

Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

January 2015



Happy New Year!

2015 is here and we hope it's just the beginning of a great year for you and yours! Many of us have set goals for the New Year. If you have set a fitness goal for yourself or are looking to tackle a challenge this year while meeting new people consider joining us for the 3rd annual Bike for the Children fundraising event. This year the two day ride from Campbell River to Victoria will be held on August 1st and 2nd. If you are interested in finding out more about this event please contact Arelene Lihala by phone: 1-250-204-3612 or by email: helpedthechildren@hotmail.com.



Christmas Wish Come True

This past Christmas the children of Chikondi had wished for a Christmas tree, a rare luxury in impoverished Malawi. We asked the Chikondi community for your help making this wish come true, and you responded generously. We were able to raise the funds needed to buy the tree and a few decorations for it in time for Christmas. This wonderful gift will be treasured by the children for many years to come. Zikomo!

Chikondi Website Launch

Chikondi's new website has launched! The new streamlined website features easy ways to donate, up-to-date information, and more. Visit us at www.chikondiorphanage.org.

Chichewa: The Language of Malawi

| | |
|-------------|----------|
| North | Kumpoto |
| South | Kumwera |
| East..... | Kuzambwe |
| West | Kuvuma |

Malawi Facts

Official Name: Republic of Malawi
President: Arthur Peter Mutharika
Life expectancy: 59.99
Infant mortality rate: 48.01/1000
Independence from Great Britain: 1964
Monetary unit: Kwacha
Annual Per Capita Income: \$900

Population (2014 est.): 17,377,468
Largest city: Blantyre, pop. 856,000
Capital city: Lilongwe, pop. 772,000
Languages: English, Chichewa (common)
Religions: Christian 82.6%, Muslim 13%
Literacy rate: 74.8% (2010 EST.)
Arable land: 30.38%

Source: www.factmonster.com

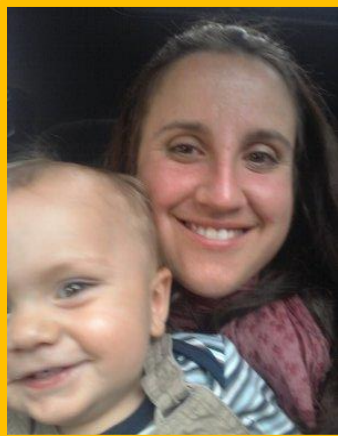
Taste of Malawi: Vegetable Ndiwo

Ingredients:

600g Mixed greens
1 Small onion, chopped
1 Tbsp. oil
2 Tomatoes, chopped
3/4 Cup water
Dash of salt

Method:

In a frying pan cook the onions in the oil until fully cooked then add all the remaining ingredients and reduce to a simmer. Cook at a simmer while stirring ingredients for 5 minutes or until the greens are tender. Serve with rice or nsima.



On The Team: Mary Patient, Monthly Newsletter

Mary Patient was born in Burnaby and raised in Lantzville. She currently lives in Nanaimo with her husband, young son and two cats. She is a stay-at-home mom who spends her days looking after her active toddler. Her interests include writing, reading, travel, genealogy, and learning Spanish. She started volunteering with Chikondi last year when her friend, Kara Arnold (Team Secretary), mentioned they were looking for someone to create a monthly newsletter for their sponsors. This was exactly the opportunity she had been looking for and she jumped at the chance to use her skills to help the children of Chikondi doing something she already loved to do. She likes that Chikondi is a not-for-profit organization that's focused on making sure 100% of donations go to support the children and positively impact the surrounding community. Her hope for the future of Chikondi is that support continues to grow and that this growth will allow for Chikondi to provide for more of Malawi's estimated 1.4 million orphans. She would like to take this opportunity to thank everyone who makes Chikondi possible; because, together we can make a positive change in Malawi for generations to come.

Give ♥ Love ♥ Joy

Newsletter created by Mary Patient