

Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

November 2014



Malawi Trip Update

Chikondi Team Leader, Angela Nauta, has returned from her trip to Malawi and is excited to share these pictures of the children and community of Chikondi with us.



- Clockwise from top left:
1. The older kids having fun doing puzzles
 2. Dinner time is Awesome
 3. Angela reading books with Solomon
 4. Celebrating their new washing machine
 5. Blantyre landscape
 6. Chikondi's teacher, Mr. Burton, happy in the new classroom



Chichewa: The Language of Malawi

Peace	Mtendere
Hope	Chikhulupiro
Remembrance	Chikumbutso
Freedom	Ufulu

Taste of Malawi: Kanyenya

Ingredients:

- 1 cup cooking oil, preferably sunflower oil
- 6 fresh fish fillets, traditionally cichlid from Lake Malawi, good substitutes are boneless white fish such as tilapia or basa
- 1 teaspoon salt
- 1½ cups bread flour
- 1 teaspoon chili powder
- 2½ cups water
- 2 cloves garlic crushed
- fresh lemon juice

Directions:

Mix the bread flour with water in a sizable bowl until the mixture is a fine paste, then add salt, chilli powder, fresh lemon juice and crushed garlic to the paste. Then dip fish into the paste mixture and let stand for about 20 minutes in order to marinate. Heat up cooking oil in a dip frying pan. Then remove fish from the bowl rolling them in the mixture in order to maximize the paste on the fish then fry them in the hot oil until crispy brown.



On the Team: Jen Olsen, Board Secretary

Jen was born and raised in Campbell River and calls it home since moving back two years ago. She's a local businesswoman who owns and operates Apple Mint Day Spa. Along with her interest in business, she likes to read, speaks fluent French, is an avid hiker and enjoys spending time outside. Her greatest joy though comes from spending time with her daughter Bella. She has known Chikondi's founder, Arelene Lihala, since she was 10, meeting Arelene through her son. Jen has been volunteering with Chikondi since it was founded because she's so inspired by what Arelene stands for, envisions for the future, and has been willing to sacrifice to achieve her goal of providing a safe haven for Malawian orphans. Jen is the Board Secretary and contributes her time to record and write up the board meeting minutes. Additionally she supports Arelene by providing an extra set of hands at fundraisers and any task that she needs help with. Her vision for the future of Chikondi is that it expands to include the surrounding communities, providing a source of income for the area by growing food, making clothes and other opportunities. Jen would like to see the children of Chikondi grow up to be happy and fulfilled, become valued members of their community, and create supportive families of their own.

Give ♥ Love ♥ Joy