

Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

August 2014



Chikondi Ingenuity

Children the world over have the need to play and don't need the latest or best toys to play and have fun, as demonstrated recently at Chikondi when the children made their own ball to play with. First they collected a bunch of discarded plastic shopping bags and stuffed the bags together to form a ball shape; and then, to make it hard and better for playing with, carefully melted the bags together using the charcoal burner. By using creative thinking, problem solving and teamwork the kids were soon playing soccer together, joining the rest of the world in the recent World Cup excitement.

Chichewa Vocabulary

Hello.....Mulibwanji
 Goodbye.....Tapita tiona
 Good morning.....Mwadzuka bwanji
 Goodnight.....Mugone bwino

Malawi Facts source: goafrica.about.com

Languages: Chichewa and English
 Major Religion: Christianity 82.7% Islam 13%
 Capital City: Lilongwe 2nd Biggest: Blantyre
 Population: 16 000 000 (estimated)

Voluntourism Adventure: Combining a Holiday with the Ability to Make a Difference

Have you ever wanted to travel to Africa? Go on safari? Do you want to see first-hand where your donations are going? Would you like to visit Chikondi, meet the children and help out on projects at the orphanage? There is a tour of Malawi and Zambia doing all of that being organized by Yvonne Pelletier-Paul. The Voluntourism Adventure leaves October 29 with return dates of November 13 or 20, 2014. If this sounds like your type of trip, please contact Yvonne for more information. Cell 1-250-204-3332, email Yvonne.pelletierpaul@vision2000.ca or visit www.vision2000.ca/yvonnepelletierpaul.



A Taste of Malawi: Yummy Chikondi Chocolate Muffins

Ingredients:

1 1/2 cup sugar	1 3/4 cup white flour
1/2 cup cocoa	1 1/2 tsp baking powder
1 tsp baking soda	3/4 tsp salt
1/2 cup cooking oil	2 eggs
1 1/4 cup milk	1 tsp vanilla

Preheat oven to 350. In a large bowl mix together sugar, flour, cocoa, baking powder, baking soda and salt then add cooking oil, eggs, milk and vanilla. Mix vigorously until fluffy. Pour batter into lined or greased muffin pan. Bake for 20 minutes or until toothpick comes out clean.

Arelene Lihala created these muffins based on a traditional Malawi recipe.



Update on the 2nd Annual Bike for the Children Ride

This year's ride was awesome, everyone had a great time and we raised \$3329 – YAHOO!!! These funds will cover rent, power, water, food, medical costs and English lessons. We would like to take this chance to thank all the riders, supporters and corporate sponsors – Zikomo! Planning is already underway for next year's ride and it would be great to have you join us! For more information please contact Arelene Lihala by email at helpedthechildren@hotmail.com



The African "Traveling Suitcase" Fundraising Event

Join us for a taste of Africa with an evening of fun, adventure, great food and great company. We'll be sharing with you an African experience and the huge joy of voluntourism. Find out how you can have the adventure of a lifetime and make a difference for orphaned children. You will enjoy traditional Malawian cuisine and melodies performed by our very own Max Lihala. There will be costumes, videos, music, door prizes and 19 "Travelling Suitcases" to be auctioned off in African Kawatra Currency. Each suitcase will highlight a child at Chikondi with their picture and personal needs. You can fill the suitcase or have one of our team members fill it for you. The

suitcases will travel to Malawi with the group participating in the Voluntourism Adventure in October. African travel expert Yvonne Pelletier-Paul will share with you the highlights of the upcoming trip to Africa and you will find out how you could participate in this life-changing experience. It's all happening on September 11th 2014, 6:30-9:30pm at The Royal Coachman in Campbell River. For tickets or information please contact Yvonne Pelletier-Paul at 1-250-204-3332 or by email at Yvonne.pelletierpaul@vision2000.ca or Arelene Lihala at 1-250-204-3612 or by email at helpedthechildren@hotmail.com.



On the Team: Edass Ngwira, Director of Operations and Nanny

Edass is an amazing woman with a true passion for her work with children. She keeps Chikondi running smoothly in addition to being the primary caregiver of the 19 children. She has been with Chikondi since 2012, joining Arelene and Max in Blantyre, moving from Lilongwe, where she had worked at another orphanage for 11 years as a nanny to 69 children. Although she had many reasons for doing so, it started with baby Paul, an orphan who had been turned away from the orphanage she worked at and would die if a home was not found for him. She was desperate to find him a home before that happened. She had already met Max and Arelene, and knew they were starting an orphanage. They already had twin girls in their

care and she contacted them to see if they'd be willing to take baby Paul as well. Max and Arelene were happy to take him, saving his life. Edass was so moved by their actions, hearts and intentions to start an orphanage that truly put the children first. When they asked if she would join them she jumped at the opportunity, moving with her four children, Faith, 20, Olive, 15, Tyamike, 12, and Patricia, 9. They all live with her at Chikondi and are instrumental in helping with the day-to-day activities like washing, cooking, cleaning and teaching. She and her children feel so thankful to finally get to live together as a family, at her previous job her position required her to be a live-in nanny, but her children were not allowed to live with her. They had been living with her sister just so she could keep the job necessary to support them. She feels so blessed and is so grateful to Arelene and Max for providing the opportunities they have for her and her children and also a home for the children of Chikondi.

Give ♥ Love ♥ Joy

Newsletter created by Mary Patient