

THE SWAZISO JOURNAL

February 2017

Peace Corps Swaziland

Volume 14 Issue 2



Current PCVs met RPCV Barb (1985-87) at the Marula Festival in Buhleni

What's inside:



Enjoy a travel review of Malolotja by Spencer's backpack Bruce



Have your IT questions answered by PCIT



Alison brings a taste of Turkey into your Swazi kitchen



Meet the new staff!



The Mystical Make
Clarín reads the stars



Peace Corps

Your Post. Your Paper.

Meet the new staff

LCC Simphiwe

Fakudze



My name is Simphiwe Fakudze-Simelane. I am a qualified educator with a bachelor's degree in education

and eight years of experience in the classroom teaching language, culture, and literature. I have had great experience and growth working with Peace Corps Volunteers in the GLOW program as a counsellor. She is a mother of two boys and enjoys a good laugh and a good read. I strongly believe in nurturing potential, determination, achieving set goals and in the immeasurable success brought by hard work.

GHSP Program Manager

Khombisile Gumedze



Prior to joining Peace Corps, I worked for the Family Life Association of Swaziland mainly on providing youth friendly sexual reproductive services including voluntary medical male circumcision. I also worked

for the Ministry of Health for eight years at clinic and hospital levels as a nurse and in-service coordinator. I also worked for Mothers2Mothers Swaziland, a PEPFAR-funded NGO responsible for designing, implementing, and monitoring program service delivery within the Lubombo Region of Swaziland. I hold a master's degree in business administration, a bachelor's degree in community health nursing and midwifery, a post graduate diploma in public health, and a higher certificate in project management. I am interested in voluntary work, including volunteering for a youth club and a foundation focusing on the girl child.



What do they do?

Our mission is to promote mental health and prevent mental disorders in developing countries by mobilizing existing resources.



Contact Info:

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IMERSE works with local communities in developing countries to promote the knowledge and skills necessary to stay mentally healthy and to support those living with mental disorders. IMERSE engages in various public education campaigns and projects to improve awareness of mental health. IMERSE also coordinates with local existing resources to strengthen service delivery. Lastly, they facilitate mental health research in developing countries to better understand mental health issues in a local context.

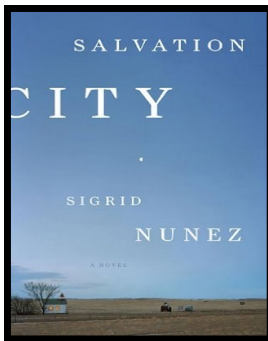
Get Lit with Deb



Book reviews by
Deborah Iyiade,
G14

Dear Readers,

Due to being on the ground, I have not been able to read a novel at this time. But I plan to read *Salvation City* by Sigrid Nunez; so be on the look out for that review in our next issue!



Say it in siSwati

**Ngiyahamba
ngetinyawo**

I am going for a walk/
I am going with my
feet.

SOJO Shout Outs

Shout out to Glenda for hosting the BRO retreat and teaching me how to bake cookies from scratch!

-Akirah

Shout out to Nate's family and community for hosting us during the Marula Festival!

-Rachael

Nate was such an amazing host! I just wish I could have been the tick that gave him his fever!

-Spencer

Shout out to Deacon for dealing with me and Darah!

-Tori

Shout out to MV, Martha, Glenda, and the PCMO team. Thank you for your unwavering help and support during trying times.

-Robert

Shout out to everyone who has supported me over this past month in both G13 and G14. I am truly blessed to have such genuine and amazing friends.

-Kate

Thank you to Glenda for opening her home for the BRO retreat and good luck to the new directors.

-Aaron W.

Shout out to Nate and his family for the amazing hospitality during the Marula Festival.

-Kirby

Shout out to Nada for helping her sisi get into grad school with a scholarship, a shout out to helping a girl in her community get into Siteki School for the Deaf, and to Kirby for helping a student in his community get into the American Youth Leadership Program.

-Meaghan

Shout out to myself because I'm awesome!

-Mystery Volunteer

What's cooking: Lentil soup and menemen



By Alison Kemp, G14

After spending a month in Turkey last year, there are many days where I wish for an excellent Turkish meal. Two of

the easiest foods to prepare are **lentil soup** and a tomato and egg dish called **menemen**. I eat these dishes with a tasty slice of bread and I quickly return to the wonderful dinners of Turkey.

Tools needed:

Cutting board
Pairing knife
Measuring cup
Large pot
Skillet
Spatula

Lentil soup

ingredients:

2 T olive oil
2 onions, finely chopped
2 carrots, finely chopped
1 c red lentils
5 c water
Dried chicken stock cube
Cumin, to taste
Paprika, to taste
Cayenne, to taste

Lentil soup recipe:

In pot, heat olive oil. Once hot, cook vegetables until soft, about 10 minutes. Add lentils, water, and chicken stock, and bring to a boil. Reduce heat and simmer until lentils fall apart, about 30 minutes. Add spices to taste. If you want a thinner soup, add more water, a 1/2 cup at a time.

Difficulty: Easy

Cost of supplies:

E20

Time: 90 minutes

Servings: 3



Menemen

ingredients:

2 T olive oil
3 medium tomatoes, chopped
1 onion, chopped
3 fresh eggs
Salt, to taste
Pepper, to taste
Cayenne, to taste

Menemen recipe:

In skillet, heat oil. Cook vegetables until tomato juice is reduced and onions are soft, about 10 minutes. Make three wells in the vegetables. Crack one egg at a time into a cup and pour the egg into one of the wells. If egg is not fresh, the yolk will crack. For best appearance, use eggs with solid yolks. Cook the eggs until the yolks are set, about five minutes. Pour eggs and tomatoes out of skillet or separate each and remove each egg with a wide spatula.





By Taylor Powell,
G14

*Dear Taylor,
Earwigs... Friend or foe? If
friend, how do I coexist peace-
fully with them? If foe, how do
I get rid of them?*

*Signed,
Insect Irritation*

Dear Earwig Kid,

After one month of completing this advice column, I find the presence of pests to be a common problem among PCVs. In order to help you determine if the critters crawling in your hut are friend or foe, I've created this handy and ready-to-laminate pocket guide for fast help.

Ants- Foe
Arachnids- Foe
Cockroaches- Foe
Earwigs- Foe
Flies- Foe
Fruit Flies- Foe
Mice- Foe
Millipedes- Foe
Moths- Foe
Rats- Foe
Scorpions- Foe
Slugs- Foe
Snakes- Foe
Stomach Bugs- Foe
Wasps- Foe

Battling these creatures is a far more tedious task. According to the experts, the best advice is persistence. Few things can come between a can of Doom and fierce determination.

Dear Taylor,

With COS approaching, I've had neighbors and community members coming to my doorstep and asking for my things. How do I handle these sensitive situations?

*Signed,
Possession Protector*

Dear Giveaway Guru,

Having people come to your doorstep and asking for your things can seem like an invasion of privacy and can get you down in the dumps! Siyabonga Nkulunkulu that you've come to me early enough to avoid any ill feelings towards your beloved community.

Begin by creating a mental list of three categories: 1. Things you want to take home, 2. Things you're giving to Make, and 3. Things you don't need. That last category is key. Surely you've accumulated enough over the last two years that you have a hefty pile of possessions neither you or Make want. When neighbors come to your door you can send them with well wishes and a trinket from this category. Even the smallest of things will put a smile on their face.

In case you run out of things to give away or simply don't have anything, I suggest making a handful of homemade goodbye cards. This way you'll avoid having an argument at your doorstep and become the community's favorite volunteer by being the Martha Stewart of Swaziland.

*Dear Taylor,
How can I keep myself from dying of heat in my tin roof hut?*

*Signed,
Sweating in Swaziland*

Dear Dehydrated Darling,

So, your tin roof has got you feeling like the roast in a slow cooking crockpot? Sounds like a recipe for disaster! Before you completely lose your luster for life, try digesting these tasty tips.

1. Freeze as many water bottles as possible.

The way I see it, you can either soak your mattress with sweat, or soak your mattress with condensation. The latter is far preferable.

2. If you don't have a fan, get one.

Although you'll find yourself spending hours doing nothing except for sitting in front of the fan, the circulation of air will dry your sweat in a jiffy!

3. Intentional relationship building

Does one of the nurses at the clinic have aircon in her room? What about one of the teachers at the school? Sounds like a perfect counterpart to me! That way instead of melting in your hut you can get some work done at 16 degrees Celsius.

To ask Taylor a question to be included here, send her a message on WhatsApp at +268 7656 7384.

Malolotja from the perspective of Spencer's backpack Bruce



Hi, Peace Corps Swaziland. I am Bruce, Spencer's large red and thoroughly abused *backpack*.

Spencer forgot to write an article for the SOJO so I guess I have another burden to carry for him. The backpacks of Ryan, Hannah, Nate, Jojo, Zack, Robert, Clarin, and Nick joined my sweaty human and me on a long, hot, and bumpy journey through some park. The humans seemed to enjoy it a lot. The backpacks, however, were ready to mutiny. Anyway, I thought I'd mention some highlights of the trip.

Now, as I am a backpack, I don't have any eyes, which makes it difficult to talk about the scenery, so I'd appreciate it if we ignore that plot hole.

The best part of the experience was the complete absence of other humans. Once we were dropped off somewhere near the trailhead, it was just us backpacks, our meat-bag transports, and miles (I'm from REI, so I'm on the America system) of verdant rolling hills with mountains in the distance. Nothing broke the quiescence



except Zack's and Ryan's bickering and the pitter-patter of sweat hitting the trail behind us.

As we crested a particularly challenging hill, the humans finally spotted some zebra. Throughout the day, we saw herds of zebra, wildebeest, and impala roaming across the grassy plateaus. The hairless apes tried to corral them to get a better view but unsurprisingly, the zebra were able to outsmart them.

Once we finally got to the campsite, the humans unceremoniously threw us to the ground, ripped out our insides, and let us dry some of their sweat off. They then started giggling and splashing around in some placid pools created by a small waterfall next to our camp. The campground was admittedly pretty nice. The river formed a small U at the bottom of a flattened dip in the hill. To our west, mountains hid South Africa from us and the soothing cadence of two miniature waterfalls enhanced the wonder of the valley during the day and the power of the





luminous Milky Way at night.

The humans filled the nights with delicious food, of which we were offered none. There was vegetable curry, sausage (Nate ate some!), and s'mores. It was so hot that the chocolate was less solid than plasma but this seemed to only enhance the treat.

The dinner on the second night was scarfed down as ominous clouds and thunder rolled towards us. Backpacks can die almost as easily as vertebrates so I was as happy as everyone else to hide in the little one-person tent with my person. We pretended that the canvas was some kind of defense from the concussive blasts of lightning striking the open plains around us. Unfortunately, all the humans survived and pretended like they weren't all praying to Mvelinchanti for their lives.

The days were mostly filled with hanging in the shade. At one point the humans left the backpacks behind and searched, fruitlessly, for this magnificent waterfall we were told about. Despite finding about four other waterfalls, the day

wore on, and we decided the waterfall must not be real. Ryan, Nick, Hannah, Spencer, and Robert headed up one of the nearby mountains to look into South Africa. While searching for the path up, a glint in the distance and a steadily increasing roar showed the adventurers the mythic waterfall. They must have passed within 100 yards of it on the way in.

On the final day the tents were broken down and violently forced back inside us. After a picture at the newly discovered waterfall, a very long hike back to the road commenced. Ryan shoved rocks inside Zack's backpack unbeknownst to him, which the humans found pretty funny and the backpacks felt equated to cruel and unusual punishment.

The group of canvas and bones finally made it back to the road. Rob, who can see Malolotja from his backyard, wandered home, ending the nightmare for his backpack. Sadly, the rest of us were forced into a kumbi. The humans were heard chattering, "Let's definitely do that again! Thanks Ryan and Hannah for organizing it!" And our ordeal was over. Oh, and I think there's something going on between Clarin's and Nick's backpacks, just saying.





By Robert Amy,
G14

HEY PCIT!

I want to make a phone call. Which app uses the least amount of data for phone calls?



KakaoTalk

.318 MB/min



Facebook Messenger

.333 MB/min



Nimbuzz

.366MB/min

If you're like me, then you like to call people cheaply. But without WiFi, that means using data. The well-known way to do that is to use a smartphone app. There are dozens of apps that allow users to make calls with data, but their data consumption can vary, often substantially. In my search for an app that uses little data and can provide a clear call, I found an article by a group of testers that answered this question. The tester's goal was to compare the data usage between 10 different apps to see how data usage varied between them for a voice call. For each app, they made three different one-minute calls from the app on one person's phone to the same app on the other person's phone, measured the data use of each call, and averaged the data consumption. The results were pretty surprising.

The apps KakaoTalk (which used .318 MB/min), Facebook Messenger (using .333 MB/min), and Nimbuzz (using .366 MB/min) respectively hold the first, second, and third place spots for the apps with the lowest data usage during a minute-long call. Other popular alternatives, such as Google Hangouts (coming in eighth using .681 MB/min), WhatsApp (ninth using .740 MB/min), and Skype (tenth using .875 MB/min) fell by the wayside as they gobbled up data. Now while these numbers don't seem all that different, remember that these are for one-minute calls. In perspective, an hour-long call with Facebook Messenger, for instance, would be roughly 20 MB versus the same call with Skype would be roughly 52 MB (that's more than 2.5 times the data consumption). It's worth noting that only some of these apps have other features, such as calling landlines, so using those other features might yield different results.

These results show that the apps for Hangouts, WhatsApp, and Skype use substantially more data than apps like KakaoTalk and the more well-known Facebook Messenger. If you want to save data on your voice calls, it's worth switching to one of the more data-frugal alternatives.

This study was done by the people at Android Authority, which is a technology news blog. And yes, these results do apply to non-Android phones. The data consumption should be the same with iPhones or any other non-Android smartphone.

What about a video call?
What app is the best for that?



Facetime



Skype



WhatsApp



Now if you want to do a video call, you will be using more data, but how much more? According to Gadgets360 (another technology blog), Facetime used the least amount of data during a 4-minute call (8.8 MB), while Skype used 12.3 MB and WhatsApp used 12.7 MB over the same period of time. That means an hour-long video call on Facetime uses 132 MB, Skype uses 184.5 MB, and WhatsApp uses 190.5 MB. This test was also done by calling app to app, and the numbers are based on the average data consumption of three separate calls, just like the voice call test. These were the only three apps that they tested, and although Facebook Messenger does provide video calling, I wasn't able to find a test that reliably measured its data consumption.



The Stars Made Me Do It

by the Mystical Make Clarin

February: The Month of
Love.

Let's look to the stars
to see what your future
holds.

Aquarius (Jan. 20-Feb. 18)

Looking for love but feel like no one understands your sense of humor? This is the month for you fellow Aquarius. The key to unlock your love interest's heart in February will be through their funny bone. With Mars and Venus guiding your path, your "Hangover 3" references will not go unnoticed and your "that's what she said" jokes will never get old. Maybe a date night at Mitchell's for karaoke to wow your date with your Tina Turner impressions is in store. But be warned Aquarius, once Mars and Venus begin moving at the end of the month, those tears of laughter may just turn into tears of heartbreak.

Pisces (Feb. 19-March 20)

Swoon! Cupid's crossbow is aimed right for your heart this February! Casual dating just isn't your thing, as Jupiter unlocks your playing-for-keeps emotions. Be sure she/he is ready to commit before asking her/him to come over to your homestead to meet the host fam. That said, you have to start somewhere in the love game. Drop the idealism and give a newbie a chance. All you need is someone with potential (read: they could be cute if they bathed more).

Aries (March 21-April 19)

This month, cosmic co-pilots Venus and Mars are flying free in Aries and you could feel pulled in different directions. You're not trying to block Cupid's arrows, but you won't take kindly to anyone approaching you. With the moon in Libra and your committed partnership zone, it may be best to "hard drive and chill" by yourself this month until you can make up your mind.

Taurus (April 20-May 20)

Bulls are one of the Zodiac's great romantics, so St. Valentine's arrival is an important date on your annual calendar. While you probably started the Valentine's Day Get Together Group Chat months ago, it's best to avoid perfectionism. While you're too busy planning the party, texting the taxi drivers to make sure they'll be on time, and asking the DJ to play a different song, you could fail to notice the sweet gestures your Valentine is making.

Gemini (May 21-June 20)

With Venus and Mars activating your experimental side, you'll be down to try out new things this month. Whether it's salsa dancing, eating likusha, or washing your own clothes, your crush will notice you trying new things you were previously scared to do. It may be difficult at first, but stepping outside of your comfort zone could step your relationship to the next level.

Cancer (June 21-July 22)

The moon's positioning this month will leave you feeling cozy. You'll be much happier with a night in than a night on the town. Prepare a home cooked meal for your date, splurge and buy the expensive cheese, and eat by candlelight...even if the electricity isn't out. It's the little things that will impress your date this month.

Leo (July 23-Aug. 22)

Your wanderlust is active this month as Venus and Mars sync up in your travel sector. This is the month to check those places off your bucket list, and maybe invite bae along for the ride. Single? No problem. Adventure forth on your own; you may just find someone special sitting next to you on your safari in Hlane.

Virgo (Aug. 23-Sept. 22)

Your wellness warrior is at the wheel this month as the Aquarius sun activates your sense of healthy living. This means focusing on numero uno. There's no time for petty distractions or boos who don't follow through. By focusing on you this month, you'll be ready and better prepared to seek out future relationships. #hotyogaanyone?

Libra (Sept. 23-Oct. 22)

Relationships are in the spotlight all month for you Libra. But this doesn't necessarily have to be a love relationship. You could find yourself with a blast from the past contacting you and a friendship could start afresh. Next time someone asks you to "borrow me" something, use it as an opportunity to strike up a conversation. A friendship could be in the making.

Scorpio (Oct. 23-Nov. 21)

Love is in the air Scorpio, and it's your turn to take the lead. Romance doesn't just happen, you need to create it. Have a crush that you have been nervous to talk to? This is your month; it's the motto, you know YOLO. But watch out, because your WhatsApp calls have the potential to eat up all of your data with late night phone calls and *gasp* maybe even video calls. Plan ahead and upgrade dat bundle.

Sagittarius (Nov. 22-Dec. 21)

Your month is going to be hot, hot, pele, pele, hot! Temperatures are looking to increase, both in the weather and in your social life. You will be the social butterfly this month and people will take notice. However, some people might not be able to keep up. Don't feel obligated to keep them around and feel free to drop them like it's hot. As one of the Zodiac's most independent signs, you love spending time in your own company. A certain someone may be intimidated by your independence at first, but soon they'll learn to hang.

Capricorn (Dec. 22-Jan. 19)

February's stars help you settle down, or at least slow your roll so you can reclaim your serenity. Give yourself a chance to pull back and reflect. You're going to need to be self-centered this month because work will be quite busy all month. No time for love distractions here! But fear not, love could arrive from the friend zone, especially near the end of the month.

Question of the month

What Swazi food have you unexpectedly liked?

Spencer: I love bugs.

March birthdays and events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		Living allowance survey month	1	2	3	4
5	6	7	8 Timmya	9 Brett	10 SOJO deadline	11
12 Arrive at VRF	13 VRF	14 VRF	15 Hannah A. Leave VRF	16	17	18 Meaghan P.
19	20	21	22	23	24	25
26	27	28	29 Zack	30	31	

- March is Living Allowance Survey Month. Surveys will be in PCV mailboxes by the last week of February and due to Martha by April 14.
- G14's mandatory VRF hands on training is March 13 and 14. This training is optional for G13. PMs, PTAs, and a team from HQ will be at the training.
- MST for G14 is May 1-12. All Volunteers must attend at least one session.
- COS for G13 will be May 22-26. The venue will be announced as soon as it is confirmed.

The Swazi Sojournal
c/o US Peace Corps
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Hook a sisi up. Write and submit to the SOJO about something happening in your world! We like articles about travel, cooking, community events, and all the great things you are doing as a PCV. We also love photos. March's deadline is the 10th. Email us at swazisojournal@gmail.com or talk to an editor.

G14 Editors: Alison,
Deb, and Rachael