

Nouakchott Notes

Bird Flu Terror Seizes Mauritania

Are the chickens under the hangar at my house really agents of death and destruction? Does Peace Corps just get off on giving us shots? PCMO Cynthia Sullivan explains in a soft, soothing voice:

Why do we have to get the vaccine this year? It was never required in the past...

Let's start with a little flu history. There have been 10 influenza pandemics in the past 300 years. The most recent outbreaks were in 1957-1958 and 1968-1969. In 1918-1919, a flu pandemic killed 100 million people worldwide. The current world population is about 6.5 billion, which is three times the population of 1918. A pandemic now, obviously, would be devastating. Giving the flu vaccine this year to everyone is an attempt to prevent such a pandemic.

How is bird flu transmitted?

Currently the avian flu, caused by the H5N1 virus, is transmitted from wild birds to domestic birds such as chickens and undergoes changes that allow it to infect

humans, pigs and possibly other animals. (There have been cases of bird-to-human transmission in Thailand, Vietnam, Cambodia and Indonesia.) Once in the lung cell of a mammalian host, the H5N1 virus can "mate" with the human influenza virus type A to create a new influenza strain that is capable of sustained human-to-human transmission. If such a virus has not circulated in humans before, the entire world population would be susceptible.

Ohh scary.

Thus far this has not happened. The hope is that if we vaccinate everyone for the human influenza virus type A (the vaccine that you are all required to get) we will prevent mating of the viruses and therefore control the human-to-human transmission.

continued on page 8

Inside this issue:

Obie Obie Obie **2**

Sector notes **3-6**

Ask the PCMO **8**

Cereamine **9**

Runner's World RIM **10**

Zahara Review **11**

Alcohol in NKT? **13**

WAIST Interview **14**

Tupper Toodles **16**

RIM Predictions **17**



Avian flu in Mauritania: Could it come to this?

Director's NEWS

Obie Shaw, Country Director

Merry Christmas, Happy Hanukkah, and Happy New Year to everyone! I hope you all have a chance to enjoy your holidays, whether it be at your site, Nouakchott, in America, or some other vacation destination in the area.

For those of you who are traveling during this period, please be cautious and alert to your surroundings – many of the cities that are holiday destinations for PCVs also happen to have much higher crime rates than Nouakchott, and I would hate for any of you to have your holidays ruined by a crime that could be avoided. I won't go over the same safety spiel that we give you at every security session, but please do be careful while you are away (and in Nouakchott too).

I'd like to thank Winsome Wells, Chief Accounting Officer for Africa, and Patricia Butron, our new desk officer in Washington, for their very productive visit a couple months ago. It was a pleasure hosting them for the duration of their stay in Mauritania.

I'm pleased to announce that our own Daouda Diallo, Health APCD Extraordinaire, will be attending the Overseas Staff Training in DC in February. And while the cat's away, the mice will play...

WAIST Victory

As this is the last Nouakchott Notes edition before your imminent WAIST victory, I'd like to take this opportunity to wish all of you good luck.

You guys have some awfully large shoes to fill after last year's stellar performance, and I don't want to put any undue pressure on you, but I feel that I should remind everyone that the grounds for Administrative Separation, while not necessarily including "poor finish in the WAIST tournament," are exceptionally vague, and are made at my discretion. That being said, good luck. Bring home the booty.

The Masters International Conference in Nouakchott was a smashing success, with four Malian volunteers and five Mauritanian volunteers in attendance, thanks to Brock and his advisor, Dr. Kurt Patterson.

A few bits and pieces that have been floating around in my head for the past couple of days...

If any of the second-year volunteers are considering extending in Mauritania or applying for a third-year transfer to another Peace Corps program, feel free to come talk to me any time and we can

You guys have some awfully large shoes to fill after last year's stellar performance. I don't want to put any undue pressure on you, but I feel that I should remind everyone that the grounds for Administrative Separation, while not necessarily including "poor finish in the WAIST tournament," are exceptionally vague...



discuss your options as your COS conference approaches.

Office Move Pending

Our office move is still pending. Due to developments within the last couple of days, it appears that we might have the option of extending our lease at the current location.

However, if this does not work out, we will definitely be moving our bureau to the City Khayma office building near the Saudi mosque before May 1.

I will be updating everyone on this situation by e-mail by the third week in January, and we will have concrete information for all of you in the next issue of Nouakchott Notes. Additionally, the VSAT internet connection will be established within the next few months, depending on the moving situation.

Living allowance increases should be in effect for the next deposit cycle at the end of February. I will be sending out an e-mail update on this matter in the near future as well.

And now I've got to go. A crown roast doesn't cook itself, you know.

Obie

HealthNOTES

Daouda Diallo, APCD/Health

Posting follow up trips

It was great traveling and meeting first and second year volunteers and their community counterparts.

Second year PCVs are currently working on different projects including well construction, health education in the community, cereamine training, latrine construction, gardening projects, and health curriculum design. First year PCVs are doing great with the integration process (language acquisition, cultural adaptation, community needs assessment) and working on different projects, including FMC stove projects, mosquito repellent sensibilizations, soak pit construction, public latrines, solid waste disposal, malnutrition, canning projects, maternal education, youth development, and English tutoring. I appreciate all your efforts and encourage you to continue; you are all on the right track!

A note on ETR/IST

As we're heading up to the Early Term Reconnect and technical ISTs, I would like to reiterate to all participants to come prepared for sharing. During ETR, there will be a debriefing session of your first three months at site. You are all expected to share small issues pertinent to your integration, language acquisition and cultural adaptation and the coping strategies you have tried (which worked) to deal with it. We look forward to seeing you all here!

PC, EPA Partnership

A newly improved cooking stove designed to decrease the amount of fuel used for cooking and the amount of smoke produced was initially proposed by PCVs Amy Helmick and Julia Kennedy in September of 2003. Funds from the US Environmental Protection Agency (EPA) via the Partnership for Clean Indoor Air (PCIA), were finally cleared in July. The PCVs are working with Nedwa, a Nouakchott-based media consulting firm, to receive and manage the funds for the project. The official start date of the project was April 13, 2005 and the end date is April 12, 2007. For the time being, we are using the Trarza region as our pilot area. Based on these results, the project will be expanded to other regions.

The PCVs have worked on establishing government and NGO contacts and involvement, researching past, ongoing, and planned improved stove projects in Mauritania, and finding the optimal stove models for Mauritanian conditions. Our current

In 2003 PCVs introduced a newly improved cooking stove designed to decrease the amount of fuel used for cooking and the amount of smoke produced. Finally, the project is underway.



government contacts are Zouleh Ndao, the coordinator of the improved stove project (Fourneau *Maslaha*) for the Department of Environment and Rural Development in the Ministry of Agriculture, and Dr. Abdullah, the advisor for the national health plan of the Ministry of Health. There are other improved stove projects being proposed by different organizations in country, but few of them are active. Our primary NGO contact is Nedwa, although their role in the project has been reduced to that of solely financial management. We will be exploring options for further collaboration.

Phase One: The project team designed wood- and charcoal-burning models of a stove that can be manufactured locally, reduces particulate and CO emissions by 50 percent, and economizes fuel use. The PCVs worked with several Rosso blacksmiths to build different prototypes. At the end of September, the EPA project officer, Robin Anderson, visited Mauritania and took part in a two-day improved stove design and fabrication workshop. The workshop was led by Mouhsine Serrar, a representative from Aprovecho, the US-based appropriate technology institute hired by the EPA to serve as technical consultants on all their PCIA projects. The participants in this design conference included our government contacts, the Rosso blacksmiths, a group of local women, Peace Corps representatives, and the new Trarza PCVs.

Phase Two: continued on page 5

M. Abderrahmane O. Bagga, APCD/ED

Hello and welcome to this new issue of the Nouakchott Notes! First of all, let me wish the best of luck to our new Nouakchott Notes editing team.

Site visits/ Posting follow-up visits

We are almost done with these. Hey Trarza folks, I'll be there next week.

I would like to say that I was very impressed with the degree to which every single one of you has been able to secure a great start at their site, both professionally and socially. Community integration is going great and so is language acquisition. You all seem to be having a strong and productive school year start. Some of you have even started secondary projects, like English Clubs and English for adults. It has been my pleasure to be apart of these initial and crucial steps.

Education Project Review

The Project Review has been duly and successfully concluded. I wish to reiterate my thanks to all of you on your positive contribution to the success of this event. Your questionnaires and your interviews have been instrumental in making the review adequate. The subsequent Stakeholders' Workshop equally went very well. Thanks again to those who helped make it happen. especially Julian Hadas, Adriana Publico, Lisa Anderson and Jessica Dunsmore!

School Vacation and Exams Calendar

The ministerial decree is finally out!

School Vacation:

1st Term: Friday, Dec.30 at the end of classes until Thursday, Jan. 5 at 8 a.m.

2nd Term: Friday, March 31 at the end of classes to Wednesday, April 12 at 8 a.m.

Summer Vacation: Friday, June 23 at noon to Monday, Sept. 25 at 8 a.m.

Exams:

1st Term: Monday, Dec. 26 through Friday, Dec. 30

2nd Term: Monday, March 27 through Friday, March 31

Final Exams: Monday, June 5 through Friday, June 9



I am planning to share the new project framework with the first year PCVs at ETR, and I will be e-mailing it to everyone else afterwards.

ETR and ED Trainings

The Early Term Reconnect (ETR) is scheduled for January 4 at the PC/RIM bureau in NouakchottNK. The technical In-Service Training for education will be held January 5 and 6 in Nouakchott. A number of counterparts have been invited to attend starting the afternoon of Thursday, January 5.

Owing to our expanding Girls' Education program, the IST this year will feature training content geared toward making the most of GMCs. We will identify a number of animation activities based on IEC guidelines in the girls' education. An expert from the Condition Feminine will be invited.

Aioun GMC Workshop

Cailin, Andi, and Jenny S. have been gathering strategies and tips on starting and running a GMC. They have compiled all of their findings in a best practices idea book. On the weekend of Dec. 16 and 17, Maddy, Heidi and everyone in the Hodh G. hosted representatives from every GMC around the country to discuss best practices and management strategies. Among the GMC management aspects addressed **continued on page 7**

Kane Oumar, PTA, AgFo/EE

Technical IST Scheduled

Just a quick update to let you know that Aw is still on vacation. The ETR (Early Term Reconnect) is scheduled for January 4 for all first year volunteers. The Agfo/EE IST 2006 is scheduled from January 5 to 8 in Dieuk (Trarza). Please refer to the memo I sent to explain to counterparts all the logistics (dates, transportation, lodging, site, and the items that will be covered during the IST).

Eco-Camp in Terjitt, Chinguetti

Work on the 2006 Eco-Camp has begun. This year the event is going to occur in the Adrar under the direction of Keith Gaddis and Jessica Daniels. The conference will be open to two sixth year elementary girls from each participating site. Currently, Eco-Camp is slated for six days and will be split between the towns of Terjitt and Chinguetti. The location will allow more in-depth study of desertification and water issues in addition to the normal repertoire of fun games and events.

Please bring your counterparts. I wish you all Merry Christmas and a Happy New Year. See you in January 2006.

Small Project Assistant Update

PC Washington is waiting for all the SPA Completion Reports. Here is a list of those who did not send in their Completion Reports. Please complete and send them to me as soon as possible.

SPA Fund

Scott Edison: Accounting & Pedagogy Training

Laura Monahan: Sey'N'Madi Well

Karin Dahlgren: Wells in Chegar

Tarn Mower: Enhancing Nutritional Capacity in Guordioumo

Caleb Judy: Agmamine I Fruit Tree Extension

Maddie England: Cereamine Banking

Suzanne Carrol: Erosion Management & Land Security of El Emen

Julie Anderson: World Map Project

AIDS/HIV

Jessica Dunsmore: Health and HIV/AIDS Awareness Tour



“Stoves” from page 3

After the September workshop, the PCVs continued further development of the Phase

One action plan devised during the workshop, field testing of the chosen model by the women participants, developing educational and promotional materials including stove name

(Fourneau Mâsse-coono = from the Wolof “No more suffering”) and logo, and the organization and execution of a two-day workshop to train local women.

Over buy stoves in bulk and resell them in their communities, generating income and allowing households to purchase a stove;

5. Monitoring the results of the first three phases of the project in the Trarza region

Working with the Nouakchott and PC Washington bureaus, as well as PCVs from different regions, to write a curriculum for a cross-sector IST specifically on improved stoves and indoor air quality concerns.

This IST will be held in Mauritania and provide the foundation for the project to be replicated in other regions and in other Peace Corps countries worldwide. We are looking forward to it!

Brian Zoeller, APCD/SED

As I write this, I write in a bit of pain. Not because I miss some of our recently COS'ed PCVs (although I do). Not because the rains have stopped, (although they have), but because I just got off a bike ridden for three long weekend days from Nouadhibou to Nouakchott and I still feel as if I'm sitting on it. As many of you know, Scott Eidson joined the circuit with fantastic support from computer/bike mechanic and part-time Spartan, Adam Cummings.

Your PCMO, Cynthia Sullivan, provided superb driving expertise, medical attention, and words of encouragement like... "That's enough water! Get back on your bikes so I can continue playing horseshoes." I must say that Scott is in more pain than I because he came in second. Yip, it hurts the ego and the body. But there's no shame in coming in second, Scott.

Truthfully, we hope to replicate this as a tourism event next year, publicized on the internet to attract foreign biking nutjobs to Mauritania to spend their Euros and dollars on inflated entry costs. It is an interesting way to see the country's harshness and beauty and perhaps a way to raise money and awareness for a worthy cause.

SED PCVS busy in the field

SED and ICT have seen evolution take place. In this past quarter we witnessed 10 new larvae stage trainees morph into full-fledged caterpillars. They're now on the verge of loose fitting cocoons, and steadily ready to break through integration stages and flutter about spreading their colorful, full wings throughout the country. (How friggin' korny!).

We have five third-year extenders in Miriam Edwards and Jen Justus in Nouakchott, Scott Eidson as the Special Project Coordinator, Lisa Michael as the IT Coordinator and Mark Lange continuing on in Nouadhibou. We have seven continuing second year

PCVs in Jessica Daniel, Suzanne Carroll, Maddie England, Nina Elisseou, Teresa Chesno, Jordana Spadacini and Jarad Longsdon. We bid farewell to our friend Luke Filose, who left for new work in Chad.

I have visited all the sector PCVs by now and by most accounts, I am still very impressed with their integration efforts, knowledge of regions, language acquisition, and the beginnings of identifying needs/wants.

The new PCVs had some tasks during the first months at post to assess their communities and present their research, observations, challenges and successes to the rest of the group during ETR/IST. We're all looking forward to hearing

**We witnessed
10 new larvae
stage trainees
morph into
full-fledged
caterpillars.**



about each other's experiences.

Projects Benefit Women

As for the other PCV's who've been in the field a while, good work continues. Jen Justus recently was approved for ASPA funding to train educated women in learning and teaching appropriate business and IT practices. She will need assistance from other PCVs in the regions to recruit and train women and to assure the training is appropriate.

Jessica Daniel and a counterpart were able to identify a common interest of many Atar women: learning to sew. Instead of funding it through PC, she was able to work with the local CFPP to have a room built, sewing machines bought, and classes taught on their dime!

Nina and Jordy opened (or are on the verge of opening) their brand new Girls Mentoring Centers in Aleg and Magta Lahjar with much enthusiasm from the girls, the mayors and Condition Feminine. Their mayors are already asking for GMC mentoring for girls who are not in school, in addition to the lycee students who generally receive mentoring.

In Rosso and Aioun, Teresa and Maddie are opening up their GMCs for the year. Jarad continues to build IT capacity in Aioun by consulting for organizations and teaching computers and management of the computer center. Suzanne is overwhelmed with Excel and Word

continued on page 7



Twenty-one PCVs met Dec 15 and 16 for a GAD workshop which included activities with members of the Aioun GMC.

“ED” from page 4 at the two-day Aioun conference were insuring GMC sustainability through greater community involvement (for example, forming advisory councils) and recruiting and training mentors to run day-to-day GMC activities. Volunteers also discussed the importance of record keeping through logs as well as quarterly project and budget reports.

We look forward to seeing the book published sometime around the mid January '06. Keep up the good work, GAD!

Tidjikja Mentor Training

Alicia and Amanda were able to secure a five-day intensive computer literacy training for three of their GMC mentors. With the help of Bahena, they brought in a technical expert from Nouakchott to train the women in basic use of the computer and typing programs.

The training was very successful and all parties were pleased. This is part of a capacity building plan to upgrade the mentors' skills and help them become self-sufficient in their mentoring.

That's all from ED for now!

“SED” from page 6

opportunity in Selibaby.

We continue to identify and follow realistic needs that show demonstrated interest on the part of Mauritians and Mauritanian organizations.

Céréamine Collaboration

Lastly, with the assistance of Cheikh Diakite, former APCD Health, and Brock Emerson, we were able to land a grant of \$6,500 from PC Washington for Céréamine global and regional trainings for three segments: 1) people living with AIDS 2) feeding centers and 3) coops and entrepreneurs. This will all take place in the spring, InshAllah. This endeavor, like Jen's, requires participation from all the regions where people like Céréamine.

Daouda and I are convinced that if people like the taste of Céréamine, then we can help develop a healthy market. Indications in many regions in RIM show that a sizeable number do in fact like it.

Maddie England and Brock have been through several parts of the country exposing people to the five-grain mix while training Mauritians and PCVs on production, nutritional value and business structuring.

This project, like teaching computers, was a large part of PST and thus many of the newer SED/ICT PCVs have been experimenting with Mauritians.

This is a work in progress and Daouda and I are working together to make this happen where it ought to.

It was a good quarter and we'll continue to plow ahead into the next one.

Again, thank you for your hospitality and hard work. We hope you enjoyed Ramadan and its end and I wish you all Happy Holidays and Bon Fete for Tabaski.

Ask the PCMO

Dear PCMO: Are poisonous snakes found in Mauritania? What should I do if I get bitten?

Dear PCV: There are several different types of snakes in Mauritania, most of them living in the south. From what I understand, the viper is the only poisonous snake here. It is fairly easy to tell a venomous snake from a non-venomous snake: It's all in the shape of the head and eyes. A venomous snake has a triangular-shaped head and elliptic eyes. A non-venomous snake has a rounded head and round eyes.

Not all snakebites result in significant, or any, envenomation. The degree of severity depends on the depth of the bite. If you have the misfortune of being bitten by a venomous snake, and the bite is deep enough to cause envenomation, there isn't a great deal that can be done. The idea of sucking out the venom, applying a

tourniquet or using such things as pressure immobilization of the area are controversial and may cause more damage to the tissue in the effected area.

It is also not recommended to have antivenin outside of a hospital facility. Providing the extensive equipment and drugs necessary to administer IV antivenin is impossible in a village, and severe anaphylactic allergic reactions are very common. Your best bet for treatment after a snakebite is to stay calm, immobilize the area and get to a health care facility as soon as possible.

As with most medical issues of any kind, prevention is the key. As mentioned above, the snakes in Mauritania live mostly in the south where there is more foliage for them to live and hide under.



Sand snakes are Africa's fastest snakes--they can reach speeds of 10 km per hour. They're found in savannah and semi-desert country. They won't hurt you.

If you are working in a garden or out walking around in the grass, wear protective clothing and closed-toed shoes. Make a lot of noise and look under a bush or rock before you place your hands there. I think your chances of encountering a snake here are slim, but a little common sense goes a long way.

"Bird flu" from page 1

What can we do to help Peace Corps fight the spread of this deathly disease?

Again, prevention is the key. Wash your hands frequently, avoid close contact with those who are sick, cover your mouth and nose when you cough or sneeze, drink plenty of fluids and if you are sick stay home and get plenty of rest. Avoid contact with chickens, ducks and other poultry and their waste.

Seriously? We live in Mauritania.

At least wash hands with soap and water after any contact with birds. Do not eat poultry from affected

areas.

Do not transport birds even if you think they are healthy, and don't keep them as pets.

Check, right. No pet chickens.

The symptoms of the bird flu are similar to many other health problems here in Mauritania. They include fever, cough, aching joints and sore muscles, sore throat, eye infection and respiratory disease.

That describes almost anything.

Yes. But unlike most illnesses, this would make you feel *really* sick.

So if Caleb won't stop playing with his pet chickens and the bird flu strikes Mauritania, do we get to go home?

No.

Do we get to be evacuated to South Africa at least?

Probably not.

Oh.

The Peace Corps' plan is as follows: vaccinate all PCVs world-wide for human influenza type A, provide all posts with Tamaflu (an antiviral medication that *maybe* effective against the bird flu), monitor closely bird flu developments and follow a set plan of action in case of a pandemic.

Can you sum all this up in 23 words?

Remember, prevention is the key. You play the largest role. Use common sense and you will all continue to serve healthily and happily.



Chickens will be doomed to eternal hellfire.

People actually like Céréamine

Sectors collaborate to market nutritional goodness

By Jarad Logsdon

With the potential to save hordes of skinny Mauritanian kids from giant monsters like malnutrition, Céréamine is the King Kong of porridge. Unless you have had a full frontal lobotomy, you should at least remember hearing of this magic dust from Brock.

Céréamine is a blended grain flour conceived by a Mauritanian professor in the department of nutrition at the University of Nouakchott in the spring of '02. It is made up of a mixture of corn, beans, rice, millet and peanuts in a 4-4-2-2-1 ratio.

The mix is more nutritious than single-grain flours because tiny fairies in the dust inject nutrients from various sources into the Céréamine molecules. As if that wasn't enough, it was also found to have a "tasty, roasted peanut flavor."

Upon hearing about this revolutionary concoction, DOULOUS GM, an international NGO that works in Mauritania, bought the rights to its production in '03 for a cool 160,000 ougiya.

Their initial plan was to spread word of Céréamine throughout Mauritania by training locals to produce it for malnourished children, but the NGO had better things to do forgot about the magical product. The powder blue-prints would sit on the shelf collecting dust, awaiting the arrival of a revolutionary leader bored enough to awaken the sleeping giant.

Brock Emerson was that man. Sitting in his dilapidated mud hut in Selibaby one night, Brock suddenly realized that his life up to that point had

been a total waste. In an effort to make up for his first 23 years of selfish living and sordid lifestyle, he decided to take on world hunger. Eliciting the help of his trusty sidekick and confidante, Madeline "Mad-dog" England, he

Selibaby... Mauritania... The World

pulled the rock from his pouch and flung it at the giant. Céréamine was reborn.

Brock started with a PC Partnership. Eighteen initial trainings showed that Céréamine was a viable business effort. This paved the way for Maddy to frame a micro-finance plan: A cooperative is trained to produce



Maddy and Jarad supervise in Aioun.

Céréamine with bulk grains purchased by Peace Corps. As payment for the grains, this co-op trains six other co-ops. These second-tier co-ops repay the head co-op with Céréamine until the expenses of the training are paid in full. The head co-op should eventually be able to buy in bulk and, Allah willing, all co-ops will eventually be able to continue producing for their own benefit.

Backed by SPA funding, this plan is now in action. Maddy will travel to six sites- Deigui, Sarandougou, Kankossa, Aioun, Aleg, and Atar. According to Miss England, the ultimate goal is to "Spread Céréamine throughout Mauritania like the Bubonic plague."

Eventually, the health sector hopes to replace the wheat-soy blend currently used in feeding centers with Cereamine. SED is using the project to focus on small enterprise creation and encourage better business practices.

This spring, PC Washington will fund a regional training in Nouakchott for Mauritanian feeding centers, co-ops and entrepreneurs, and people living with AIDs. PCVs and HCNs from all regions will attend the conference. Next? The world.

Teaching out of a Cardboard Box

By Adriana Publico

A symposium organized by TESOL (Teachers of English to Speakers of Other Languages) earlier this month in Dakar focused on English Language Teaching in Resource-Challenged Contexts. The event brought together over 250 educators from 21 countries in Africa to discuss effective English teaching with limited materials. One of the presentations posited the theory that language learners and teachers are the most important language learning resource. Here are some new classroom ideas:

1. Record and translate local folk tales and use those as reading materials and a basis for discussion. Try comparing local holidays, celebrations, games, family traditions and recipes with those elsewhere. The rationale is that the thoughts, culture and experiences of the learners provide the most appropriate and relevant lesson content.

2. Ask students to each bring something interesting in English and use these materials to create a “class library,” which you can keep in a box somewhere at school. The materials could be books or magazines, but can just as easily be a food label, game instructions, comics or anything else in English that’s classroom-appropriate. Then each student can take something from the box and use it as a basis for a written exercise or an oral presentation.

3. Use a cardboard box, a rolling pin and a long piece of paper to create a classroom television. You cut a hole in the box and scroll the paper through like a filmstrip. You can write a story on the paper and have the students read it as you or they “turn

the page.” This exercise aims to increase their reading speed and enjoyment by engaging them more fully than a chalkboard does. This might work better for smaller or younger classes, or for EE volunteers.

4. Once again, take a cardboard box and cut holes in it to make a puppet theater. This is definitely an “English Club” type activity for smaller groups. You can have students write a skit, provide on for them, or ask them to improvise. At any rate, students will be less inhibited or embarrassed to speak English if they’re speaking through a character or puppet.

5. Show students a picture and ask them to describe it or ask them to write about the causes or effects of the image.

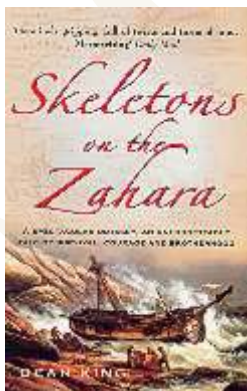
6. Organize a debate between students. This is especially useful after an “Agreeing/Disagreeing” lesson.

7. Use a joke, riddle, or quote as motivation.

8. Have students free-write for the first five minutes of class and respond to their entries. This is called “dialogue journaling” and is a chance for students to initiate topics and express themselves freely. Teacher responses are content-based, at the student’s level and don’t include error correction. Ideally, it’s a conversation between each student and the teacher. This activity can be done on individual sheets of paper or in a mini copybook that students can make by attaching a few sheets of paper to a cover. Apparently students really enjoy this activity and are more likely to come on time if it takes place during the first five minutes of class. Also, a journal over the period of a term will show the students’ progress from beginning to end.

Skeletons of the Zahara: adventure, history, Hassaniya

Book Review by Allison Mickey



Skeletons of the Zahara; A True Story of Survival, is a fact-filled, hits-you-too-close-to-home story of desperate survival against all odds in 19th-century Mauritania. Written by Dean King, the novel chronicles the ill-fated crew of the American brig *Commerce*, which departed Connecticut in 1815 and wrecked on Cape Boujdor (midway along the coast of present-day Western Sahara) the same year.

Twelve of the sailors make it to shore and survive only to be captured and enslaved by Moors. The novel details not only the incredible hardships the men endure, but also the unlikely friendship and respect that arises between the captain, James Riley, and his captor-cum-savior, Sidi Hamet.

Many PCVs will find this adventure story doubly intriguing as King weaves massive amounts of Moorish history, culture, and traditions into the narrative. The book is rife with Hassaniya phrases, discussions of items still in use today (like the *guerba*, the ubiquitous goat skins that keep water cool), and descriptions of the geography and ecosystems of 1815 and modern-day Mauritania. The PC denizens of the RIM will also recognize (with a smile and a grimace) customs and traditions that don’t seem to have changed all that much in the intervening 200 years.

King makes the arduous journey come alive: I swear, three people have told me how thirsty they got while reading the book. So if you’re looking for a page-turner to fill those long, hot RIM days when none of your projects seems to be working, put your name on the waiting list for this book (or have it sent from the States. It should already be out in paperback, and if it isn’t, it will be within the next couple of months).

Runner's World Mauritania

By Keith Gaddis

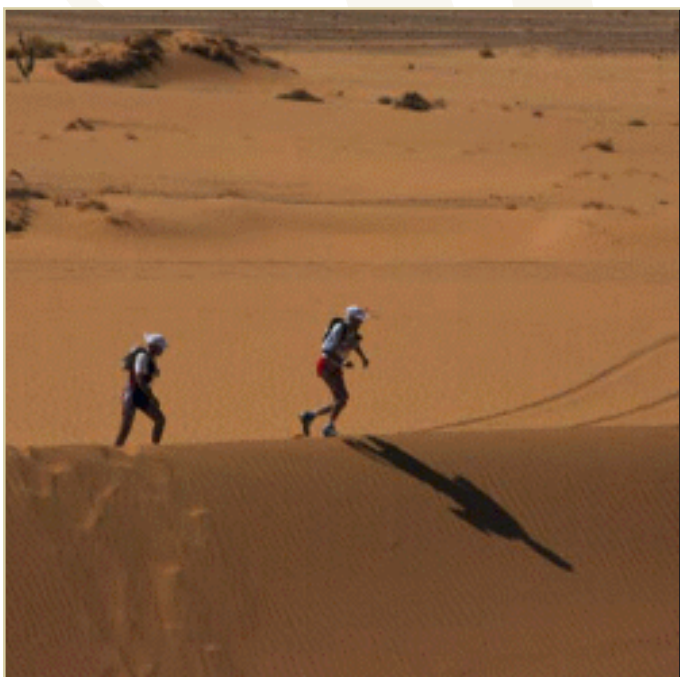
No matter how long you've been running, everyone has to face some sort of demon before they lace up their running shoes and go out of the house. Those demons in turn can take on mammoth proportion when living in the third world in a country where temperatures average around 120. "It's too hot," "I don't eat well enough," or "It's culturally inappropriate." All of this is mental amounts to a load of mental b.s.

The Heat

Yes it is hot. I'm not going to deny it. However—with the exception of the recently departed Jay Davidson—most of us are in our twenties and early 30s, and our bodies can take a considerable amount of stress. As long as you're not heading out at noon in the middle of August you should be OK. Plan a time in the day to run that is cooler, like 6 a.m or p.m. Even in the summer temperatures are acceptable around sunrise and sunset. You don't have to run in the dark, yet still don't have to endure the full heat of the sun beating down upon you. Make sure to hydrate yourself beforehand: drink a liter or two of water an hour before running (Wait at least a half-hour to prevent cramping.) A quick way to tell where you stand is to check your pee. If it's clear, you're hydrated. Anything else and you want to drink more before stepping out of the house.

I Don't Eat Well Enough

This may not be taken seriously coming from a regional capital volunteer, but maintaining a healthy



Does this look like fun to you? Talk to Keith.

March Marathon/ Half-Marathon/ 10k/ Trash clean up

In March, enchAllah, I will be hosting this event to try to get more community members involved in cleaning up Atar. Caroline did a trash clean up in Chinguetti two years ago, but it was almost entirely Peace Corps volunteers. The local military organize these races often and will more than likely participate. I also want to get the local soccer league involved. At the time of publication I have near 30 volunteers signed up for one of the three races, and many others coming to just help out with the activity. I spoke to Aw and he said people could get workdays as long as they helped out in the trash cleanup.

The marathon will [continued on page 16](#)

diet is possible en brousse. The key is to load up when you are in your regional capital with fruits and vegetables. Bananas are a runner's best friend for fighting sore muscles, and thankfully we live in a country where they are available most of the year. Pick up some hard-boiled eggs to add protein: 14 a week are acceptable for someone running more than 20 miles a week. In the village supplement your diet with an extra plate of pasta, beans or rice. That will give you the carbs and energy to keep going.

It's Culturally Inappropriate

For a large portion of Mauritians, the mere fact that you are American is culturally inappropriate. People do sports in all areas of this country. Though the vast majority are men, there is a growing trend of women becoming more active, even in the Moor communities. Women volunteers in the north that exercise are frequently asked to lead exercise classes for local women's groups. You make normal what people see you do habitually. Just dress appropriately: pajama pants and a baggy shirt. You may get a few odd stares, questions or jokes the first week you run, but after that you'll just be part of the background noise.

Training

Training for a marathon, half marathon or 10k can be quite an undertaking if you haven't been active for a while, but as long as you stay determined it is possible for nearly everyone. The first thing is to simply get out there and start moving. If 40 minutes of seriously. Stay off your feet and eat up. The night

[continued on page 16](#)

Head North! Cheap & dirty travel

By **Adriana Publico** and
tchesno.com

Looking to travel but don't feel like spending a lot of money, getting a visa or filling out those pesky vacation forms? Check out the Adrar and Nouadhibou, Mauritania's very own prime tourist destinations. From Nouakchott, it's a straight paved shot to Atar—about 4,000UM by taxi—where you'll be welcomed by various lovable volunteers. Highlights there include ground camel sandwiches, lots of paved streets with streetlights and traffic circles, palm trees and DVDs, if you're nice.

From Atar, you can easily go to Chinguetti and not so easily to Ouadane. You may be lucky enough to find a free ride, be that with an NGO or some of the many tourists who rent out cars with plenty of space to spare. Otherwise, once you get to Ouadane, it may be difficult to find a ride out. Both Ouadane and Chinguetti have "old town" districts that have been designated UNESCO World Heritage sites and are worth a look. The tourist office in Ouadane will try to charge you 500UM for the tour, but PCVs should be able to get in for free. The guided tour is pretty interesting and informative.

Chinguetti is the seventh holiest city in Islam and has several ancient libraries and impressive stone architecture on a slight rise

overlooking a stand of palm trees in the old town. In case there are no PCVs around when you go, both towns feature nice cheap auberges where you can stay in little grass huts and stargaze: Rose des Sables in Chinguetti and Chez Zaida in Ouadane are both located in the "new town" districts and charge 1000-1500UM/person/night.

From Atar, you can get to Nouadhibou on top of the longest train in the world, or at least the longest train we've ever seen. In the morning, you take a taxi from Atar to Choum. Even if you end up riding in the back of a pickup, it's not an unpleasant ride over the hill and then off-road for a few hours to the "train station." Choum is smack dab in the middle of nowhere—they don't even make bread there—so bring everything you're going to want to eat for that day and the next morning. Recommended train food you can buy in Atar includes oranges, peanuts, camel biscuits and bread. Tuna and sardines are readily available, but difficult and messy to serve on a moving, dusty train.

In Choum, you can buy water and drinks at the epicerie and the restaurants typical of most garages feature gritty rice and meat. You can just wait the day out in the shade of the restaurants, even if you don't eat there. Sometime between 4 and 10 pm the train will roll in and stop for a few minutes.

You can buy a ticket and ride inside the train for 1000UM, but it's hot, crowded and full of bandits.

The more adventurous route is to clamber up on top of one of the iron carriages and ride on the ore. Your best bet is to find a local family while boarding and ride with them. They will keep the bandits away while you sleep. The prevailing thought is that the cars toward the front of the train are full of iron powder, which is more comfortable to sleep on, but if you end up in a car with big chunks of iron, just do your best to even out a place to rest. Then tuck in for the long, cool ride to the coast. Except during the very hottest part of the year, the top of the train will get wicked cold overnight. The gentle rocking of the train and the blanket of stars will lull you to sleep, but if you're cold it won't be a pleasant time. It would behoove you to bring lots of layers to wear, which you can usually get from the giveaway pile in Atar. In a pinch, stuffing yourself into a grain sack will help ward off the cold. Either way, you and whatever you wear will be covered in black dust in the morning, a look we like to call "hobo chic."

Once the train stops in Nouadhibou, climb down and take one of the waiting taxis into town. If you're lucky, you'll be able to stay at Mark's sweet pad. There are plenty of good and cheap eats in town, including pizza and an excellent Korean seafood platter. There are also several nearby day-trip destinations. You can walk about 45 minutes due west to a rocky beach, technically part of Western Sahara. You can also take a cab to Cap Blanc, the southern tip of the peninsula. There you can swim out to a shipwreck and watch for seals. Once you've had your fill of Nouadhibou's French pastry and mild climate, it's an easy trip back to Nouakchott on the brand-new paved road, approximately 7,000UM. Or you could bike down, if you're crazy like that.



Make new friends on top of the iron ore train to Nouadhibou.

Last call in Nouakchott

RIM begins enforcing 19-year-old ban on alcohol

By Caleb Judy

Defeated, shoulders slouched, PCV Keith Gaddis slowly walked towards the group looking like the school bully had just stolen the lollipop he's been thinking about licking for six months.

"Sorry guys... Happy Hour is over..."

I wanted to give him a hug... to console him in some non-sexual way. But I have long since learned through bitter experience that there is no solace you can offer a man who just discovered that the boozing is finished.

It's not that we got to the Novotel late. This was highlighted in bold red letters in our social schedule since we heard of the possibility that a cold beer could still be found in Nouakchott for a reasonable price.

Happy Hour at the Novotel simply does not exist anymore.

Nouakchott Notes Editor Cailin McGough was "shocked and horrified."

"Appalled, really," noted Cailin after having calmed down a bit. "I drowned my appalled-ness in these really good olives they had as appetizers."

PCVs Mike Thoms and Zach Petersen displayed their characteristic coolness by brushing it all off their emaciated shoulders.

"At least we can still get beer here," remarked a satisfied Thoms.

Holding the frothy brew for all to see, Petersen quipped, "This beer is worth about a quarter of my monthly salary, but hey, it's all just monopoly money, right?"

The death of Happy Hour at the Novotel is one of the many ripples moving through the windy city from the government's campaign to enforce the alcohol ban mandated by Mauritanian law.

The ban on alcohol in Mauritania is not a new thing. On October 2, 1986, the government prohibited the import, purchase and consumption of alcohol for Mauritanian citizens. The ban was later extended to foreign nationals. Foreigners violating the ban could be expelled; Mauritanian violators were subject to forty lashes in public as prescribed by sharia law. Foreign diplomats and "expatriate technical assistants" were exempt from the ban.

Expatriate technical assistant Matt Britton was traveling with a band of musically-inclined bohemians through northwest Africa when the law came into effect.

"As a six-year-old, I didn't realize how negatively this would effect me. I thought it would be kind of cool to see some public lashings, but I had no idea that it would also mean that I would have to pay 3000 UM for a beer twenty years later!"

Rumors are flying around as to the cause of this recent change in actually enforcing the law. The stories vary, but the common themes are a perceived increase in drinking by Mauritians and a government crackdown on corruption in general.

In every attempt to perpetuate undoubtedly false rumors, I find it necessary to regurgitate a few of the juiciest chunks: Some say that the children of high-ranking government officials had been seen frequenting some of the alcohol-serving establishments and consuming alcohol. Others see this as an attempt by the government to appease the more conservative section of the population.

Country Director Obie Shaw has another theory.

"I'm pretty sure that it was part of a campaign to make PCV Will Holcomb COS as quickly as possible," he said.

Instead of carrying a bag of money to an unnamed government official, businesses now have to acquire licenses to serve alcohol. Currently the Novotel and the Salamander are open and running again. However, 500 UM Japanese beers at the Chinese restaurant are no longer an option. And no more Happy Hour at the Novotel. At 3000 UM a beer, the hour is decidedly unhappy.



Weighing only 35 lbs, Saman can drink a lot.

Three men. One goal.

W A I S T 2 0 0 5

By Maddy England

Getting these three people together for an interview was harder than putting a studded toe ring on a dragon. I'm not embarrassed to say that I was a little bit frightened to sit down with this trio. United in their determination to make your WAIST experience all that it can be, their eyes were glazed over with a passion that could only be described as a complete obsession.

Heading the group is Hawk, a plump man with beady eyes and a penchant for Quai D'Orsey Cuban cigars and hot Thai brothels in the summertime. He tried to sell me a powdery substance smelling of peanuts after the interview, but I declined.

Captain Hook really needs no introduction. After a nasty bout with that slippery boy Peter Pan, he took a job at a low-level NGO in the far east of the country making sure that children grow up as quickly as possible through malnutrition and the promotion of strict work quotas. In his free time, he coaches the Pirates, the so-called "A-Team" of the PC Mauritania delegation. He is insane.

The Prez heads the Swashbucklers. After a successful, albeit scandal-ridden tenure in a fairly high office, he fills his days with the simple pleasures of life, mainly candy bars, Fanta, and softcore pornography. He coaches the "other" Mauritanian team in hopes that someone will be desperate enough to sleep with him.

Who are you?

Hawk: I've been around for a while. Anything you want, I can get it.

Captain Hook: I'm the noise you hear creeping outside your bedroom at night.

The Prez: I like to think of myself as a Renaissance man. Also, I'm very good looking.

What is WAIST?

HK: A weekend of fun thrown every year by the nice folks at the U.S. Embassy in Dakar. I run a few things for them, they do this for the kids... no big deal.

CH: Tap dancing Barbie dolls with hula hoops. I'm sorry, I forgot to mention that I'm insane.

PZ: Beer, hot dogs, dancing... desperate, dirty Americans looking for a good time.

You have all participated in WAIST before –



The men of WAIST
(clockwise from top):
Hawk,
Captain Hook, and the
Prez



describe the experience in three words.

HK: Heaven,
ecstasy, freedom

PZ: Fellowship,
excess, hazy

CH: Congratulatory bum slaps

What's up with the sea theme? Why Pirates?

HK: Pirates sail the seven seas!

CH: Pirates have parrots! I want a parrot named Mercury Neon Lightning Bolts!

PZ: Sorry, they are dumb... We feel that the symbol of the pirate, or other pirate-like entities (i.e. a swashbuckler) will instill the appropriate amount of fear in our adversaries.

What is the difference between a Swashbuckler and a Pirate?

HK: Five letters.

PZ: A Swashbuckler is a drunk Pirate.

How much money will we need per day?

PZ: Beers are 500 CFA. The four evening events are 2000-4000 CFA each (Marine party, bonfire, spaghetti dinner, etc.). A decent meal is about 2500 CFA. Taxi rides into downtown Dakar are 1000 CFA. The exchange rate is about 2550 UM to 5000 CFA.

CH: CFA is like Monopoly money. Last year, Justin and I put a bunch in the bed and rolled around in it.

What happens if we get in trouble?

HK: Say you are with PC Guinea and your CD is Steve Peterson. He will be in Dakar that weekend, so bring all problems to him.

CH: Last year, Justin and I got kicked out of the bonfire for spraying yogurt on each other.

How do we get there?

CH: Second star to the right and straight on till morning.

HK: 12,000 CFA from Bakel to Dakar. 6000 CFA from Rosso to Dakar. When

continued on page 15

Pirates

- 1 Keith "Captain Hook" Gaddis
- 2 Jeff "Rainglo" Field
- 3 Todd "Le Medecin" Bruce
- 4 Brock "HAWK" Emerson
- 5 Mike "Thoms the Bombs" Thoms
- 6 Jared "Magnum" Logsdon
- 7 Loic "The Hudh" Hudson
- 8 Jeremy "Bullfrog" Miller
- 9 Matt "Home Brew" Britton
- 10 Amanda "South Paw" Moody
- 11 April "Smiles" Wilhden
- 12 Aaron "Bearded Lady" Dibnar-Dunlop
- 13 Jessica "Windmill" Palmer
- 14 Virginia "Wolfe" Kendall
- 15 Scott "Bimbolatt" Edison
- 16 Jess "Marshall" Dunsmore
- 17 Adam "Old Blue" Cummings
- 18 Mark "Islamic Paradise" Lang
- 19 Zack "Queen Latifa" Petersen
- 20 David "Pay Day" Solomon

Swashbucklers

- 1 Alison "China Girl" Mickey
- 2 Saman "Fraggle Rock " Wijesooriya
- 3 Michael "Golden Girls" Donovan
- 4 Ben "Bulldog" Burgen
- 5 Daryn "Papi Gringo" Crowell
- 6 Maddie "Mad Dog" England
- 7 Caleb "The Prez" Judy
- 8 Andrew "Curry King" Medley
- 9 Molly " Nice Boobs" McCollom
- 10 Leah "All-Thumbs" Dale
- 11 Chris "Fletch" Fletcher
- 12 Karin "Moon Beam" Dahlgren
- 13 Andi "Sweetness" Gittleman
- 14 Jae "Chinois" Chung
- 15 Tarn "Tarnado" Mower
- 16 Rachel "Zibs" Zubak
- 17 Nicole "The Stamp" Horvath
- 18 Crista "Tropical" Dunkin
- 19 Daniel "Moves" Zhu
- 20 Alexis "Sexy Lexi" Dunleavy

Spectators

- 1 Alexis Aguilera
- 2 Jess Daniel
- 3 Suzanne "Boozane" Carroll
- 4 Cailin "Lonely?" McGough
- 5 Ari "Samwise the Brave" Metchik
- 6 Heidi "Butterface" Gehret
- 7 Mira "Gutz" Eng-Goetz
- 8 Alayna "Cohen the Barbar
- 9 Adriana "Menza" Publico
- 10 Alicia "B.D. Betty" Liebel
- 11 Catherine Brieske
- 12 Greg "Sick Boy" Coordes
- 13 Nancy "Sea Urchin" Pile
- 14 Alicia Wittmer
- 15 Jordana Spadacini
- 16 Julie Anderson
- 17 Zakia "Z Money" Griffin
- 18 Amy "Skippy" Conley
- 19 Teresa Chesno
- 20 Stephanie "Hot Sauce" Farrell
- 21 Valerie Cummings
- 22 Jen Justus
- 23 Samuel Bryar
- 24 Tyler Cummings-Bond
- 25 Ann Min
- 26 Jennifer Slinkard
- 27 Lisa Anderson
- 28 Derrek Hansen
- 29 Mary Hansen
- 30 Miriam Edwards
- 31 Mary Fitzpatrick

"Interview" from page 14

you get there, find a taxi to the American Club on the Corniche in Fenetre Mermoz. Travel in bands of seven (so you can rent out a whole car).

What should we bring our homestays?

HK: A newborn baby.

CH: Last year, Justin brought a plastic banana.

PZ: Cool Mauritanian knick-knacks.

What happens if I throw up at my homestay?

PZ: Don't do that.

HK: Again, you are a PCV from Guinea.

CH: Yeah, the banana got stuck in the bathtub drain, so we filled it up with applesauce and

took a bath.

Would you recommend I bring and wear a chicken suit?

PZ: Yes.

CH: It's a simple question... a baby could answer it.

Where do we buy booze?

HK: From the nice lady with the cooler.

What is the sq. root of 531?

HK: 23.04

PZ: I ranked in the 17th percentile on the analytical section of the GRE. Pi?

CH: Justin Lawrence.

Wait, what kind of tournament is this?

HK: A competition to see how many emails I can send out.

PZ: Skee Ball.

CH: Jello pudding pops!

Tupper Toodles to Luke Filose



Hey Kids,

Tupper here, from the outskirts of Nema. I just ended a two-week camping trip out at good ole' Tupper Cave, my home away from home. Going out there is a great way to clear the mind and clean the bowels. Any-hoo, I just got back in town and was startled to read a message saying Luke Filose was leaving Mauritania for a new gig in Chad as a door-to-door stove salesman. Well, I had a friend named Chad who sold stoves door-to-door back in the '40s, and he always said it was decent work for a man with no real skills, and I believe him. Any-hoo, I just wanted to say a few words on Luke's behalf. I never met the boy, but I did do two

stints in Vietnam with his father, Marvin « Merlin » Filose.

I met Marvin back in the summer of '69. Marvin had red frizzy hair and only one eye, but he was the best damn Jackrabbit AR-9 pilot the 92nd infantry had ever seen. His plane went down 40 clicks north-northeast of the Meo Kong Valley one night, and my platoon was ordered to find him. Well, we did. Hunkered down in a dry river bed four days later, Merlin was chewin' on opium seeds and running around naked from the waste down. He had discharged three 100-round banana clips from his M-16 into the belly of a Silverback gorilla, and was wearing its face as a mask to disguise himself. I tell ya, the first picture I have of Marvin running around naked with a monkey mask always makes me chuckle.

Any-hoo, we got him back to base camp, and over the next month Marvin and I became pretty close compadres. He used to do a stand-up comedy show on Saturday nights, then we would run off into the jungle for three days with a headful of opium and some Saigon hookers. For kicks, sometimes we would hide in the bushes and take pictures of grown men as they used the bathroom. It was a crazy time. Well, Marvin left after that summer, and I haven't seen him since.

Ah, heck, I guess what I'm

tryin' to say is that the apple never falls far from the tree, and if Luke is anything like his old man was, Chad is in for a real treat with that clown-haired cheese ball. So I wish you good luck, Luke Filose. I'm sendin' ya all the Tupper love I got. Cause even though I never had the pleasure of seeing you face-to-face, I love ya as if you were one of my own.

Signing off
Tupper Rensdorf
Nema

Nouakchott Notes Staff:

Cailin McGough
Editor-At-Large

Caleb Judy
Art Director

Matt Britton
Diplomatic Liaison

Keith Gaddis
Humorist

“Guide” from page 10

before the long run eat a heaping plate of pasta to give yourself the energy you'll need.

Your body can best absorb what it needs directly after a long run. Prepare yourself a meal (bananas, pasta or peanuts) to eat right when you get home.

If you get hurt, take it seriously and add some rest days to heal. Ice up sore legs and knees after a run (or pour cool canary water on them). Give a sprain a few days rest, and then work yourself back onto it.

“Marathon” from page 10

occur over spring break in a way that will not interfere with the COS conference. The first day will be the trash clean up. The second will be the race. For those wanting to go, we will probably spend the night after the race in Terjitt.

The marathon is 3/4ths on dirt road, 1/4th on pavement. Half of the way is down hill, half flat, with one major hill at the 3/4 point. The half marathon is almost entirely downhill with one large hill at midway. It is half dirt road, half pavement. The 10k is all on pavement, uphill on the way out and downhill on the way back.

2006 RIM PRedictions

Due to popularity of new Paulie Shore film, the B-52's song "Love Shack" makes a huge comeback. Alicia and Jake do it freaky style. Upon returning home Cailin gets a job as the voice of Scrappy Doo in *Scooby Doo 18: Mystery Park Mayhem*.

Karin takes a shower.

Naps still popular.

Angelina Jolie and Brad Pitt conceive, producing the most attractive psychopath to ever grace God's green earth.

Kane tries to tell a joke, not funny.

Andrew uses readjustment allowance to finally purchased much needed pectoral implants.

Caleb goes all the way.

Maaouiya retakes Mauritania with an army of Terminators and Harry Potter obsessed preteens.

Tagant PCVs still boring.

Andy Gittleman ruins everything.

Monkey jumps on the back of a passing donkey resulting in hilarious antics.

Macire and Luke Filose get an apartment in East L.A. and amuse each other by writing fake personal ads.

Moisture farming replaces C  r  amine as the latest dumb PC obsession, and all SED volunteers will be required to do feasibility studies for it at their sites

Ariana, frustrated with her inability to learn Soninke, takes up Elvish instead.

Keith, amazed, proposes to her the first time she says "I like your weird facial hair, sweetie" in

Elvish.

Ben bites a bat's head off at his site.

Brock showers.

Maddy obtains, and eventually kills or gives away, 10 more pets.

Tupper gets his first visitor in five years when Jake comes to Nema, inspiring him to extend for a sixth year.

Heidi and Jarad fall in love while drowning kittens together

Karin tries Jae's ancient Chinese remedy...and finally is healed of that pesky lesbianness disease.

Greg gets the only recorded case of bird flu in Mauritania.

Dan gets served...again, and again, and again by his own dance class students.

The CTC staff posts a puzzle that, when filled in with everyone's names, will reveal just exactly who in the RIM has hooked up with whom.

Volunteers discover that the CTC is actually entirely produced by Obie and David, working together

secretly at night.

The RIM Pirates, with the valiant support of their RIM Seamen, bring home the booty from WAIST.

The RIM Swashbucklers get beaten by the Dakar Junior High girls softball team...again.

Jesus comes back.

Mike Donovan converts to Islam so he can marry his sweetheart in Djigie.

Sam is driven out of Chingetti when locals discover that he checked a 500-year-old book out of the local library and lost it.

Daryn's mail-order bride from the Dominican Republic getslost in the Nouakchott post office and is never found.

Cailin is still lonely.

Julian extends for a third year... and wears a boubou the entire time he's on home leave.

At WAIST, Cathryn pukes while making out with someone... again.

Tyler becomes a 3rd-level warlock.



Ariana,
frustrated with
her inability to
learn Soninke,
takes up Elvish
instead



WAIST *A Quest for Even More Booty*

2006

February 17-20 (President's Day Weekend)

Mustaches are required for all male volunteers. Start growing one now!



Stupid hair is encouraged

Transportation: Groups will be leaving from Nouakchott on the 16th and 17th. There will also be a large group coming from Selibaby on the 16th or 17th. Details can be worked out as the time gets closer.

T-shirts are being ordered by Suzanne Carroll. They should end up costing 2-3000 um.

PCMO Cynthia Sullivan wishes to remind everyone to be responsible and safe while at WAIST. "Remember that there are many diseases that

can be contracted by kissing or 'other' forms of contact," she says. "Streaking the Marine party, however, is probably a perfectly safe activity."



Bring evening wear for the awards banquet.



Check forthcoming emails for more information. Regional capital people, make sure your village people know what's going on!