

Chikondi ONE HEART ANGELS Orphanage

September 2014

Community Newsletter



A Taste of Malawi: Nsima

A traditional staple food that goes well with beans and vegetables

Ingredients:

- 3 cups water
- 1 cup cold water
- 2 ½ cups maize (corn) flour

Boil the 3 cups of water in a saucepan. In a separate bowl make a paste using part of the maize flour and the 1 cup of cold water. Add the paste to the boiling water. Stir until mixture has a thick, porridge-like texture, traditionally this is done with a special Malawian hand-crafted wooden spoon. Cover the saucepan and simmer for 15 minutes. Turn heat to lowest setting, remove the lid and gradually add the rest of the maize flour, stirring constantly. Continue until mixture thickens to desired consistency. Cover and cook on lowest heat for about 5 minutes. Stir before serving. To serve dip a flat headed wooden spoon into cold water then scoop up one portion called an intenda. It will look and feel like a chunk of dough.



The children of Chikondi each with an intenda of nsima (it's the white dumpling-like side dish).

New Chikondi Website Coming Soon!

The Chikondi Team is excited about the new website being created by marketing experts Cathy and Madhu of Melting Point Media. There will be lots of beautiful pictures of the children and educational material with blogs and links to social media. The new professional look and feel of the site will be easy to navigate and have user-friendly options for online donating. We are expecting to launch the new site this October and will enjoy sharing the new website address with you in our next newsletter...stay tuned!

The African Travelling Suitcase Fundraising Event Update



A fabulous night was had by everyone who joined us at the Royal Coachman in Campbell River on September 11th. The African themed event was superbly organized, decorated and filled with contributions by our founder, Arelene Lihala. The evening was emceed by our team leader, Angela Nauta and included a live local band, Off to Sea, playing original music and songs. A slide show of our exciting African Voluntourism Adventure was presented by travel expert, Yvonne Pelletier-Paul and delicious Malawian cuisine was prepared by Max Lihala. During the live auction, the 19 travelling suitcases, a drawing by a Malawian orphan, and a painting by local Campbell River artist

Paulette Worrall were sold to the highest bidder. We also had over 30 silent auction items generously donated by businesses in Campbell River community and from all over Vancouver Island which raised over \$800. Each suitcase will be filled with anti-malaria bed nets, blankets, towels, clothes, toys, school supplies as well as specially requested items for each of the children. We surpassed our fundraising goal of \$5000 by raising \$5032 which will go to fill the 19 suitcases travelling to Chikondi in October with our Voluntourism group. Thank-you to everyone who was able to join us and make the event a fabulous success!

Chichewa Vocabulary – The language of Malawi

Please Chonde
Thank-you Zikomo
Yes Chabwino
No..... Ayi

Chikondi Connecting Children (CCC)

With the start of the new school year children in the Campbell River area will again be writing letters to their Chikondi pen-pals. The CCC program was started in 2013 by Arelene Lihala and Cheryl Hocking, a teacher at the Campbell River Christian School. The program aims to give Canadian children a sense of global awareness and responsibility by connecting them with the children at the orphanage. The goal is that through this connection participants get a sense of how fortunate they are and a better understanding of how others live. Children and youths are matched according to age, and individual letters that include drawings, photos, and questions are written to their pen-pals. Participants in the program include whole elementary and secondary school classes, homeschool families and individual children interested in having a pen-pal. There is also an adult focused pen-pal program that is connecting teachers on Vancouver Island with those in Malawi with hopes of expanding to create other professional to professional connections.

The program's goal is to have a continual back and forth between pen-pals, which can be challenging because Malawi has a notoriously unreliable mail service and often letters and packages will not make it to their intended destination. Letters are currently delivered in person, usually by the Lihala's during their frequent visits and replies are brought back with them. However, the program is looking to expand to online delivery, in addition to sending letters, by scanning letters and pictures then sending them as emails.

This participant funded program can and does go beyond just letter writing. In 2013 the CCC program at the Campbell River Christian School fundraised \$700 and held clothing and shoe drives that provided needed items for Chikondi. They also offer support through prayer and create awareness of this charity and the work being done to create a positive future for the children.

Everyone is welcome to join, even if you don't live in the Campbell River area! If you would like your children to be connected with a pen-pal or would like to become a pen-pal yourself please contact Cheryl Hocking for details by email at chocking@shaw.ca or by phone at 1-250-286-6402.

On the Team – Max Lihala, 1st Vice President

Max was born and raised in Blantyre, Malawi. He's a formally trained chef, father, soccer fan and Manchester United supporter. One of his favourite places is beautiful Lake Malawi. He met Arelene while he was working as a chef at an orphanage in Lilongwe that Arelene volunteered at. They started talking and realized they had a mutual love for children and desire to make a difference by helping as many of the thousands of orphans in Malawi as they can. It was while founding the orphanage that Max and Arelene fell in love and were soon married. He feels so blessed to be able to help the children of Malawi and knows it is made possible by the board, team and supporters like you working together and giving. He wants people to know that for the price of three cups of coffee a day a child with nowhere else to go can be provided with a loving home, food, clothing, clean water, medical care, and an education.



Give ♥ Love ♥ Joy