

THE SWAZISO JOURNAL

May 2017

Peace Corps Swaziland

Volume 14 Issue 5



GLOW Camp 2017 is a success!

What's inside:



PCIT helps you log in to WiFi



Warm up with Alison's chicken curry



Christmas in June and US Embassy vs PC volleyball tournament



Updates from BRO, GLOW, PSIN, and the HIV committee



Dear Taylor shares ideas for income generating projects and how to be funny



Peace Corps

Your Post. Your Paper.

Notes from staff

- Babe Musa and Yemi attended the Africa Region's Annual Directors of Programming and Training Conference, held in Accra, Ghana, from May 1-5. There, they shared best practices and lessons learned with Peace Corps' programming and training leaders across Africa. They learned that Peace Corps Swaziland is innovating in a number of ways, such as with Kindles (now Kindle Fires), with Instagrator (which will be on Instagram this PST), and most notably with our BRO model.
- Stay safe at Bushfire. –MV
- If any G13s are selling or giving items to G14s or G15s, do not leave them at the office. –Martha
- If you have not completed a living allowance survey for March, please submit immediately. –Martha

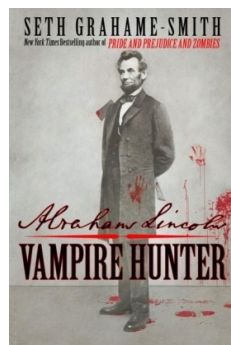
Grant process review from Amelia:

1. Talk to PM about project and grant idea.
2. Once you have a go-ahead, talk to your PTA.
3. Receive the most up-to-date grant form from PCLive or from your PTA. Do not take a blank form from another PCV.
4. Once submitted by the PCV to the PTA, whether small or large, the grant should be in process for no more than six weeks. It will be reviewed by the small grants committee, and any necessary changes will be made. The CD and DMO will sign the completed grant.
5. It will take up to two weeks for money to be transferred to the PCV from HQ for all VAST grants and some small PCPP grants. For large PCPP grants that require fundraising, it will take as long as the fundraising lasts plus up to two weeks. If more than two weeks pass, the PCV needs to talk to the PTA.
6. For grant completion, the report must be submitted with the project narrative, the log/budget, receipts, the PCV signature page, and at least three photos of the project (one before, one during, and one after). Before submitting, ask the PTA for the grant version that was submitted to make sure all details align.

Get Lit with (not) Deb



Book review by
Rachael Christenson, G14



Abraham Lincoln: Vampire Hunter

By Seth Grahame-Smith

I recently re-read this book and I have to say, I greatly enjoy it. This novel is based off Abe's old hidden diary, cataloging his exploits of being a great vampire hunter in the U.S. If you enjoy history with a slight twist, then you will truly enjoy this book. It really is a fun read, and as our 16th president said, "Some people are too interesting to die."

Say it in siSwati

"Kukhetfwa"
to be elected

SOJO Shout Outs

Shout out to Blake, Akirah, and Gini for being a great team in facilitating MST's HIV Bootcamp sessions. You all are enjoyable and easy to work with.

-Hannah, G13

Shout out to Madison, Emily, and Shar for having two GLOWtastic weeks!

-Meaghan, G14

Shout out to GLOW directors for an awesome camp!

-Julianne, G13

Shout out to Aaron L. for being the best supply committee guy...EVER.

-Meghan, G13

Shout out to Sam for lulling me to sleep with Elmo impressions every night at GLOW camp.

-Julianne, G13

Shout out to G14 for being so awesome!!

-Dawnita, G14

Ahh Patrick...

-Sara, G14

Shout out to Rachael for going above and beyond even when she is under the weather.

-James, G14

Shout out to Kaelani for being my forever roommate and spending COS with me.

-Julianne, G13

Shout out to Tyler for being uhhh...more often than not my roommate.

-Aaron L., G13

Shout out to Robert for making stupid faces at me all throughout MST. Oh and for being my person.

-Rachael, G14

GLOW CAMP 2017





Photos by Meaghan and Tori

Glow Camp took place at St. Christopher's High School in Luyengo from April 24 -28 for the older campers and from May 1-5 for the younger girls. Altogether, 97 girls attended workshops about menstruation and pregnancy, nutrition, self awareness, personal hygiene, mental health, and so much more. Great job to all those who were involved in making this event happen.



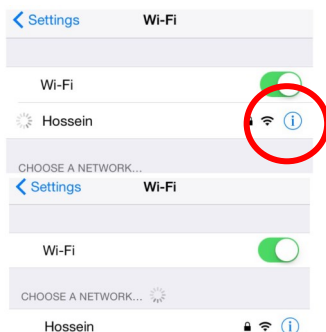
By Robert Amy, G14

WiFi login issues? PCIT is here to help!

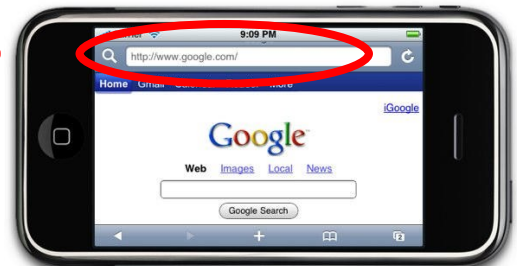
Oftentimes, an establishment will advertise having free WiFi that one can log into with a username and password. Theoretically, all you have to do is put that information into a box, like the one below, and voila, you have access.

Unfortunately, if that box never shows up, and you aren't given the opportunity to input the username and password, that WiFi may as well not even be there for all of the good it will do for you. Have no fear, though, because there is a way to force your device to open that login box.

The good folks over at Technical Tips, a technology support website, have provided an easy answer. For iPhones, once you're "connected" to the WiFi network, click on the "i" to the direct far right of the name of the network. That will bring up a variety of information, the most useful of which in this case will be the router number. Copy down, or memorize, this number, and put it into the URL, or search bar (as the example below shows). Hitting "Go" will take you directly to the appropriate and aforementioned login page, where you can put in the username and password that you've been so eager to use. With a hopefully successful login, you should finally have access to the internet you've been so hoping for.



DHCP	BootP	Static
IP Address		192.168.1.10
Subnet Mask		255.255.255.0
Router		192.168.1.1
DNS		192.168.1.1



My own experiences with Android phones have yielded a mixed bag of solutions, some of them being more reliable than others, but all being potential solutions. One possible solution is simply opening up a web browser and trying to go to any webpage. Another is tapping the name of the network and hitting "Forget Network," waiting a few seconds, then re-selecting the network and trying to reconnect. Another potential solution is turning the device off and on again. If you are able to see the router number, you can try the above technique for iPhones because that should work as well. It's worth noting that in some cases that number will be called the router number, and other times the gateway (or default gateway) number. Regardless, they work the same way.

Assuming one of these techniques worked and you've successfully logged on, congratulations and happy WiFi web browsing! If you have any questions or have other strategies for getting WiFi to work more reliably, don't hesitate to reach out. If you have a burning question you'd like answered, or an app you'd like to see reviewed, let PCIT know, and it may end up in the next SOJO!



Swaziland Skills Centres

Mission

The mission of Swaziland Skills Centres is to provide market-driven quality technical and vocational education and training cognizant of the National Qualifications Framework (NQF) through experiential learning of education with production for self-sustainable and gainful employment for out-of-school youth and adults, and the empowerment of socio-economically disadvantaged children.

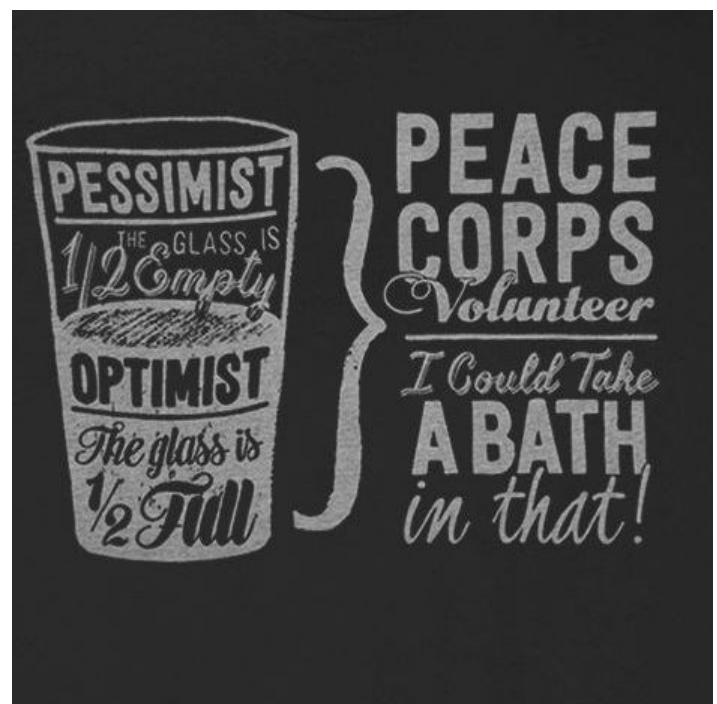
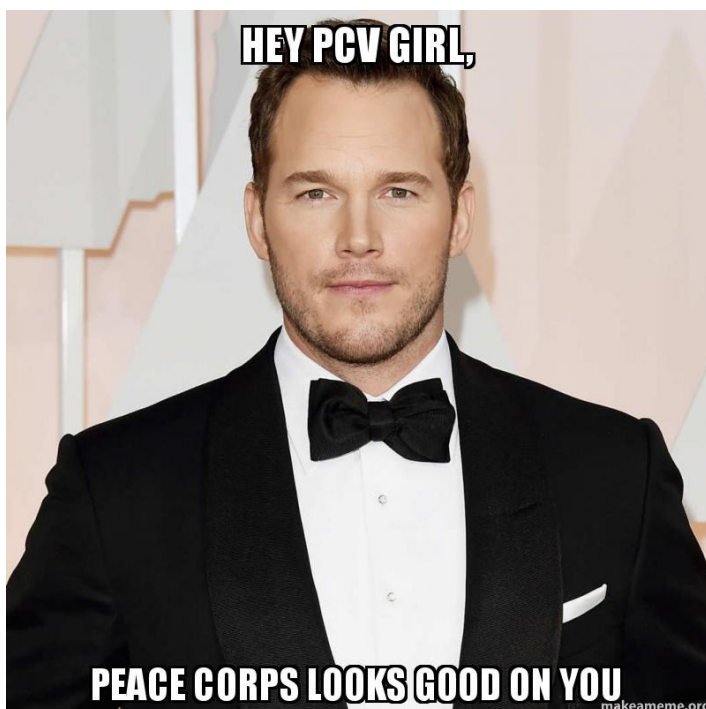
What do they do?

Swaziland Skills Centres offers courses in three locations focusing on empowering youth and adults on vocational skills.

Where are they?

- Manzini Industrial Training Centre (MITC)
Emakhonweni: 2505 2744, 2505 2844
- Nhlanguano Agricultural Skills Training Centre (NASTC) - Ndvungunye: 2207 8765
- Siteki Industrial Training Centre (SITC): 2343 4595

ALL THE MEMES



PSIN CORNER

June is Safety Awareness Month

Updates:

Keep an eye out for our first wellness event.

Safety Tips:

- When walking around your community or town, stay aware of your surroundings at all times.
- Put your money and phone in a safe space that is not accessible, and if you just took cash from an ATM, stashing it in different locations in your bag/luggage can be a good precaution.
- Many drivers go at excessive speeds and drive recklessly, so buckle up when possible.
- Traffic is on the left side of the road here. When crossing a road look right then left! And do not forget stop signs are sometimes seen as “optional.”
- Winter has arrived and the sun sets earlier, so make sure you are safe and cozy in your home before it gets too dark.
- Call MV (76028525) and 999 if in an emergency.
- Useful Siswati: Inyandza leyo (emergency/help); Angikhanuki (I am not interested); Awuhloniphi (You have no respect); Angikhanuki kukhaluma na-we (I am not interested in talking with you); Caphela (be careful).
- Monthly Challenge: Make a safety plan with your host family! Discuss logistics in case there is an emergency on your homestead or in your community.

Trivia: How many square kilometres is Swaziland?

**Find out the answer next month!

If there ever is a doubt or question in your mind please do not hesitate to reach out to PSIN.

In the know with GLOW

June is kicking off our big income generating project with six selected GLOW clubs. We will accept applications for the training through Monday, May 22. The training will last from June 2-5 and will resemble a PDM-style workshop where GLOW counselors will learn how to design and implement their projects and then they will receive E2,000 seed money to get the project started. We can't wait to share with you all of their awesome ideas.

Also, on June 10 we will be celebrating another successful year of GLOW camp and honoring all of our fabulous counselors for their hard work and dedication this past year. June 10 also kicks off the handoff from G13 to G14 GLOW directors, so if you see Shar, Madison, and Emily, make sure to congratulate them on a successful year and thank them for all the amazing work they have done!

What's up, BRO?

Due to our grant not being processed in time, we will be postponing the All Counselor Training. The date will be announced soon, now that our grant has been approved, so be on the lookout.

We are also requesting that for any new BRO clubs or counsellors that PCVs send in their counterpart name, contact information, and community to the BRO email at BROSwaziland@gmail.com or via WhatsApp to any one of the directors.

In other news, we are jump-starting our creativity contest this June, so we hope you're ready to get creative. The creativity contest will be a monthly contest among BRO clubs to help promote BRO culture and introduce your club members to the arts.

The theme for this month is: What does BRO mean to you? This question can be answered in any way that your club feels. This can vary from art drawings, pictures, poems, music videos, BRO club song, etc. The creativity is in your clubs' hands, so make it awesome. We look forward to keeping the BRO culture alive and well in your communities and can't wait to receive your submissions via email. Brother!!!! Brother!!!

Movie review: *Guardians of the Galaxy Vol. 2*



By Aaron L., G13

I think we can all safely admit that Marvel Studios is really killing it right now. They've got the market cornered on the fun and action-packed super hero movie, with just enough humor and flare that you don't get bored and don't stop taking the action seriously.

So with *Guardians of the Galaxy Vol. 2* I was skeptical, if not actively worried, that it would not live up to the original. I liked how *Guardians of the Galaxy* had a solid mix of dazzling visuals, comedy, action, high stakes drama, and some pretty touching emotional moments. The sci-fi fan in me liked all of the weird places and cultures they showed, and the superhero fan in me liked how well they were treating the source material.

In short, promises made were kept. More insane visuals, a soundtrack that must be single-handedly responsible for all second-hand guitar sales in the United States, development on the relationships among the characters, even more emotional moments, and plenty of action keep *Guardians of the Galaxy Vol. 2* on track with the original.

Director James Gunn once again makes some spirited choices in how space and weird science are treated by choosing to use a rainbow of colors and classic sound effects in place of darkness and



vacuum-induced-silence in the space scenes. There are at least three, full-length songs in this movie, including a dancing Baby Groot leading the camera away from an epic battle while Electric Light Orchestra's "Mr. Blue Sky" plays from a boombox rigged up by Rocket Raccoon.

The relationships among the characters are arguably the driving force of the movie, which is a stark departure from the arch-nemeses of super hero films and adventures induced by technobabble McGuffins normally found in science-fiction films. The ending is by far the emotional climax of the movie, and is probably the most touching moment in the entire Marvel Cinematic Universe to date.

The only place the *Guardians of the Galaxy Vol. 2* really falls short is how there are still some parts that feel rehashed from the first movie.

I told myself before I went into the movie that it would be diminished if it utilized three things from the original movie:

- The cast is incarcerated and has to break out of space jail.
- The cast is pursued by space police or space bad guys because they possess something important.
- The cast has to stop the destruction of space police headquarters, because they were the good guys the whole time.

To *GotG2*'s credit, it only rehashed one-and-a-half of those points, and actually went in the completely opposite direction for one of them. But even the full point they did again in this movie was split among cast members and was finished with a clean montage, so it still felt fresh. There were a few pacing issues, maybe some things not explained fully and completely, and some of the jokes fell flat because of the diverse audience this movie was trying to entertain.

But even at my pickiest, there isn't much to complain about in this movie. As the second only science-fiction/super hero movie of the decade it expands on the original while still setting up for more sequels and its connection to the MCU. I'm remiss to give this movie a full, five-out-of-five rating, but with very few things to complain about and a lot delivered on, it would be petty to not give this movie my highest rating. 5/5

ANNOUNCEMENTS



CHRISTMAS IN JUNE

Friday, June 23
Beginning at 3 p.m.
At Sundowners

There are 40 dorm beds reserved for Friday night at E130 per bed. G14 is planning decorations, music, and food (a taco bar and desserts are planned). Expect to pay E50 for food and decorations. Alison is organizing the party, so contact her at 76567380 for reservations, food requests, or any other questions. Any G14s who would like to help run the event, let Alison know. If you want to stay at Sundowners before or after the event, make your own reservation.



Photo designed by Aaron L, G13

Peace Corps vs US Embassy

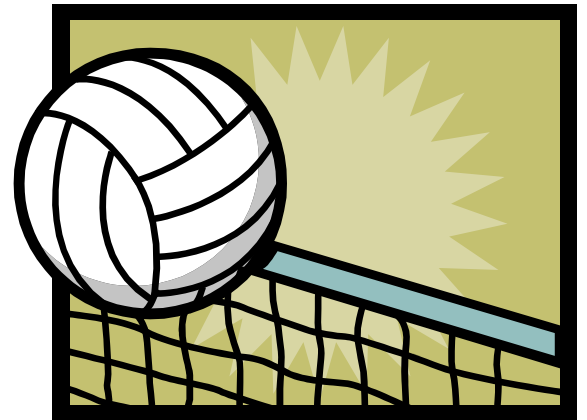
Volleyball tournament at Kent Rock

Saturday, June 3

@ 10 a.m.

Teams – 6-10 players

200 E per team



RSVP by May 31 with one response per team with a listing of the members to CLOmbabane@state.gov. Please copy mstevermer@peacecorps.gov.

Have fun! Be safe! Oh...and win!

Are you looking for something to read?

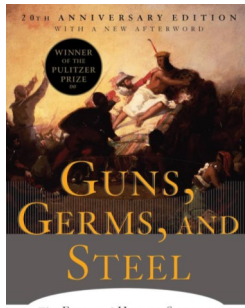
Louise suggests six nonfiction books

By Louise, GHSP 1

Guns, Germs, and Steel by

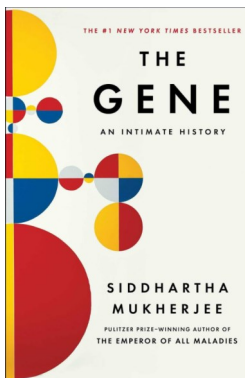
Jared Diamond, is a 1997 publication written to explain how different societies de-

veloped differently not because of innate differences but because of ecologic differences. I read this in the Peace Corps book group.



JARED DIAMOND

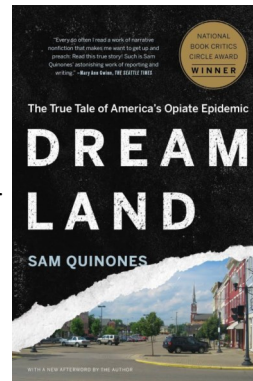
The Gene by Sidhartha Mukherjee (author of *Emperor of All Maladies*) chronicles philosophical and scientific pursuits to



understand heredity. It is a fascinating look at science and makes genetics accessible. It was a great follow up to Diamond's book.

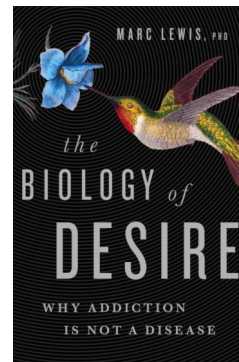
Dreamland by Sam Quinones is about the opiate/opioid epidemic in the U.S. He investigated a Mexican community that set up an elaborate, unconventional network of "cells" to dis-

tribute heroin; the rise of Oxycontin; and the decline of American communities, particularly a city in Ohio referred to as Dreamland.



Biology of Desire by Mark

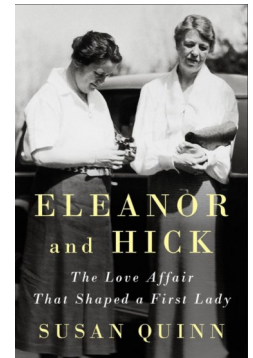
Lewis is about a neuroscientist who was addicted to drugs for 20 years. He challenges the addiction-is-a-disease paradigm and explores addiction as a bad habit that alters the brain and can be stopped by actions that alter the brain. Steeped in the addiction-is-a-disease model, I did not want to like this book; however, his arguments are provocative and well worth considering. He makes neuroscience accessible and interesting.



Eleanor and Hick by Susan

Quinn explores Eleanor Roosevelt's relationship with Lorena Hickock, which is purported to be a lesbian relationship. It is not entirely proven, although it does not really matter. I was

fascinated by Eleanor's prodigious work and writing. She actually worked when first lady and wrote newspaper columns and books. I'm eager to read more about her.



Imbeciles: The Supreme Court,

American Eugenics, and the Sterilization of Carrie Buck by Adam Cohen

tells the chilling story of the U.S.

Supreme Court's decision to champion eugenic sterilization when the country was caught up in eugenic fervor. The justices allowed Virginia to sterilize Carrie Buck, a perfectly normal young woman, for being an "imbecile." The eight Supreme Court justices who were in the majority – included William Howard Taft, the former president; Louis Brandeis, the legendary progressive; and Oliver Wendell Holmes, Jr., America's most esteemed justice, who wrote the decision urging the nation to embark on a program of mass eugenic sterilization proclaiming, "Three generations of imbeciles is enough."

Im-be-ciles (i

The Supreme Court, American Eugenics, and the Sterilization of Carrie Buck
Adam Cohen

"Imbeciles leaves you wondering whether it can happen here—again." —*Metropolitan Star Tribune*





By Alison Kemp, G14

Chicken Curry (nom nom nom)

Time: 45 minutes

Cost: E25

Servings: 2

Supplies:

Cutting board

Knife

Skillet or pot

Spoon for stirring

Medium bowl

Ingredients:

Small onion

1 Tbsp oil

Two chicken breasts

Curry powder, at least 2 Tbsp

Salt, to taste

Pepper, to taste

Garlic

2 C water

1 chicken stock cube

3 Tbsp powdered milk (can substitute coconut milk or regular milk for water and powdered milk)

½ C rice

Peas, optional

Recipe:

1. Chop onion into small pieces and set aside.
2. Heat oil in skillet over medium heat. Slice chicken into half-inch strips, trying to keep all pieces evenly sliced. Sprinkle one tablespoon curry powder and salt and pepper on chicken. Add to skillet once oil is hot. Cook chicken until it is almost cooked through, about three minutes. Remove to bowl.
3. Sautee onions and minced garlic until see-through, about five minutes.
4. Pour two cups of water into the skillet. Add remaining curry powder, one chicken stock cube, and three tablespoons of powdered milk. Then mix in one-half cup rice. Bring to a boil and simmer for 25 minutes, or until rice is cooked.
5. Return chicken to skillet and cook for about three minutes to completely cook the chicken. Add peas now if including. If the sauce is too thick, add more water or milk, or cook longer if sauce is too thin. Serve immediately.





By Taylor Powell,
G14

Dear Taylor,

I'm kind of a local celebrity in my community. Could taking pictures with me be turned into an income generating project?

Sincerely,
Swaziland Swag

Dear Big Bucks Businessman,

I admire your passion for Peace Corps projects and your dedication to your community. I've considered your proposal and come up with a few tips that'll help you earn some money for your community.

Before starting any major project, always talk to your program manager. PMs will help you figure out the best and most culturally appropriate ways for a community who has a celebrity living in it to do an income generating project that has long-term sustainability. Once you work out all the minor kinks you'll be rolling in the dough.

As mentioned above, sustainability is key. I've been thinking...how can your community make money off of their celebrity even after he or she has gone back to America? I mean, you can only sign and leave behind so many photographs! Well, I'm happy to inform you that the answer is simple. Have your community earn enough money to invest in a number of high quality cardboard cutouts. This way, you never have to miss an event, people can take pictures with them, and you'll be earning money long after you are gone!

Dear Taylor,

I want to be funnier. Can you give me some jokes that are sure to get laughs?

Sincerely,
Laughless Loser

Dear Funny Business,

The answer to trying to be funny is not to try too hard! Observe some of your favorite comedic heroes and watch how they rake in their laughs. Is it timing? Is it content? Is it wordplay? Once you figure those things out, you'll be on your way to comedic stardom.

The next best thing to do is practice. I've gathered some of my favorite one-liners for you to practice with. (Please note practicing on a big group of dads will be most effective.)

How does the moon cut his hair?
Eclipse it!

Why couldn't the pony speak? He was a little horse!

Why did the man take a bucket to choir practice? To carry his tune!

Which side of a cheetah has more spots? The outside!

What time did the woman go to the dentist? Tooth-hurty.

These jokes are sure to do the trick among Swazis and Americans alike! And now I'll leave you with one last joke...NOT!

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

HIV committee news

The HIV committee is starting a monthly column to discuss HIV indicators, project ideas, and other HIV-related information.

First up is indicator HE-185.

HE-185-PEPFAR: OVC Served

Even though 70 percent of children in Swaziland are OVC, there are criteria that must be met to report on this indicator on our VRF.

1. Participants must be under 18 years of age, attend school, or be a caregiver of an OVC.
2. Provided services must be aligned with at least one of these areas: education, psychosocial care and support, household economic strengthening, health and nutrition, capacity building, child protection, or legal protection.
3. Participants must receive ongoing services, which is at least once every three months.

For reporting, collect the participants' name, age, and sex.

One important piece to remember about this indicator is that if the activity completed would fit a YD or CH indicator except for the age component, because many indicators are strictly about youth, the activity likely could be reported as an HE-185 activity.

For instance, if you did a financial training with bogogo that meets the above three points, it would be reported using this indicator.

June Birthdays and Events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2 Michael	3 <i>PC vs US Embassy Volleyball Tournament</i>
4	5 Emily	6	7 SOJO deadline	8	9 <i>BFA library training</i>	10 <i>BFA library training</i> <i>Book club at Louise's at 10</i>
11	12	13	14	15 <i>G15 Arrives</i>	16	17
18	19	20	21	22 Al	23 <i>Christmas in June</i>	24 Aaron W.
25	26 Nora	27	28 Lily	29	30	

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

G14 Editors: Alison,
Deb, and Rachael