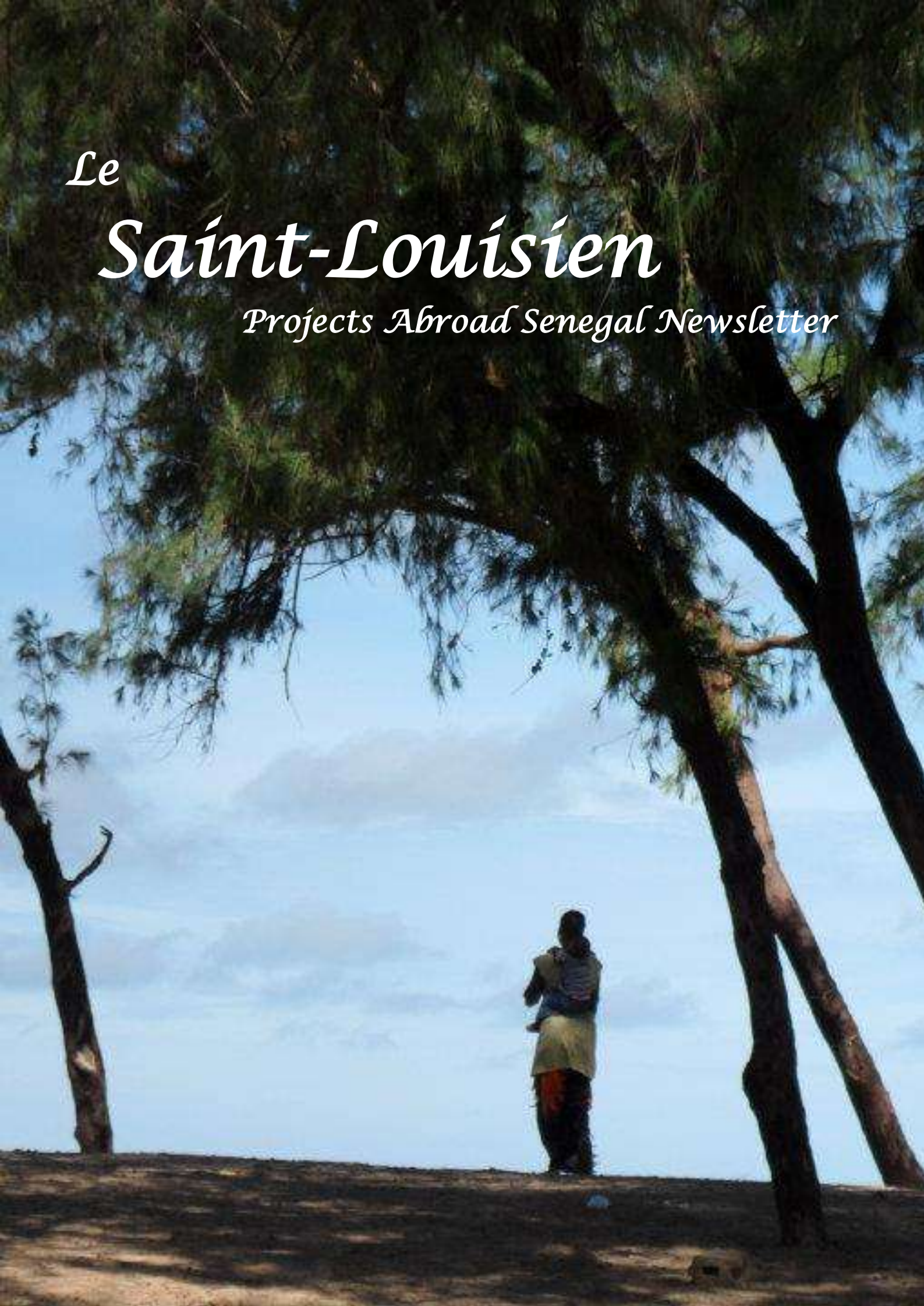


Le

Saint-Louisien

Projects Abroad Senegal Newsletter



Letter from the Editor

Hi Everyone!

November started off with lots of holidays—October 31st was Halloween, the first was All Saints Day and the seventh was Tabaski. Because of the secularity of Senegal, the country recognizes both Catholic and Muslim holidays, and offices were closed so that people could celebrate. Granted Halloween was not an official holiday here, we took advantage and celebrated by carving watermelons anyway!

A huge thanks to everyone who contributed to the newsletter this month! Special thanks go to:

-- Laura Beattie for her photo of the month submission!



I'd like to invite you to find our Official Facebook Group by searching *Projects Abroad Senegal – The Official Group*. Also if you would like, add me as a friend so we can be in touch before, during and after your trip to Senegal! My Facebook name is Erica Projects-Abroad. Or if you are a Twitter fan, you can also follow the latest news here; our name is *Proj_AbroadSN*.

Best wishes from Senegal!

Erica Frerking
Social Manager



Volunteer Activities

Halloween in Senegal

What do you do on Halloween when there are no pumpkins to carve?!...
...You find a watermelon!



And that's just what our volunteers here in Senegal did! We found that watermelon carving is actually less messy, and dare I say more fun (?!) than pumpkin carving!

After carving up the watermelons, we had a little Halloween feast: lollipops, peanuts in honor of our host country, and KingTat...sort of like a KitKat!



RADDHO Human Rights Volunteers Talk About Sexual Health

Two of our current volunteers working for RADDHO decided to do their project on the sex education here in Senegal as it pertains to young girls.



Wednesday evening, October 19, our two volunteers held a seminar in which they invited 30 young girls, between the ages of 14 and 18.

First, they handed out a packet with True/False questions and asked the girls to answer questions about sexual health to see what they knew before the short lesson. Afterwards, the volunteers began their presentation, talking about STI's - how they are transmitted, what to do if you contract one, and how they're avoided - which led to talk about contraception. The volunteers went through



the numerous forms of contraceptive and ended by leaving time for questions. And there were many!

The participants were open and curious and posed many questions, which were answered by the volunteers and the RADDHO Supervisor as well. It came out that most of these young girls did not feel as though they learned enough sexual health in school, and thus this seminar was a good opportunity for them to come talk about a "taboo" topic, get important information, learn what services are available, and get questions answered!



The second Sexual Health seminar was held on Wednesday, November 2nd. The first seminar was held for teenage girls who were currently enrolled in school while this seminar was held for girls who had not completed school. The volunteers wanted to see if the education/information received by the girls who had not finished school differed from that received by the girls who were

currently enrolled.

Ahmeth, the Director of RADDHO in Saint-Louis, translated the questions for the 20 participants in Wolof and asked them to respond True or False for the first 11 questions which asked the girls things like, "You cannot get pregnant when you have your period." and "A virgin cannot contract a



sexually transmitted infection." The girls were next asked to respond to questions about their personal history.

After the questionnaires were finished, Ameth spoke a bit about sexual health to inform the girls of the infections that can be contracted and the methods of contraception. Lastly, one of the volunteers gave a demonstration of how to use a condom so the girls were well informed.

The two seminars very informative and very successful!



Culture

Tabaski: La Fête du Mouton

Tabaski was celebrated on November 7, but at least a week before the celebrating began, Corniche was filled with more sheep than people! Tabaski, as the Eid al-Adha is called in Wolof, is celebrated to commemorate the



willingness of Abraham (Ibrahim) to sacrifice his oldest son upon God's command. God had tested Abraham's devotion, but upon seeing his commitment, he told Abraham to sacrifice a goat instead. To celebrate this devotion, Muslims around the world sacrifice their most precious domestic animal, which in Senegal is a sheep. The meat from the animal is then divided into three parts: one part

is retained by the family, one part is given to relatives, neighbors and friends, and the third part is given to the poor or needy.











Volunteers here in Senegal on the seventh were lucky enough to celebrate this holiday with their families; in my house we ate mutton for five meals in a row (including breakfast!!) After a filling meal of grilled mutton, around five in the evening, volunteers got dressed up in their traditional boubous and made the rounds to neighbor's houses with their families to ask for forgiveness: Balma ak, forgive me – Balanala, you're forgiven.



Who's Here in November?

November has six new volunteers coming, bringing the number of volunteers here during this month to 19!



-  American, 5
-  Japanese, 1
-  Italian, 1
-  French, 4
-  Swiss, 3
-  English, 2
-  German, 2
-  Australian, 1



Recipe of the Month

Ceebu Yapp

In Honor of Tabaski!

Ingredients:

- 1/2 cup oil
- 1/2 pound of lamb or beef
- 1 onion diced
- 1 garlic clove minced
- Any vegetables you might have on hand, like:
 - 2 carrots roughly cut
 - 1 small eggplant
 - 1 potato cut in half
 - 1 sweet potato cut in half
 - 1 cassava
 - 1 small cabbage cut into wedges
 - 6 okra pods
- 1 cup of tomato paste
- 1 bay leaf
- 2 tsp salt
- 1 bouillon cube
- 2 pinches of sugar
- 1/4 cayenne pepper
- 1 habanero pepper
- 3 cups of broken rice
- 6 cups of water

Directions

- Fry meat in oil until browned. Add onion and garlic, and cook just to release flavour.
- Add water and tomato paste, stir until smooth add all spices and vegetables. Simmer until all are cooked.
- Wash and drain rice.
- Lift meat and veggies out of pot and keep warm.
- Add rice and cook on low heat covered until cooked, about 20 minutes.
- Serve on a platter with meat and veggies on top.



Stay In Touch With Us!



Projects Abroad Senegal – The Official Group

<http://www.facebook.com/groups/projectsabroad.senegal>



Projects Abroad Blog – Senegal

http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2985



Read our monthly newsletter

<http://www.projects-abroad.co.uk/volunteer-destinations/senegal/newsletters-from-senegal/>

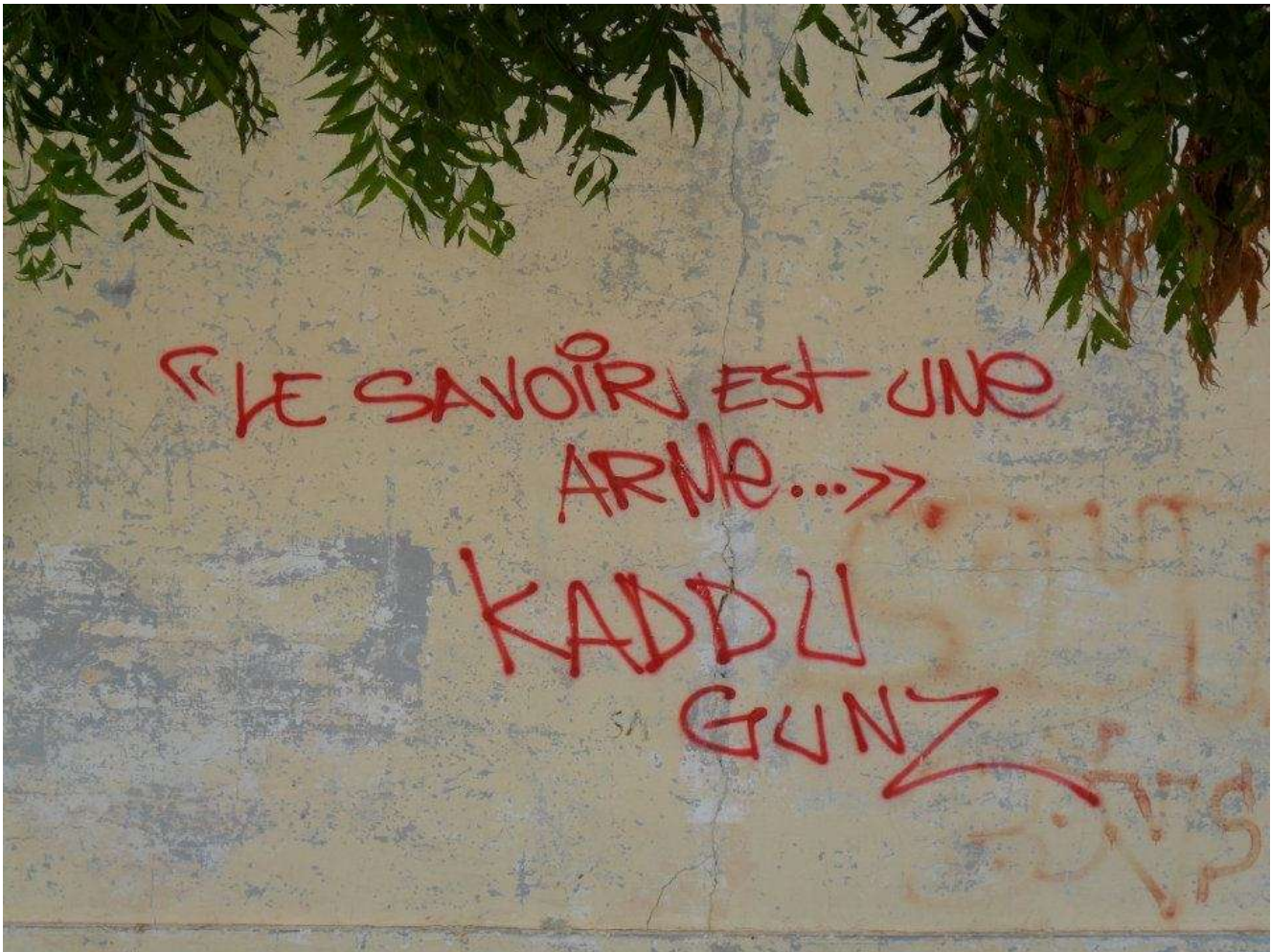


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Picture of the Month



This photo was taken by Laura Beattie during her three month stay in Senegal.

The wall reads: KNOWLEDGE IS AN ARME.

Want to contribute in our newsletter?

Each month we will be featuring a photo from Senegal in the newsletter, elected by our Senegal Office Staff. If you are a former volunteer your photos are also welcome. Show off your best shots!!

Send your pictures to:

ericafreerking@projects-abroad.org

