

IST's Anatomy

by Tommy Rimbach and Kate Anderson, Sojo

Kate: Yo boy, what was your favorite part of our Peace Corps In-Service Training?

Tommy: I totally L.U.V.'d the Baylor Clinic's workshop. The support the children receive is comprehensive, and they have a fantastic social worker on staff, Nozipho, who gave interactive presentations on counseling and adherence.

Kate: Did you write down the contact information because I was distracted by Sach's jingly anklet and ring watch - bling bling.

Tommy: Mar poured me a tall glass of water, I'm on it. Here's the info:

·The Baylor-Bristol-Myers Squibb Children's Clinical Care of Excellence is in

Mbabane off Somhlolo Rd. Take the Sandla-Sidwash khumbi from the bus rank, stesh Queen's Gate.

·The clinic's number is **409-6000**

Kate: I called Dr. DeLouis and he gave me this information:

·The COE is open from 7:30am to around 4:30pm, Monday-Thursday, but it is smart to arrive by 7am. Friday is for emergencies only. Thursday is adolescent day, and the third Saturday of each month there is a support group for adolescents.

·First-time patients must be in by 12pm and returning patients must be in by 2pm

·Children ages 0-21 and their families are eligible for free care and treatment if they test for HIV.

·If you think a child might start ARVs, a primary caregiver and co-caregiver must be present before the child is eligible for treatment (you may want to bring them along).

Tommy: I got the doctors' digits. If you need to get in touch with one of them with an urgent question, Sach's number is **637-3091**, Dan's number is **614-3987**, and DeLouis' number is **614-4927**.

Kate: H'okay! So tell me more about the doctors.

Tommy: They kicked our ass in ultimate Frisbee. Tina's game face makes me want to crawl into my rondaval. What was your favorite part of IST, Kate?

Kate: It was really great to see Sam Adams swear-in as a PCV, I was worried she wasn't going to come back. It makes me happy that even though the Peace Corps Office crossed out her face with a black X, she's back to give 'em an eye-ball full.

Tommy: Umm, so what else were you stoked about?

Kate: The golf-ball sized hail seemed like a sign from umkhulukhulu when Day was talking. That must be how she gives us such great care.

Tommy: Does that mean God is on her side?

Kate: I detect a note of sarcasm, we should process our religious diversity dis-



How did you like IST, Mark?

cussion. Let's do some flip chart work. What went well...?

Tommy: Didn't you see my watercolor Sathane portrait? I believe in the power of swankhile ties.

Kate: Kim and Justine are hinting that we need to wrap things up. No glove no love. Moving on. I give five stars to the PEPFAR presentation by Christine Stevens, the US Government HIV/AIDS Program Coordinator. I think I saw her move at warp speed in L'Auberge Espagnole.

Tommy: That's hot. Blia's camp presentation was useful, too. And CHAPS. I am totally re-energized and know how to tackle huge problems by taking small steps. Can't wait to work with the bomake in Siteki, holla.

Kate: Oh, and I jumped out of my chair at the arrival of some of Swaziland's resident wildlife.

Tommy: That reminds me, my sisi is asking me to borrow her a cheetah-print skirt.

Kate: I need to run down a wildebeest. And hibernate for a month at Emafini. Siyabonga kakhulu Sifiso the master chef for three fab meals a day. Can we play wiffle ball on Christmas? Swear? Swear on our relationship?

Tommy: We're dunzo.

Kate: I can't quit you, sorry. And we can't quit Susan, Stella, Mahlubi and the rest of the programming staff who coordinated IST which will aid us during our two years in the Swaz. A big siyabonga from Group 4! We're so amped.

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Holiday greetings to all PCVs! I hope you had a great Thanksgiving feast at Emafini and that you have plans for some fun over the Christmas holiday. As you read this I will be in Florida with my mom and twin sister enjoying Thanksgiving goodies, taking walks on the beach and going to the movies! I'll be back in the office on Dec 11.

It's been a busy time in the office as we have been saying goodbye to Group 2 PCVs. The COS process can be emotional as Volunteers say farewell to Swazi families and friends but it also can be frustrating with the forms and checkout procedures. Speaking of COS, the COS Conference for Group 3 PCVs has been set for April 25, 26, and 27. The venue will be selected by the Volunteers but the last two years it's been held at the Orion Hotel in Piggs Peak and Forresters Arms outside Mbabane. The 3 month final period for Group 3 which requires PCVs to remain at site will begin May 3 so you may take leave and free weekends up to that point. The official COS date for Group 3 is August 3. The Country Director has the authority to approve requests for

a COS date up to 30 days early. Of course, all these details and many more will be forthcoming later in the year!

I met yesterday with the new Deputy Prime Minister for Swaziland, Constance Simelane. I had first met her some months ago while she served as Minister of Education. Happily, DPM Simelane is a great fan of Peace Corps and she expressed her satisfaction and the gratitude of the Government of Swaziland for your efforts in combating HIV/AIDS. I shared with her some of the DOS (Description of Service) written by COS group 2 Volunteers and gave her a map of Swaziland with PCV locations which she said she would hang in her office!

Lastly, Khabo has been appointed the Manager of the Resource Library so you should see speedy progress in the establishment of the Library. Now that the office construction is complete, we hope to have a great resource center for you in the Conference Room. Susan and Stella will also be ordering books that will be of assistance to you.

PEACE CORPS/ETHIOPIA SEEKING TWO-YEAR TRANSFERS IN THE HEALTH FIELD

Peace Corps will be returning to Ethiopia in 2007 following an absence of six years, with 40 Volunteers in the Health sector. Volunteers will assist the Government and people of Ethiopia in their fight against HIV/AIDS.

Peace Corps/Ethiopia is therefore seeking to identify interested and qualified candidates in the following Assignment Areas:

- AA 143 Health ITC
- AA 145 NGO Advisor
- AA 154 HIV/AIDS Advisor
- AA 155 HIV/AIDS Extension

Peace Corps/Ethiopia is very interested in considering transferees from other posts with these technical qualifications. Transferees would have to commit to a full two-year assignment, including PST.

In addition to the technical background, PC/Ethiopia is looking for PCVs with:

- Strong work ethic;
- Maturity;
- Willingness to serve in an office environment;
- Ease in working with MOH, hospital staff

and local community groups;

- High self motivation.

A STRONG RECOMMENDATION FROM CURRENT APCD AND CD IS REQUIRED.

If you are a strong candidate for this program, please prepare:

- A recent resume which includes PC service
- A letter of support from their APCD

The CD should send an email to Angus Martin (amartin@peacecorps.gov) or Melissa Chipili (mchipili@peacecorps.gov) informing them of an interested party. Candidates will be interviewed by the CDU and their credentials will be reviewed by the host agencies.

We are hoping to have transfers arriving between September 5-8, 2007. We look forward to hearing from you. If there are any questions please forward them to Angus Martin or Melissa Chipili.

In Brief

Group 3 COS dates

VAC reports the new dates for group 3's COS conference will be April 25, 26, 27th, 2007. Ehem... that's really soon.

Bike Gloves for Sale

Raleigh Cycling Gloves, size large, worn once. R20 (new = R50). Contact Derek. 631-6008.

World Map Materials

You will find world map materials (outline, tips on how to paint, and the actual grid) in the bottom right mailbox next to the leave forms in the volunteer lounge. Make copies of what you need and leave the originals.

Life Skills Library

Stella now has a Life Skills library in her office. If you are looking for movies, crafts, etc. this is the place to go.

Powerade Marathon

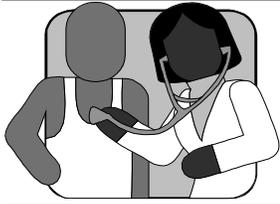
Pre-register for the Powerade 21.1 km marathon at the Bhunu Mall in Manzini Dec. 9th from 1-5pm. Regular registration will be the day of the race, December 10th, from 5-6AM. Venue: Swaziland Beverages. Joining fee: 21km-E30, 5km-E10. For more info call 606-1588 or talk to Shirley.

The Manzini Beanie

Buy a hand-knitted beanie, sms Kate with a description of what you'd like (colors, size, rasta or skull cap, etc). This project will benefit a women's knitting group in her area. R35 each. 641-9752. Or email katelaurena@yahoo.com.

Madagascar Off Limits

Due to safety concerns during Madagascar's current elections, no volunteers are permitted to travel to the country from December 10 through January 10.



Keeping you Updated and Healthy w/Daynese Santos, PCMO

MERRY CHRISTMAS!!!! HAPPY HANNAKAH!!! HAPPY KWAANZA!!! HOLIDAY BLUES!

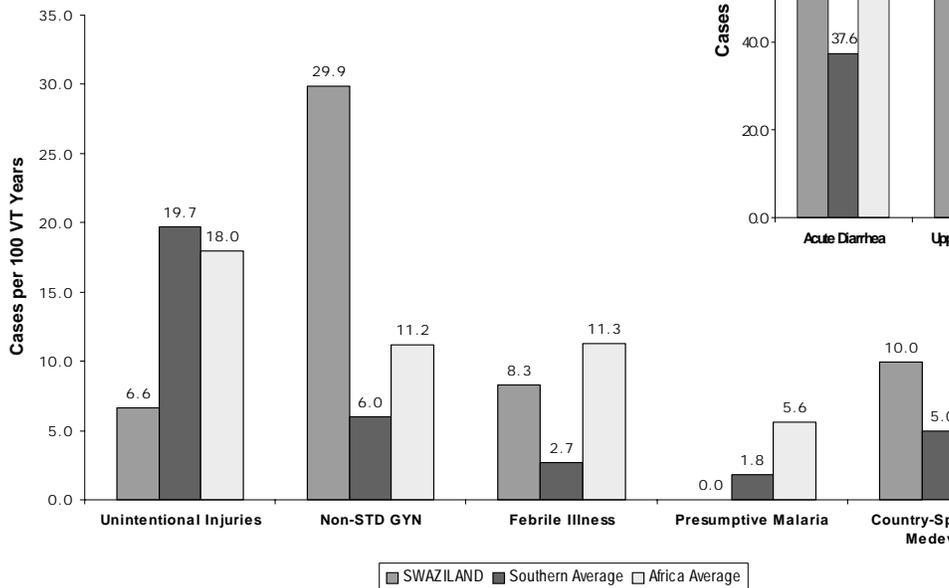
Instead of merriment, the holidays can stir up feelings of melancholy, homesickness, disappointment, impatience, sadness and grief. This may all seem unpleasant yet it's actually quite normal. Various factors can contribute to these symptoms however unrealistic expectations, the inability to be with one's family, limited cash flow and excessive alcohol intake are among the most common cited in this environment. Here's a helpful list of Do's and Don'ts to manage holiday blues from the University of Maryland Medical Center. Give yourself permission to experience the holidays from a completely different cultural context. Who knows you may enjoy it!

FLU SEASON BACK HOME

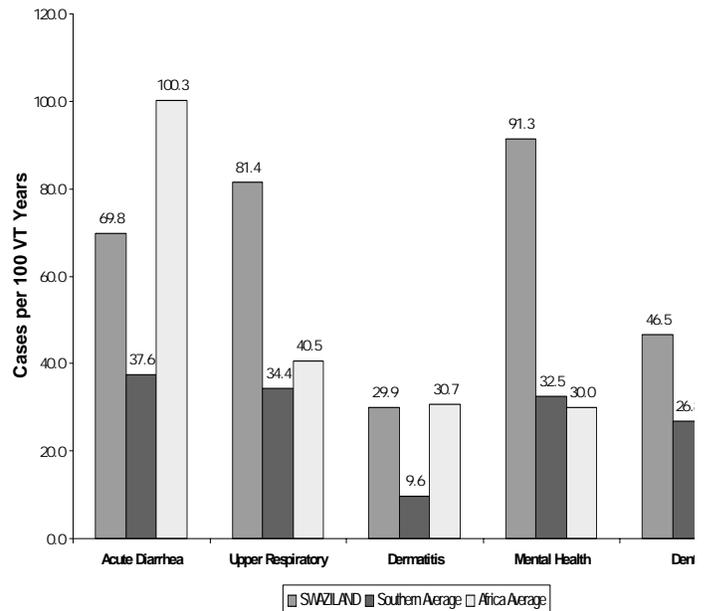
If you've planned a trip home for the holidays, be prepared for cold and flu season and take necessary precautions. The Office of Medical Services, (OMS), has advised all volunteers with travel plans to take along Tamiflu. Symptoms that include persistent high fever, shortness of breath, extreme fatigue require evaluation. In that case, contact OMS, 202-692-1500 and ask for the International Health Coordinator for Swaziland. Remember, you may not return to post until you have been medically cleared by OMS.

HEALTH OF THE VOLUNTEER 2005

As promised at the All Vol last month here is a summary of the reportable health data submitted to OMS by the PCMO for this post during 2005. The report allows volunteers to see how our post compares to other posts in the sub-region. In addition this information will enable us revise strategies in order to prevent or decrease the incidence of various health problems.



Do's	Don'ts
<ul style="list-style-type: none"> • Create new/ different ways to celebrate. • Do something for someone else. • Enjoy free activities and free stuff. • Contact someone with whom you've lost touch. • Something special for yourself. • Express your feelings to 'friends' in a constructive, honest, and open way. • Be a good listener to a friend who may be struggling too. • Recognize up-surges of grief, acknowledge that and let that be. • Get plenty of rest • Exercise regularly 	<ul style="list-style-type: none"> • Drink too much alcohol. • Have unrealistic expectations of yourself or others. • Dwell in the past. • Spend money that you don't have. • Overindulge in high sugar/ high fat foods. • Feel obliged to feel festive. • Focus on what you don't have. • Attempt to cure all past problems during the holidays. • Ignore serious cries for help from family and friends. • Hesitate to call your PCMO if you need to talk or symptoms linger.



***VT Years = Volunteer years = average time spent in country as a volunteer**

Programming w/Susan Olson, APCD

Greetings from the Programming Staff:

We don't have a whole lot to share for this month's edition of Sojo since we had the opportunity to see all of you for several days (and for some of you, weeks!!) here in Mbabane for the Reconnect and/or All Vol Conference. Hopefully all of you enjoyed gathering with your fellow PCVs and took away some new information that will help you with your work at site.

Elliot will be burning the CDs of all of the materials from the various guest speakers this week. There was a malfunction with the main laptop that was being used at the IST so as soon as it is returned from the repair shop, we can collect the remaining power point presentations and add them to CD.

For Group 3, Stella and I look forward to receiving the site replacement recommenda-

tion forms that were distributed in your All Vol folders on the first day of the conference. If you could get those back to us by December 15th we'd really appreciate it as we plan to begin site development for Group 5 in early January. Also, we look forward to receiving your trimester reports. The deadline for submitting these has been moved to Dec 15th for Group 3 since changes were made to the forms that will require a bit more time for you to complete. Thanks!

Now that Group 4 is free to travel, we wanted to remind everyone that you should plan to submit leave request forms to your APCD at least two weeks in advance to allow us enough time to get it signed and communicate your itinerary to PC/HQ and the CD at any PC post in the region you may be visiting. Also, for Group 3, effective December 1st, Stella will begin approving and tracking

leave and free weekends for all of you. If you are sending in your request via e-mail please also copy Make Thandi (tmkhabela@sz.peacecorps.gov) in addition to Stella or I since it is Thandi who transcribes your leave information onto the request form and gives it to Stella or I for approval. Please also remember that you must check in with whomever approved your leave on the day that you return to site if you have traveled out of the country. You can either buzz us or send an SMS letting us know you've returned safely.

Finally, we look forward to hearing about the various World AIDS Day activities that you are planning in your respective communities.

Happy Holidays and Safe Travels for those of you who will be vacationing this month!!!

PEPFAR w/ Mahlubi

Just a friendly reminder on the GIRLS & BOYS MENTORING PROGRAM APPLICATION FORM:

This is a follow up of the IST presentation on the Girls & Boys Mentoring Program. As you all know, the old, one-page GIRLS MENTORING PROGRAM FINANCE REQUISITION FORM to access the PEPFAR funds has been phased out and has been replaced with the new, four-pages SWAZILAND GIRLS & BOYS MENTORING PROGRAM APPLICATION FORM.

The maximum disbursement for this program is **E1, 400.00** per project and per application form.

More information is required on the new form, e.g.

- 1.Name and signature of the Community Co-mentor
- 2.Project title
- 3.Project implementation period
- 4.Project costs breakdown
- 5.Summary of proposed activity and explanation on how it is related to HIV/AIDS education and/or prevention.
- 6.A report form with all the activity participants, gender, age and other comments i.e. OCV, In-school, and Out-of School etc.

Other conditions:

PCVs cannot apply for another funding until and unless you have completed and submitted the report of the previous one, with all the necessary receipts.

If a project proposal has been approved, you have to collect your money in person. No one will be allowed to collect money on behalf of another.

Anyone applying for funds for the Girls & Boys Mentoring Program has to make an appointment with the PEPFAR Coordinator Mahlubi Hadebe to discuss the application form before finances can be disbursed. All funds have to be collected from the office **BEFORE 13:00** because after that the cashier's office will be closed.

Should you have any questions or concerns, feel free to call Mahlubi Hadebe @ 602 7830

Application forms can be available from the volunteer lounge.



Safety and Security w/Mfanafuthi Vilakati, S&S

Warm greetings to all PC Swaziland PCVs. Summer is here, lets enjoy it whilst it lasts!

The Group 4 IST and All Vol Conference have come and gone. It was good to see everyone and also to get feedback on how life is out there. Congratulations for safely going through the period you have served in the country.

Statistics show that this is the season where many incidents are likely to take place, not to PCVs only but to all citizens in the country, the biggest mistakes being made by everyone being complacency. This is the season to be extra careful of your movements. It is also the season when the bad guys also want to make killing using every available opportunity.

I have prepared a pamphlet which I have put in every PCVs box that is meant to help you go safely through the festive season.

If you will be going away for holiday, don't go telling everyone because you will simply be advertising an opportunity for a burglary. Just inform you immediate counterparts. It could help to leave a copy of your keys with a proven trustworthy member of your family like your *Make or Gogo* so that they could have access if they need to move your property out in case of an emergency, but again make sure its someone you really trust. Tuck away all your valuables before leaving.

Please visit the state sponsored website www.travel.state.gov for more travel warnings before traveling to your destination.

Try to memorize PC staff numbers, just in case you need to call, in an emergency and you've lost all your property, at least you would still have you memory. If you will be entertaining visitors try your best to guide them accordingly. Please carry your EAP pamphlet with you at all times, it could be your lifeline.

Please carefully go through the pamphlet I have distributed and even carry it with you as you enjoy the festive season.

REMEMBER, THE BEST FUN IS SAFE FUN!!!
KHISIMUSI LOMUHLE!!! HAPPY XMAS!!!

The Alphabets of HIV: PEPFAR and NATICC With No C's

by Angela Galletta

Every month, Peace Corps Volunteers in the Shiselweni region sit down with NATICC (Nhlanguano AIDS Training Information and Counseling Center) to discuss strategy. In the beginning, NATICC utilized volunteers by using them as liaisons between NATICC and the rural communities. Volunteers came together to make monthly schedules, dividing the weeks up amongst themselves, setting up VCT (voluntary counseling and testing) dates at their local clinics and advertising them in the communities. Since then, Peace Corps Volunteers involvement in NATICC has become more dynamic and involved more of a working relationship. In addition to planning VCT dates in their communities, volunteers work with NATICC's peer educators, coordinate workshops, mobilize community members and inform them about NATICC's services, and attend other NATICC events. Of all the organizations

longer to be handed out at FLAS sponsored events. Many of us became indignant at such a proposal. Luckily, the programming coordinator at NATICC, Sibongile Simelane, quickly took issue with such statements. She said that, although NATICC is a Christian-based organization, they could not, as an NGO, be so inflexible. While many people in Swaziland are Christian, as an NGO they could not cater to only one religion's beliefs. They were responsible to the community, and so they would have to present options that were viable for those community members. Simply put, country-wide abstinence among every un-married person would not be realistic. For most of us, the fact that condom use could reduce HIV infection (and that country-wide abstinence as a policy would not) seemed

peer educator was espousing were actually being fed to him from a higher source. The FLAS peer educators are funded by USAID and PEPFAR. I suppose this is something I should have already known, especially since when I attended Umhlanga in Shiselweni with NATICC and many of the peer educators were sporting new red, white and blue track suits and back packs, courtesy of PEPFAR. As I said earlier, these peer educators are amazing and it can only credit our government to be involved with their pro-



gram, but I was unaware of just how involved the US government actually was. Although I was already aware of the American government's views about abstinence versus condoms, I had never actually seen those policies

trickle down to my own small community in Swaziland. For the first time, I began to realize how our country's policies could really affect even one of the smallest organizations in one of the smallest countries. While many of us volunteers took issue with what this one peer educator was attempting to institute, we had to first realize where the ideas originally came from. After viewing the PEPFAR website, things are not so black and white. PEPFAR acknowledges that condoms play an integral role in the HIV struggle. Also PEPFAR itself does not train peer educators. So where are these ideas coming from? Is it perhaps a miscommunication somewhere along the way? While PEPFAR may have a nuanced approach to HIV/AIDS education, the message getting passed down to those actually on the field is rather blunt: abstinence only programs. Somewhere along the path of dissemination of information, the relation between academic study of a solution and actual implementation was disrupted. For the sake of those benefiting from the programs the United States generously funds, it is vital to correct the mistake before programs and information become detrimental.



Left: Franci, Tegan & Amy have had a bit too much food & fun at the NATICC party early last month. Right: Make Simelane helps dress Franci, Mswati style. Far right: Tegan, Franci & Cliff pose with the NATICC staff & peer educators.



available locally for Shiselweni volunteers to become involved with, NATICC has been, in my opinion, the most effective tool we have. By choosing to examine the situations from an entirely Swazi perspective and by choosing solutions and strategies that work with the community, NATICC has provided me with the greatest sense of accomplishment. At the end of a day spent with NATICC, I feel as though I have accomplished something.

This past month, at our meeting on Monday October 28, 2006, after discussing the usual monthly schedule and reviewing our events and activities from the past few weeks, the conversation took an unusual turn. At the end of our meeting one NATICC peer educator, who is also a peer educator for FLAS, began commenting that FLAS was changing its policy about which programs to push and which to quiet, and suggesting that NATICC do something similar. To be specific, he said that as a FLAS peer educator, he was instructed to discourage condom use and promote abstinence. Not only was condom use to be discouraged, but also condoms were no

undeniable. I was reminded that, just a few weeks before, NATICC and Peace Corps Volunteers had attended Umhlanga, or Reed Dance, at Embagweni to offer VCT services to spectators. While there, some of the NATICC employees and members of the Shiselweni Health Office had been complaining that they were no longer allowed to distribute condoms at the event because of the young age of the participants and the cultural significance of the event. This angered them because the previous year at Umhlanga, the condoms had been distributed and the following morning, used condoms were found littering the ground. Clearly, despite the presumed sanctity of the event, condoms were still used. It is logical to deduce that this year, whether condoms were present or not, there would still be sex. And although the peer educator quickly quieted down, it was obvious that he was merely avoiding a battle rather than being convinced that the new policy would be ineffectual and even obstructionist.

The programming coordinator then informed us of where such thinking was actually coming from. The views this particular

Sowing Seeds~ For a Brighter Future

by Amy Baker, Mashobeni

It's an all too familiar scene: 3 o'clock at Mshengu High— plastic barrels of emafeti have long been emptied, girls' knee socks have slipped down around their ankles, and the boys have made plans to meet at the soccer pitch. The school day is over, and I am waiting for a meeting that will never happen. When Peace Corps announced the creation of the PEPFAR Girls' Mentoring Program, I envisioned helping form a club for girls, but my illusions of grandeur faded into one hot and miserable hour sitting alone in the library. I explained my dilemma to one of the teachers, Miss Dlamini, known affectionately to all as "Fish," and seven months later Mshengu High Girls' Club is making plans for an overnight trip to Mlawula and motivating girls to get involved with community service and HIV/AIDS awareness projects. The success of the club has rested solely on the leadership and dedication shown by Fish, along with fellow teachers Miss Khumalo and Make laShongwe, who I proudly have come to call not only work partners, but good friends.

I recently had a chance to catch up with these wonderful women to talk about the club's activities, the role of PCVs in rural communities, and late nights at House on Fire.

Amy: What made you all want to get involved with the Girls' Mentoring Program?

Khumalo: I really don't know. (laughs) Because I care. I hate seeing girls being misused and abused.

A: Those are very inspiring words.

K: I think so.

A: Why did you in particular decide to form a club for the girls?

K: Because in a club you get a chance to teach them and show them things that will benefit them. You are helping them socially. You can just sponsor someone and help their education, but you won't be helping their socialization. And, the club benefits many girls at one time.

Fish: It's also about sharing, you know. We share with the girls our life experiences. As

we are doing that we are warning them about life's pitfalls. When we have a club they are also able to see that teachers are normal people—we can have fun together.



Fish and Khumalo working together at a Girl's Club event.

“...you just sow the seeds and hope that something will grow.”

Fish, Kim, and Khumalo EXPOSED at House on Fire



A: What have been some of the challenges you have faced thus far?

F: I think some of the girls are afraid of us. Not able to relate. And it's almost impossible to see if they are implementing the things they are learning.

A: Is there any way to measure that? To measure the success?

K: I think it is a problem. But you just sow the seeds and hope that something will grow.

Shongwe: We would like to have a “club day,” a day for the girls to present what they have learned to the community.

A: Why do you think my initial solo attempt to organize and motivate the girls failed?

F: Maybe they didn't take it seriously.

K: People get used to certain channels, you know. So if you try to call them, they won't take you seriously, because they won't be used to you.

A: I think this is something that PCVs find as a challenge in the communities often. Do you have any other advice for PCVs, especially the new group who arrived in June?

F: Just act normal. Be yourself. Take everything as it comes. Know that there are challenges everywhere you go.

K: Get involved with the people. Don't just do things alone!

F: And tell them [Peace Corps] to bring the social ones [volunteers]! The unsocial ones should stay at home!

A: Last but not least—you two (Fish and Khumalo)—have been spotted dancing 'til the late hours of the morning at House on Fire...more than once. Do you have anything to say about that?

F: It's all about having fun! Enjoyed responsibly.

K: How could you expose us like that?

From weekly House on Fire updates to advice on integration or cultural issues and the role of Peace Corps volunteers in rural communities, Fish, Khumalo and Shongwe have been a wealth of knowledge and advice. The best advice they've given me? Get out of the house and get active in the community. Even if it's just a coke at the sitolo. Get to know your community cause you never know what you'll find!

From Rondoval to Rockefeller, Melphylquin to MAC

by Kim Kanney, Ngololweni, Sojo

Although we can picture her painting her toenails on soft carpet while watching a rerun of Sex in the City in a private family room, we all know Angela's new arrival home will be much more than pampered goodness and all other luxuries the rest of us miss so much. In fact, in no time Angela will take advantage of her new environment to strengthen her amazing spirit and continue in her endeavors in a life of serving others.

As December begins the first month of profiles dedicated to Group 3 volunteers, we at Sojo felt that the most appropriate person to initiate months of praise should be the volunteer who unfortunately had to finish her service early, Angela Galletta.

A Long Island native, Angela arrived to Swaziland imagining two years of camp life and a full-on roughing experience. Soon after arrival, she kicked herself for all the comfortable amenities and vanities she regretfully left behind. Throughout the following months, Angela became our guru for showing us we can be Peace Corps volunteers *and* pamper ourselves for the sake of our sanity.

But Angela is not all fluff. In fact, she is tough-hearted and incredibly dedicated to her work. Assigned to one of the largest towns in Swaziland, she had a very unique and often times challenging volunteer experience. Angela had a whole town to work with, including the local kumbi conductors, bag-selling Wozani boys, and the overbearing town-going characters from our own communities. Rather than umphakatsi meetings, Angela was attending town council meetings. Rather than feeling helpless by the distance between our communi-



ties and the NGO's in the cities, Angela was working hand-in-hand with NGO's, sometimes having to endure the more bureaucratic side of the system. Not only was she busy with her commitment with the

Rural Health Motivators, tutoring the youth at the local orphanage, assisting in VCTs and other activities with NATICC, organizing with MOYA a trench garden workshop at her local feeding kitchen, and painting a world map, Angela's accessible transportation allowed her to also assist with many other volunteer's activities and supporting them whenever they needed a helping hand or lending ear. Rarely did she have a blank page in her planner and when she did, she would humor a fellow Shiselweni volunteer with her companionship to lunch.

But the truth is, as noble and inspiring Angela's dedication to her work in Nhlngano was, what's most worth mentioning is the woman Angela was and still is. Angela will do any favor you ask of her. She will amend her schedule to lend a hand. She frequently

opened her home to a volunteer. She will listen to you babble on for hours about your troubles and when you attest that, no, *today* was the worst day ever, she knows exactly what you want to hear to make the day a little more tolerable.

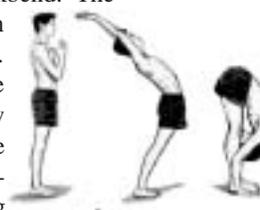
I don't want to sound like I'm giving a eulogy, though I want to explain how much she will be missed. What you *can't* say in a eulogy is that we'll see her again - stateside - either in the Big Apple of New York, or in the Golden Apple of Chicago.

Surya Namaskara – Sun Salutation

by Lauren Winterholer, Siphofaneni

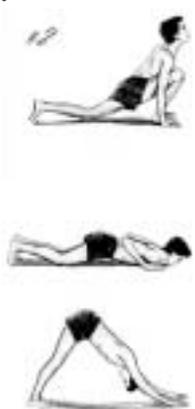
This series energizes and clears the head. Tones arms and strengthens core. Loosens up entire body. Coordinating breath with movements helps to increase concentration.

1. Stand feet together, palms together at chest. Inhale & Exhale to calm and center. Inhale & reach arms up, bringing palms together over head, and continuing into a slight backbend. The focus is not how far back you can go - it's in the up & out extension that opens your chest. Exhale and gently open arms out to the side and down to your toes as you do a long, slow Forward Bend over the legs. If you can, place your hands on the floor next to your feet. In-

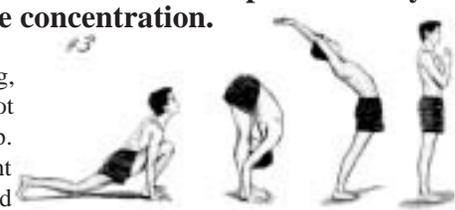


hale, lunging left leg back & look up.

2. From Lunge, exhale, stepping right leg back next to the left and lower chest 1" from floor into a modified Plank. Bend elbows next to the sides. Inhale, pulling torso up and into Up Dog (Arms are straight, eyes looking up towards ceiling, tops feet on floor, legs strong- keeping knees and thighs off the floor.) Exhale, pushing hips up, and bring torso down into Down Dog. (Relax neck and look at floor- pushing butt up and pushing heels into/toward floor- keeping the spine long.)



3. From Down Dog, inhale, lunging left foot forward and look up. Exhale, stepping right foot up next to left and hold forward bend- hands on floor if possible, legs straight but not hyper-extended. Inhale, reaching out to the sides and sweeping arms up over the head, bringing palms together and again, going into a slight backbend -keeping back long and straight the whole time. Exhale and bring arms down, palms together, back to start.



Surya Namaskara is done 3-5 times as a warm-up, or alone for a quick practice.

Note: The most important guiding factor in hatha yoga is the steadiness of the breath. It doesn't matter if you can twist your ankle around your head and pull it back through your throat while balancing on one finger... Always focus on nice, even, steady breathing through the nose. Coordinate your breath with your movements. If your breath becomes ragged, ease up on the posture- or slowly come out of the posture altogether. Lie on your back and relax until your breath returns to normal, and then continue.

Power Shift to Democrats for New Congress



Democrats took control of both houses for the 110th Congress, to convene in 2007, for the first time since

1994, following the November 7 mid-term elections. 30 House districts and 6 Senate seats held by Republicans shifted to the Democrats. Republicans did not gain a single Congressional seat nor state gubernatorial seats.

In several key Senate races, Democratic challengers in Missouri, Montana, Ohio, Pennsylvania, Rhode Island, and Virginia won seats held by Republican incumbents. In a particularly fierce upset in Virginia, Democrat Jim Webb entered the Senate race late as a first-time candidate and former Republican. He defeated incumbent George Allen by a narrow margin of 7000 votes, winning 50% to 49%. Webb, whose Marine son is fighting in Iraq, promised a "diplomatic solution" for the ongoing Iraq war.

In Rhode Island, Lincoln Chafee, the most liberal Republican in the Senate, was the only member of the GOP to vote against the Iraq war, but lost his seat to Democratic challenger Sheldon Whitehouse. And in Con-

necticut, incumbent Democratic senator Joe Lieberman retained his seat by running as an independent, after losing the Democratic primary to anti-war candidate Ned Lamont. He said he would caucus with the Democrats, along with independent Bernie Sanders of Vermont, to give the Democrats majority control, 51-49.

New senators Amy Klobuchar of Minnesota and Claire McCaskill of Missouri were elected to seats previously held by men, bringing the total number of females to 16, an all-time high.

Of the 36 gubernatorial races, Democrats won previously Republican-held governorships in Colorado, Arkansas, Ohio, New York, and Massachusetts, and Democratic mayor of Baltimore Martin O'Malley ousted GOP incumbent Robert Ehrlich for governor

of Maryland. Republicans gained no seats among the races for governor.

RPCVs in '06 elections:

- U.S. Rep Chris Shays, (R-CT). Served in Fiji in the 1960s.
- U.S. Rep Jim Walsh (R-NY). Served in Nepal in the 1960s.
- US Rep Tom Petri (R-WI). Served in Somalia in the 1960s.
- US Rep Sam Farr (D-CA). Served in Colombia in the 1960s.
- US Rep Mike Honda (D-CA). RPCV in El Salvador in the 1960s
- Governor of Wisconsin Jim Doyle. Served in Tunisia in the 1960s.
- Lt. Gov.-elect of Calif. John Garamendi. Served in Ethiopia in the 1960s.

PARTY	Not Up	Total	Gain/Loss
Republican	40 seats	49	-6
Democrat	27 seats	51	+6
Independent	0 seats	0	0

Senate: 51 needed for Dem majority/50 needed for GOP majority, 33 at stake, 0 undecided

PARTY	Total	Gain/Loss
Republican	198	-29
Democrat	231	+30
Independent	0	-1

House: 218 needed for majority, 435 at stake, 6 undecided

Dear jacaranda,

I don't know exactly where to start, but there are a lot of things I need to say to you, that you just need to hear: I have emotions. I have needs. And I have taste, dammit. But **Mr. Played-Out early-nineties-easy-listening**, you just don't care how embarrassing it is to be with you sometimes. Well news flash, you're really not that cool (you're just the only English speaking radio station that comes in clear in my hut). So, after 18 months I'm ending this charade of a relationship in hopes of finding someone who is capable of fulfilling my needs.

I used to look past your atrocious sense of style: Def Leppard? Cher? Celine Dion? I mean really dude, Celine Dion?? God, something just shatters in my brain every-time you play "The Power of Love." I'm not sure which is worse...the Celine Dion or the Robbie Williams. It's all I ever hear anymore. **Robbie Williams, Robbie Williams**. I don't even know what that ridiculous Marlon Brando song is supposed to MEAN. Something about the World Trade Center??? But HTG, Rudebox? Surely you jest. I can see now that I only put up with this for so long because I was desperate. But I'm tired of using you, and I'm tired of this hollowed out shell of a relationship.

I'll always be thankful for everything you helped me through: all those days, when I just needed a distraction from the stress and ennui of my job and all of the drama happening all around me. But I'm sorry, I can no longer fill that hole with Brian Adams. I just can't go on this way, and I suddenly realized that that's all you'll ever be: a distraction. And, well, *I used to be cool before I met you!*

Ok, we had some good times...that one time you played me 'Crash' by the Primitives, and that ONE Smiths song. But the good times have become far and few between.

I guess things have just changed...I've changed. And you've just stayed the same. And well, I'm sorry, but you just bore me now.

Don't call me.
justine

Cun'ry Co'nbred

by Kim Kanney, Ngololweni



Earlier last month I was fumbling through some boxes of books donated to the secondary school when I came across a cookbook for conscientious eaters.

Amist the eggplant casseroles and asparagus soups, I found a recipe a little more practical for PCV's: "Country Cornbread." The greatest thing about this recipe is that it calls for very little sugar and oil (4 T total) and no margarine! Rather, the substance is of things our bodies need anyways: protein (2 eggs) and calcium (1 cup of milk). I was pleasantly surprised to find the bread actually turned out! No toughened layer of burnt skin. The bread was dense but light, delicious but subtle in flavor. You can imagine how quickly the loaf disappeared! Especially when its so guilt free!

Try it for yourself:

- 1 c. maize meal
- 1 c. whole wheat flour
- 2 Tb. sugar
- 1 Tb. baking powder
- 1 ts. salt
- 2 eggs
- 1 c. nonfat milk
- 2 Tb. corn oil (I used olive oil)
- Mix dry ingredients plus sugar
- Mix wet ingredients; add to dry all at once
- Bake in bread pan or muffin cups until done.

You know you're HARD CORPS when...

- ...you use dirty water leftover from washing your face, body, and feet the next day to wash your face and head.
- ...you like pretzels so much you eat ones that fell out of someone's pants.
- ... you try to get diarrhea to control your weight gain from Emafini.
- ... you smuggle out a hunk of ham to eat an hour after Thanksgiving lunch.
- ...you dive headfirst into 'Hlubi during wiffle ball.
- ...you don't take a shower at Emafini because you prefer bucket bathing.
- ...you ate so fast at Emafini you got back in line before everyone had gone through first.



You know you're Soft Corps when...

- ...you have been a PCV for 2 years and you still don't know how to make a file on the computer.
- ...you make special trips to Nhlangano to check your MySpace account on the weekends.
- ...you use your head lamp to apply make-up on another volunteer.
- ...you bring your own mosquito net to Emafini.
- ...you miss a presentation at IST because you stayed up too late watching McDreamy.
- ...you walk to Mbabane because you want to save 2 rand.
- ...you get angry at Pedro when he kicks your butt at wiffle ball.
- ...before you look at the Baylor doctor's face, you check for a ring.
- ...you buy a new pair of jeans and after a week of Emafini they don't fit your ass.



It turns out that buying that red iPod really DOES benefit the orphans of Swaziland!

Product (RED) is a media and retail campaign that is quickly garnering a great deal of attention and support in the United States. Gap, Motorola, Armani, Converse, American Express and Apple have launched product lines specifically for Product (RED). The profits from these products become part of grant funding given to countries battling the HIV pandemic. Uganda, Rwanda and Swaziland have all been recipients of (RED) funding. (RED)'s recent donation of \$4 million (USD) to Swaziland will provide a great deal of assistance to NERCHA's programs. As the campaign is just beginning to gain speed, there is the expectation that more donations will be made to Swaziland and other nations in the fight against HIV.

We can't expect, nor, it was pointed out, would we want half of America descending on Swaziland for several years to provide aid. Product (RED) is a way for people living in the US to contribute. (RED) is raising awareness and giving Americans the chance to give something to help our country, even from 10,000 miles away. The jaded nature of volunteer skepticism occasionally keeps us from falling too hard when we set our expectations beyond the achievable, but sometimes its nothing more than cynicism. Product (RED) is helping Swaziland, so encourage people to check out the red iPod or new line from Gap or Armani. I think we'd all agree that we can use all the help we can get, don't you?

~ from Megan Guetzko, Ncabaneni



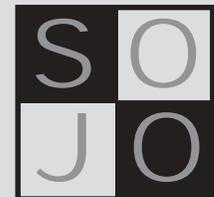
December (2006)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 World AIDS Day	2
3	4	5	6	7	8	9
10	11 Pattie Returns	12	13	14	15	16
		Shiselweni Trench Garden Workshop				
17	18 Pattie's B-day	19	20	21	22	23
24 31	25 Merry Christmas	26 Boxing Day	27	28	29	30
	Office Closed			Sojo Production Computers in use		Daynese's B-day

The Swazi SoJournal

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