

# THE SWAZISO JOURNAL

January 2017

Peace Corps Swaziland

Volume 14 Issue 1



Staff members Pam and Khosi and G14 PCVs Blake and Akirah travel to Zambia for HIV Bootcamp II.

## What's inside:



Meet the G14s continues



Taylor gives advice on horcruxes, Swazi boyfriends, and personal hygiene in Dear Taylor



Get Lit with Deb!



**Peace Corps**

Your Post. Your Paper.

# HIV Bootcamp II Review



By Akirah Simone, G14

I am fresh from my awesome trip to Zambia as one of the two representatives chosen to represent G14. Myself and the team really enjoyed our experience and are eager to share. The HIV Bootcamp II took place in Lusaka, the capital of Zambia.

The weeklong Bootcamp consisted of numerous presentations, guest speakers, and panels focused on ways of engaging and working with youth around HIV/AIDS prevention. As you can imagine from the title, Bootcamp was quite thorough in the variety of resources and interventions shared from the numerous posts in the sub-Saharan Africa region.

Volunteers and staff attended

the Bootcamp from 12 countries: Botswana, Cameroon, Kenya, Lesotho, Malawi, Mozambique, Namibia, South Africa, Swaziland, Tanzania, Uganda, and Zambia.

The sessions were facilitated by Peace Corp Headquarters staff on topics streaming from engaging adolescents living with HIV, girl's empowerment, gender equality, and working with caregivers of adolescents with HIV. We focused on equipping posts with evidence-based practices that aid in reaching the 90-90-90 goal of epidemic control.

There was a clear consensus from Volunteers that there is nothing more difficult than implementing a program within our communities but not being able to report on those in our VRFs. We focused a lot of time at Bootcamp familiarizing ourselves with PEPFAR

HIV/AIDS indicators that serve as the guiding principles for the work we do and to better apply programs in our communities.

One resource from the plethora we received was a guide for caregivers of adolescents living with HIV in regards to disclosure of HIV status to the youth. The name of the program was Mbuya Daisy. This developed out of a need for better guidance in the disclosure process for caregivers and youth. It provides extensive information to aid in facilitating the process, and it stressed the fact that disclosure is an ongoing process and takes time.

After returning, Blake and I are working to equip Swaziland's PCVs with resources and information about ways to implement evidence-based practices within their communities to help reach PEPFAR's goal of 90-90-90 epidemic control.



## What do they do?

In 2006, TechnoServe began working in Swaziland to increase opportunities for indigenous entrepreneurs. They began the Swaziland Enterprise and Entrepreneurship Program (SWEET), which aimed to revitalize the Swazi economy by fostering the growth of Swazi-owned small- and medium-sized enterprises in order to expand employment and in-

come opportunities. They have continued to build on this platform through new programs in food security and value chains: Community-Based Livelihood Development (CBLD) in 2011, Market Solution to Impact Food Security and Youth Development in Swaziland (EU1) in 2012, and Towards a More Food Secure and Resilient Swaziland (EU2) in 2014.



## Contact Info:

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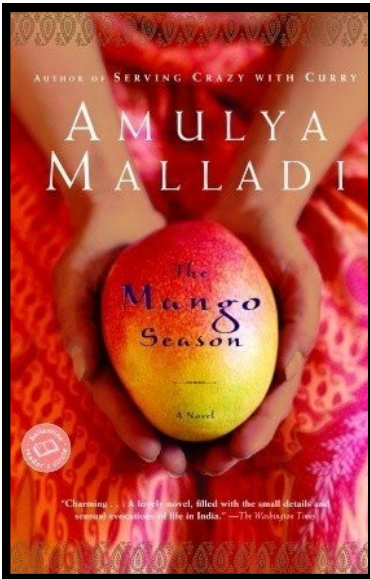
Country Manager Debbie Cutting

[dcutting@tns.org](mailto:dcutting@tns.org)

# Get Lit with Deb



Book reviews by  
Deborah Iyiade,  
G14



The Mango Season  
By Amulya Malladi

Ripe, juicy mangoes are everywhere including Amulya Malladi's "The Mango Season." The novel is about an Indian woman named Priya Rao who hides her engagement to a white American man from her traditional family.

Malladi serves a colorful dish of the old India Priya was born in—its rich food, traditional customs, and memories as she juxtaposes it with the complexity that contemporary needs create. The prose is both comedic and melodramatic; you won't be able to put this novel down. If you like mangoes, you will definitely enjoy this juicy, entertaining read. *The Mango Season* is definitely lit; so curl up with a bowl of sweet mangoes and get to reading.

*Say it in siSwati*

**Valatindlebe**

To not listen.  
Literally, to close your ears.

## SOJO Shout Outs

To Patrick's family for letting me spend the night at your homestead when it rained too much for me to get home.

-Tori

Thanks to Zack for a superb job planning the Mitchell's party.

-Nora

Happy New Year to the Cape Town crew! It was a fantastic way to start 2017.

-Lisa

To Patrick's babe for giving Clarin and me a ride home.

-Nick

To GLOW supplies for organizing the closet, especially Aaron L. for compiling the spreadsheet.

-Lisa

Watch your footing on the new staircase at Lidwala!

-Joyce

Thank you to my Swazi family for making Christmas a lot easier than it could have been with being away from my US family.

-Nate

Stay fit, eat healthy, and worship your temple in 2017!

-Michael

To my bhuti Welcome for fetching stakes for my tomatoes. He's getting chocolate!

-Patrick

To MV, Martha, and Glenda who helped me find my lost wallet.

-Chris

From all of us, thanks MV for being our superhero!

- From all of us

Shout out for Zack for the PCV night at Mitchell's and the wings!  
#howboutthemcowboys

# What's cooking: Cinnamon apple custard pie



By Alison Kemp, G14

Pie dish

This cinnamon apple custard pie will easily become a favorite. There are no complicated ingredients, and it can be made crustless, which means it can be made without a stoven. The custard and apples are prepared on the stovetop, which makes this a perfect recipe for Swaziland.

The pie does not have to be made in a pie dish. A quiche dish, loaf pan, cake pan, or baking dish will work.

**Difficulty:** Easy

**Cost of ingredients:** E25

**Time:** One hour of active work

**Servings:** 8+

**Tools needed:**

Pairing knife

Cutting board

Non-stick skillet

Spatula

Measuring cups

Measuring spoons

Pot

Whisk

Small mixing bowl

Fork

## Cinnamon apples ingredients:

Margarine

5 apples sliced

1/4 c sugar

Cinnamon to taste

Nutmeg to taste

## Recipe:

Slice apples. Peel if desired. Heat skillet with margarine. Add apples, sugar, cinnamon, and nutmeg. Cook for roughly 40 minutes until the sugar has thickened but has not caramelized. Once the apples are cooking, start the custard.

## Custard ingredients:

500 ml milk

1/2 c sugar

1/4 t salt

1/2 c flour

1 t vanilla

1 egg

1 egg yolk

## Recipe:

Bring milk, sugar, salt, and vanilla to a simmer in the pot. Separately, whisk together the egg and egg yolk. Once the milk is simmering, gradually whisk in the flour. Remove the milk mixture from heat and pour 1/3 of the mixture into the eggs. Whisk together slowly to

avoid scrambling the eggs. Return to pot once combined. Cook and whisk continuously for 30 seconds and then remove from heat. Custard will be lumpy. There is no way to avoid this, plus you know when it is lumpy that it is home made. While waiting for milk to simmer, begin crust.

## Sugar cookie crust ingredients:

1/4 c margarine

1/4 c sugar

1 egg yolk

1 c flour

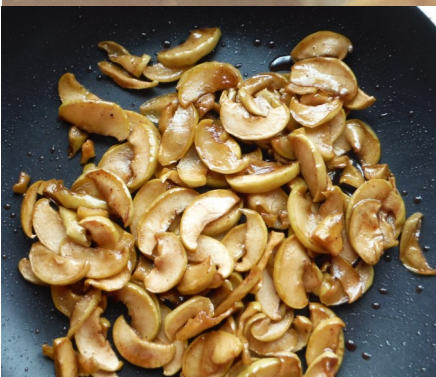
1/4 t salt

## Recipe:

Combine margarine, sugar, and egg yolk. Mix in flour and salt. Mixture should be crumbly. Pat mixture into pie dish. Bake at 190 C for 10 minutes, rotating 180 degrees at 5 minutes.

## Assembly:

Once the cinnamon apples, custard, and sugar cookie crust are complete, begin assembly. Pour two-thirds of the cinnamon apples over the crust. Then pour custard over apples and allow it to set for one hour, preferably in the refrigerator. Finally, top with the remaining cinnamon apples before serving.





Dear Taylor,  
Elder wand, resurrection stone, or cloak of invisibility?

Signed,  
Hungry for Horcruxes

Dear Hallows Hunter,

We here at “Dear Taylor” thank you for a timeless question that has spanned the centuries and caused controversy amongst both wizards and muggles alike.

In the 15<sup>th</sup> century Beetle the Bard published the tale of “The Three Brothers” allowing us an insight to the Deathly Hallows. When choosing your preferred Hallow, you must consider this important historical guide. Take for example the first brother—he chose the elder wand. While this is an excellent choice for wizards looking for exceptional magical powers, it sometimes leads to an unhealthy quest for power.

Next, look to the second brother, his choice was for the stone of resurrection. While this allowed for a temporary relief from the heart-break for those who have passed on, it created a longing to live in an unattainable world. This caused him to join the other side far too soon.

These reasons are why I believe you should choose the third Hallow: the cloak of invisibility. With this Hallow you are able to evade death, parry spells, and manage reasonable mischief (within the rules and regulations of the Ministry of Magic, of course) at a very low risk.

Dear Taylor,  
I have recently become comfort-

able with the idea of dating a Swazi gentleman. How, in the comfort of my own home, can I invite him over without meeting interference from my family?

Signed,  
Heart-throbbing Homebody

Dear Sneak-A-Swazi,

There are many approaches you can take to indulge in human comfort. I’ve come up with three fail-safe solutions for you to try.

First, you need to prepare. At your local Shoprite buy one pound of raw minced meat (leave thawed) and ½ quart motor oil. Apply motor oil to burglar door hinges and latch to assure a stealthy exit. Await homestead family’s heavy slumber. With minimal lighting, begin to execute your exit strategy with minced meat in hand. As you tip toe past the careening canines, be sure to trail minced meat to the outside of the gate, assuring safe passage for your Swazi guest. Under the cover of the mango grove, meet for a quick kiss and quickly return to your hut.

Second, you can take a more deceptive approach. Early in the day tell your family a repair man is coming to look at your leaking Handigas. When he shows up, whisk him away to your hut for a quick kiss.

Third, and the most sensible of all the choices, is to speak with your family. Chances are that they will be very excited to welcome your Swazi gentleman onto the homestead. When they are planning your labola ceremony, you know you’ve done your job cor-

rectly.  
Dear Taylor,  
I’ve noticed over the past six months that my standard of hygiene is slowly slipping. Should I be worried? If so, what should I do?

Signed,  
Questionably Clean

Dear Bucket-Bathing Beauty,

Hygiene standards vary greatly from PCV to PCV. If you’re feeling overwhelmed by the prospect of a daily bucket bath, try a few of these tips.

Hit the hot spots.

Have a place on your body that sweats an abnormally large amount? Wash it. Did you fall in the dirt and scrape your knee? Wash it. And we all know what the biggest hot spot of all is, so please, wash it.

Schedule a weekly hair washing.

Luckily, it’s better for your hair to wash it less often, giving it a healthy and all-natural shine. This provides the perfect excuse to take a break from daily washing.

When all else fails—toiletries.

There’s no shame in adding an extra layer of deodorant or giving yourself a few more sprays of cologne. Although this does nothing for your actual hygiene, it gives your friends and family the illusion of good health and wellness.

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

# Searching for giraffes at Mbuluzi and Mlawula



By Alison Kemp, G14

When a friend comes to Swaziland with a car, it is time to visit somewhere less accessible by khumbi. We chose Mbuluzi and Mlawula in the Lubombo mountains.

These reserves are located in the northeastern part of Swaziland, near Simunye and Siteki. We stayed at the Maphelephele cottage in Mlawula that is many steps up from camping and only slightly more expensive than the campgrounds. Neither of the parks is truly khumbi accessible. You can get to the entrance gates, but there is no way to see either of the reserves without your own transportation.

The reserves are home to many smaller animals and have a few species of antelope and giraffe.

Mbuluzi is a private game reserve and Mlawula is run by the Swaziland National Trust Commission. Both parks have an agreement that if you pay to get into one, you can visit the other on the same ticket, so you have no reason not to visit both.

Both parks also have decently maintained dirt roads that were accessible by small car. More clearance is better, though some parts of the roads were quite rocky.

## If you go:

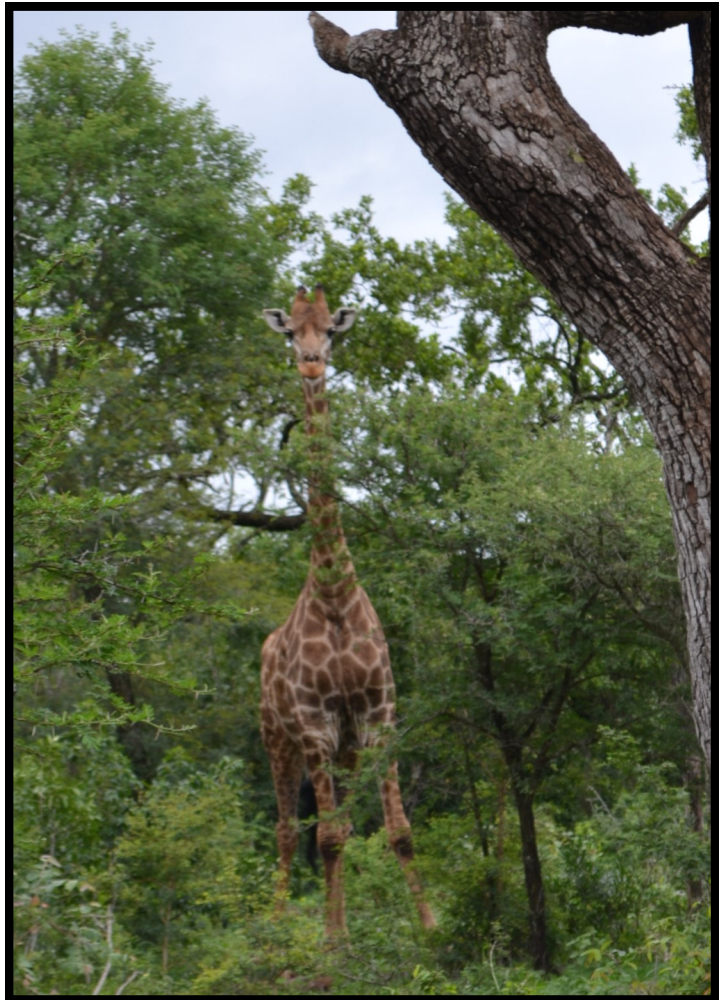
**Entrance:** E30 per person at Mlawula and E40 per person at Mbuluzi

**Maphelephele cottage per night:** E570 for four people

**Food for three days:** E200 per person

**Travel time from Manzini:** about 1 hour

**Animal sightings:** dung beetle, warthogs, impala, nyala, kudu, wildebeest, giraffe, neon green grasshoppers, red dragonflies, baboons, zebra, and a



Above: The lone giraffe we saw at Mbuluzi.

Below: A dung beetle in action at Mlawula.



# Meet the G14s

Nicole Z., CH

I'm from Schaumburg, IL. I studied biomedical science, nutrition, and public health. I joined Peace Corps for the love of bucket baths. Fun fact: I love learning about new languages. In addition to siSwati, I have also studied Spanish, American Sign Language, Mandarin Chinese, and French.



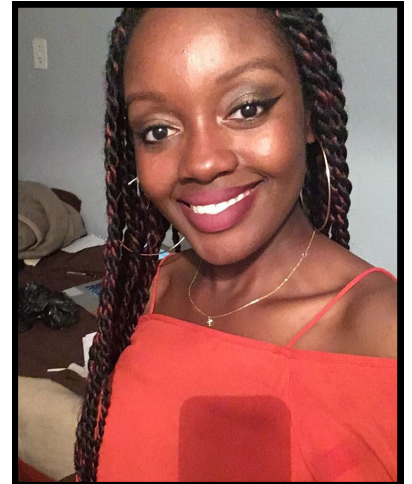
Patti, CH

I grew up in northern Illinois, and now call Oak Park my home. I am 63, widowed, with three children. I am a RN and studied nurse midwifery to be a family nurse practitioner with Frontier Nursing Service in Hyden, KY. I still consider myself to be a hospice nurse after working as one for 10 years. I joined Peace Corps after a 41-year wait and dream deferred. When President Kennedy gave his inaugural speech about what can you do for your country, I thought he was talking to me.



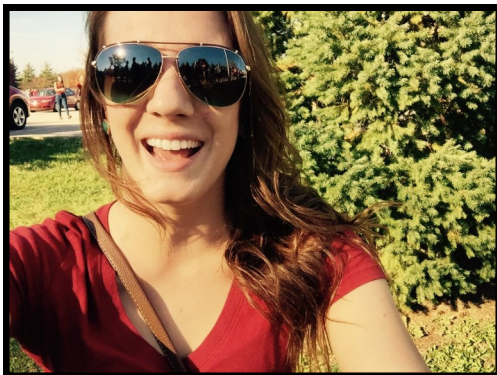
Alison, CH

I grew up in northeast Ohio and was most recently living in Salt Lake City, UT. I studied print journalism, German, and public health. I joined the Peace Corps because I want to work in public health with communities and their residents in Africa. Fun fact: My favorite sport is curling and my favorite place to curl is outside at the flooded field in Stanley, ID, surrounded by the Sawtooth Mountains and hot springs.



Deborah Iyiade, YD

I am from Bronx, NY. I studied psychology at Binghamton University. Joining the Peace Corps has always been one of my life-long goals. I wanted to be a part of this organization because I wanted to truly make an impact in the lives of people, however big or small it is. I knew that being on the ground would give



Lauren Scott, CH

I'm from Plainfield, CT, and I studied exercise science and psychology at Indiana University. I joined the Peace Corps because I wanted to have a quiet and uneventful life. Fun fact: I can pop my shoulders out of place, anytime any place!

# Question of the month

What do you hope to accomplish at your site in 2017?

**Tori:** Patrick and I want to create and run a theater camp in our communities.

**Nate:** I want to get to know more people and students and learn their names.

**February's question:** What Swazi food have you unexpectedly liked?

Submit your answers to [swazisojournal@gmail.com](mailto:swazisojournal@gmail.com) by Feb. 10.

## February birthdays and events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Kirby	2	3	4
5	6 CH PDM	7 Jamie CH PDM	8 CH PDM	9	10 SOJO deadline	11
12	13 G14 site visits begin	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28 G14 site visits end				

The Swazi Sojournal  
c/o US Peace Corps  
PO Box 2797 Mbabane  
H100 Swaziland, Africa

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. February's deadline is the 10th. Email us at [swazisojournal@gmail.com](mailto:swazisojournal@gmail.com) or talk to an editor.

**G14 Editors:** Alison,  
Deb, and Rachael