

# Chikondi ONE HEART ANGELS Orphanage

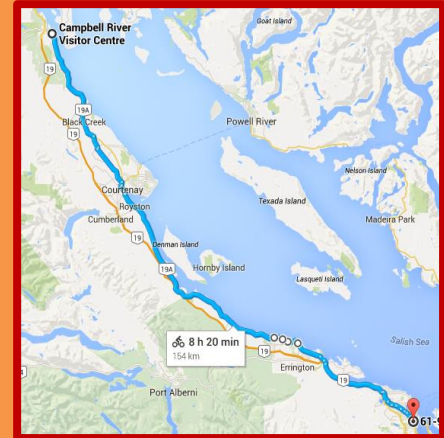
Community Newsletter

April 2015



## 3<sup>rd</sup> Annual Bike for the Children Ride

This year we will be holding the 3<sup>rd</sup> annual Bike for the Children fundraiser on August 1&2. This two day bike ride will leave Spirit Square in Campbell River headed for Muffeo Sutton Park in Nanaimo. Day one will end in Nanaimo and on day two the riders will head back and end the ride where it began in Campbell River. This 310km ride will raise funds for Chikondi and help provide for the children over the coming year. It's our biggest annual fundraiser and we are excited to be putting it on again this year! We are looking for Sponsors, Riders and Ride Volunteers to help us make this year's ride our most successful one yet.



Registration is open from May 1<sup>st</sup> to July 30<sup>th</sup>. The registration fee is \$125 per rider and covers food, shared accommodation at the Best Western Dorchester Hotel in Nanaimo, and a jersey. Minimum sponsorship donation per rider is \$250.

We would like to make a request; if you or someone you know is looking for an opportunity to be a Ride Volunteer and are skilled in any of these areas, we would be happy to hear from you. There are contribution opportunities available in each of these areas:

**Website:** Work with our website administrator

**Media:** Getting the word out about the ride

**Pace car drivers:** Follow riders and carry supplies

**Course set up:** Someone who will support the ride organizers team

**Finances:** Skilled in the financial responsibilities of the ride

**Corporate Sponsorship:** Work with ride organisers to gain corporate sponsorship

**Registration:** Work with the finance volunteers, and support registration of riders

**Volunteer Coordinator:** This is a person who would organize and coordinate volunteers

**Planners:** Would help organize and support the event

**Poster Creator:** Work with the media volunteers

For more information, to volunteer, or to register as a rider please contact Arelene Lihala by phone at 1-250-204-3612 or by email at [helpedthechildren@hotmail.com](mailto:helpedthechildren@hotmail.com).

## Chichewa – The Language of Malawi

Sun .....	Dzuma
Rain .....	Mvula
Wind.....	Mphepo
Clouds .....	Mabingu

### A Taste of Malawi: Simple Chambo

*Traditionally this dish is made with a type of white fish called chambo, which is found in Lake Malawi, a substitute for it is tilapia, which can be bought whole or in fillets at most grocery stores.*

#### **Ingredients:**

Tilapia, whole and cleaned or fillets  
Cooking oil, enough to cover pan to fry fish  
Salt and pepper to taste

#### **Method:**

If using whole fish cut it into pieces. Heat oil in pan; add fish and season fish to taste. Fry until golden brown, garnish with lemon or lime. Serve with fries, rice, potatoes or nsima.



### **On The Team: Christine Garcia-Kehn, Board Member**

Christine was born and raised in Morocco, Africa and now lives in the Comox Valley on Vancouver Island. Aside from volunteering with Chikondi she owns and manages a home-based business that offers bilingual virtual office assistance; she also works as a Safety Coordinator for a barge transportation company. Christine enjoys riding her motorcycle, camping, kayaking, hiking, horseback riding and visiting the beautiful Gulf Islands. She became involved with Chikondi this year but has known our founder, Arelene Lihala, for over 20 years, meeting through their children who were friends growing up. She feels close to the cause of Chikondi as Africa is her home continent, and because she was half-orphaned as a young child when her father died. Although she never had to face the poverty and hardship most Malawian orphans face, she understands the emotional trials of growing up without a parent and seeing the surviving parent struggle to meet the everyday emotional and physical needs of their children. It was this personal experience and her great respect for Arelene that led her to accept Arelene's offer to join the Board. Along with being a Board Member she also acts as Arelene's personal assistant helping her to keep track of everything she does every month for Chikondi. Christine's hope for the future of Chikondi is that they are able to purchase land in the Blantyre area soon so that Chikondi can build the community it needs to become self-sustaining. On the land they plan to build the children's home, the medical centre, the school and the church; which, they hope will provide for the people of the surrounding community as well and become a model for other charitable organizations to help lift people out of the cycle of poverty so many are trapped in.

**Give ♥ Love ♥ Joy**