

Peace Corps Times

July — December 2014

Fighting an Epidemic

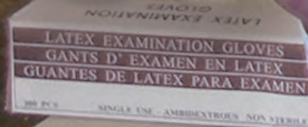
Evacuated PCVs and staff support the Ebola response

Girls Run Benin

PCVs, HCNs run, raise \$5K for girls' empowerment

Curing an Ailing Health-Care System

U.S. doctors, nurses scale up health workforces in Africa





1st Place
 Natalie Moore, Burkina Faso (2012–14)



2nd Place
 Westen Thomas, Cambodia (2013–15)



3rd Place
 Jonathan Foster-Moore, Kyrgyz Republic (2014–16)



Honorable Mention
 Michelle Chan, Jordan (2011–13)

Volunteers Define Their Peace Corps Moments

Current and returned PCVs were among the five winners of the Peace Corps Viewfinder photo contest last fall. From hundreds of submissions, five winners rose to the top based on creativity, photographic quality, and strength representing the contest theme—Defining Moments. The winning photos were featured in an online U.S. ad campaign and in a public service announcement video, which also features the song “Peace” by O.A.R.

To see the PSA, visit peacecorps.gov/media/digital-library/photocontest/.



Honorable Mention
 Cappy Phalen, Guinea (2013–16)

A publication for Peace Corps
Volunteers serving worldwide

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Editor's Letter

Almost as soon as the January–June issue went to the printer earlier this year, with our cover story of the evacuation of 230 Volunteers from Ukraine, we started working on the next issue of Peace Corps Times. Though I had ideas about features and content, I didn't expect that we'd be covering another evacuation—Guinea, Liberia, and Sierra Leone because of Ebola—for a completely different reason in a different part of the world. It's been hard on Volunteers, staff, and the countries involved, and few anticipated the impact that Ebola has had. It's been a particularly challenging year with regard to evacuations (Guinea, Liberia, Sierra Leone, and Ukraine) and suspensions (Kenya). To date, this year has seen one of the highest numbers of evacuated Volunteers.

Over its history, the agency has evacuated Volunteers from a quite a few of the 140 countries in which it has served, generally due to civil unrest and disease—difficult circumstances for the countries themselves. One of the largest of these was the multi-country evacuation at the start of the Persian Gulf war in the early '90s. Then, more than 350 Volunteers were withdrawn from Mauritania, Morocco, Pakistan, Tanzania, Tunisia, and Yemen. The Peace Corps has not returned to Pakistan or Yemen, but has returned to the other countries.

Like the last issue, this issue of Peace Corps Times has been a labor of love. In addition to the Ebola cover story, this issue features current Volunteers, those recently returned, and one who has been back for years. There are games, fitness tips, a COS trip planner, and a pull-out calendar with international holidays that you can celebrate and observe with your community. I do hope that you will enjoy it. As always, feel free to send me your feedback and thoughts at pctimes@peacecorps.gov. And a bit of breaking good news: The Peace Corps is accepting applications for Volunteers for Ukraine.

—Sarah Blazucki
Editor

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Agency News

Peace Corps Enters New Collaboration, Partnerships

Earlier this year, the Peace Corps entered into two new alliances and formalized a third in an effort to bolster the agency's reach at home and abroad, solidifying relationships with the National Peace Corps Association, Rotary International, and Alpha Phi Alpha.

The Peace Corps signed a memorandum of understanding with NPCA in July at NPCA's annual Peace Corps Connect conference in Nashville, Tennessee (below, left). The organizations intend to implement initiatives to further Peace Corps Goals 1 and 2, and educate the public on Peace Corps programs and service opportunities. NPCA, with more than 50,000 members and over 140 member groups, is the leading nonprofit returned Peace Corps Volunteer organization.

In May, Director Carrie Hessler-Radelet signed a partnership agreement with Alpha Phi Alpha, the first intercollegiate Greek-letter fraternity for African-Americans, to promote Volunteer service (below, right). Alpha Phi Alpha has more than 175,000 initiated members, including RPCV and former Assistant Secretary of State for African Affairs Johnnie Carson.

Also in May, the Peace Corps signed a letter of collaboration with Rotary International to promote global development and volunteer service. The two organizations will explore initial collaborations in the Philippines, Thailand, and Togo to share resources and expertise among their respective volunteers. Through the Peace Corps Partnership Program, Rotary clubs in the U.S. can provide small grants to support PCVs and their communities. The organizations' programs overlap in 60 countries, and previous partnerships have focused on literacy, water sanitation, and health.



PEPFAR Service Gets Better

Earlier this year, the Office of Global AIDS Coordinator announced an initiative to improve the delivery and impact of the President's Emergency Plan for AIDS Relief aid.

The Interagency Collaborative for Program Improvement will focus on the collection, analysis, and use of data for decision making, bringing together U.S. government agencies working in PEPFAR partner countries, including the Peace Corps, Centers for Disease Control and Prevention, U.S. Agency for International Development, and the Department of State.

The new initiative will collect data on how partners deliver HIV services on the ground through site visits, where a U.S. in-country team can catch problems at the point of service and collect real-time data, instead of year-end data after the fact.

For the Peace Corps, which delivers services through Volunteers instead of in-country partners, posts will adopt tailored versions of the new quality standards and will assess PCV activities during regular site visits, ensuring compliance. Posts will also use this information in PCV placement decisions and in developing framework activities.

In addition to providing a mechanism to ensure American taxpayer dollars are making the most impact, the collaborative will provide common tools for data analysis and use and improve data quality and transparency across U.S. government agencies working on international HIV/AIDS relief.

Kenya Program Suspended

After closely monitoring the security environment, the Peace Corps suspended its program in Kenya in July because of escalating concerns over the security environment. More than 50 PCVs, who had been working in Community Economic Development, Education, and Health, safely and successfully closed their Kenya service. Since the program was established in 1964, more than 5,155 Peace Corps Volunteers have served in Kenya.

The Peace Corps will continue to assess the safety and security climate in Kenya.

Return to Comoros

The Peace Corps signed an agreement to re-establish a program in the Union of the Comoros in September 2014, after a 19-year absence from the island nation off the eastern coast of Africa. The first group of 10 Peace Corps Response Volunteers is scheduled to arrive in Comoros in early 2015 to teach

English and support environmental protection initiatives, followed by 20 Peace Corps Volunteers. From 1988-95, more than 70 Americans served as Peace Corps Volunteers in Comoros on Education and Environment projects until the program was closed due to political instability.

Return to Timor-Leste

The Peace Corps will return to the island nation of Timor-Leste in Southeast Asia in

Application Process Overhaul

If you had one thing to change about your Peace Corps service what would it be? OK, three things? Would it be the length of the application and how long it took to hear back? Would it be wanting more say in where you were placed? If these are your top choices, you aren't alone.

This past summer, the Peace Corps radically changed its application and selection process, drastically reducing the length of the application (no more eight-hour process!), allowing applicants to prioritize their desired countries and work sectors, and shortening the placement timing. There are several goals of the changes: (1) to make Peace Corps service more accessible to more people, (2) to reduce both the time it takes to apply and how long it takes to hear back, and (3) to increase the number of applicants, with the understanding that some are more discerning about their placements. Peace Corps leadership heard what current and returned PCVs had to say about how unnecessarily difficult the process was—and from those who opted not to serve because placement took so long.

So, what are the changes?



2015. Twenty Volunteers expected to depart for the program next summer to work on Community Economic Development projects. PCVs previously served in Timor-Leste from 2002–06. During this time, more than 100 Volunteers worked on Community Economic Development and Health projects.

First Kosovo Volunteers Sworn In
Peace Corps Director Carrie Hessler-Radelet swore in the first group of 25 English

Education Volunteers to serve in Kosovo in August in the capital Pristina, marking entry to the Peace Corps' 140th country. Participants in the event included Kosovo President Atifete Jahjaga, U.S. Ambassador to Kosovo Tracey Jacobson, Kosovo's Ambassador to the U.S. Akan Ismaili, Peace Corps/Kosovo Country Director Stephen Kutzy, U.S. Agency for International Development acting Mission Director Chris Edwards, and Volunteers' host families and staff.



/// Choice

Want to speak Spanish in your service? You can now apply to Spanish-speaking countries. Passionate about improving health outcomes? You can now apply directly to health programs. Or, if you don't have a preference, you can opt to go where you are needed most. Both the agency and applicants benefit: Because applicants self-select, they'll have automatic buy-in—and hopefully be even happier with their assignments. On the agency side, staff will no longer work through the time-consuming process of determining the best fit, allowing screening and placement to speed up. It's a win-win.

/// Shorter application

Eight hours? 60 pages? Really? Yes, joining the Peace Corps is a huge life decision, not to be taken lightly. But it shouldn't involve miles of red tape and bureaucracy. The new application can be completed online in about an hour. It focuses solely, but rigorously, on the most relevant information that will help the agency select the very best candidates.

/// Apply By, Know By

How many of you had to put your life on hold while you waited to hear if you had been accepted to the Peace Corps? Or seriously considered doing something else because the wait was so long? How many stories have you heard of individuals who opted to do something else because they couldn't wait any longer to hear if they'd been accepted? Thankfully, that long wait is now obsolete. Positions now have Apply By and Know By dates and applicants will know in three months if they are accepted, giving them more certainty and predictability.

At the end of the day, Peace Corps leadership hopes that by reducing the barriers to service, more Americans will apply and serve: Cutting the red tape, easing the process, and allowing for choice will enable that to happen.

For more information about the application changes, visit peacecorps.gov.



Fighting an Epidemic:

After major evacuation, PCVs and staff support Ebola response

For the Peace Corps in Guinea, Liberia, and Sierra Leone, the first inkling they heard of the Ebola epidemic was in March 2014, when Volunteers received a text that the Centers for Disease Control and Prevention had identified a strange viral illness.

Within six months, 340 Peace Corps Volunteers had been evacuated for the largest Ebola outbreak since the virus was discovered in 1976 and the first in West Africa—the largest health-related evacuation in the agency’s history.

By the end of October, almost 5,000 people had died from the disease, and the Peace Corps suspended the three programs that month: Liberia and Sierra Leone on Oct. 1, Guinea on Oct. 31. By mid-December, the death toll had risen to over 6,300.

But both in-country staff and the now-returned PCVs are continuing to fight the disease from both sides of the Atlantic.

Help from home, West Africa

In West Africa, Peace Corps staff are helping the CDC, the World Health Organization, and Doctors Without Borders provide health training and contact tracing. In the U.S., now-returned PCVs are raising awareness and funds to support grassroots nongovernmental organizations in the Ebola-afflicted countries.

Four-person Peace Corps and CDC teams have gone on three-week missions into communities in Liberia to conduct trainings, investigations, and systems validations. Relying on their deep knowledge of the country and the trust they have built with host country nationals, Peace Corps staff are providing physical and cultural navigation for the CDC.

“The Peace Corps has an agreement with CDC to support their efforts in Liberia, Guinea, and Sierra Leone,” said former Liberia Country Director Brannon Brewer. “In Liberia, CDC brings in doctors and public health specialists who are then placed throughout the interior of the country to investigate how the different areas are being affected and to oversee the responses to address those needs.

“The Peace Corps pairs our technical staff and drivers with the CDC staff, and we help them navigate the cultural, political, and

geographical landscape of Liberia. Our staff participates in trainings of regional health workers and citizens across a spectrum of topics and is proudly making a valued contribution in the fight against Ebola. The Peace Corps knows this country from top to bottom, and when a community sees a vehicle approach with a Peace Corps sticker on the door, they know those inside are people they can trust and whose message they’ll heed.”

Some 80 Peace Corps staff in the affected countries have volunteered to help with the outreach efforts, including Liberian programming and training specialist George Ville Jr. and driver George Karneh, who returned from a 17-day mission to Babala, about 485 kilometers east of the capital Monrovia, on October 16.

“We were working to strengthen their preparedness and coping mechanisms through support and training,”

We felt it was necessary to make our contribution and sacrifice ... We have to kick Ebola out of this country.

Ville said. "Through social training, we worked in the community. We would get materials through Peace Corps and train the team, unit representatives, other stakeholders, and partners. The training will help them see how they can respond appropriately [to Ebola]."

"We've been working with the CDC and working within the country's health system," Ville said. "The health system has gone down. They are managing through community care centers, trying to conform to international standards. Communities are organizing, and the Peace Corps is helping to roll out training on what people need to know about Ebola."

The team went to 10 villages, and provided cultural sensitivity, translation, and navigation.

"One of the things we do is translate the English—to check for the CDC person to make sure they are using the right words and understanding," said Ville. "Also, we know who to contact, and where they were, to help amplify the message."

Ville and Karneh also supported the CDC case management and monitoring efforts, as well as helped each other stay safe.

"When I go out, I would abide by the safety rules the CDC gave us—wash your hands, don't go to dangerous places like health clinics," Ville said. "The CDC staff are very passionate; sometimes that can make you make mistakes. Doctors have contracted Ebola because they are so concerned about solving the problem."

For Ville, this is about more than just doing a job.

"We felt it was necessary to make our contribution and sacrifice, to go up there with them," Ville said. "We have to kick Ebola out of this country. People are dying every day. Who do we expect to work along with them? Whether

you are concerned about your safety or not, you have to do it."

Karneh, who has worked for Peace Corps/Liberia for nine years, confirmed the dangers of the work, but also how vital it is.

"The job is quite challenging and scary," he said. "It's a difficult time, but we have to lead the process. We have to be part of the process. We have to give our knowledge and skills to get the epidemic to leave our country. There's no school, the economy is crumbling."

Though Karneh compared the epidemic to the Liberian civil war, he thinks this is worse.

"The war came the same way," he said. "But this is something you don't see, an invisible enemy. You have to take massive precautions and be very careful in contaminated areas, follow the rules, be careful. If you see a patient, you are reminding yourself to be cautious about your safety."

Peace Corps/Guinea Country Director Douglass Teschner had only been in-country for two weeks when he learned PCVs would be evacuated: He had just arrived from Ukraine, where PCVs had been evacuated in February due to civil unrest.

"This is one of the challenges of the Peace Corps," Teschner said. "These are places that desperately need our help. How do you balance that? It's hard. It's one of our biggest challenges with our agency right now."

Teschner said the situation was somewhat different in Ukraine, as evacuation had been a topic there for some time. But in Guinea, Teschner said, "The PCVs weren't emotionally prepared for it."

But he and his staff quickly put together a send-off conference so they would leave on a positive note, during which PCVs wrote how they felt about Guinea on sticky notes to leave at the post, in addition to sharing the administrative and transportation logistics and instructions about monitoring temperatures.

It was also stressful for staff, who have seen five program suspensions since 1962.

"I can't tell you how hard this is on staff," Teschner said. "You are worried about your country, worried about your job. When the last group of Volunteers leave is when the hard part begins. Staff are anxious and don't know what to do. I try to keep staff motivated and work on training and language materials, different projects."



Working together [from top]

The 2013 Dare to Innovate Challenge; this year's challenge was indefinitely postponed because of Ebola.

Staff in Guinea are trained to set up a bleach handwashing station by the Centers for Disease Control and Prevention.

PC/Liberia's George Ville (from left), health department worker Mohammed Doukley, and Dr. Neil Vora from the CDC

[top left] Peace Corps/Liberia staff helps CDC give Ebola training.



Teschner said in addition to packing and shipping PCVs' belongings, his staff has been collaborating with CDC on community-based trainings for health-care workers.

"The Peace Corps brings this community network no other international organization has," he said. "We've been here since 1962, and feelings run very strong here in a positive way. The Peace Corps says we are going to do a training and people are going to come and going to believe us. We bring credibility and the Peace Corps brand to the table."

Teschner said the training would potentially reach 140,000 host country nationals through a cascading training of trainers.

Since the evacuation, Teschner said he's visited several PCV sites and met with regional governors and mayors—his first opportunity to meet counterparts since he arrived.

"It was very heartwarming and gut-wrenching," he said. "You know how much these people need the Peace Corps, now more than ever."

Andrew Earle-Richardson, Peace Corps/Guinea medical officer, was hired in February, just before the first cases were reported. While acclimating to his new job and new country, he also sat in on meetings with WHO, Doctors Without Borders, USAID, UNICEF, and the World Food Program.

"During the weekly meetings, there was a lot of discussion about what the needs were, who could fund what, who could be asked to do more, who was responsible for what," he said. "For example, the national hospital that was supposed to be accepting Ebola victims didn't have a generator, and the electricity was only on for about six hours a day. They couldn't have sterile equipment, didn't have hot water, didn't have running water. So one of the organizations delivered a huge generator. We worked on a lot of logistics like that."

Earle-Richardson, who is now PCMO for Mali, noted Guinea has a tiered health-care system: a private tier with state-of-the-art facilities (that the Peace Corps uses) and a public tier that most host country nationals use.

"The Guineans would have to go to the

public hospitals, but there was a lack of water, electricity, staff. They would have to wait for hours and hours," he said. "They were lacking all the personal protective equipment. Nobody had the suits; they barely had enough gloves to go around. People just washed their hands. That doesn't cut it when protecting yourself from Ebola. Health care is a precious commodity in a developing country."

Earle-Richardson, who was a PCV in Central African Republic, 1987–90, said there were a lot of parallels between this epidemic and HIV/AIDS, which was emerging in Africa during his service.

"HIV is longer, slower, while a case of Ebola is a couple of weeks," he said. "All of the stigma that is associated with HIV—people were afraid to shake your hand—is here. There were a lot of misconceptions and lack of understanding of modes of transmission. It makes it very difficult for people who are affected by this. If someone survives the virus, they can't go back to their village without a lot of stigma. The concept that a disease is caused by a microscopic virus is not well accepted."

"Ebola seems particularly awful because it attacks the best of humanity," Earle-Richardson said. "It's such a sad thing that a disease like this gets to relationships, asking mothers not to touch their sick children, children not to touch their parents who have died. It attacks the best of humanity—to take the instincts that people have and back off. The human-to-human contact is where it kills people. That's the saddest part of the disease, and why it is so hard to fight. How do you change a behavior that is based on compassion?"

Help from home, U.S.

For her part, returned PCV Sara Laskowski, who was evacuated from Guinea, is working to change Americans' behaviors: She and several other RPCVs started an Ebola Relief Fund with the National Peace Corps Association and have been working to drive fundraising for small grants for grassroots NGOs doing Ebola support work in the three countries.

"We've been taking grant applications from community-based NGOs," she said. "We've been

reaching out to friends still in the country, former colleagues, telling them about what we are doing and asking them if they know anyone" who'd qualify.

Laskowski, who sits on the steering committee for the relief fund, said they had received over 30 grant applications; NPCA awarded more than \$20,000 in November.

"The grants, capped at \$3,000, target local organizations, meeting needs not being met by the international NGOs—such as a school care program for orphans or providing food for quarantined communities," she said. "We left it broad for any issue related to Ebola."

"We are building off of our backgrounds as Peace Corps Volunteers," said Laskowski, who served in Koba, about two-and-a-half hours north of the capital Conakry. "We are unique in this situation. What the Peace Corps has to offer that is different are these local connections: We target the connections we have, and we have built monitoring and evaluation into these project requests. All of the projects are being vetted, and we eventually want to put up project reports on the new website."

"Our goal is to reach \$100,000 and provide good feedback to our donors to encourage more donations," Laskowski said. "This is something that is disrupting the economy—this generation. It's not something that comes in and will be gone; it's passed that."

"I definitely think that Guinea is going to have a lot of need that

is going to need to be addressed in the coming years,” she said.

Laskowski said that she and the steering committee were working on ways to mobilize the 340 evacuated PCVs to fundraise in their hometowns, including developing a website: NPCAebolarelief.org.

“My gut feeling is that we need to humanize these stories,” she said. “I feel like the media has forgotten the outbreak in West Africa,” instead focusing on cases of the virus in the U.S. “We have to tell individualized stories, like about this woman who survived and her whole family died. So we’re working on viral media campaigns and fundraising efforts.”

Laskowski is well qualified to lead the online outreach: Her blog, *Guinean Dreams*, was one of the winners of the Peace Corps 2014 Blog It Home contest.

Laskowski, PCVs, and others have also been taking advantage of their reliable Internet connections another way: assisting with digital mapping of Monrovia, the capital of Liberia.

Patrick Choquette, director of the Office of Innovation, said that several RPCVs have participated in five “Mappy Hours,” both in person and virtual, to help improve street maps of Liberia’s capital.

“The Red Cross and Doctors Without Borders asked OpenStreetMap to work on mapping Monrovia” to help with contact tracing efforts, Choquette said. “The Peace Corps organized some events around it, including an event at headquarters.”

During the “Mappy Hour,” essentially a data-entry party, people traced satellite imagery to produce detailed, usable maps. Volunteers contributed to the Humanitarian OpenStreetMap Team efforts, which have reportedly added 9 million objects (place names, roads, and buildings) to Guinea, Liberia, and Sierra Leone since March 2014.

“People didn’t know mapping at all, so they learned that skill and contributed thousands of edits,” he said.

Since he’s been back in the U.S., Abraham Chen, a

PCV leader who served in Guinea, worked on the OpenStreetMap project and helped organize the Mappy Hour at headquarters.

“This turned out to be a great way to have a very quick and substantive contribution to the anti-Ebola effort, because it is simple and something all of us could easily do with the great Internet connections so readily available here in the States,” he said. “Basically, all we needed to do was trace out buildings and roads in Monrovia using satellite images, and this would help aid workers on the ground better track the spread of the disease.”

Though the returned PCVs have been filling their time in a variety of ways—learning new skills, looking for jobs, applying for graduate school, applying for new Peace Corps assignments, trying to help their host communities—many would return to West Africa if they could.

The human-to-human contact is where Ebola kills people. ... How do you change a behavior that is based on compassion?

“When the departure was announced, I don’t recall a single Volunteer or trainee who wanted to leave Liberia, and several made passionate appeals for why they should be allowed to stay,” said Country Director Brewer. It wasn’t only that they felt a responsibility to the students, friends, and communities they would be leaving behind, but each one considers themselves as members of those communities. Many continue to express feelings of remorse and even guilt at leaving.”

Despite their dedication, Brewer noted that a delay of even a week would have made the evacuation monumentally more challenging.



Abrupt departure

Even though the countries had been dealing with the outbreak for several months before the evacuation, for Volunteers, the decision notice came abruptly with a coordinated text message that went out at 5:30 p.m. July 30.

David Summers, a public health PCV in Guinea, said this was the hardest part of the evacuation.

"It was unexpected and very sudden," he said. "It was almost on a 'drop everything' basis. I had to request permission to get the two days and leave with the last group."

The suddenness of the departure wasn't the only difficulty for Summers, who came to Guinea as a Response Volunteer in 2010 and had been there until the July evacuation.

"Also difficult was saying goodbye to people you have worked with for years," Summers said. "In Guinea, we had been aware of the Ebola outbreak since March 2014, and we had been under restrictions since then."

"I had about eight to 10 projects that were all active, all within the area of water, sanitation, and hygiene for the community of Dubreka,"

Summers said. "My counterpart and I had a meeting with the mayor scheduled one week after I left. We prepared a detailed agenda before I left for my counterpart to discuss."

"Water supply is a problem in Dubreka," he said, later noting that four people died of cholera from a dirty well in a neighboring village that they had to disinfect and close. "People use water every day and I typically made a tour of the running water system seven days a week to evaluate service and talk to the customers of the system—almost all women, as obtaining water is women's work in that culture."

He added that although he'd love to return to Guinea when the post reopens—and has no interest in retiring—in the meantime he applied to a Peace Corps Response position in Mali.

Laskowski echoed Summers' sentiment about the abrupt departure.

"It's been utterly devastating," she said. "That's really the only word that can be used to describe it, even three months out. That feeling hasn't lessened for me. That's why I'm throwing myself fully into fundraising and activism. It makes me feel like I'm doing something, like I'm connected."

I'm trying to channel all of my feelings into this work and trying to raise awareness."

For her part, Laskowski, who had only been in-country for eight months and had just started to get her agroforestry projects off the ground—returned to Guinea in November to serve as a temporary program assistant with the International Rescue Committee.

Chen, who helped organize the headquarters Mappy Hour, had been planning a major Community Economic Development event when he got word that he had about 12 hours to pack.

"I had been planning Dare to Innovate—a three-month social entrepreneurship conference, training program, and business plan

competition—for months prior to the evacuation, and the whole shebang was supposed to kick off on August 11,” Chen said. “We had to call up over 20 participants and dozens of partners and mentors and tell them that we’ve very abruptly been forced to postpone the program indefinitely. While I think many understand our predicament, it’s still extremely frustrating.”

I feel like I abandoned [my students]: They have nowhere else to go to hide from Ebola.

Since then, Chen noted that the conference founders have been pursuing grant opportunities to formalize and develop the organization, and recently received a grant from the U.S. embassy to turn Dare to Innovate's ideas into educational videos. He returned to Guinea to start that initiative and planned to stay until mid-January.

For her part, now-RPCV Amelia Snyder said the hardest thing was leaving her friends and students without saying goodbye.

“I only got to say goodbye to a very few of my friends and probably less than 10 of my 400-plus students,” she said. “I have no way to contact most of them and have no idea if they are OK. I feel like I abandoned them: They have nowhere else to go to hide from Ebola.”

Snyder, who was assigned to an area where the first Liberian cases were reported in March, said she is heartbroken over the situation.

“It has been so hard to hear absolutely nothing from them,” she said. “I have no idea if they are OK. I only received news that one of my friends who was a nurse passed away from Ebola. I am so thankful that I was able to say goodbye to him.”

“When we first heard news of Ebola we got a little bit scared,” she said. “We had never even heard of it. We left our site for a bit and stayed in our training compound. Once we learned more about the disease, we went back to our site to finish out the school year. We were in a town that is one of the most affected places in the country, and we generally felt safe. We never saw any sick or dying Ebola patients; we stayed away from funerals and the large weekend market. No one was shaking hands anymore.”

Lasting impact

For Liberian Education PCV Daniel Bishop, the hardest part of the evacuation was “leaving a community I care about and people I love to face a disease that they don’t understand with the knowledge that the epidemic would get worse.”

“The presence of Ebola in Liberia has brought on the collision of a wholly inadequate public health-care system with a disease whose transmission is perfectly equipped to spread through cultural norms in Liberia,” he said, referencing traditional burial customs that had fueled early spread of the disease.

Bishop noted the slow response of the international community compounded the problems on the ground, a criticism that has been leveled by global leaders such as the head of the World Bank, who blamed the world’s “disastrously inadequate response” for needless deaths in an August 31 Washington Post op-ed.

World Bank President Jim Yong Kim and Harvard University professor Paul Farmer wrote, “The Ebola crisis today is a reflection of longstanding and growing inequalities of access to basic health care ... According to its ministry of health, before the outbreak, Liberia had just 50 doctors working in public health facilities serving a population of 4.3 million.

“We are at a dangerous moment in these three West African countries, all fragile states that have had strong economic growth in recent years after decades of war and poor governance,” they wrote. “Tens of thousands of lives, the future of the region and hard-won economic and health gains for millions hang in the balance.”

Brewer, the former country director of Peace Corps/Liberia, noted the challenges these countries have faced—and the Peace Corps commitment to helping upon its return.

“The effects of Ebola are taking a devastating toll on a people who have had more tragedy thrust upon them over the past decades than anyone ever should ever have to experience,” he said. “Once conditions make it possible to return Volunteers, the country will be in need of our contribution more than ever, and we will stand eager to support Liberia however possible.”

Volunteers [clockwise from top left]

PCV Abraham Chen with friends in Guinea

PCV's notes left in the Peace Corps/Guinea post during their evacuation

PCV Amelia Snyder at her school in Guinea

PCV Sara Laskowski with a friend

PCV David Summers teaching about water sanitation



Going the Distance for Girls' Empowerment

PCVs run the length of Benin for gender equality

Record run

Marie, a secondary school student, leads the pack as they kick off their 45 km leg before daybreak on Day 4.

620 kilometers, from the border with Burkina Faso in the northwest to the Atlantic Ocean in the southeast. 35 Peace Corps Volunteers. 25 host country nationals. 21 days in the sun. One dog. More than \$5,000 raised for girls' empowerment.

Over 21 days in May and June, Peace Corps Volunteers staged the first Tour de Benin, running the length of the country to raise awareness about gender equity. It was a first for the small West African nation, according to the Minister of Youth and Sport, who said never before had a group crossed Benin on foot.

The run was the brainchild of PCVs Anna Hoftricher, Danny Martinez, and Cara McGraw, all avid runners. The trio conceived the idea in September 2013, then pitched it to the coordinator of Peace Corps/Benin's Gender Equality and Women's Empowerment program, Mark Huelsenbeck, who garnered the support of the group's partner Human Solidarity Benin.

On May 30, the first runners stepped off from Porga, a small town at the border of Burkina Faso. The first leg was 59 kilometers. Each day, at least one PCV and one host country national ran, maxing out at seven runners for some legs.

Each day, a pair of cyclists supported the runners, carrying water, food, and medical supplies. Each night, runners stayed at their own or a fellow PCV's residence.

The run was staged to promote equality and women's and girls' empowerment.

"Throughout Benin, women and girls face unique barriers—early and forced marriage, early and unplanned pregnancy, poor nutrition, family care and housework expectations, sexism, and violence—that keep them disempowered," Huelsenbeck said.

"Women and girls need more access to education, leadership roles personal development, better-paying jobs, and the opportunity to marry who they choose," he continued. "When women and girls are given these opportunities, it not only creates a better life for them, but also creates safer, healthier, and more prosperous communities."

"Through clubs, camps and other activities, Volunteers and their host country national partners work constantly to promote gender equality and empower women and girls in their communities," he said. "The run was a long extension—and for some of us a culmination—of these efforts."

The run raised \$5,235, surpassing the original goal of \$3,000. The proceeds will go into GenEq Benin's Large and Small Projects Fund, which is jointly managed with Human Solidarity Benin. The fund provides up to \$400 for PCV projects that have a strong gender component and community participation, supporting 40–50 projects annually.



Cross-country run [clockwise from top left]

Ultra-marathoner Father Guillaume (left) and PCV Drew Dilts approach the finish line after running 30 km together.

Map of the Tour de Benin

Volunteers and HCNs set off at sunrise on Day 3.

This past year, projects included a 10-month mentorship program for university and secondary school girls, a 13-minute film detailing the story of a young Beninese girl's efforts to stay in school, a workshop for 33 girls participating in the scholarship program, a career day for secondary school girls, seed capital for the winner of a national youth entrepreneurship contest, and a girls' soccer match.

Beyond benefitting GenEq, Huelsenbeck said the run was also a way to commemorate the life of Kate Puzey, a Peace Corps/Benin Volunteer who was murdered in 2009. She would have been 30 on June 19, the day the relay ended.

"Kate's passion was for advocating for girls and promoting gender equality," Huelsenbeck said. "This activity, this run across Benin to raise awareness for the cause that she cared about most deeply, was our way to honor her memory."

The average leg on the run was 25 kilometers, with the longest, 59, run on the first day, and the shortest, 7 kilometers, run on the last day, when the run ended in the capital of Porto-Novo.

While the sport is certainly not mainstream, there is a small, strong running culture in Benin. One supporter of the Tour de Benin was the country's biggest champion of running: Father Guillaume. An ultramarathoner who organizes an annual marathon in Parakou, Guillaume helped organize the run and ran a 30-kilometer leg.

Though most of the PCVs who ran would consider themselves runners—and many had participated in the Parakou marathon—they trained for the distance running, and found both the running and the cause to be satisfying.

"It was really rewarding being a part of something so challenging," said PCV Liz Kemmerer. "I felt connected to my friends in a new way, and the challenge of the run helped remind me of what's really at stake in the effort toward gender equality."

Several PCVs echoed this sentiment.

"Doing the Tour du Benin run was representative of living our lives for a good cause," said PCV Daniel Ramirez. "It comes with challenges and hurdles; yet at the end it is always worth it. If we can do the run for a good cause, maybe we can live our lives for a good cause."

For his part, Huelsenbeck said he was surprised by the sense of solidarity and camaraderie.

"Runners really thought of themselves as links on a 620-kilometer chain stretching from the border of Burkina Faso to the Atlantic Ocean, part of something bigger," he said.

"Going 620 kilometers across an entire country in 21 days took a giant act of collaboration and courage. The African proverb 'If you want to go fast, go alone; if you want to go far, go together' has taken on a new meaning for all of us."



To Cure an Ailing Health-Care System

What if you had to teach yourself to be a doctor? You have the textbooks, the drive and the smarts to learn, but you don't have access to doctors and specialists to teach you the hands-on part—the clinical rounds. What would you do?

This is essentially the situation in Tanzania, where the national medical school is only at 35–40 percent faculty capacity for its 1,200 medical students. And with the school intending to increase enrollment as part of its next strategic plan, but no goal to increase faculty as well, this problem is likely to persist.

The school's strategic plan is intended to rectify a larger health-care capacity problem: There are too few doctors and nurses to care for the population. The World Health Organization identified a critical threshold of 23 health-care workers for every 10,000 citizens as part of the Millennium Development Goals. The U.S. has roughly 150. As of 2010, Tanzania has three (Source: WHO Global Atlas of the Health Workforce, 2010).

During his year in Tanzania with the Global Health Service Partnership—a partnership between the Peace Corps, nonprofit organization Seed Global Health, and the President's Emergency Plan For AIDS Relief designed to address low health workforce density—Stephen Humphrey saw the challenges the resource-strapped medical education system faces, both at the individual patient and systemic levels.

"The No. 1 problem is lack of faculty," the retired cardiologist from Michigan said. "It's a huge factor. I spoke to the last chancellor, who said they are functioning at 35–40 percent of their desired faculty members. As a result, the students have to teach themselves."

Humphrey said the shortage was caused in part by a government hiring freeze implemented during a debt restructuring agreement dating to

1994. The freeze had a negative impact on the health workforce density, which has steadily dropped from its zenith of 23 that year.

Humphrey isn't joking about autodidacticism.

Assigned as teaching faculty at the Muhimbili University of Health and Allied Sciences in Tanzania from June 2013 to June 2014, Humphrey came to understand the challenges of the system firsthand. He served with his wife, Orietta Barquero, who was a Health Volunteer in Peace Corps Response.

Though they expected to be working in a resource-limited setting—they'd had health-care experience previously in Costa Rica, Ecuador, and Niger—Humphrey said they were surprised at what they found in Dar es Salaam, the capital of Tanzania. "We had read about the shortage of faculty, and the shortage of materials and medicine," he said. "The thing that surprised us was that, here we were, working at the national hospital—at the premier medical university in Tanzania—and it was in complete disarray. The students were basically teaching themselves."

Because the faculty is overworked, Humphrey said their strategy went like this: The staff would tell the students, "There are the suggested texts; here are the subjects you need to learn," then divide them into groups with one student designated to "teach" the class. If possible, a medical faculty staffer would oversee the class.

Humphrey was also frustrated by the erratic scheduling—he'd find out last minute that he was scheduled to give a lecture—and that the teaching was driven by lectures and seminars.

"The most effective teaching takes place at the bedside," he said. "The days' schedules were so disorganized that it was hard to get the residents together to go patient to patient. We were constantly battling this scheduling, which made us less efficient."

Humphrey noted the drawbacks of a self-directed health education system.

"This is not a good way to teach surgery and medicine," he said. "The students aren't prepared. In medicine and surgery, you have to have someone with experience to teach you what you have read about. The students were good in theoretical knowledge, but when they are at the bedside, they don't recognize that the patient has disease A or disease B—or how to prioritize problems to treat one first."

Improving the university's instructional methods was one of the lasting impacts of Humphrey's service.

"I was able to help them restructure their teaching a bit, to do more at the bedside than they did before," he said. "They recognized that the students responded well to that, so they will incorporate it into more teaching techniques and policies."

He also created two new courses—one on electrocardiography and one on aspects of intensive care—as well as modeled a collegial structure among professors, younger faculty, and students, as opposed to a strict hierarchy, which he said was well received by faculty and students alike.

Humphrey said the government hiring freeze prevented nearly a generation from entering

the health-care field: Now, the majority of health-care workers and faculty in Tanzania are either at the end of their careers or at the beginning of them. Few are mid-career, which is often a highly innovative and productive period.

"The whole middle area—a whole generation—is missing," Humphrey said. "One of the other problems of that is that this is always the most productive part: They know how the system works, know their jobs, and are most innovative. This is the group that is missing right now."

Another major cause of the shortage is the low salary: Humphrey said the faculty, and health-care workers in general, usually have second jobs. The faculty he worked with would work part of the day, then leave to go to private practices or nongovernmental organizations.

"They are compelled to have a second job. At some point in the day, they go to a private practice or an NGO job: It takes them out of the hospital," which makes them less effective, he said.

Another specific challenge of working in a limited-resource setting with regard to health education is that a lack of funding for medicine and equipment makes teaching and treatment more difficult.

At the national hospital ... the students were basically teaching themselves.

"It's hard to teach students to how to use medicines A and B together if they aren't there," Humphrey said. "Not only does the patient not get better, but the students also don't get the education experience."

For instance, Humphrey routinely went on rounds and found that patients didn't receive the medicine that had been prescribed: Either it wasn't available at the

hospital pharmacy or the family couldn't afford to purchase it at a local pharmacy.

In another example, Humphrey said the hospital built a million-dollar cardiac catheterization laboratory, which would enable diagnostic imaging to diagnose heart problems. But the lab hasn't opened because they don't have money to equip it.

For Humphrey, building the health workforce capacity was a key motivation for applying to GHSP. He and Barquero had previously served as volunteer doctors in Costa Rica, Ecuador, and Niger; at the latter, they and two others staffed a small clinic. When they left the clinic, it closed.

"When we left, there was nothing to take its place. It wasn't sustainable," he said. "That's what's really different about this. We are leaving behind information, knowledge, and know-how. The hope is that they'll train that many more, and that many more—to be a real multiplier, with an emphasis on education."

The other aspect of his service that Humphrey appreciated was the length of the assignment. While many U.S. universities have global health programs that offer teaching internships abroad, they tend to be short-term, lasting between a few weeks to a few months—not enough time to gain the trust of host country colleagues.

"In order to really give the help they really need, you need to be longitudinal," he said. "It takes time to learn their system, to find your place in it. If you are going to be a change agent, it takes time to gain the trust of your colleagues."

"I found myself mildly irritated by groups who came in to give lectures, wanting us to change our schedules. They were well-intended, but didn't have a completely accurate view of the problems."

"The model of GHSP draws a lot on the Peace Corps experience, and the importance of gaining the trust of the community," Humphrey said. "My 'village' was the hospital, and I was a part of them, and worked shoulder to shoulder with them to start to understand why things are the way they are, and why things are difficult to change."



Health training [from top]

PCV Stephen Humphrey lectures during an electrocardiography course at Muhimbili University of Health and Allied Sciences in Tanzania.

PCV Orietta Barquero instructs health-care providers at Mwananyamala Hospital in Tanzania.



2015 Celebrate Peace and Friendship

1 JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
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4	5	6	7	8	9	10
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Jan. 1: **Global Family Day**
Jan. 11: International Thank-You Day

4 APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
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April 6: International Day of Sport for Development and Peace / April 22: Earth Day / **April 25: World Malaria Day**

7 JULY						
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July 30: **International Day of Friendship**

10 OCTOBER						
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Oct. 1: International Day of Older Persons / Oct. 2: International Day of Non-Violence / Oct. 11: International Day of the Girl Child / **Oct. 16: World Food Day**

2 FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
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Feb. 20: World Day of Social Justice
Feb. 21: International Mother Language Day

5 MAY						
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31						



May 3: World Press Freedom Day / **May 15: International Day of Families** / May 21: World Day for Cultural Diversity for Dialogue and Development / May 22: International Day for Biological Diversity

8 AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT
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Aug. 9: International Day of the World's Indigenous Peoples
Aug. 12: International Youth Day

11 NOVEMBER						
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Nov. 10: World Science Day for Peace and Development
Nov. 19: World Toilet Day / Nov. 20: Universal Children's Day
Nov. 25: International Day for the Elimination of Violence Against Women

3 MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
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Mar. 1: Zero Discrimination Day / **Mar. 8: International Women's Day** / Mar. 21: International Day for the Elimination of Racial Discrimination / Mar. 21: World Poetry Day / Mar. 22: World Water Day

6 JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
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20	21	22	23	24	25	26
27	28	29	30			



June 1: Global Day of Parents
June 8: World Oceans Day

9 SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
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Sept. 8: International Literacy Day.
Sept. 15: International Day of Democracy
Sept. 21: World Peace Day / Sept. 27: World Tourism Day

12 DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
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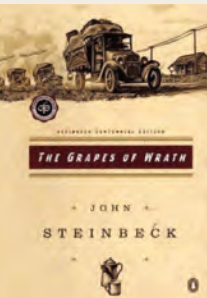
Dec. 1: World AIDS Day / Dec. 3: International Day of Persons with Disabilities / Dec. 5: International Volunteers Day
Dec. 10: Human Rights Day



BOOK SHELF

Early American Classics

Top Five American Classics from the first half of the 20th century (that you may not have read in school)



Grapes of Wrath (1939)

by John Steinbeck

The epic, Pulitzer Prize-winning story of the Joad family as they struggle to survive the Great Depression. Their dream is to travel from Dust Bowl-stricken Oklahoma to the promised land of California—only to find it isn't what they dreamed of. Depressing but yet somehow inspirational.



Gone with the Wind (1936)

by Margaret Mitchell

The Pulitzer Prize-winning novel is one of the best of all time. Beginning shortly before the Civil War, the book follows spoiled Southerner Scarlett O'Hara as she fights to survive any way she can during and after the war. The love story of Rhett Butler and Scarlett is one of turmoil, passion, and regret.



The Jungle (1906)

by Upton Sinclair

One of the first muckraking novels, this book details life in the Chicago stockyards for an immigrant family faced with deplorable labor practices and unsanitary working conditions. As they pursue the American Dream, they face moral struggles, illness, corruption, and forces beyond their control. The conditions described in this book led to new laws and the Food and Drug Administration.



Native Son (1940)

by Richard Wright

Wright's book on how race can shape someone's life is a powerful look at America before the Civil Rights Act. Set in 1930s Chicago, this novel focuses on Bigger Thomas, an unlikable main character who, in a moment of panic, kills a young white woman and subsequently faces trial. Written from Bigger's point of view, it is an excellent commentary on life for young black men during the pre-Civil Rights era.



Their Eyes Were Watching God (1937)

by Zora Neale Hurston

Hurston's best-known novel tells the story of Janie Crawford, a middle-aged black woman who has recently returned to her hometown in central Florida after three failed marriages and a number of troubles. As she tells her story to her good friend Phoebe, she begins to feel peace and accept what has happened during her lifetime.

PUZZLE PEACES ANSWERS

Games on page 28

Crossword Answers

Across

- 3. Dirty Dancing
- 5. Kosovo
- 7. Viewfinder
- 10. Argentina
- 12. Britain
- 14. Samoa
- 15. Third
- 16. Carol Bellamy
- 17. California
- 18. Tbilisi
- 20. Honda
- 23. India
- 24. Cricket
- 25. Russia

Down

- 1. Eight
- 2. Dobroutro
- 4. Development
- 6. French
- 8. Bayarlalaa
- 9. Mexico
- 11. Global Health
- 13. Rand
- 19. Star
- 21. Nepal
- 22. September

Sudoku Answers

Easy

2	5	9	4	3	7	1	6	8
7	4	1	2	8	6	3	9	5
6	8	3	5	9	1	2	4	7
8	7	4	1	2	5	6	3	9
9	2	5	3	6	8	4	7	1
1	3	6	7	4	9	5	8	2
3	9	8	6	1	2	7	5	4
4	1	7	8	5	3	9	2	6
5	6	2	9	7	4	8	1	3

Medium

6	2	5	7	9	3	8	1	4
3	8	9	4	6	1	5	7	2
4	7	1	5	2	8	9	3	6
7	4	2	6	3	9	1	5	8
8	5	3	1	4	2	7	6	9
9	1	6	8	5	7	2	4	3
5	6	8	9	7	4	3	2	1
1	3	7	2	8	6	4	9	5
2	9	4	3	1	5	6	8	7

Hard

8	3	4	9	5	6	2	1	7
9	5	7	2	8	1	6	3	4
6	1	2	7	3	4	9	5	8
1	9	5	8	2	7	3	4	6
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5	7	9	6	1	2	4	8	3



Peace Corps Lesson: Grit, Agility, Gratefulness

How one RPCV rediscovered her spirit of service and landed at LinkedIn for Good

For many, the Peace Corps is a way to jumpstart their careers—to get experience in international development in a grassroots way. But what happens when you finish your service unsure if you met your goals or if you made a difference in the lives of your community members? What then?

That's what Meg Garlinghouse felt when she left her service in Niger in 1992—disillusioned with international development work in general.

"I was sort of the poster child of Peace Corps experience, living in a small village, in the middle of nowhere in West Africa," she said. "In my village, the development aid programs hadn't been designed in a culturally relevant way—there was a John Deere tractor off its wheels, farmers were financing seed, paying on credit, but there was no irrigation. Factors outside of their control impacted them."

"Outside of the Peace Corps experience, the foreign aid professionals were mostly in big cities, barricaded in a compound," Garlinghouse said. "That was not attractive to me."

Still, her projects had been successful: She had worked on a millet project, conducted a tree-planting competition among 12 villages, and designed an exporting business with female artisans. After finishing the Peace Corps, Garlinghouse went to work for a law firm in Boston. When she realized that wasn't what she wanted, she applied to business school at Harvard, and got her master's in public policy, completing her thesis on microfinance—practically an unknown concept in the mid-1990s.

From there, she landed a job with the World Bank—her dream job. Except it wasn't. So, she quit and, without a job lined up, moved to San Francisco.

Fast forward 15 years. Garlinghouse has come back to the service part of her Peace Corps experience and is now the head of LinkedIn for Good, leading the social impact programs at the career networking site.

She landed in San Francisco at the start of the tech boom, starting as a secretary for Netcentives. She

moved up there and began working on nonprofit programs. Which is when Yahoo! discovered her, and she went on to build that company's global community relations function.

Looking back, Garlinghouse credits her Peace Corps service with developing her resourcefulness, grit, and agility, all of which propelled her to success then and now—as she defines it.

"The most success I have ever felt in my life was getting on the plane at the end of my service," she said. "I literally thought I could do anything. If I wanted to be a doctor, I could be a doctor. I'd done something really hard and been pretty successful. I was at the peak of my self-confidence."

"Resourcefulness was modeled everywhere around you—the host country nationals and you have to be. You have to make everything happen. You have to be resourceful. That's the whole idea around agility—knowing who to ask for help."

Service honed her agility and interpersonal skills too.

"We live in a world where you literally have to be upskilled," she said, referring to how Peace Corps Volunteers learn new skills sets and competencies on the job. For instance, PCVs have to "be able to get along with a lot of different stakeholders, to being able to manage those relationships—from the government worker to the chief of your village to the USAID staff."

It doesn't escape her that she took a perhaps-unconventional career path.

"I've never known where I was going to end up next. The one piece of advice I'd give is, Don't have blinders about the next opportunities. I was almost 30 years old, I had a master's from Harvard, and I took a job as a secretary. But it pivoted me to this, and launched my career."

She also credits her service for cultivating gratitude.

"There's not a lot that I take for granted," she said. "I feel grateful for everything—that I don't have to



worry about my next meal, that I'm not going to get the Ebola virus." Her service helped her to be "more appreciative and less entitled."

Though Garlinghouse said she wouldn't change her career path—"I feel incredibly fortunate for the places I've landed"—she would change one thing about her service.

"I would probably spend more time sitting down and having tea with people, and less time trying to plant trees."



COS Trip: **Tanzania & Zambia**

Tanzania was one of the first countries to receive Peace Corps Volunteers in 1961 and, since then, more than 2,505 Peace Corps Volunteers have served. The main language spoken in Tanzania is KiSwahili, although more than 100 languages are spoken throughout the country. Zambia is celebrating 20 years of Peace Corps in 2014, and more than 1,535 Peace Corps Volunteers have served there. The official language of Zambia is English, but more than 70 local languages are spoken throughout the country, including the two most common, ChiBemba and ChiNyanja.

Both countries offer spectacular landscapes, amazing safari opportunities, and friendly people. These two countries can be done as one trip, separately, or as part of a larger trip across eastern or southern Africa.

Getting There

Julius Nyerere International Airport (DAR) in Dar es Salaam, Tanzania, and Kenneth Kaunda International Airport (LUN) in Lusaka, Zambia, are both major international hubs with multiple flights in and out daily. Additional airports in Tanzania are Abeid Amani Karume International Airport (ZNZ) in Stone Town, Zanzibar, and Kilimanjaro International Airport (KIA) near Mount Kilimanjaro.

Other major airports in Zambia include Simon Mwansa Kapwepwe International Airport (NLA) and Harry Mwanga Nkumbula International Airport (LVI) in Livingstone, near Victoria Falls.

Flying between Dar es Salaam and Lusaka is the quickest option, and cheap flights are available from FastJet, as well as major airlines such as Kenya Airways, South African Airlines, and Ethiopian.

If you want a truly unique experience, travel from Tanzania to Zambia via the MV Liemba across Lake Tanganyika. This ferry started as a German warship and was used by the German Empire during World War I. The boat was scuttled in July 1916, but was salvaged in 1924 by the British Royal Navy and, in 1927, it returned to service as a passenger and cargo ferry. It is the last vessel of the Kaiserliche Marine still actively sailing anywhere in the world. The ferry takes two days to travel from western Tanzania to Mpulungu, Zambia.

Another option is to take the train. The Tanzania-Zambia Railway Authority (TAZARA) travels between Dar es Salaam and Kapiri Mposhi in central Zambia. At its fastest, the train takes about 46 hours—delays are typical—to travel the 1,860 kilometers between the two cities. The express train only stops at major stations along the way, while the ordinary passenger train stops at each station and does not cross the border between Zambia and Tanzania.

Visa and Vaccination Information

Visas for both Tanzania and Zambia are available at the border. A multiple entry visa for Tanzania, valid for one year, is \$100 for U.S. citizens. Get this ahead of time, as a visa form and two copies of your passport photo are needed. For entry into Zambia, there are three main options: single entry (\$50), double entry (\$80), and multiple entry (\$80). All travelers to and from Zambia are required to have proof of a yellow fever vaccination or a valid waiver certificate. Travelers to Tanzania who are coming from yellow fever endemic areas are required to have a yellow fever certificate.

Tanzania

Zanzibar

Zanzibar has some of the best beaches in the world, as well as a unique history and culture drawing on Arab, Persian, Indian, African, and European elements. Stone Town, the main city and port of the island of Zanzibar, was once a major trading center for slaves and spices (especially cloves) ruled by the Sultanate of Oman. The streets of Stone Town are narrow mazes leading to incredible outdoor markets, tasty street food fresh from the ocean, and amazing architecture. Don't forget to spend time on the beaches, especially Kendwa and Nungwi.

Best time to visit: June–March



Mount Kilimanjaro

The highest mountain in Africa, Kilimanjaro is a dormant volcano. It is also the highest free-standing mountain in the world, at 5,895 meters above sea level. There are seven recognized routes to the top with varying levels of steepness, popularity, and scenic value. The shortest route, Marangu, requires at least five days, while the other routes require at least six days. The climb is physically and mentally demanding as well as pricey, so make sure to do plenty of research and planning before committing.

Best time to visit: July–October; climbs not available in April and May



Ngorogoro Crater and Serengeti National Park

One of the most famous safari destinations in Africa, the Serengeti is home to Africa's most iconic wildlife, including the Big Five: elephants, Cape buffalo, rhinos, leopards, and lions. The grasslands of the park are populated by millions of grazing zebra, wildebeest, and gazelle. During the Great Migration, starting in the Ngorogoro Crater and southern part of the Serengeti Plains in December, an estimated 2 million animals make the journey up to Masai Mara National Park in Kenya, one of the world's largest migrations.

Best time to visit: June–March



Lake Tanganyika

Lake Tanganyika, which borders both Zambia and Tanzania, offers peace and sanctuary in incredible natural surroundings. Getting here can be an adventure (bus is the best option), but the beautiful beaches and clear blue waters are worth it. Lake Tanganyika is the longest freshwater lake in the world at 677 kilometers long and the second deepest at 1,433 meters deep.

Best time to visit: April–October





Zambia



Victoria Falls

The famous Victoria Falls, locally called Mosi-oa-Tunya (“Smoke that Thunders”) is one of the most beautiful waterfalls in the world and is a must-see for any visitor to Zambia. Known as the “adrenaline capital of Africa,” Victoria Falls offers whitewater rafting down the Zambezi, one of the world’s highest bungee jumps, and the chance to swim right up to the edge of the waterfall, among other activities to get your heart pumping. Victoria Falls is the largest waterfall in the world, with a width of 1,708 meters and height of 108 meters.

Best time to visit: year-round; high-water peak: May–June; low water: September–October



South Luangwa National Park

Among the most popular and highly rated national parks in Africa, South Luangwa offers the best safaris in Zambia with a variety of accommodation options available for all price ranges. South Luangwa boasts more than 60 animal species and more than 400 bird species.

Best time to visit: May–December



Shiwa Ng’andu House and Kapishya Hot Springs

This grand English-style country estate, also known as “The Africa House,” was constructed by Sir Stewart Gore-Browne during the first half of the 20th century. Seeing an English estate in rural Zambia is a bizarre experience but worth a visit. The natural, sulfur-free Kapishya Hot Springs, once a favorite of Gore-Browne, are perfect to visit year-round and offer camping.

Best time to visit: year-round

Helpful links:

Tanzania Tourist Board
tanzaniatouristboard.com

Zambia Tourist Board
zambiatourism.com

TAZARA
tazarasite.com



PEACE OF MIND

Motivation: External vs. Internal

The sun is up and you're in bed. It's one of those days when you want to hit the snooze on the alarm to catch a few more moments of delicious sleep. So you do that. Moments later, you awaken again to the same siren's song of slumber, yet your brain shifts to the demands outside your door. Your village has been up for hours, wanting to greet you. You have an important meeting with the elders that you worked hard to arrange. And there's the rumble in your belly that can be sated only with your favorite morning repast—which is just beyond that door. So let's consider some forms of motivation that have perhaps been helpful in the past, and some new ways of thinking, to create the drive you need at this very moment, a challenge many have faced during their Peace Corps service (and in their lives in the U.S.).

One form of motivation is external, or extrinsic, in which performance is largely driven by outside forces. Humans pay attention to rewards and punishment: "If you do X, then you get Y." Do you recall how you felt the first time you tried something new such as driving a car, taking a standardized test, or joining the Peace Corps? Maybe you experienced a touch of nerves when confronting each situation, then drew on external motivation to push you forward. Thus, learning to drive may have been accelerated by the promise of acquiring a car. Maybe you studied hard to get good grades and be at the top of your class. Joining the Peace Corps provided a job, hope of a promising career, and/or temporary respite from student loan debt. And don't forget competition with others, which has catapulted many an Olympian to greatness. How important has extrinsic motivation been to you?

Another form of motivation is internal, or intrinsic, derived from enjoyment or interest in the task itself—or its outcome. Like before, you may have experienced a tinge of fear when you confronted a new challenge, but found yourself

overcome by a sense of curiosity to know what new vistas you could climb and the possibility of personal satisfaction. In this way, learning to drive, studying for that standardized test, and joining the Peace Corps may have been more internally motivated by desire for autonomy, mastery, and purpose. How important has intrinsic motivation been to you?

Motivated workers look for better ways to do their jobs, be more productive, and produce higher quality work. But what is the best way to be motivated? Is it better to rely on external or internal motivation? One of the most robust findings in social science is that extrinsic motivation works best with routine, left-brained work where the problem is well-defined, while intrinsic motivation works best in nebulous, hard-to-define situations. Thus, right-brained, perceptive, out-of-the box thinking can stimulate creativity, while left-brained, mechanical thinking can often destroy creativity.

What kind of work do you do as a PCV? Recall the Peace Corps mission from the Peace Corps Act: "To promote world peace and friendship through a Peace Corps, which shall make available to interested countries and areas men and women of the United States qualified for service abroad and willing to serve, under conditions of hardship if necessary, to help the peoples of such conditions and areas in meeting their needs for trained manpower." This work can be well-defined, ill-defined, or both, requiring a mix of external and internal motivation.

So now that you are out of bed, what difference would you like to make in your community today?

For more on motivation, watch the TED talk "The Puzzle of Motivation," by Daniel Pink.

For mental health support, contact the Counseling and Outreach Unit at 202.692.1470.



Filtering Your Peace Corps Opportunity

Using Crowdsourcing to Spur the Opportunity Portal Website



Earlier this summer, the Peace Corps went through a radical transformation of its application and placement process. Instead of generally applying to the Peace Corps and finding out later where you are heading and what you are going to do, applicants can now search for specific Volunteer assignments by country and/or work sector, just like searching for a job. For instance, applicants can search for and see specific job postings, like a Health Volunteer leaving for Botswana in January 2015.

To support this new process, the agency needed a new portal to the application that would let potential applicants see all of the Volunteer assignments available to them. The site would need to let applicants filter and search by region, country, and sector. Also, any medical constraints associated with service in a particular country would need to be displayed up front.

Knowing that this site would be needed, the Peace Corps went to several hackathons last year across the U.S., taking along a spreadsheet of sample Volunteer assignment listings. The agency collected dozens of great ideas and website concepts and prototypes to review, then narrowed down the selection and identified the features, functionality, and requirements for the final website product. The Peace Corps needed a mobile-ready responsive design that would allow for easy filtering, and would allow users to share specific Volunteer postings with their friends.

After analyzing the prototypes, the Peace Corps created a project plan and called on developers from the MIT/Harvard hackathon to further build out their version, and set it up for integration into the Peace Corps website. Multiple internal teams worked to interface the new portal with the necessary databases and make sure it was user-friendly, as well as

ensuring the portal matched the look and feel of the rest of the website.

Using the open source code management site GitHub, the agency managed the project, leading the MIT/Harvard team through roadblocks and interface challenges. After the prototype concept was built out, the agency brought the project to its website developer to build, implement, and execute.

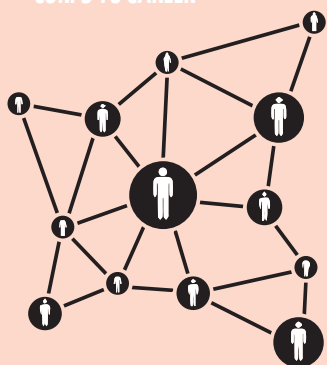
July 15 was the go-live date. Peace Corps silently launched the website the night prior to kick the tires and work out the final kinks. Along with the press releases, social media outreach, and traditional media outreach, the Peace Corps released a video of President Obama asking Americans to consider Peace Corps service. The response was huge. On July 15 alone, the new Opportunity Portal had over 100,000 page views! At the end of the first week, the new Explore Opportunities section had a total of 483,964 page views, 149,041 specific job posting views, and 3,429 people clicked on the “Apply Now” button.

The new site is extremely exciting, not only because it is a major leap forward in the Peace Corps application process, but also because of how this section of the website was developed.

The Peace Corps took the problem statement to the public, asked for creative solutions through hackathons, engaged with the crowd to build a working prototype, and then built and launched a new web portal that allows applicants more choice in shaping their Peace Corps service.

This development process embodied the best qualities of an open and transparent government—even some democratization—both in the final product and in the route to get there.

The Office of Innovation works to enable more efficient operations and implement “smarter” government initiatives.



Start Networking!

Dear Peace Corps Career Counselor,

As a Peace Corps Volunteer who will be finishing my service in the next four months, I'm getting nervous about the job-search process. I don't really have savings and my college loans will be kicking back in, so I need to find a job ASAP. Yet I've heard from Volunteers who have finished before me that it can take many months to secure a position. How can I reduce the time it takes to find my next job?

—Current PCV, 25

While it's important to spend your final few months dedicated to wrapping up your projects and saying goodbye to your adopted family and community, doing so exclusively will not solve your need to find a job quickly upon returning.

The most effective way to minimize the time it takes to find your next job is to start laying the foundation for your job search now—by networking. Statistics show that over 75 percent of jobs offered are a direct result of networking. Networking now, while you are still in country as a PCV, is key. Below are a few tips to get started.

1 If you are interested in working in the same sector as your assignment, develop contacts at your counterpart agency and/or with other agencies working in the same field. Tap into your fellow PCVs' counterpart agencies as well if possible. Take time to meet with these connections to hear about their experiences working in the field and ask for advice regarding your own job search. They might have contacts who are able to provide advice, guidance, or—in some cases—even a job post-service (though certainly don't approach it from the perspective of asking for a job!)

2 Ask Peace Corps staff in your country about their own backgrounds. Most have led interesting lives even before the Peace Corps, and some of them may have worked in your desired sector in the past, or might be able to refer you to people who do.

3 Instead of asking for an informational interview with a contact, consider asking whether you might have 15-20 minutes of their time to chat briefly about their own experience in the field and any tips they may have. By minimizing the time commitment, you will increase the likelihood of getting a "yes," plus, who doesn't feel honored to be asked to talk about themselves? Be sure to respect whatever time frame was agreed upon and offer to end at

that time to show your professionalism.

4 Reconnect with your Stateside networks—including alumni groups and other organizations or associations you have been a part of in the past. Much of this can be done electronically, so it's never too early to start. Let them know you are preparing to finish your service and your next steps, seeking their input as well.

5 Use social media, including LinkedIn, to identify potential networking contacts who work in your desired field or at your dream organization. Using the Advanced People Search tool of LinkedIn, you can even identify RPCVs who currently work at a specific company: Enter the company name under Current Employer and "Peace Corps" under Keywords.

6 Because the vast majority of employers check references before offering you a job, ask your supervisors and colleagues if they would serve as professional references for you. Do this before leaving your host country. Be sure to request their personal email and cellphone number as well, if possible, as people might change jobs. Having personal contact information for each reference will serve you much longer.

Remember, networking is largely about increasing the number of people who know who you are, what skill sets you have to offer, and what you are seeking. But, don't forget that networking is a two-way street. It is really about give and take, not just "Help me, I need a job!" Be sure to reciprocate when networking. This could be as simple as forwarding an article that might interest your new acquaintance based on something you discussed in your conversation.

For more tips and advice on how to best network, watch "The Power of Networking" webinar under Networking on the Job Search Tips and Resources page at www.peacecorps.gov/resources/returned/careercen/jobtips.

For questions about post-Peace Corps employment, email career development specialist Jodi Hammer at rpcvcareercenter@peacecorps.gov.



Notes from the Field



Some 60 Cambodian youth attend a leadership camp hosted by PCVs.



PCV Michael Underwood boosts the yield of cashew farmers in Ghana.



PCVs in Nicaragua create a text-message health hotline.



PCV Tyler Hassig helps install an artificial reef in the Philippines.



PCV Lantana Hoke builds literacy in Uganda by building a library.

Cambodia

Camp Boosts Leadership, Life Skills

PCVs Rachel Crabtree (2013–15), Joel Ford (2013–15), Kateri Kugelmann (2012–14), Michela Schildts (2012–14), Jeff Shum (2013–15), and Sally Waley (2012–14) recently helped organize a leadership and life-skills camp for 60 Cambodian high-school students. During the camp, the PCVs worked with local community members and nongovernmental organizations to teach students about leadership skills, sexual health, and planning for the future.

Dominican Republic

Cookstoves Built to Improve Community Health

PCV Courtney Columbus (2012–14) and a group of local women recently built 70 improved cookstoves around their community. Rather than cooking over an open flame, the cookstoves have an enclosed cooking chamber that burns firewood more efficiently and chimneys that direct smoke away from the chef. Columbus used an adapted cookstove design so the fire inside the stove can heat two hot plates simultaneously, since Dominican women commonly cook separate pots of rice and beans.

Ghana

Cashew Initiative Benefits Farmers

PCV Michael Underwood (2012–14) is helping cashew farmers in his community use mobile technology to boost cashew production and improve business. Underwood used a GPS to calculate acreage and develop satellite images of farms, to help identify operational inefficiencies and ensure fair prices. He also collaborated with a German software company to develop and pilot mobile software that tracks the origin, quality, and prices of cashews from various communities.

Madagascar

Silk Weavers Go Global

PCV Amy Wallace (2012–14) and RPCV Natalie Mundy (2010–12) are helping silk weavers in Madagascar reach international markets to expand their business and provide steady income for their families. Silk weaving in Madagascar is a tradition for Malagasy women and, in collaboration with PCVs, they have established silk-weaving cooperatives that are generating income growth throughout the region. With their success, cooperative members have been able to pay their children's school fees, buy school supplies, address their family's health needs, build or repair their homes, and reinvest in their silk production.

Morocco

Young Women Learn Craft, Business Skills at Camp

RPCV Sarah Quinn (2011–14) recently collaborated with a group of 40 female artisans to teach marketable skills to young Moroccan women during a 10-day camp. During the camp, the artisans mentored participants in traditional craftwork and local female leaders led workshops on successful business practices to encourage creativity and give the women an opportunity to establish financial independence.

Nicaragua

Text Hotline Takes on Global Health Challenges

RPCVs Lauren Spigel (2011–13) and Nishant Kishore (2011–14), together with fellow Volunteers and community members, have created a text-message-based health hotline called ChatSalud to anonymously share accurate health information and connect Nicaraguans to local health resources. The free text hotline will be the first of its kind in

the country and will work to break down the stigma around discussing sexual and reproductive health.

Peru

Turbines Bring Renewable Energy

PCV Natalie Lake (2012–14) is working with community members in Peru to install wind turbines at local schools to educate students about renewable energy and deliver electricity to the schools. Lake has installed one 500 watt turbine at the largest high school and four smaller turbines at four additional schools. The large turbine will provide 560 students and 30 professors with electricity that will power the school during the day and allow for security lights at night.

Philippines

Artificial Reef Installed to Guard Filipino Coastal Ecosystem

PCV Tyler Hassig (2013–15), along with local fishermen and partner organizations, has installed an artificial reef off the coast of Guimaras Island, the Philippines, to protect the coastal ecosystem and enhance food security. The reef will increase coral coverage in areas where it has been degraded and revitalize the fish population and surrounding marine life.

Uganda

School Library Promotes Reading, Writing

PCV Lantana Hoke (2012–14) is building a library for students at her local school in Uganda to promote literacy after seeing the community's desire for books and educational materials. To encourage students to use the new library and read more regularly, Hoke received a grant from a U.S.-based nonprofit organization that allows her and her fellow teachers to reward students who take advantage of the new resources available to them.



VOLUNTEER LIFE

If you do not want to help me...

Gilbert Bonsu (PCV South Africa, 2013–15)

I should have believed it when I heard the Peace Corps is the “toughest job you’ll ever love.” My Peace Corps service has been a challenge and an adventure since the beginning. These challenges range from language to racial to dietary issues. Nevertheless, they have made my service worthwhile and memorable.

////////////////////

As a Community Health Outreach Project (CHOP) Volunteer in South Africa, I regard my fellow CHOP PCVs and myself to be “Jacks of All Trades.” We can be child minders one minute, health educators the next, and monitoring and evaluation specialists a minute after that. The opportunities afforded to me as a CHOP Volunteer has enabled me to grow in many ways.

Take, for example, the professional development class that I teach at a local Further Education Training college. In this class, I teach students about CV writing, job searching, interviewing, and presentation and critical thinking skills, among other things. A key goal for this class is to help students develop critical thinking needed to build understanding, develop different perspectives, evaluate different information, make connections, and form sound conclusions. To be honest, I thought this goal would be easily accomplished since my students are intelligent.

When students approached me for help, rather than giving them the answer, I tried to help them arrive at the answer themselves through questioning or directing them to a resource in the library. This approach nearly made me one of the most disliked instructors. Word around the school was “Gilbert was not really here to help and all he does is give more unnecessary work and information to sift through when he knows the answer off the top of his head.” I had students tell me, “If you do not want to help me, just tell me rather than telling me to go look in this book and come back so we can discuss what you found.” Hearing these things distressed me.

A week after hearing this, I wrote on the chalkboard, “Give a man a fish and you feed him for a day. Teach a man how to fish and you feed him for a lifetime.” I then asked someone to read what was on the board and tell the class what he/she thought or felt after reading this statement. After five minutes of silence, I

had a volunteer. The student’s answer led to a good discussion about why it’s important to learn *how* to do something rather than someone doing it for that person. As cliché as it sounds, after discussions about this adage, the students started to understand my pedagogical technique. They began to see why I sometimes cared less about the what, when, and where, yet cared so much about the why and how.

Today, there is a culture of thinking in my classes. The students know that what, when, and where are the easy answers and are as important as why and how. They understand that, at times, to arrive at a sound conclusion about something, they have to wonder and ask questions, sift through more information, and use evidence. It’s extra work, but much needed.

From this experience, I am taking patience, cultural relativism, and persistence. What I am asking my students to do is not easy. I am asking them to challenge deeply held beliefs, ask questions frequently, and evaluate claims and demands that people make without evidence. This is against the social norm, as most students and people take the word of their teachers and people with authority as “true” facts.

Through patience and persistence—not giving up on the goal of teaching critical thinking just to get people to like me—we are making progress. My counterpart said something recently that brightened my day. He said, “In the beginning, I thought you didn’t want to help me, but now I can see that you were helping me in a much bigger way. Because you did not give me answers and made me come to the answers by myself, I found out how serious I was about things I needed help with and now believe that I can do many things by just studying and researching on my own.” Moments like these keep me going.

Blog It Home 2014 Winners

Who is the best blogger of all? While that may never be settled, the top nine PCV bloggers of 2014 were announced in August for the second-annual "Blog It Home" contest. Facebook voters picked the winners from 20 finalists, out of 350 submissions. The top bloggers received a trip to Washington, D.C., in September, which included a visit to the White House, a guest appearance on Voice of America, and sharing experiences with local students and community organizations. To see the winning blogs, go to peacecorps.gov/blogithome.

Jill Conway, Albania

How Running Helped with Integration

"Running in my city has gotten my face out in the community and different people around town are consistently asking me if I am going to go for a run that night. ... They all seem to be very impressed and it doesn't even matter that I am a woman. I have even received the thumbs up from women in the community dressed in full hajabs.

Overall, breaking the gender norms and running in my community has been a win/win: Win for maintaining my physical and mental health and win for stepping outside of my comfort zone and making a name for myself in the city."

Anna Nathanson, Cameroon

A Week in My Life as a Peace Corps/Cameroon Volunteer, Part II

"When I set out to record everything that happened to me this week, I didn't realize I'd be a victim of a crime, or that I'd shout at a group of kids. I also didn't think I'd have to ad lib a speech about family and community in Cameroon, or that my friend Ludi would pop up behind me in the market. I didn't know I'd make cookies and run up my hill and catch a cold and catalog close to 500 books and talk to 19 people with epilepsy. I might have seen it coming that I'd eat garri and egusi soup and be called fat (in that order). ... Life might not be predictable, but I sure as hell am living in the world."

Bronwen Raff, Dominican Republic

On Being Creative and Resourceful

"Living here, in a culture where nothing runs on time, stores are always out of the food I need for a recipe, people don't respond to urgent phone calls or text messages or any other stressful (by American standards) problems, has made me so much more creative and resourceful. Every day gives me the opportunity to think on my feet, as I never know what will go wrong in a 24-hour time period. It's inevitable that something will! But it has also made me more relaxed, taking things as they come and not stressing about things and situations that I cannot control."

Erica Hooker, Senegal

Extension—A Lesson in Patience

"Another beautiful thing I've learned in Peace Corps is to hold out hope beyond what is reasonable. ... Although my village has hectares on hectares of our most crucial staple crop at risk of completely failing, I think I have been more worried about it than anyone else the last few days. While I meticulously track how long we've gone without rain, and run around consulting everyone and their brother about what happens if the crop fails, all my farmers pat me on the shoulder and say, 'Janngo, inshallah.' Tomorrow, God willing. Well, God hasn't willed and he doesn't seem inclined to either, I want to say. But I don't. I know their decades of experience run circles around my first-timer fears."



Keith and Heather May, China

Practice Your Art—Whatever It May Be

"It occurred to us how quickly we have taken our experiences for granted. For example, it never occurred to us to share the sights, sounds, and sometimes smells, we experienced on our daily walk to school during training. They were novel to us for the first week, when we were too exhausted to even think about posting, but quickly became routine. We never told you about the tiny shops that sold everything from shoes, to mops, to bread, all in what was basically a storage unit. We didn't tell you or take pictures of the many elderly people walking their grandchildren around in those adorable bare-butt pants. We didn't describe the smells of the garbage cans behind the restaurants or the scent of the river when it got low (bad) or rained (fresh)."

Christine Bedenis, Thailand

It's More Than Fun, It's Sanuk

"The Thai way of life is infused with the concept of sanuk. But what is sanuk? It's most often translated as fun, but is so much more than that. It's a way of life. Work should be sanuk, meaning that you should be able to smile while at work and have it not feel like a drudgery. Conversations should be sanuk, filled with jokes and laughter. Learning should be sanuk, enjoyed by both the teacher and the learners.

While admonitions against 'seriousness' and inquiries into whether something was sanuk, are initially frustrating, it has caused me to reconsider my take on life. Why shouldn't I be able to smile and joke while working? Just because something is a requirement doesn't mean that it can't be done with a smile, right?"

Sara Laskowski, Guinea

Du Courage

"Guineans are united, and in my short time in Guinea I began to feel a part of something. Now, when I call my friends and host family back in Guinea, we ask about each other's health, the health of loved ones, how business is going: The typical Guinean salutation is much more in depth than 'How are you?' 'Fine.' And when we get through asking about Great Aunt Fatou's health, the conversation inevitably turns to the current situation: 'When are you coming back?' 'I don't know.' And it always ends with 'du courage.'

'Du courage' signifies a level of solidarity between companions. It says, 'You are down, but I am here to tell you to be brave and that we are together and we will pass through this hardship together.'"

Julia Lingham, Uganda

A Visit to the Village

"Justus is our campus milkman, canteen owner, and my new best friend. ... For Christmas, I gave him a little American flag and a ball for his son. Justus has been inviting me to see his home in the village, and finally for the first time in 15 months, we found a day that suited us both to make the journey. I was happy to see my little American flag hanging in Justus' family's home, as a little reminder of the friendships made along the way."



sweet & sour

sauce

Instructions

Start by making the dough:

1. Mix together the vinegar, brown sugar, ketchup, and soy sauce.
2. Bring to a boil in a small pot on medium heat.
3. Mix the cornstarch (or flour) and water together, add to the pot of ingredients, and stir.
4. Cook for 5 minutes or until thickened.
5. If using flour, cook for 10–15 minutes to remove raw flour taste.

Ingredients

Sauce

1/3 cup white or rice vinegar
4 T brown sugar
1 T ketchup
1 t soy sauce
2 t cornstarch mixed with 4 t water or 4 t all-purpose flour mixed with 8 t water (Rice or cassava flour can be substituted for cornstarch.)

Yield: 1/2 cup

Optional:
Green pepper, cut into chunks
Pineapple chunks

Fitness Hacks

#1

Medicine Ball

Make a medicine ball out of an old basketball, volleyball, or soccer ball. Fill the ball with sand and use a tire patch kit to seal it.



#2

Bottle Weight

Fill a water bottle or jug (any size) with sand or water to carry long distances, use for reps, or hold during squats.



#3

Compound Moves

Try multi-joint compound movements like squats, push-ups, sprints, and pull-ups to incorporate big and small muscle groups in single moves.



TREE PULL: Make use of a low, strong branch to do pull-ups or do a straight-arm hang.

STONE LIFT: Find a heavy stone or log and pick it up for reps.

ROCK SQUAT: Hold a rock while doing squats for added weight and resistance; advanced move: toss the rock in the air between squats.



Puzzle Peaces

Crossword

See page 16 for answers.

Peace Corps People and Places

Across

3. Peace Corps was mentioned in this movie featuring Patrick Swayze (two words)
5. Most recent Peace Corps country opening
7. Name of Peace Corps' most recent photo contest
10. Southernmost country in which PCVs have served
12. Fiji is a former colony of this country
14. Country in which Director Hessler-Radelet served
15. "To promote better understanding of other peoples on the part of Americans" is Peace Corps' __ Goal
16. First RPCV to serve as Peace Corps Director (two words)
17. State the most PCVs have called home since 1961
18. Capital of the Republic of Georgia
20. Mike __, RPCV Senator from California
23. Country in which Lillian Carter served at age 68
24. The national sport of Guyana
25. Northernmost country in which PCVs have served

Down

1. Percentage of PCVs over the age of 50
2. "Good morning" in Macedonian (two words)
4. Peace Corps sector Youth in __
6. Official language of Burkina Faso
8. "Thank you" in Mongolian
9. Peace Corps country located closest to the U.S.
11. "___ Service Partnership" launched by the Peace Corps, PEPFAR, and Seed Global Health (two words)
13. Currency of South Africa
19. Shape that appears on the Moroccan flag
21. Peace Corps country located at the highest altitude
22. International Day of Peace is during this month

Sudoku

Easy

		9	4					
			2		6			
		3		9			4	7
		4	1		5		3	9
9	2	5						
						7		
4		7	8				2	
	6		9	4				3

Medium

	2			9				4
		9			1			7
							3	6
7	4			3				8
8				4				
						2		
	3		2	8				5
					5	6		7

Hard

		4	9	5				
			2				3	
	1					9		8
1	9							
						5	7	
	6	3						
			4					
	8		5			1		9
5		9				4	8	



PEACE CORPS:

WORKING TOWARD AN AIDS-FREE GENERATION



35 MILLION

PEOPLE WERE LIVING WITH HIV AT THE END OF 2013

SUB-SAHARAN AFRICA IS THE MOST AFFECTED REGION, WITH **70%** OF NEW HIV INFECTIONS IN 2013



2.1 MILLION PEOPLE CONTRACTED HIV IN 2013



3.2 MILLION CHILDREN ARE LIVING WITH HIV

PEACE CORPS VOLUNTEERS } WORK IN 26 PEPFAR COUNTRIES

BELIZE

BOTSWANA

CAMEROON

COSTA RICA

DOMINICAN REPUBLIC

EASTERN CARIBBEAN

EL SALVADOR

ETHIOPIA

GHANA

GUATEMALA

GUYANA

JAMAICA

KYRGYZ REPUBLIC

LESOTHO

MALAWI

MOZAMBIQUE

NAMIBIA

NICARAGUA

PANAMA

RWANDA

SOUTH AFRICA

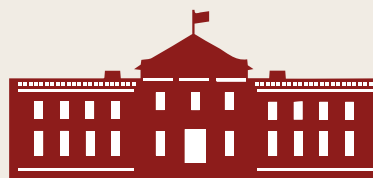
SWAZILAND

TANZANIA

THAILAND

UGANDA

ZAMBIA



Since the inception of **PEPFAR**—the U.S. President's Emergency Plan for AIDS Relief—in **2003**, the Peace Corps has been an implementing partner.

10 OF THE 26 PEACE CORPS-PEPFAR COUNTRIES ARE CONSIDERED "HARDEST HIT"



PCVS TRAINED **1,022** PEOPLE LIVING WITH HIV AND CAREGIVERS OF ORPHANS AND VULNERABLE CHILDREN IN HOME-BASED CARE IN **TANZANIA**

58% OF VOLUNTEERS WORLDWIDE WORK ON HIV-RELATED ACTIVITIES*

** Volunteers' self-reported HIV/AIDS primary and secondary projects in 2013*



800+PCVs WERE FUNDED BY PEPFAR TO WORK IN HIV MITIGATION

PCVS TRAINED **3,622** CAREGIVERS OF ORPHANS AND VULNERABLE CHILDREN TO SUPPORT CHILDREN AFFECTED BY HIV IN **BOTSWANA**



6,818

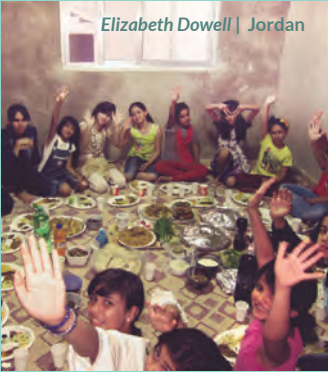
CURRENT PCVS

HIV-AFFECTED POPULATIONS ASSISTED BY VOLUNTEERS

REGION	INDIVIDUALS	SERVICE PROVIDERS	ORGANIZATIONS	COMMUNITIES
AFRICA	224,219	6,868	1,824	1,787
EUROPE, MEDITERRANEAN, AND ASIA	30,925	2,191	575	683
INTER-AMERICA AND THE PACIFIC	56,670	2,482	795	904
TOTAL	311,814	11,541	3,194	3,374



Jim Tanton | Uganda



Elizabeth Dowell | Jordan



Haley Caldwell | Costa Rica



OhnSoon Kim | Ethiopia



Alan Luan | Georgia



David Risard | Azerbaijan



Voranan Mongkolpumirat | Nepal



Mary Fuller | Zambia



Aara Johnson | Colombia

The View from Here: The Camp Fire

Next Issue: View from the Front Door
Send photos from your house or your front porch
to pcimes@peacecorps.gov. Include your name,
country, and service dates. Make sure your photo is
300 dpi and at least 3 inches wide.