

THE SWAZISO JOURNAL

March 2017

Peace Corps Swaziland

Volume 14 Issue 3



Tippy Tap Queen Abby Felder G14 leading a tippy tap demo in her community of Siyendle

What's inside:



Meet the New Staff:
Yemi!



Squash the beef with
Alison!



Learn how to ball on a
budget with Nick M.!



COS Travel with
Kaelani !



The Mystical Make
Clarín reads the stars



**Peace
Corps**

Your Post. Your Paper.

Meet the New Staff



Our New Programming and Volunteer Support Officer!

Yemi is the new Programming and Volunteer Support Officer for Swaziland. Her experience with Peace Corps Swaziland began as a member of G1, Swaziland, when the program reopened in 2003. She was also part of Peace Corps' first cohort of PEPFAR-funded Volunteers. Yemi joins Peace Corps Swaziland after working for Peace Corps Headquarters in Washington, DC for the past 3 years. For the last 2 years she worked in the Africa Region as the Programming and Training Specialist (PTS). While there, she facilitated trainings for Peace Corps Staff and Volunteers in 7 countries, including as Acting Training Manager in Swaziland. Prior to Peace Corps, Yemi worked as the Director of Anti-Trafficking programs for World Hope International, where she provided guidance and technical support to policy, advocacy and public awareness anti-trafficking programs in 11 countries. While there, she worked to strengthen legislation and design national training programs for judges, police officers and community members. Yemi also worked as Policy and Advocacy Associate at PATH in Washington, DC, where she supported international HIV prevention, gender-based violence and maternal and child health programs. She also worked as a Policy Consultant for the NAACP and taught Social Work Policy at the Howard University's Graduate School of Social Work. From 2006-2007, she worked for Population Services International (PSI) in Guinea. Yemi was a Peace Corps Response Volunteer in St. Lucia from 2011-2012 (HIV/AIDS Program Development Officer with Planned Parenthood). She has a Masters of Arts in International Development from the University of Iowa, and a BS and BA from Miami University in Oxford, Ohio



Contact Info:

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Website: www.cm-outreach.org

What do they do?

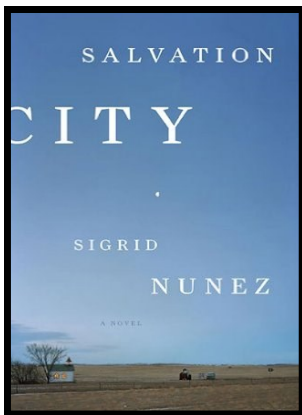
Our mission is to develop and establish continued medical care in villages and communities to underprivileged populations in Kenya.

CMO coordinates annual medical mission trips deployed to areas in Swaziland that are beyond the reach of other relief agencies. Over the past decade, the organization has developed and implemented various sustainable programs. The programs and assets developed healthcare worker training program, comprehensive nutritional assessment program, electronic medical record system and a template and platform for building and staffing medical clinics in underprivileged countries.

Get Lit with Deb



Book reviews by
Deborah Iyiade,
G14



Salvation City

By Sigrid Nunez

I was able to take a break from being on the ground and finally delve into this novel or at least try to. In the novel, an orphaned boy named Cole is adopted by a Christian couple in Indiana after a flu pandemic. He narrates his tale of adjusting from city life to a rural one. I found it unengaging and couldn't complete the book. Unfortunately this book did not get my stamp of litness.



Say it in siSwati

**Kube
mnandzi!**
Must be nice!

SOJO Shout Outs

Thank you MV for always taking our safety seriously, even when it means traveling far in the rain on those longggggg dirt roads.

Happy Birthday Meaghan! I hope this year is filled with adventure, delicious snacks, love and wealth.

:* .* :*

-Nada G14

Shout out to Frances, Anne and Nelly for hooking PSIN training up with bomb food and a good time.

-Lauren G14

PSIN G13/ G14 would like to give a HUGE shout out to Frances and Anne for organizing the most productive and enjoyable PSIN training for us. Kelcey was amazing and the global cuisine was a wonderful treat! Special thanks to Yemi for allowing us to crash her comfy home! You ladies rock!

- Dawnita G14

Big shout out to Patti, the permagarden goddess for coming to my site and helping me with my permagarden! I'm so grateful for her!

-Nicole H. G14

What's Cooking: Butternut Rice Pudding



By Alison Kemp, G14

Having successfully grown a garden-full of butternut, I have needed to find new ways to use it. I could eat butternut bread every day, but a change is good sometimes.

I had not eaten or made rice pudding since my days studying abroad in Austria where I first encountered it in the university cafeteria.

Rice pudding is a delicious and easy comfort food, and it is improved with the addition of butternut, cinnamon, and nutmeg. It is an excellent choice for a chilly day served with a cup of steaming tea.

I shared this with my family, and like most of the desserts I bring them, they had never seen it before but were delighted nonetheless. Even my chickens inadvertently enjoyed the leftovers.

Tools needed:

Cutting board
Knife
Pot
Fork or spoon
Measuring cups and spoons

Ingredients:

1 cup mashed butternut
1/2 cup rice
1 liter milk
2 tbsp. sugar
2 tsp vanilla
1 tsp cinnamon
1/2 tsp nutmeg

Recipe:

Step 1: Slice butternut into one-inch rounds peel skin off each round. Save seeds for your permagarden. Cut butternut into one-inch or smaller pieces. Put butternut pieces into pot with one cup of water. Heat on medium-high until pieces are mashable with fork or spoon, about 30 minutes.

Step 2: Scoop butternut out of pot. Reserve one cup and use the rest for bread, cake, pancakes, or an addition to your dinner. Add rice and milk to the pot. Heat to boiling, then reduce to a simmer, stirring occasionally, until most of the liquid is absorbed in about 30 minutes.

Step 3: Add reserved butternut, sugar, vanilla, and spices, and mix. Adjust spices and sugar if necessary. Remove from heat once to desired consistency and serve warm.

Recipe is adapted from thehealthymaven.com.

Difficulty: Easy
Cost of supplies: E20
Time: 2 hrs, 1 hr active
Servings: 4





By Taylor Powell,
G14

Dear Taylor,
One of the male teachers has a birthday coming up and I was thinking of giving him a gift. To complicate things I kinda sorta have a crush on him.. What should I do?

Sincerely,
Swooning Student

Dear Learning Lover,

Just like a smile is universal throughout the world, as is the way to a man's heart: through his stomach.

In the 1700s families in Denmark and Sweden gave teachers baskets of apples as payment for their children's educations. Today, giving an apple is till a kind way to show a teacher your appreciation. But I say, why stop there?

On the eve of your teacher's birthday hop into the kitchen with Make and I'm sure she will be more than happy to help you whip up a few Swazi delicacies. Cow hoof? Vors? Chicken and pap? Cook it all! When your backpack is stuffed with inyama kakhulu there is no doubt in my mind that your teacher will deny the developing feelings that are brewing in his intestines. circulation of air will dry your sweat in a jiffy!

But, the LCC might advise you to also consider the impact of such gift giving might be. Both students and staff are watching, so be aware of the implications you are making in your schools.

Dear Taylor,
I have a girlfriend and I love her very much. The people of Swaziland encourage more girlfriends for me, and I want to be fully integrated by COS. My heart is big enough for four more girls, but my girlfriend says no. What should I do and how can I convince her?

Sincerely,
The Man With An Enormous Heart

Dear Cardiomegaly*,
The term 'cardiomegaly' refers to an enlarged heart. Cardiomegaly isn't a disease, but rather a sign of another condition (Mayo Clinic, 2017)*. Personally, I don't need an imaging test to tell you that the condition you have developed is Multiple Romance Disorder*.

If your girlfriend doesn't agree with the diagnosis of MRD you should seek immediate medical attention*. If you don't seek the treatment of this condition it can be fatal to your relationship and, depending on your girlfriend, you*. Although it's hard to tame a wild stallion, it is possible. Consider focusing the love and attention that you would give to five girls into your one current girlfriend. She will likely appreciate your effort and your relationship will be stronger than ever.

**The information provided by Dear Taylor & Associates is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your PCMO with any questions about your medical condition. Do not disregard PCMO advice or delay seeking advice or treatment because of something you have read here.*

Dear Taylor,
I hear that SpaceX is looking to fly two people into space in 2018. I really want to go, but would need about 20 million dollars to make it happen. How should I go about planning my COS trip into space? Or should I extend indefinitely until I raise the funds?
Sincerely,
PC Astronaut Hopeful

Dear Out Of This World,
I stayed up all night trying to answer your question then just when it seemed darkest, it dawned on me. Although this trip will take a lot of work and research I'm here to help you planet. So, let's take a look into what you need to do in order to make your COS trip far out!

I first encourage you to make a stop at the PCMO office. Peace Corps can provide you with all the vaccines, prophylactic medication, and health related safety tips for your upcoming trip into space. Just make sure you allow them enough time to order any necessary supplies.

Next, make an appointment with your SSM. Even though you will no longer be under the security restrictions put in place by Peace Corps, your safety should still be top priority. The SSM might have advise on which parts of space to avoid and which parts are safest. Lastly, it seems unlikely that Peace Corps will advance you \$19,990,000 on the promise that you'll extend long enough to repay the funds. I recommend phoning SpaceX and asking if they provide any PCV discounts. If not, maybe you can arrange a payment plan.

Thinking About COS Travel?



***Kaelani Kubani of G13* has all the resources to help YOU figure out how travel right.**

Whether you are a G14 who got a head start on thinking about traveling after COS, or a G13 who really needs to start planning where their wanderlust will take them, planning where you want to travel and what your budget will look like becomes really important. There are so many travel websites and travel blogs that offer some great information, and while that is really helpful it can also be daunting for us volunteers who don't have access to reliable wifi, and forget researching on your cell phone...it drains your data. These are just a few tips and some information to help you organize your thoughts about your travel and hopefully will help you feel less overwhelmed about planning a huge trip.

I do agree that it is important to be spontaneous while traveling, and planning every day of your trip takes the magic out of it. However, when you are on a budget it is important to figure out what things are going to cost you, and important to make a detailed budget on how much you will spend on accommodation, transport, events/ things to do, and most importantly...food.

For my big COS Europe Trip I have a binder(cue comments about how I might be a little crazy). In the beginning I have my travel itinerary then following I have a tab for each country I am traveling to. Inside that tab I have accommodation (hostels and couch surfing hosts), cheap but good restaurants, how to get around on transport, language (enough to get around), and walking tours/things to do. Lastly, I include side day trips to take to get out of the main cities, and even other cities to stay in for a couple of days. It is important to consider getting off the beaten path out of the tourist areas and do as the locals do.

So, couch surfing....your thoughts might be how the last thing you want to do is sleep on a couch. However, couch surfing hosts also offer private bedrooms and sometimes even bathrooms! On top of all of that you may meet a lifelong friend through this network. It's basically online dating but for travel. Go to the couch surfing website, make a profile that makes you sound as awesome as you are, and browse for hosts in the countries you are traveling to.

My rule of thumb for filtering out hosts is that they have to have above a 70% response rate and a few good reviews



people who have stayed with them. The recommendation from other travelers that I have seen is that if you are traveling to a popular country during peak season then its best to contact hosts a couple of months beforehand to be safe. Other than that, it seems to be the norm to contact hosts a couple of weeks in advance. For me personally I plan on contacting couch surfing hosts for countries that are more expensive and then staying in hostels for the cheaper countries.

Food....I don't know about you but for me this is a top priority. I can't tell you how many times I've read a travel blog about a certain country where people make the mistake of walking down the main streets to find a place to eat. Then they get overcharged for food that could have been better. Another amazing alternative to this is actually eating with locals in there home. There are plenty of networks where you link with a host, request a date to eat with them, and then you cook the meal in there home with them. This is also a good way of meeting locals if couch surfing is not really your thing.

Things to do...yes, there are things that you must do on your trip besides eat. A lot of man cities that attract tourists have city passes that you can get for a number of days. It includes transport to get around the city and entry into a few main attractions. This might be a better deal than paying for everything on its own, depending on what you are planning on doing. Instead of planning on doing what you want to do everyday of your trip, have a list of things there is to do, and make sure to include the price to do it and where it is located. There are some things you may need to book in advance especially in peak season, be aware of this. Also, available to you on the couch surfing website is travelers or locals wanting to meet up to go to certain events that you might not know about otherwise. Lastly, make sure to look into companies that offer free walking tours where you go on the tour for free but then pay your local guide a tip.

If you are planning a fairly lengthy trip (a month or more), I think it is important to start looking at things a few months in advance, especially considering you wont be doing countless hours of research every week. I make a point to go get wifi once a week or once every other week to do a couple hours of research. Also, have a plan of what you will research that day; avoid going into the office and blankly staring at the computer screen like you have no idea what you are doing

Obviously I could talk forever on the topic of travel but since I can't, I hope this leaves you better informed than before. Finally, I will leave you with a list of resources to access as you start planning. Please Whatsapp me anytime (+268 7811 1809) if you want more information, especially if you are planning on going to Europe. Happy Travels ! :)

RESOURCES RESOURCES!

Travel Blogs and Websites

Nomadic Matt

The Blonde Abroad

The Savvy Backpacker

The Points Guy

Adventurous Kate

Two Monkeys Travel Group

Lonely Planet

Be My Travel Muse

Accommodations:

Hostel World

Couch Surfing

Agoda

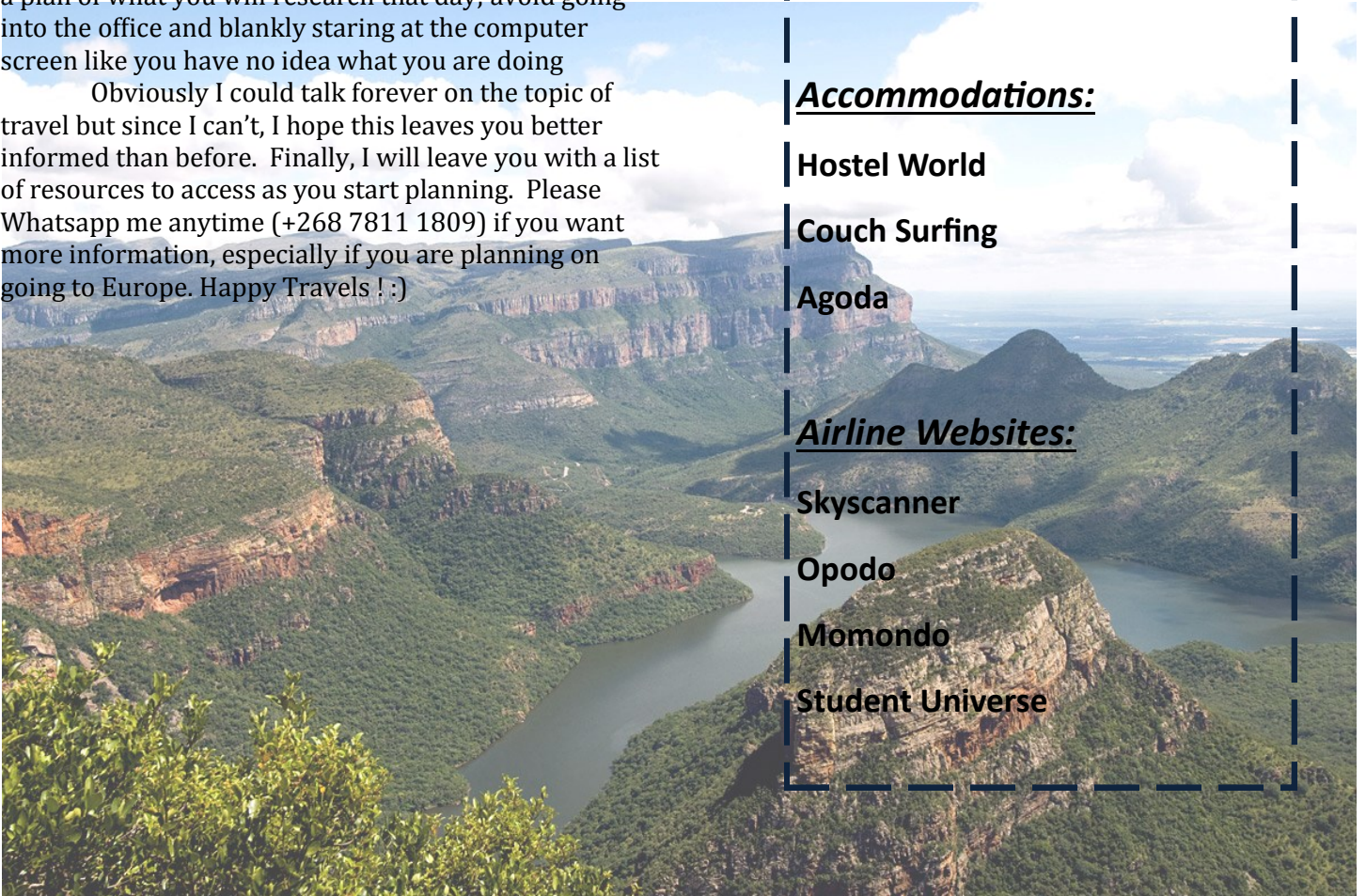
Airline Websites:

Skyscanner

Opodo

Momondo

Student Universe



Balling' on a Budget



Nick McDerrah of G14

“PCVs live on a fixed budget in often times harsh conditions. Although we might be able to make it rain like we used to, we can still make sound financial decisions that will help us feel like the baller we truly are. JORDAN. Here are three small ways to improve your life, without breaking the bank and catching an L. It's the little things in life that can make a gig difference so remember to treat yo' self every once in a while!”

Bathroom Issues...

All volunteers know that the bathroom situation in Swaziland is not ideal. Whether it is venturing off to my fly infested latrine or spending 2 emalangeni for a wad of toilet paper and an overflowing toilet, I always seem to leave unsatisfied. After being at site for a while, I want to arrive at a nice, clean, cheap bathroom when I get to Manzini. Is that too much to ask?!? My options here are specific to Manzini because oddly, that is usually the time when nature calls (sorry).

If you are pinching every last penny, or loaf, head to the Library in Manzini for a free bathroom! The last time I went it was 'out of order', but when open it should get the job done. Not the cleanest facility and also a BYOTP situation, but FREE is a great price. If you don't mind treating yo self to the finer things in life, then head across the street into the mall and go down the stairs toward the parking garage. There you will find one of the nicest public bathrooms in Swaziland (according to me) for a price of e2. You will be handed a sufficient wad of toilet paper and enter into a modern, bright, clean bathroom with a very nice, state of the art hand washing station. With many stalls available and long doors/walls dividing each one, you can rest easy knowing that your privacy is of their utmost priority. Now you are indeed ballin.

Chocolate Bulk Buys

Chocolate can be a game changer. After a bad day or an uncomfortable situation (see above), sometimes the only thing you want is a little chocolate to pick up your spirit. Although emasweets are everywhere and usually very cheap, we all know that you are going to have to spend some extra dough to satisfy that chocolate craving... Until now! After many days of searching for cheap chocolate (you ain't gonna find it in any basic Shoprite or Pick n' Pay) I found glorious bulk packs in Checkers in Manzini. If you have not been to Checkers, walk from the bus rank toward Riverstone Mall, it will be on your right. Although this is a great spot for bulk chips and other snacks, head straight to the candy aisle. There you will find bulk packs of 10 Coti Chocolate bars for e40. If my math is correct, you will receive a normal size chocolate bar (or slab as they call them) for e4! That's a screamin deal if you ask me. There are a few different flavors to chose from and I would recommend just staying with the classic milk chocolate (I first tried the white chocolate mint and it could be described as 'subpar'). The actual chocolate is not going to blow your socks off, but it is definitely chocolate and will satisfies the craving. And when you are pulling that chocolate bar out of the fridge on a boiling hot Tuesday afternoon, know that you ballin.

An Unbelievably Cheap Night Out!

Now this one will really take the cake. For the super low price of e46 you can have a carefree, fun-filled, unforgettable night out in the most beautiful area of Swaziland. You may be asking, hooooow?! Seem to good to be true? Well guess what, it isn't. That's right, for a transport fare of e23 each way from Manzini, you can (hopefully!) catch a bus to the sprawling metropolis of Vusweni. There an attractive young couple will meet you at the stesh and escort you toward your sleeping quarters. On the homestead you can play with a lively six year old bhuti, practice your Siswati with a fluent Make, or get your hands dirty in a one-of-a-kind permagarden. The options are endless (weather depending). The night would end with a long walk to a nearby hill and possibly some card games (wahoo!). Dinner is always handcrafted my an in-house (literally) chef and a light breakfast will be served in the morning. Make sure you catch the 5:30am bus back the next day or you may be stuck here forever! This quiet homestead will truly steal your heart, but keep your wallet full. You will be able to tell your grandkids about the perfect night you spent in Vusweni and how you were ballin on a budget back in the day.

D.I.Y. Gardening with Patti

Patti of G14 shares some quick tricks so you can get the garden of your dreams.

How to Keep Pesky Chickens Out of Your Garden



I bought flour sacks in Manzini for E5 each and then sewed them together with twine with a large bore needle I got at the Waste Center. I tied the first sack and the top and bottom to the fence pole. I tied the sacks to sticks, alternating between one inside a sack and one outside a sack. I put stones all around the outside bottoms so chickens couldn't slip underneath.

One cheap way I have discovered are those big feed/flour sacks. I have bought them in Manzini on the sidewalk near the Market for 5 E a piece. I have also bought them Nhlanguano at the Lavimisa Feed store for 4.5 E.

I have sewed them together using twine you can buy in the grocery store, but an easier way can get the job done. Line 2 feed sacks together, either by the openings or the bottom seams, overlapping. Punch a hole with a scissors tthru both bags at the top, push at least 18 inch piece of twine thru and tie around a fence support. Repeat near the bottom, pulling tight. Leave some room, 4 inches or so. (You will need this give to weigh down the rocks you will place to hold the bags down, and deter those pesky critters from digging underneath your "fence". This fence can be done inside or outside your fence, and can also serve as a bit of a wind barrier.

Patti shared her magic with Nicole H. G 14 in her community of Mbowane



Memes of the Month



Because we all need a good laugh. Send your good meme's our way by April 7th to be featured in next months issue!



G14 PSIN

G14 PSIN includes :

Taylor as President

Timmya as Vice President

Lauren as Secretary and Treasurer

Hannah and Corbin as Support and Outreach Coordinators

Dawnita, Al and Nick as Amazing Human Beings

****Please submit your PSIN survey by April 20th, it helps PSIN know the best ways to support us all!****

April Birthdays and Events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4 VRF DUE Lisa and Nicole	5 VRF DUE	6	7	8
9	10	11 Abby	12	13 Spencer	14	15
16	17	18	19	20 PSIN Survey Tori	21	22 Nick
23	24 Glow Camp	25 Glow Camp	26 Glow Camp	27 Glow Camp Julianne	28 Glow Camp	29 Glow Camp
30 Meaghan	<p>*MST for G14 is May 1-12. All Volunteers must attend at least one session.</p> <p>*COS for G13 will be May 22-26. The venue will be announced as soon as it is confirmed.</p>					

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. **April's deadline is April 7th.** Email us at swazisojournal@gmail.com or talk to an editor.

G14 Editors: Alison,
Deb, and Rachael