

# Chikondi ONE HEART ANGELS Orphanage

October 2014

Community Newsletter



## Chikondi Bound

On October 29<sup>th</sup>, 19 travelling suitcases will be on their way to the Chikondi Orphanage. Accompanied by Arelene Lihala, Jen Olsen, and Angela Nauta the suitcases will be filled with many needed items for the children as well as kitchen supplies and gifted housewarming presents. The generous donations given at last month's fundraiser in Campbell River have made this possible. It is going to feel like Christmas long before it arrives. During their three week stay Jen and Angela are looking forward to spending time with the children and getting to know them. Arelene is excitedly preparing with Edass to have our time filled with educational support as well as day to day activities. An overnight fieldtrip to Lake Malawi, a must-see destination, is being



planned. This is an exciting opportunity for the children and adults, who have never been there before, though it is only three hours away. A fun, room painting party and home decorating



project is also in the works. Sharing in the responsibilities of cooking meals, cleaning, bed time routines, schooling and play - learning from each other is what will make this adventure so special. With Christmas around the corner, Angela is looking forward to making crafts with the children, bringing some early Christmas cheer to Chikondi. The ladies are very excited about their journey and are busy filling the suitcases, organizing travel plans and making last minute preparations. In November we will be showcasing pictures from their trip and sharing what they accomplished while in Malawi! Bon Voyage Arelene, Jen, and Angela!

## Happy Thanksgiving and Halloween!

As the fall weather settles in its getting into the holiday season. We would like to take this opportunity to wish everyone a happy Thanksgiving; we hope that it was filled with loved ones and laughter. And for those with little ones there's probably no need to remind you that Halloween is just around the corner. For those who will be escorting little ghosts and ghouls around their neighbourhood, stay safe and have fun!

## Chichewa – The Language of Malawi

Mom.....	Amayi
Dad.....	Abambo
Sister .....	Chemwali
Brother .....	Chimwene

### A Taste of Malawi: Futali

#### Ingredients:

1 small or 1 can of pumpkin  
300g peanut flour\*  
700ml water  
Salt, to taste

#### Method:

Cut the pumpkin into pieces and add to a pot with the water and salt. Bring to a boil and cook until pumpkin is tender. Add the peanut flour and bring to a boil while constantly stirring. Reduce heat and simmer for 10 minutes. Mash or use an immersion blender to blend to a smooth consistency. Serve on its own, as a side dish, or with Nsima (Sept 2014).

*\*Peanut flour can be hard to find, a substitute is to grind 1/3 flour with 2/3 unsalted peanuts being careful to grind just until peanuts are ground but mixture is still crumbly.*



### On the Team: John Wood, Bookkeeper

John Wood was born and raised south-east of London, England. He moved to Canada and finally, after spending time in Port Alberni, Port Coquitlam, Port Clements (QCI) and Sayward, settled in Campbell River where he lives with his wife of 41 years. He has 4 children and welcomed his 5<sup>th</sup> grandchild and 1<sup>st</sup> grandson in September. His interests include genealogy, church and music. John works full-time as a bookkeeper, with many years' experience gained at Macmillan Bloedel. He currently keeps the books for United Floors and previously for the Campbell River Christian School. In addition to working full-time he generously gives his time and talent to keep the books for his church and Chikondi. He's been Chikondi's bookkeeper for over a year, getting involved after a call from Arelene. He chose to get involved with Chikondi because he's a self-confessed sucker for kids, especially those in developing countries, and wants to use his skills to help them. He is a man of integrity and continues to do Chikondi's books because every dollar that is donated is used wisely and goes directly to support the children. He has a lot of respect for our Head Matron, Edass, who works tirelessly to make the best of funding gaps that your donations are going to fill. It has been a hard couple of years financially for Chikondi while it gets up and running. And it's heartbreaking, when it happens, to tell Edass that there is no money to give her right now. He is often in awe of Arelene and her response when the money has run dry, saying, "Arelene will often do without and give her money to the orphanage – She is a courageous woman". One more thing about John, this month he is celebrating his 65th birthday! So from all of us at Chikondi, Happy Birthday John, we hope it's a great one!!

**Give ♥ Love ♥ Joy**