

# Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

March 2015



## Monthly Sponsorship Program

As Chikondi has become established in the Blantyre community we've realized that the need is far greater than we thought and that our timeline for self-sufficiency needs to be extended. We want to expand and help more children lift themselves and their extended families out of poverty and in turn help Malawi become a more self-sustaining country.

We are expanding our monthly sponsorship program with the goal of securing more ongoing monthly donations. With our new program we are looking to gain donors who can give at a level that they're comfortable with maintaining from \$10 a month and up.

According to The World Bank, Malawi is one of the poorest countries in the world with an estimated 25% living in extreme poverty, less than \$1.25USD per day. And although primary school numbers are high, at an average of 85%, the number drops drastically as children get older and the need for them to earn a wage increases, so that just 16% are able to attend senior secondary programs. Child labour rates sit at 25% and orphaned children are at the highest risk of abuse and exploitation. Your continued help will go a long way to securing a bright future for grateful children in desperate need of your help. Our website offers easy online donating through PayPal or the credit card of your choice. We've also made changes to the site and we invite you to check out our newsletter archive and our new blog. [www.chikondiorphanage.org](http://www.chikondiorphanage.org)



A \$25 donation provides food for a child each month

A \$10 donation educates a child each month



A \$15 donation provides water for a child each month

A \$10 donation provides medical care each month



## Chichewa – the Language of Malawi

Plane..... Ndenge  
 Train ..... Sitima  
 Car..... Galimoto  
 Bicycle .....Njinga

## Update on Malawi Floods

Malawi has been devastated by the recent flooding that UNICEF estimates has affected 63 976 hectares of land. The flooding occurred after a months' worth of rain fell in under 24 hours. The rain then continued, intensifying the situation. It's estimated that 230 000 people have been left homeless and displaced, many are now living in temporary refugee camps and 181 schools have been turned into makeshift shelters. With people seeking refuge in schools the students and teachers struggle to maintain routines and continue classes, although every effort is being made to continue. The Malawian government estimates that it will need \$16 million USD in relief funding to buy and distribute farming supplies and seeds to avoid a food shortage crisis. It's estimated that Malawi has lost about 100 000 metric tonnes of crop yield due to this flooding. The government has also declared a state of disaster in 16 of the country's 28 districts. The World Health Organization is currently focused on preventing outbreaks of Cholera due to contaminated drinking water and lack of proper sanitation. There have already been 55 confirmed cases of Cholera, a disease which can kill in hours, and 2 people have lost their lives. However, thankfully, the children and staff of Chikondi are safe and away from affected areas.

## A Taste of Malawi: Zitumbuwa (Banana Fritters)

### Ingredients:

3 small ripe bananas                      1 tsp sugar  
½ cup cornmeal                              Pinch of salt  
Oil for frying



**Method:** Mash the bananas thoroughly together with the salt, sugar, and cornmeal. Pour the oil into a wok, enough to fry the fritters, and heat until very hot. Drop tablespoon amounts of the dough into the oil and fry until golden brown. Place on paper towel to absorb excess oil and serve hot.

## On the Team: Kara Arnold, Sponsorship Team Member



Kara was born in Nanaimo and spent her childhood in Shawinigan Lake, Duncan and Nanaimo; where she currently lives with her husband and daughter. Besides volunteering with Chikondi she spends her time raising her daughter, Claudia, and works from home as a secretary. Some of her interests include crocheting, hiking, gardening and doing home improvements. She became involved with Chikondi last April through Angela Nauta who was looking for someone to take the team meeting minutes. She is currently doing data base organization and using her skills to support the sponsorship program. She gives her time to Chikondi because she believes that every child should be given a chance to succeed and be happy, and Chikondi aims to provide that for the children and their community. Through supporting and educating children we will be able to help end the cycle of poverty that so many Malawians are stuck in. Her hope for the future of Chikondi is that we can increase ongoing monthly sponsors and that through this sponsorship Chikondi will be able to grow beyond what anyone has yet imagined.

**Give ♥ Love ♥ Joy**

Created by Mary Patient