged to examine their own thoughts and reactions to the crisis and its implications



Photo by Jill Granberg

*PCV Anneke Mohr leads preschool children in a song. Her Peace Corps service has put special emphasis on the value of working with children through Life Skills and HIV education.*

on children through drawings. In many cases, Annie was struck by the weighty emotions conveyed by the end products. "In one drawing, a girl was being forced to have sex, and the student labeled it with 'Don't push - it's painful!' She never would have described that kind of situation out loud, but through her drawing it was able to come out."

Fittingly, Annie is considering the possibilities of future work in the concept of Art Therapy, a seemingly natural fusion of her creative instincts, background in comparative sociology, and efforts here in Swaziland. Practiced in a variety of settings ranging from hospitals and community centres to preschools and nursing homes, Art Therapy allows patients to express emotional challenges through various means of visual representation. Of particular interest to Annie

is a program at University of Cape Town that employs "body mapping" and the construction of memory boxes as tools for those living and coping with HIV and AIDS.

Such methods may be constructive even before Annie ends her Peace Corps service, within the recently-launched "Post-test Club" in her community. The support group, ambiguously named to encourage all those who have tested to join without the threat of revealing their status, has grown into a major victory within Ndzevane. "It's so cool to see people I've been working with for the past year and a half finally talking about the issues of HIV and AIDS," says Annie.

It's also cool to see how a little creative energy - and poster paper - can spark such interest and awareness.



*Members of the post-test group at Annie's site enjoy themselves at a Christmas party they organized. They meet every Sunday to discuss positive living and to share their ideas and concerns. Body maps and memory books/boxes are potential activities that could assist in their quest for well-being.*

# Straight talk with Jennifer Cindric

**PCV pals Natascha Thurber and Jen Cindric exchange candid conversation about the highs and lows - and unexpected resilience - of one volunteer's service.**

*Compiled and edited by Natascha Thurber, photographs by Jill Granberg*

**Natascha: What were your fears when you first got to Swaziland?**

Jen: When I first got to my house I was scared of the critters scratching my roof at night..

**N: What are you most proud of that you accomplished at your site?**

J: I'm really proud about getting NATICC to come to my site to do HIV testing. I had a lot of people express interest in getting tested but every organization that I went to ask them to come up the mountain wouldn't do it or asked for money to do it..so that was really frustrating trying to get but when it finally happened it was great and I could tell my community was really happy to have the opportunity to get tested.

**N: How many people got tested?**

J: 30..that was in December and they are coming to do testing again in March.

**N: That's great. Are there any other projects your particularly proud of?**

J: The bomake in my community wanted to start sewing so I wrote a proposal for the Ambassadors Self Help fund and got them funding to get started...that's going really well too. Right now the bomake are making grass mats, shirts and skirts that they sell in our community but as soon as they make enough of everything they want to move on the selling at the Manzini market.

**N: When we first got here you talked a lot about wanting to go back home, but you still here. What changed?**

J: One day I was walking down the road and a car passed that had a few of my friends in it..to see them get so excited they were smiling and cheering and waving at me and I just realized that it wasn't that bad here...I was happy..but it took a long time to get to that point...I'm glad I stuck it out because I've meet great people and I cherish my friendships more then anything else here..they make being here fun.

**N: What advice would you give to future**

*It takes time. It was a good eight months before I was happy here..and it was worth staying.*

**PCVs?**

J: Do what you're good at. Don't get caught up in other things people want you to do that you're not sure about..and it takes time. It was a good eight months before I was happy here..and it was worth staying.

**N: You were a bit nervous about having a new volunteer placed close to your site especially since you'd been by yourself for so long. How's it going?**



*A member of the sewing co-op enjoys the ease of a new sewing machine purchased with aid from the Ambassador's Self Help Fund.*

J: Wwweeeellllllll..(laughs) no it's good...I'd been trying to work in the schools for a while so when Julie came we thought it would be good to teach together. We just started teaching about 2 weeks ago and we go twice a week to my primary school and twice a week to her primary school..it's going really well.

**N: You're always getting packages. What's the weirdest thing someone has sent to you?**

J: Oh ok..my grandmother sent me these gloved mitts to bathe with..she sent me one for an adult and one for a child and they had little ducks on them...I don't know where the heck she got the idea I would need those...but I gave them to the kids on my homestead and they love it..so it was all good.

**N: Anything you'd like to add before we finish?**

J: Yeah I'm the most wonderful volunteer ever (laughs) Just kidding.

**N: You know I'm going to put that in, don't you?**

J: Oh no you don't.



*PCV Jen Cindric looks on as community women weave mats.*



*Women from the sewing co-op learn the tools of the trade.*



**Austin**, continued from page 1

munities. "In Malawi, the issues had more structure. Here they are more adrift," she said. "This is not a job, it's more of a being as you establish yourself in the community. The lack of structure can be a curse, but it can also be a blessing."

Austin said talking with first-year and second-year Volunteers has allowed her to see that second-year PCVs seem more comfortable and established. "The first thing new Volunteers say is that they are just starting out but are moving along well and finding their way. Second year Volunteers answer with authority and experience."

Before coming to Swaziland, Austin heard a very good reputation about this post. "The people in headquarters said the staff [here] had a good reputation and the Volunteers had good projects. It was a well deserved reputation," she said. Austin recalls a conference for 15 new country directors where the others wanted to trade posts for Swaziland. She said she never wanted to switch then and certainly wouldn't now.



**The Healthy Living Game** A fun activity for primary students. It incorporates both life skills and HIV education. Students are divided into four groups and try to reach be the first to reach their goal. Ask Annie for more info if you want to try it with your students.

## Need some help with your agricultural work?

**A bit of advice from ECHO vet Ruth Poglitsch. Ruth is the spouse of Swaziland RPCV Rudy Poglitsch, and lives in Dlangeni with Rudy and their two children.**

Dear volunteers,

ECHO is a non-profit organization that specializes in helping agricultural development workers, especially those in the tropics. They provide useful agricultural information to answer questions like "what plants should I try growing in very dry areas?". They can give you a number of ideas of plants and techniques appropriate for subsistence farmers. For instance, by creating "zai holes" you can use termites to increase maize yields. They will research and answer specific questions you have on agricultural topics. They provide free trial packets of seeds of unusual plants that have a lot of potential in

difficult agricultural conditions. For example, the Jack Bean grows in dry conditions, tolerates poor acid soils, fixes a lot of nitrogen, and can be used as a home grown fertilizer for farmers who can't afford commercial fertilizers. They operate a book store that specializes in titles of use to those working with the poor in agriculture in "developing" countries. They offer an annual agricultural missions conference every November at their demonstration farm in Fort Myers Florida and are glad to have people come and spend time in self-directed study whenever they are in the US.

The easiest way to find out



what they offer is to visit their website [www.echonet.org](http://www.echonet.org) and log into their section for development workers. Have a good day.

- Ruth Poglitsch  
Nsukumbili High School, Dlangeni,  
Hhohho [rpoglitsch@yahoo.com](mailto:rpoglitsch@yahoo.com)

P.S. We like having visitors. If you need incentive to get out here, we have all three "Lord of the Rings" movies on DVD, as well as two great daughters, great hiking, hot water on sunny days, and electricity (as long as it's not stormy). Drop us a line and come spend a few days.



**A Life Skills activity**

By Mikaela Kooiker

This activity was done in a recent Life Skills session on self expression for Form 1 and 2 students as part of a series on communication skills. I introduced the topic by saying that we all have different thoughts in our head, and there are many ways to express them, through songs, art, poetry, writing, and giving speeches. We read aloud quotes of world leaders that I put up around the room. Then we read the following poem that I found in a school textbook.

**One Tree**

by R. Dobru

One tree  
 so many leaves  
 one tree  
 one river  
 so many creeks  
 all going to one sea  
 one head  
 so many thoughts  
 thoughts among which one good one must be  
 one god  
 so many ways of worshipping  
 but one father  
 one Suriname  
 so many hair types  
 so many skin colours  
 so many tongues  
 one people

Then I showed the students a name poem I wrote as an example. Name poetry is an excellent way to introduce poetry to students. It's straight forward, simple, and fun. This is an example I made for them:

Sounds of cows mooing  
 White clouds in blue sky  
 Amazing voices sing out  
 Zzz, boom - thunder shakes me  
 Ice bags to cool me from summer heat  
 Lowveld, middleveld, highveld, Lubombo  
 All different, but one nation  
 Now, today, live it  
 Drums pound as everyone dances

We discussed the poems and then listened to India Arie's self-expression with her song "Strength, Courage, and Wisdom" while working on a worksheet called "The Real Me."

These activities are part of the *Believe to Achieve/Khlowa Utophumelela* Life Skills curriculum that Silena, Annie, and I are currently working on. Our goal is to have the 6-10 week curriculum completed by the end of March. This would allow for those for those volunteers interested to use it for Term 2. Please let one of us know if you are interested and we will be able to organize a workshop to share our program's vision.

Are there any volunteers interested in assisting with a weeklong daycamp for girls 8-13 held at Annie's site? The camp is tentatively scheduled for the beginning of May. Call or text at 618-6737.

**PCVs find strong partner in NATICC**

By Tegan Callahan

Nhlangano AIDS Training and Counselling Centre (NATICC) is a great resource for Nhlangano area volunteers. Located at the Bethesda Mission in Nhlangano, but highly interested in working within the rural areas, NATICC's mission is to provide a HIV/AIDS information resource center, offer training courses for HIV/AIDS educators and activists, and provide counseling services for people living with HIV/AIDS. NATICC also has voluntary counseling and testing services, however such services are limited because there is only one nurse on staff.

When I first visited the NATICC offices the director, Babe Benedict Xaba, warmly greeted me. I was impressed with his excitement for meeting and working with Nhlangano area volunteers. On a meeting held in early February, ten volunteers and the staff of NATICC had an introductory



Photo by Jill Granberg

NATICC Director Benedict Xaba, outside the newly renovated offices in Nhlangano, is eager to collaborate with Shiselweni Peace Corps volunteers.

meeting. Another offering to come to meeting was scheduled for March 1<sup>st</sup> to develop a work plan for volunteer-NATICC joint projects.

Despite limited staff, NATICC is very adaptable and a c c o m m o d a t i n g , offering to come to volunteer communities and do mobile testing, work with rural support groups or give presentations in schools. Nhlangano area volunteers should definitely visit NATICC offices!

**Nhlangano AIDS Training and Counselling Centre (NATICC)  
 207-9796**

*Watch for upcoming meetings announced on the SoJo calendar.*



# Book Notes: My Traitor's Heart

Consider it the same compulsion that draws motorists to gaze at gory road-side spectacles. *My Traitor's Heart* grips the reader with an inescapable glimpse into the twilight of Apartheid, imparting relentless despair, cynicism with each page. But most importantly – and hauntingly -this piece of non-fiction, which chronicles the tumultuous decades of the 1970's and 1980's in South Africa, transforms the reader into a witness. The book also serves as the exceedingly candid memoir of the author,

Rian Malan, a self-described progressive Afrikaner bred by the disparities and contrasts of socially-stratified South Africa. Malan finds himself in a moral mêlée that uproots him from his birthright – as the descendent of one of Apartheid's founding fathers – and haunts him as he battles his conscience and obsessively seeks to identify and align with his black counterparts. Eschewing the often candy-coated narration of South Africa's freedom struggle, Malan reveals an uglier saga of oppression and resistance - often with

interminable and graphic detail – of atrocities committed on all sides. His journalistic instinct and inner turmoil drive him to investigate countless reports of intimidation, abuse, torture, and murder, all set amongst the backdrop of deeply personal, apologetic soul-searching commentary. Though published before South Africa's transition into democracy, the conflicts and grave tones endemic throughout *My Traitor's Heart* may still evoke an indisputable familiarity – and as much as one may want to, it's impossible to turn away.



Reviewed by Jill Granberg



## Hamba Kahle Dr. Fraser

On Wednesday, March 2, Group One volunteers participated in a day-long mental health workshop under the guidance of out-going PCMO Fraser Ward and in-coming PCMO Daynese Santos. Through group activities and discussion, volunteers evaluated emotional challenges of the past 18 months. We laughed. We cried. We let off steam. Whew.

An informal gathering that evening gave volunteers the opportunity to say thank you and farewell to Dr. Fraser.

**Pictured, left to right:** Justin Garland, Jill Granberg, Mika Kooiker, Susan Taylor, Morgan Smith, Natascha Thurber, Yemi Oshodi, Teresa Lavagnino, Holly Bullock, Valerie Bahr, Patrick Stonehouse, Tessa Reff, Lisa Grossman, Selena Layne, Chequet Ching, PCMO Daynese Santos, Amber Kelley, and Annie Mohr. Back row: Outgoing PCMO Fraser Ward.

Notes from home...

"Your world is very different from mine, right, now, but parallel in some ways... I imagine you are immensely challenged searching for truth and reassurance daily, and likely meeting parts of yourself for the first time; and these things are where our experiences overlap. It occurs my mind so many times how fortunate I am to have friendships like this, with individuals on a quest that aren't entirely explainable - or even reasonable, for that matter, but very necessary - essential. I suppose something that will come of my experience here, so far, is to surrender to the need to "explain" why... why I'm searching, and what for - because I don't really know... and that's why it's got to happen. I'm curious about TRUTHS and POTENTIALS, and that's what art attempts to do, is uncover them. And that's what journeys and challenges, on par with yours, attempts to do with the important element of reciprocal gain - in aiding others you aid yourself, and in that gift is growth..."

- Submitted by Julie Gurtzmaier

*Have you been touched, inspired, or stimulated by a specific paragraph or passage sent to you in letters or email from home? Share the message with us! Put a copy in the Sojournal box, or email: sojournal@yahoo.com. Excerpt will be printed with permission from the author and may be edited to conserve column space.*

You know you're  
**HARD CORPS**  
when...

- Spinal tap becomes not just an 80's band, but a medical procedure that hurts more than getting a catheter
- you read the newspaper to stay up to date, then use the headline to dig out boogers, the classifieds to wipe, and the sports section to wrap your buns
- you jam to Snoop Dogg in a PC vehicle with PC staff on the way to the hospital

Swimming is fun, but schisto isn't it hurrrts.



Dangerous Diseases: Which do PCVs most fear?

Hot Spot! MAPUTO

Travel Corner

Background

After a certain PCV and Sojo staffer caught schisto and endured many painful medical procedures (see Hard Corps), we thought it would be interesting to examine what illnesses other volunteers fear getting during their stay in Swaziland.

Methodology

Volunteers were polled over the phone by Natascha and in person at the office.

Results

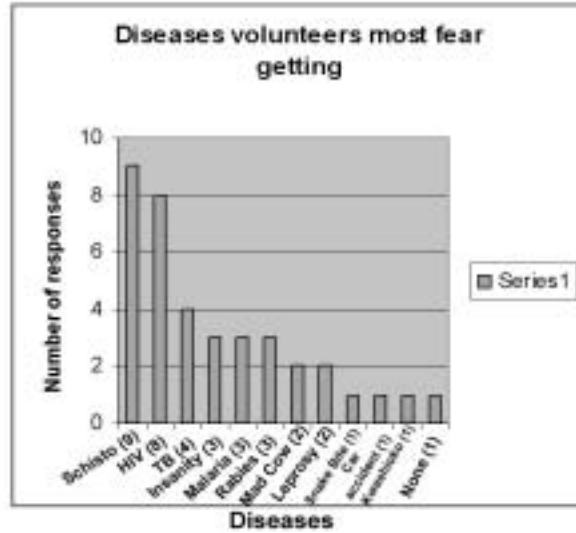
A total of 37 respondents responded to the poll. Schisto wins the 'most-feared illness' trophy, with a total of 9 votes. HIV was a close second with 8, and TB was third with 4 votes.

Discussion

There was some discrepancy in the question - it could be read as what would be a really horrible illness to get, and/or what illness do you think you are most likely to get.

A surprising number of volunteers fear getting HIV, despite the fact that we all know and teach clear and simple ways to prevent getting it. However, Group 2 was more afraid of HIV than Group 1.

Furthermore, due to this certain PCV and Sojo staffer contracting schisto, it seems there is now much more fear and awareness of it.



Malaria 8%



Mad Cow Disease 5.4%



Rabies 8%



Insanity 8%



If you like ice cream, bakeries, seafood, and a more enticing night life than Mbabane has to offer, Maputo is the perfect getaway. If you are willing to tolerate a bit of trash and stank here and there, you will be greatly rewarded with what the city has to offer.

To get there, catch a kombi from Manzini across from Debonair's. E35 and 4 hours later, you will be in Maputo. You can also take a kombi to Lomahasha, walk across the border, and grab a kombi on the other side, at Namaacha.

Fatima's, at Avenida Mao Tse Tung, is the best option for hostels. It costs R50 per night, and is relatively clean, colorful, and airy. If you want something nicer, try Hotel Ibis, on Av. 25 de Septiembre, or Villa de Mangas, on Av. 24 de Julio.

My main reason for going to Maputo is the Sorveteria Gianni, an ice cream shop in the Polana shopping center, off of Julius Nyere and 24 de Julio. Delicious, nutritious, makes me feel so ambitious, as my mom would say. There are enough tasty flavors to keep you coming back over and over and over again.



Also make sure to hit the Cafe Bar Gil Vincente, on Av. Samora Machel. They usually have live music on the weekends, but if not it's still a fun place to chill. They often show DVDs of live music performances on a big screen. One time they showed Paul Simon doing a show with Lady Smith Black Mambazo in Zimbabwe, which was pretty powerful. You are also sure to meet some interesting people.

For more entertainment and culture, there are two movie theaters, a venue for live theater, a small but interesting art museum, the Museum of the Revolution, and the French Cultural Center.

For day excursions, you can take a ferry to Catembe Island or a nicer speed boat to Portuguese and Inhaca islands. It costs \$35 or 700,000 M round trip, but it is worth it. Call 082-785803 to reserve. It leaves daily from the Escuela Nautica at 7:30. Fatima also organizes a trip each Sunday.



## March 2005 - in like a *libubisi* (lion)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Meeting for all Shiselweni volunteers at NATICC offices in Nhlangano - 11 am 1	Mental Health workshop for Group 1 at Thokoza, 8:30 am 2	Michelle Desmond and Sarah Coffey's Birthday 3	4	Ringo - Southafrican Afro-Pop singer at House on Fire E90 8 p.m. 5
6	7	8	Meeting for all Lubombo volunteers at Siteki RA office, 1pm 9	10	11	12
13	14	15	Kate Menninger's Birthday 16	17	18	19
		CHPS Workshop 1	CHPS Workshop 1	CHPS Workshop 1		Post test group meeting at Matata VCT 10 a.m.
20	21	22	23	24	25	26
Arlene Shaffe's Birthday	Anna McCreary Birthday	CHPS Workshop 2	VOLUNTEER COMPUTERS IN USE FOR SOJO PRODUCTION CHPS Workshop 2	CHPS Workshop 2	Good Friday (Office closed) DJ Night (Hip-hop) at House on Fire E70 at 9pm	
27	28	29	30			
Easter Monday	Adeyemi Oshodi's birthday Easter Monday (Office closed)					



**The Swazi Sojournal**  
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 Mbabane H100  
 Swaziland

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