

# Chikondi ONE HEART ANGELS Orphanage



July 2014

Donor Community Newsletter

## Thank-You and Welcome



This is our first monthly newsletter. We would like to take this opportunity to give a heartfelt thank-you for your support and involvement in this charity. Together we will build, expand and create a loving home, school and church for the orphans of Blantyre, Malawi, Africa. These newsletters will share news about the children, our fundraising efforts and our shared successes. Our hope is to help build a strong community of supporters that feel connected to Malawi and the children of Chikondi One Heart Angels Orphanage. [www.chikondiorphanage.com](http://www.chikondiorphanage.com)

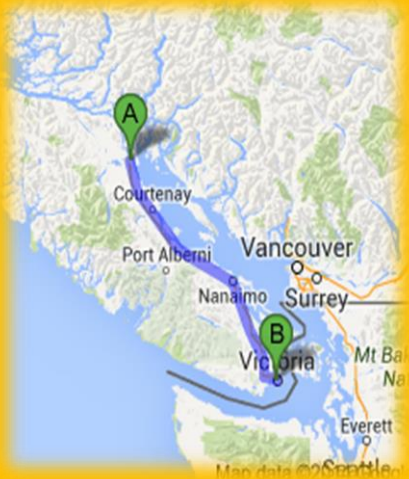
## Your Monthly Donation Impact

- ♥ You are helping to provide 19 children with a loving and safe home
- ♥ In July you will help provide 1767 nutritious meals

## Chichewa Vocabulary – The Language of Malawi

Zikomo.....Thank-you  
 Pereka.....Give  
 Chikondi.....Love  
 Chikondwerero.....Joy

## Bike for the Children



The 2<sup>nd</sup> Annual Bike for the Children event will take place on August 3<sup>rd</sup> and 4<sup>th</sup>. The 2-day bike ride from Campbell River to Victoria will raise funds and awareness for Chikondi, helping us to reach our fundraising goal of \$50,000. This event is being supported by generous contributions from [Outdoor Addictions](#), [Healthway Natural Foods Market](#), and [Tim Hortons](#). For more information on this event, or to pledge support or register contact Arelene Lihala by phone at 1.250.204.3612 or by email at [helpedthechildren@hotmail.com](mailto:helpedthechildren@hotmail.com). Map image from [www.google.ca/maps](http://www.google.ca/maps)

Special mention of thanks to two of our corporate sponsors: [Kiki's Printing Services](#) donates all of our printing needs and Yvonne Pelletier-Paul with [Vision Travel](#) who is arranging affordable custom packages for our volunteers so they can travel to Malawi to help the children – Zikomo



## A Taste of Malawi: Mbatata or Sweet Potato Cookies

### Ingredients:

1 cup mashed sweet potato	¼ cup milk
1 egg, slightly beaten	4 tbsps. melted butter
2 tsps. baking powder	1¼ cups sifted flour
½ cup sugar	½ tsp salt
1 tsp cinnamon	½ cup raisins

Preheat oven to 375 degrees. Mix sweet potato, milk and melted butter, mix well. Sift and stir in remaining ingredients.

Drop by the spoonful onto a greased cookie sheet and bake for 15 minutes OR chill dough for 1-2 hours and turn onto a floured surface, roll out to ½ inch thickness and cut with cookie cutter then bake for 15 minutes. Bonus: Sprinkle cookies with a mixture of cinnamon and sugar before baking. *Recipe and picture from [www.food.com](http://www.food.com)*

## Fundraising in Focus

Malaria is a disease caused by mosquito bore parasites that affected an estimated 207 million people worldwide in 2012 alone. While curable with the use of anti-malarial drugs, particularly artemisinin-based combination therapy (ACT), treatment is only effective when delivered promptly, which is often impossible in developing countries like Malawi. According to the World Health Organization (WHO) in 2012 there was an estimated 627000 deaths from malaria worldwide and every minute a child dies from the disease in Africa. There is good news however, child mortality rates in have dropped by around 54% and total mortality rates by 49% in the WHO African Region and 42% worldwide since 2000. These decreases are the results of prevention measures and focused interventions in high-risk areas. One of the simplest and most effective ways of preventing transmission is to sleep under insecticide-treated mosquito (ITNs) nets, preferably the long-lasting ones (LLINs). Currently, with the help of your donations, we are raising funds to purchase these nets so each child at Chikondi can sleep safely at night. *Information was gathered from the World Health Organization website at [www.who.int](http://www.who.int).*



## On the Team: Arelene Lihala, Founder/President

Arelene Lihala is best known for her kind heart and giving nature. As a mother of two, step mother and grandmother, and through many years of volunteering for non-profit organizations, she has made a difference in the lives of many children on Vancouver Island. Since 2011 she has extended her loving and compassionate heart to reach across the world to Africa. Arelene knew as soon as she visited her first orphanage that she would make it her life's mission to provide a home for as many of the children in need as she can. Arelene is determined and unstoppable letting nothing stand in the way of reaching her goals.

She often single-handedly carts 10+ overweight suitcases from Vancouver Island to Malawi and using her enrolling personality regularly convinces airlines to generously wave the excess and overweight baggage fees. In 2012, with her husband Max, she founded the Chikondi One Heart Angels Orphanage, where currently 19 children now live in a safe, loving and supportive home.