

Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

June 2015



Meet Fidess and Shakila, two of Chikondi's Children

Shakila and Fidess are twin sisters, and were the first children to arrive at Chikondi Orphanage. They are double orphans, meaning both of their parents have died. Before coming to the orphanage the girls were living with their impoverished grandma who was struggling to look after them and their future was uncertain. They've been at Chikondi for three years now and are thriving and happy. Shakila is far above her grade level. She is already in the public school system and walks several miles with the other children attending school to get to there each morning. Shakila is a thoughtful, helpful and intuitive little girl. She loves to help and play with the other little girls at the orphanage. Her favourite colour is pink and wearing a pink dress makes her really happy. Mangoes are her favourite fruit and she loves to have her hair braided. Fidess enjoys living with the other children and you will find her laughing and playing most of the time, when not at school. Fidess loves to give and receive hugs and really likes one-on-one attention. She has a sweet and bubbly personality and, like her sister, loves the colour pink. She loves to dress up and takes special care of how she looks. Fidess loves to dress up dolls and do their hair. They are very connected sisters and will seek out time with each other. Your generous monthly donations help give these two loving and happy sisters, and every other child at Chikondi, a bright future. Zikomo!



Join Us on Facebook

Have you liked us on Facebook yet? Chikondi has a Facebook page, like us and stay up-to-date on everything Chikondi, join our community, and see exclusive posts and content you won't find in our newsletter or on our website. Click [here](#) to check out our page, see you there!

3rd Annual Bike for the Children

The 3rd Annual Bike for the Children fundraising event is happening on August 1&2. This two-day ride will start and end in Campbell River with riders heading to Nanaimo and spending the night before riding back in the morning. Registration is open and we're looking for riders and volunteers to help make this the best year yet! Please check out our website, www.chikondiorphanage.org, or our Facebook page [here](#), or contact Arelene Lihala by phone at 1-250-204-3612 or by email at helpedthechildren@hotmail.com for more information, to register or volunteer.

A Taste of Malawi: Mtedza (Peanut Puffs)

Ingredients:

2/3 cup finely-chopped peanuts
1/2 cup margarine or butter
2 tbsps. sugar
1/2 tsp. vanilla extract
1 cup flour
1/2 cup icing sugar
Pinch of salt



Method:

Cream together the margarine or butter and sugar then add the peanuts, vanilla extract, salt and flour. Knead lightly then break-off small pieces and roll into balls. Place on a greased baking tray and bake in an oven pre-heated to 340°F for about 35 minutes. Remove from the oven and immediately roll in the icing sugar. Allow to cool then roll the peanut puffs in the icing sugar once more before serving as a snack. Recipe makes about 20 mtedza.

Chichewa: The Language of Malawi

Today Lero
Tomorrow Mawa
Yesterday Dzuro
Later Kalata

On the Team: Dr. Sagno Jean Baptiste, Director of Medical Services



Dr. Baptiste has been with us since we were founded in 2012. He provides the children of Chikondi with medical care and is a Board Member. We have been very fortunate to have him working with us, especially considering Malawi has a lack of certified doctors. In fact, the Malawian government estimates that there is only 1 doctor for every 88 321 people in Malawi, the worst doctor to patient ratio in the world. Dr. Baptiste is highly educated and trained in the study of HIV/AIDS and its treatment. He is the Head Specialist and Physician at the Dream Hospital in Blantyre. He regularly travels to the surrounding villages to provide medical attention and care, so that his patients are not forced to travel. He has a soft spot in his heart for children and feels blessed to be on Chikondi's Board of Directors. He has traveled extensively and is interested in the cultures of other countries. He is also very giving of his time and when you ask for a favour he goes out of his way to make sure it happens. He has a generous heart and can be found helping people no matter where he goes. We are so thankful to have him working with us!

Give ♥ Love ♥ Joy