

# The Swazi Sojournal



Issue 6, Volume 3

June 2006

## Talkin' Bout the Next Generation

By Justine Spisak, SOJO

For several weeks now there's been a new air hanging about the office, and one that, if it's not just my imagination, has permeated even out to the countryside into casual volunteer encounters and conversations. It's an air of curiosity, anticipation, and commiseration for the new little fish that are about to begin swimming in our pond.

It's rather difficult to compose a letter of welcome for the newest addition to our Peace Corps family post while avoiding the transition to a typical 'words of wisdom' voice. The thing is that I would simply love to pour out wisdom and stories of experiences, troubles, fears, concerns, joys, and comforts to all of the new PCT's (or in the Dr. Cox tradition, "newbies"). But in all sincerity, the only wisdom I can

give you is to make it all your own. Let yourself love what *you* love about it, and hate what *you* hate about it. These are two years of *your* life, and while you may think you are here to give them away to others, in part in truth you are here to take them from this African earth.

It is just that Peace Corps is, for many like myself, the first rich taste of real life, but one to which most march triumphantly carrying suitcases for hearts bursting with youthful passion and ambition and wanderlust. Idealism and realism are the angel and devil on the shoulders of every PCV (see article below). 'Which one will bind and gag the other first?' always seems to be the question.

So while you probably wish to hear about great places we've traveled, successful projects and how we achieved fluency in siSwati (um.. hahah), all I urge for you, darling group 4, is to

take all of the advice in the world from we the veterans, but at the same time embrace this experience as your own. If you want to maintain the idealism you packed in that suitcase, don't allow the negative experiences of others to lead you toward fear. Embrace everything as yours, for that's exactly what it is.

So with that said, we here at the SOJO are uber-excited for your arrival. Keep warm these next few months, and don't worry: everything will turn green again in the lovely Swazi summer (fall/winter back home) just in time for you to travel about as you please. And, of course, feel free to submit anything you would like to have published to us for next month's issue. Hambani kahle and good luck!

## For the Love of a Nation

by Kim Kanney, SOJO

"There's an old saying in Swaziland that goes, 'If you want to keep a secret from a Swazi, write it in a book.'" This was the message offered by the head teacher of Ngololweni High School to nearly 200 students at the presentation of roughly 100 books donated from American schools: all mostly novels, all written in English. The head teacher's comment was not only meant to challenge the students to confront stereotypes of poor literacy in Swaziland but also to make use of the new library (built last September) with the motive that in so doing, they might improve their English skills, thus bettering their chances of someday attending a university and obtaining a rewarding job.

I stood on the steps facing the entire student body as I explained where the books came from and then proceeded to hand piles of books to numerous students as they personally delivered them to the library. But here I am: umlungu, an American volunteer, a foreign novelty of my community making a gesture reinforcing not



PCV Kim Kanney passes books to an Ngololweni HS student for the newly developed library.

only the power but *the need* for foreign aid. All the while I am encouraging this education and advancement through a foreign - not to mention Western - language, I am also inadvertently devaluing the importance of their native tongue.

Needless to say the issues of development have once again penetrated the forefront of my consciousness leading me to seek where the balance lies.

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*Safety and Security w/Mfanafuthi Vilakati, S&S*

A very BIG HELLO goes out to all the PCVs out there in their respective sites. Congratulations to Group 2 PCVs for safely and courageously serving almost three quarters of their service and are approaching the *finish line*. Group 3 PCVs as well deserve a pat on the back for safely holding their own thus far. It is however not yet time for people to let their guards down. *The game is not over until it's over!*

On a different note I wish to officially announce that PC Swaziland has new code words for the different EAP stages, thanks to the VAC. The changes will be reflected in the next copy of the post's EAP booklet and they are as follows:

- SKATEBOARD is now RECORD
- BICYCLE is now TAPE
- MOTORBIKE is now CD
- LANDCRUISER is now IPOD

I wish to appeal to all PCVs to make an effort to familiarize themselves with these new codes words.

The latest surge of tragic traffic accidents involving public transport is a cause of great concern to everyone in the country and to PC Swaziland in particular. I wish to appeal to all PCVs to limit their travel to the hub and capital as much as possible. It is a proven fact that PCVs are safest at their sites. Trust your instincts, if you don't feel like going on a trip that is not an emergency you better stay. Although I know that this is almost impossible, but whenever you can, avoid traveling during the peak hour periods and that is 0700hrs to 0800hrs, 1300hrs to 1400 hrs and 1630 to 1800 hrs.

This brings me to another very important issue and it concerns transportation policies. PCVs are expected to familiarize themselves with transportation policies of countries they intend to visit. I have put some copies of ten PC Posts' transportation policies of the Southern Africa region in the PCV lounge for PCVs who intend to travel to utilize. If you do not find the transportation policy of your intended destination amongst the ten, let me know and I will surely make it available to you.

So the bottom line is to please familiarize yourself with your holiday destination to avoid unnecessary policy transgressions. PCVs are also advised to log onto the State website [www.travel.state.gov/travel](http://www.travel.state.gov/travel) for travel advisories before traveling.

**Other S & S short notes from me:**

- Do not walk from town to Grifters after dark!
  - Tanzania's capital has been identified as high crime area of late.
  - South Africa now requires passports for people coming through their airports have at least 2 unstamped pages and have at least 6 months before its expiry date.
- Until next month, keep warm & of course.....ASIPHEPHE / BE SAFE!

***In Brief***

**Group 2:**

Please forward Khabo the correct spelling of the names of the heads of your host families so appreciation certificates can be arranged for them. They are due by the end of July.

**Group 3:**

Grief and Loss workshop will be held July 13th and 14th led by PSN. If interested, contact Daynese to sign up.

**Group 4:**

WELCOME!! We've all anticipated your arrival and are happy to have you in Swaziland!

**Running for our lives in Hlatikhulu:**

Register for the Hlati 10k Youth Day Challenge. **July 17, 2006** beginning at 8am. E15 before June 15; E20 after June 15. Or if you can't run, just donate! Further information in your PC mailbox.

**Monthly Deposits to be Posted in PCV Lounge**

Sandla would like to post a spreadsheet in the volunteer lounge showing monthly deposits into everyone's bank accounts instead of preparing a statement for every individual. The spread sheet would save time and be posted before monthly payments are made. It can be found on the side of the mailboxes in the volunteer lounge. If anyone objects, please buzz Sandla at 604-4918 during office hours and he will return your call.

*Utsini? Siswati with Musa*

Sanibonani bonkhosi! Ninjani namuhla. Mine ngiyaphila! Ngiyetsemba kutsi niyasebenta kakhulu kufundza nekukhuluma siSwati emimangweni yenu. Nginifisela inhlanhla lenhle, ngitsi kini Khulumani siSwati kamnandzi.

This is just a gentle reminder to Group 2 volunteers.

Each PCV is responsible for negotiating language-tutoring fees with his/her tutor. Volunteers are allowed a **maximum** payment rate of E20.00 per hour and no more than E320.00 per month. It is in your best interest to negotiate a lower per hour rate so you get more training out of the E320/month. **Please approach this payment and the tutoring as a business transaction and not a charity from you or the Peace Corps to your tutor.** If a Volunteer chooses to join an organized language class, the monthly amount will not be increased and class tuition will not be prepaid.

Reimbursements and or payments will be deposited to your account along with your living allowance after approval. The turn around time for reimbursements/payments may take up to 2 months. It is therefore best to plan and inform your language tutor of this possibility when you first negotiate to take classes. Generally, Volunteers find it best and we advice PCVs to take classes for a full month or two, sign and submit the language payment form, and wait till they get the amounts owed to their language tutors before actually paying the language tutors.

If you are not already doing this, please try to negotiate with your tutor. If you are finding it tough to negotiate, please call Sandla, Shirley or Musa to help you speak with/ explain to the tutor.

Tutoring reimbursement forms must be completed fully and correctly, including all necessary signatures. For accounting purposes, each form should represent a full month, e.g. November. Please do not submit forms for Aug. 23<sup>rd</sup> through Sept. 22<sup>nd</sup>.

Please remember that tutoring reimbursements are not made six months (180 days) to the end of your service. Which means that the last month that payments will be made will be June 2006.

Siyabonga bekenene.

# Director's Chat w/Pattie Austin, CD



Greetings to all PCVs. The office is busy preparing for PST which starts June 9 with the arrival of 28 new trainees. Thanks in advance to those Volunteers who are assisting with presentations and hosting trainees for site visits. One date to remember is Saturday, June 24: the all volunteer Braai at Ngwane Teachers College in Nhlngano starts at 11ish. PCVs who cannot return to site that day may spend the night at the College. Bring sleeping bags and warm clothes since linen will not be available! While there will be plenty of food at the Braai, the Ngwane kitchen will not be open afterwards so please keep that in mind too. Simanga requests that you tell him if you want to stay overnight so an adequate number of rooms can be made available.

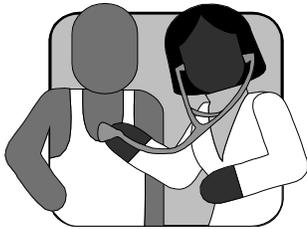
I met recently with a former Swaziland volunteer from the 1980s, Kathy Gau, who remained living in Swaziland after her service. She helped with a PST in Mozambique and wrote "25 Tips for PCVs." She has given me permission to distribute these tips to you. They will either be in your mailboxes or included in this mailing.

We will be hosting Ms. Lynn Foden in June for a 4 day visit. Ms. Foden is the Chief of Operations for the Africa Region in Washington/HQ. Lynn will be visiting PST and then spend time in Mbabane at the PCO. I will be asking some of you to speak with her about your experiences as Volunteers.

As part of the 45<sup>th</sup> Anniversary of Peace Corps, four Volunteers had radio interviews at SBIS (Swaziland Broadcasting Information Service) last month. Congratulations to Mel O'Farrell and Julie Zollman for outstanding Siswati interviews and to Justine Spisak and Craig Stephan for fielding tough interview questions in English.

I have been informed that Volunteers have been spotted walking from Mbabane to Grifters in the evening after dark. **DO NOT DO THIS!!** We have had PCVs robbed on this exact route and there have been sexual assaults associated with this location too. Take a cab or return to Grifters during daylight hours!

Lastly, I was notified today that Swaziland is # 2 for the entire Africa Region of 26 countries and only trailing behind Benin (97%) in completing PCV surveys. We have an 80% completion rate. For any PCV who has not completed an online or paper survey, you have until June 12 to do so. We will offer an overnight at Grifters to entice you to come complete the survey. Thanks for completing the surveys and making SZ one of the Regionalstars.



## Keeping you Updated and Healthy w/Daynese Santos, PCMO

### WEATHERIZE!!

Make the decision now not to be cold and miserable this winter. Start by sealing off drafts that enter around your doors and windows. Plan ahead, if you know that you'll be out during late afternoon or evening tuck away a pair of socks and a sweater or jacket. You may have noticed a correlation between the amount of hot tea that you're drinking and the number of trips you're making to the latrine. That's because green and black teas contain xanthine which is a diuretic. Try switching to bush tea or herbal teas instead. Warm your bed at night with one or two hot water bottles wrapped in a towel. Just place them in your bed a few minutes before retiring and voila! Who needs electricity anyway?!

Maintain your exercise regimen, increasing your heart rate improves circulation to the extremities and may eliminate cold hands and feet. Moisturize your skin daily to prevent itching and flaking. And don't forget about your tummy, warm it up with comfort foods like hot oatmeal, stews and home made soups, (check your cookbook). Get into it, before you know it Santa will be back wearing shorts and flip flops!

### MAINTENANCE TIME

It's all about prevention, so take out your med kit and check the expiration dates on your medications. Dispose of all expired medications in your latrine and pick up replacements the next time that you're at the med unit. Inspect the candles in your water filter, they should appear white, not brown or black. Try cleaning them however if they're too far gone, you'll need to replace them. While you're in cleaning mode, how about getting rid of those dust bunnies, spider webs and unused stuff that's been hanging around your house for a while. This will help you to breathe better and maybe even find things! You've got the idea, keep it fresh!

### CHEER UP!

The newbies are coming so be prepared for lots of questions, reflection and maybe even a little nostalgia. Even though we know that the life cycle of a PCV is a bumpy ride try presenting a positive view or at least a balanced view of your experiences if asked. That may be difficult for some and if that's the case you're probably going through yet another adjustment about now. Take heart, you've gotten to be pretty good at that and you're still here. Touch base with your PSN rep if you just need to talk or contact your PCMO and SMILE!!

## Programming Update

by Susan Olsen

Greetings from the programming section of the office! As all of you are aware by now, our Program Manager, Lindiwe Dladla, left Peace Corps on May 12<sup>th</sup> to take up a new position. She will now be working with the new Ministry of Regional Development and Youth covering the Hhohho region as part of their decentralization effort. Lindi was one of the first staff hired when the PC program was re-opened in 2003 and her absence will certainly be felt here at Peace Corps. If/when we make a decision to program PCVs in that region of Swaziland, we'll know who to call!

With 28 new trainees arriving on June 9<sup>th</sup>, we have plenty to keep us busy in the coming months. Mahlubi will be overseeing the technical training at Ngwane and I will be finishing up the remaining site development and host family orientations with some assistance from Khabo, Thandi and Mfanafuthi. We hope to advertise for a new (Swazi) APCD in the coming weeks and, with good luck and timing, hire and bring the person on board before the end of PST.

Finally, a word of thanks to all of you who offered to host a new trainee for the PCV "shadowing" visit that is scheduled for June 22-24<sup>th</sup>. The response was very enthusiastic and it looks as if we actually have more Volunteer hosts than we have trainees! The PST staff will be getting back to you in the coming weeks with the details on which trainee(s) may be visiting you. Of course, you are all invited to the braai that will take place at Ngwane on June 24<sup>th</sup>, regardless of whether or not you're hosting a PCT.

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## BUCOPHO TRAINING WORKSHOP

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From Mahlubi

A one and a half day workshop was held at the Nhlanguano Sun Hotel on APRIL 5 – 7, 2006. Members of the *bucopho* from all the constituencies that host Peace Corps Volunteers and those that would in the near future, were invited and a total of thirty-three attended.

The workshop objectives were a) to define the Peace Corps program to the *bucopho* members, b) to enhance the *bucopho*'s understanding of their roles and responsibilities in the Peace Corps program and c) to share knowledge and build capacity of the *bucopho* on HIV and AIDS issues.

The Peace Corps Program Manager, Lindiwe Dladla, with the assistance of Susan Olson, the APCD, gave a comprehensive presentation on the Peace Corps program. They helped to address and clarify the *bucopho*'s questions about the program and this helped them to understand their expected responsibilities when working with PCVs.

It was good to note how they appreciated the work that is done by PCVs. They applauded the good work done by PCVs in HIV/AIDS education, which demonstrates their vast and comprehensive knowledge on HIV/AIDS and health in general. Another area where most of the *bucopho* commended the work of the PCVs was in uniting the youth and getting them involved in other community activities.

The challenges they cited were the lacks of community direction and knowledge about the Peace Corps Program, the issue of counterpart stipend, and that PCVs do not report when they leave their sites, either on official leave breaks or when they go to seek help for the communities.

Among their recommendations they asked that there should be a written job description for the volunteers in a form of a booklet, which can be shared with them so as to be able to be of better assistance to PCVs. It should also be communicated to the PCVs the community supervisory roles the *bucopho* have to assume.

The *bucopho* members were also concerned about potential counterpart stipends, which would enhance the work of the PCVs. They also challenged the Peace Corps office to consider adding at least one more year to the volunteer service.

The other topics that the *bucopho* were taken through were basically on HIV/AIDS. With the assistance of officials from the Ministry of Health and Social welfare, the *bucopho* were taken through topics like Voluntary Counseling and Testing, Shared confidentiality, PMTCT and ART, STIs and Condom promotion as well as Home-Based Care.

The *bucopho* members highly appreciated the workshop and asked if Peace Corps would make such opportunities readily available and as often as possible.

The office is in the process of preparing a booklet for PCVs, the *bucopho* and counterparts, in both English and Siswati that will be distributed within the next few weeks.

# NEWS & NOTES

From the Peace Corps Website

## Peace Corps Master's International Program Expands Presence in Michigan and North Carolina

WASHINGTON, D.C., May 26, 2006 – Michigan State University and Appalachian State University are the newest Peace Corps Master's International university partners, working to train graduate students as volunteers in scarce skills areas.

MSU, located in East Lansing, Mich., will offer master's of science programs through its College of Agriculture and Natural Resources with the option to add specializations in international development and environmental science and policy.

Appalachian, located in Boone, N.C., will offer master's of arts programs through the College of Arts and Sciences and the Reich College of Education. Degree options will include elementary, mathematics, and English education.

## Sandra Magongo: A Friendly New Face at the PC Office

By Justine Spisak, SOJO

Perhaps you have noticed a lovely new presence in the Peace Corps Office: a warm friendly smile and a fabulous fashion sense. In case you have yet to put a name to the face, her name is Sandra Magongo and on April 26<sup>th</sup> she joined the Peace Corps staff as a replacement for Muzi as the General Services Assistant.

As GSA, Sandra is responsible for placing orders, maintaining the administrative residences and the Peace Corps Office. As PCV's, we would go to her when having problems with property at home such as pit latrines, faulty locks and doors which would be addressed along with safety and security.

Before joining the Peace Corps staff, Sandra worked for Population Services International (PSI) Swaziland where she was an administrative assistant doing, in her words, "basically the same job." However, born, raised, and a resident of Mbabane, PSI was based in Matsapha: a costly and time-consuming commute. After working there for some time, she was excited by the possibility of a new job where she could meet many different people when she learned of an opening with Peace Corps.

"When I applied for the job, I had to find out 'What *really* is Peace Corps?'" she says. Interestingly, her former boss at PSI had been a PCV in Namibia. She really began to learn about Peace Corps through the official web-site and by talking to Sandra, though.

One of the most noticeable things (to a PCV at her mid-mark!) is the wonderful sense of fashion Sandra brings into the office... especially on her feet! When interrogated where she buys her great shoes she confessed to a passion for high heels from a chain of shoe shops called 'Rage' in both Nelspruit and Jo-berg.



As Peace Corps prepares to expand once again for the arrival of group 4, it will also expand even further later this year as Sandra and her husband are expecting their first child.

"Maybe by Christmas I will be celebrating with my baby," she says, absolutely glowing with anticipation. "But I believe in working hard and that that is what will lead to a brighter outlook and future. 'More experiences!' is the motto."

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...continued from page 1

I've often been told by fellow Swazis, speaking to me with dreamy eyes and a distant gaze as they imagine golden platters of rich food and an intoxicating euphoria, that he or she wishes to go to America. I understand their desire for the distant land seen on TV and elsewhere, but having come from such place I know that what our country lacks Swaziland has: a dependency on and relationship with the earth; a proud history and a rooted tradition; a responsibility to one's family, a respect for all individuals, neighbor or stranger. Aside from basic food, shelter, and medicine that many Swazis do lack, I see that it's not that America or other foreign contributors have what Swaziland needs but that Swaziland has what America needs.

How am I to explain, then, that America is *so* developed, *so* magnificent, that concrete prevents our feet from feeling the earth; we don't know where the food we eat comes from; we surround ourselves by strangers and are not expected to treat them as a friends or equals. The desire for a Western lifestyle like ours is like the vice of smoking or the indulgence of a gluttonous meal: It's alluring and briefly satisfying, even if we know of the possible consequences.

My fear is that, in part because of my actions, the country will lose a part of their culture - the things that we, as Americans, have lost grip of, but so desperately need to regasp. But it all seems terribly selfish of me and quite hypocritical. In my homeland, I consider myself a progressive person. I accept and embrace change on a myriad of issues, from homosexuality and civil unions to open adoption. I support the slow food movement, gender equality and freedom of expression. I challenge norms and encourage others to do so. I don't look back at an old way of livelihood if I believe in the progression of its forward path. So how can I scrutinize a changing society that isn't even my own? How can I be upset that others are also embracing something new?

I have stated more than once in the past year that I have qualms with development work and foreign aid mainly because of its potential for unsustainability, the reputation it gives foreigners, and the notion that resources will be given rather than achieved. But here I am with no intentions of leaving until August '07 and focusing on two major projects both in the realm of development. My balance is helping my community find resources while giving them the power to make the decisions and initiate the task. As much as I can, I don't do the work but help them obtain the skill to do it themselves. But as we all know, easier said than done.

Once again, Peace Corps Swaziland is about to enter a pivotal moment where three groups of volunteers will be in important moments of their service/training: one group will just be beginning their journey, another group wrapping up their service, and the third group hugging the hump of their service and celebrating one full year at site this month. At some point we all have or will question our purposes, motives, and/or roles as volunteers, Americans, caregivers, foreigners, providers, and individuals. In my opinion it is essential to not only our experience but also to our work to have doubts, brew over them and do our best to come to a conclusion. As my fellow hump

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## JACQUE EISENBERG: SITEKI'S SWEETHEART, LIVING HER DREAM

by Tegen Callahan, PCV  
Mahlalini

"Really, right now I am living my dream," says Jacquelyn Eisenburg when asked to reflect on her Peace Corps service. Upon elaboration, she'll explain how her passion for children who are disadvantaged, her love for service oriented work and her desire to travel and challenge herself through cross-cultural experiences, have combined over the last 18 months as she's served in Swaziland creating a moment in time where she feels she's getting all she's dreamed for.

Having such an intrinsic passion for not only the work, but also the lifestyle of a Peace Corps volunteer, has led Jacque to accomplish a substantial amount in her community, which lies on the outskirts of Siteki town, on the Lubombo Plateau. Her primary focus has been in areas concerning out-of-school youth and orphans. To this end she's acted in support of the Lubombo Youth Academy (LYA). The LYA provides Siteki area youth with skills that can be transferred into income generating opportunities (sewing, computers, agriculture, cooking, theatre and fine arts) while at the same time use the skills for the betterment of the community (i.e. clothing made in sewing classes is donated to local orphans and vulnerable children).

It was Jacque's contribution of knowledge on proposal writing, instruction on life skills education and guidance on networking with NGOs that gave the LYA a running start and continues to help maintain the organization today.

With a similar dedication Jacque has assisted the Moyeni NCP towards its completion. The care point serves close to 280 orphans and over 100 elderly by providing food and informal edu-



**TOP: PCV Jacque with friends and caretakers at the Moyeni NCP, which she was instrumental in founding. BELOW: Jacque with friends at Good Shephard Hospital.**



cation. Jacque again contributed to the success of the care point with her knowledge on networking with NGOs and securing funds, but it was also her energy and enthusiasm that helped her community stay committed to the project through the initial obstacles and countless meetings it took to get the care point off the ground.

Outside of these two substantial successes, Jacque finds the time to regularly volunteer in Good Shephard's Pediatric Ward, help teach swimming lessons and life skills at Siteki's school for the Deaf, and assist her counterpart in the implementation of informal education for out-of-school girls.

Such energy and enthusiasm, along with Jacque's love for people and natural organizational skills also explains the roles she has played within the PCV network. As our informal social-chair Jacque has organized countless group vacations and birthday celebrations. And it was her obvious caring nature that got her elected by her peers as PSN president.

As her friend these last 18 months, I've watched her live her dream and work

with a dedication that surpasses most. But maybe it's not Jacque's list of accomplishments that are as impressive as her obvious, genuine energy and love for the work itself. Hopefully, we'll all be able to say we are living our dreams, at some point in our life with the same pride and enthusiasm that Jacque uses when she's asked about her time in Swaziland.

### **Hey Group 2!**

There are way too many of you that still need to be profiled before your close of service! Don't think you'll sneak out of here without your pretty face in the Sojournal. Find a friend and write about him/her or ask someone to visit you at site and have them write about you! Here's who's left:

**Meredith, Vincent, Michelle, Gavin, Marisa, Brigid, Julie Z, Mel, Cliff, Alyson, Andy, Steph, Jabu, and Kate**

# Love Notes from Cali

This is part of an email my sister sent me. If you have room I would like to include it in the sojo so everyone can share in how ridiculous "my people" are at home.

~ Thanks, Kelly

FROM: KellysSister@email.com  
 DATE: May 15, 2006  
 TO: Kruss83@yahoo.com  
 SUBJECT: Back in Cali



Kell,

I just have to tell you a couple of things!!!! Oh my gosh so I went to MAC [trendy makeup boutique] yesterday and i LOVE that place more than life itself, whether you're a movie star, a tranny, or just a plain old drag queen, they can hook up your s\*\*\*! I personally had a fabulous transvestite who reminded me exactly of ru paul helping me with my lipstick, and he had on a glittery shirt that said "at MAC, every day is world AIDS day", i was telling her all about you and she said that she's gonna keep you in her prayers that you'll come back from the swaz not only knowing all about AIDS but a with a lipstick les\*\*\*\*!!!! i told him that you actually introduced me to MAC makeup but events had turned around so much that you didnt even have any of your s\*\*\* with you and had to borrow my all natural makeup for new year's eve and were making fun of me the whole trip for wearing makeup!!! he was like, honey she needs to come home IMMEDIATELY before any more damage is done! then the lipstick he picked out for me, which is fabulous is actually viva glam step iv, as modeled by pamelandaerson, 100% of the proceeds to go AIDS, so next time yall get some mysterious funding down there in the swaz just know that it probably might have something to do with my lipstick purchases! LOL but when you buy that the whole store has to go crazy and do a viva glam AIDS shout for me! i just felt VERY supporting the cause! i told momma about it and she just loved it, and she thinks we need to get you one of the glittery t-shirts of my transvestite make up artist and pick out some viva glam lipsticks for you so you can be really glamorous at your site!!! LOL momma is really open minded about the transvestite thing cuz she has some really gorgeous ones living down at the buildings, her and grandma were telling me about how it's really art the way they put themselves together!!! (sic)



## Angela's Literary Box



Because this was my first week back after three weeks in the states, I didn't have a whole lot going on at site. Luckily, I had lots of good reading to keep me company. One of the best of the most recent bunch was Margaret Atwood's The Blind Assassin. I have never read any of Atwood's other novels, but I hear that she usually delivers something well worth reading. This particular novel is told as a two-part story, with one half narrated by Iris Chase, a woman living through 20th Century Ottawa, Canada, and the other half told as a fanciful story in outer space composed by two unnamed lovers. Iris and her younger sister Laura grow up during their family's financial ruin, and so are forced to make difficult and ultimately tragic life choices about their futures, the consequences of which are in some cases fatal. Meanwhile, the reader is given clues as to the unnamed lover's identities as the two construct a story of ancient cities and royal intrigues all set on an imaginary planet. Although some of the storyline is predictable once the stage is set, the character development is thorough and there's enough unexpected drama to keep the reader engaged. Altogether a great read.

**Love...Nation:** *continued from page 5*

huggers and I reflect on our first year with anticipation for the next, I've realized that perhaps the greatest steps I've made in personal growth have led to the greatest steps in aiding my community. By examining my role as a foreign volunteer, I have become more comfortable with being myself and have affirmed how I want to approach work within my community.

So as I hand a school full of impressionable youth English books reflecting American culture so that maybe someday they may find a job in the city away from their family and with concrete under their feet, I must realize their need and desire for this future while finding myself within this present framework. As volunteers we

must share our American selves while expressing to them the beauty, simplicity, and importance of their own culture and language. Perhaps the greatest secret of all in Swaziland is that everything they need is already here.



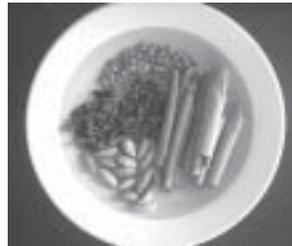
# Kim's Kitchen

## Yogi Tea for the Seasonal Soul

All ingredients can be found in Swaziland, but some require a lil' more lookin' than others:

- 3 Q of water
- 24 whole black peppercorns
- 24 whole green cardamom pods (shells slightly cracked)
- 18 whole cloves
- 5 sticks of cinnamon
- ~2.5 in of ginger root (peeled and sliced)
- 1 Tb fenugreek seeds
- 1 bag of black tea (or 1 ½ tsp loose tea)
- Milk/cream
- Sugar/honey/maple syrup

We've all got the wintry blues as we layer on the clothes and find creative ways to keep our living spaces warm at night. But why not heat up your home while giving your body a little love too?



Originally known in the Kundalini world as "yogi tea," this homemade herbal concoction not only offers a little steamy satisfaction to your igloo-I mean indlu!-but also provides your body with antioxidants and immune-boosting goodness.

Bring water to boil and add all ingredients except the black tea, milk and sugar. Feel free to tweak the measurements to your own tastes (for instance, I prefer a little more clove and cinnamon and a little less peppercorn). Let the spices simmer for 30-40 minutes. Turn off heat and let black tea steep for almost 10 minutes. Add milk and sugar to your liking. Should serve ~4 cups of spicy, rich, and soul warming tea appropriate for anyone – yogi or not!

## Sproutin' A New Idea

Have your homemade meals lost their flavor? Do your tender taste buds need a tune up? Need something within the confines of your humbled hut to occupy your time and anxious hands? Well, how about sprouting?! That's right! **Sprouts!** They're an easy way to increase the nutritional content of your meals while aiding in digestion and allowing you to *finally* eat something fresh!

Sprouts can be made from most legumes, seeds, or grains such as lentils, peas, sorghum, millet, or sunflower seeds (I use green lentils found at any Spar). They're great in salads, wraps, stews, stir-fry...just about anything!

### What You Need:

A large jar, such as an old peanut butter jar or even a nalgene bottle

A piece of wire or nylon mesh (or cut a piece of your mosquito net from the bottom corner)

A rubber band



**1. Put ½ a cup of seeds/legumes into the jar and fill halfway with water**

**2. Cover with mesh and secure with rubber band**

**3. Allow seeds to soak for 12 hours (unless using sorghum or millet, they only need 8 hours)**

**4. Drain and keep jar tilted up side down so that the seeds can continue to drain.**

**5. Rinse the sprouting seeds at least once a day (twice or more when very hot)**

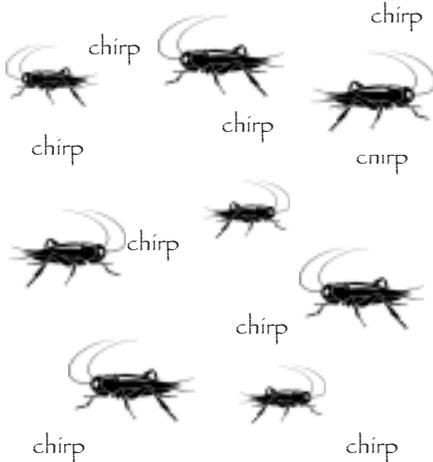
**6. Once the seeds have sprouted (3 to 5 days later) to desired length (typically ½ to 1 cm), rinse once more to remove the shell, store in a cool dry place, and enjoy!!**

"You're a nobody unless you've made the SOJO gossip column!"



**Gossip Column**

•Vincent is no longer on the Sojo staff.



**DIVERSITY**

**To all Volunteers and Staff from the Diversity Committee:**

Just like previous years, there will be a PSN book compiled to be given to the new group of volunteers, but this year it will also contain a section that deals with the Diversity Committee.

Currently we are looking for PCVs and/or staff to write (length is no matter) about their experience about being \_\_\_\_\_ (white, black, old, gay, Asian, etc) in Swaziland.

If you have some free time, and we all know that you do, write your compelling testimonial and send it to [w\\_treese\\_jr@yahoo.com](mailto:w_treese_jr@yahoo.com). They can be anonymous, so don't worry about people knowing who you are or what you have to say or write about.

If you could help us out on this, please do so and aid your fellow PCVs to acculturate a little bit better.

Will Treese  
Diversity Committee

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

- ...you enjoyed your bag of emasnacks so much, you chew on the bag too for the remaining residue.
- ...you throw out the wedge of orange that a worm crawled out of but eat the rest without hesitation.
- ...you're so cheap you offer to help sell canvas paintings on the streets of Maputo in order to get a free ride back to your hostel.
- ...it takes you several months to get around to cleaning out the bugs in your solar shower.
- ...you carry home (with excitement) a cow's skull to use as filler for your trench garden

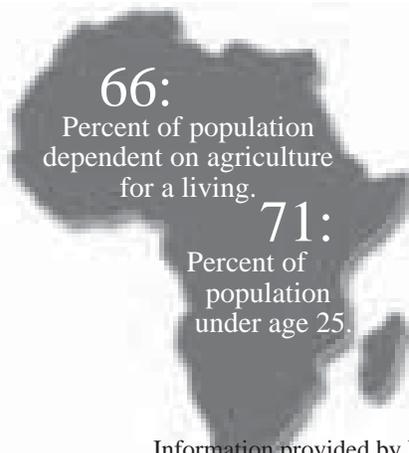


You know you're **Soft Corps** when...

- ...you won't go home to America without first treating yourself to a Queen's spa treatment from Serendipity.
- ...you spend an entire free weekend in Maputo and the only Portugese you learn is the word for 'butter' (it's manteiga).
- ...you take all of the remaining toilet paper and complimentary soap before leaving your lodge in Kruger Park.
- ...you bolt to rescue your Bourneville Bar because you hear Lulu coming around the corner.
- ...you flip through the People magazine frantically searching for an article about Jennifer Aniston or some non-celebrities before smashing that cockroach.



**AFRICA IN FACT:**



# the back page

June 2006

## June (Inkhwekhwe)-Halfway Thru '06!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Blia's Bday	2	3 Soul Brothers @ House on Fire
4 Mahlubi's Bday	5 Shiselweni NATICC meeting 10am	6	7 Derek's Bday	8	9 Group 4 arrives into country	10
11	12	13	14	15	16 Group 4 moves in w/ training families	17 Hlatikhulu 10K run Angela's Bday
18	19	20	21 Amy's Bday	22	23 Group 4 site visits	24 Staff/Vol Braai at Ngwane
25	26	27 Kristen's Bday Megan's Bday Sojo Production Computers in Use	28	29 Krupa's Bday	30	

## The Swazi SoJournal

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