

Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

August 2015



Chikondi: Three Years of Changing Children's Lives



Chikondi marked three years since its foundation on July 31st. Founders Arelene and Max Lihala have dedicated the past three years to securing a bright, happy future for 13 orphans with an eye toward helping many more. Their goal is to be able to secure the funding necessary to purchase 10 acres in the Blantyre, Malawi area in 2016. On the acreage they then plan to create a self-sustaining community that will provide for up to 100 orphans and help raise the surrounding community out of poverty.

The community will feature a home for the orphans, a farm to provide jobs and food security, a medical clinic to provide services to the children and surrounding community, a school to provide the children of Chikondi and those in the community with an education, and a church to provide spiritual services. If you are interested in learning more about their vision or how you can help, please contact Arelene Lihala by email at helpedthechildren@hotmail.com or by phone at 1-250-204-3612.

A Taste of Malawi: Mbatata (Sweet Potato Cookies)

Ingredients:

1 Cup cooked mashed sweet potatoes
¼ Cup milk
1 Egg, beaten
¼ Cup melted butter
1 ¼ Cups flour
2 Tsps. baking powder
½ Cup sugar
Pinch of salt
1 Tsp. cinnamon
½ Cup raisins (optional)



Method:

Preheat oven to 375°F. Mix sweet potatoes, milk, and melted butter and beat well, then stir in the remaining ingredients. Drop dough by the spoonful onto a greased cookie sheet; or chill dough for 2 hours, place on a well-floured board, knead lightly and roll out to a ½ inch thick then cut cookies into shapes and place on a greased cookie sheet. Bake cookies for 15 minutes. Bonus: Sprinkle mix of cinnamon and sugar on top before baking.

Chichewa - The Language of Malawi

Day Tsiku Week Sabata
Month Mwezi Year Chaka

3rd Annual Bike for the Children



The 3rd Annual Bike for the Children Fundraiser took place on August 1st and 2nd. The riders started from Spirit Square in Campbell River and rode to Nanaimo's Maffeo Sutton Park. They spent the night in Nanaimo at the Best Western Dorchester Inn Hotel, and cycled back to Campbell River the next day. This year we raised over \$1600 which will go toward Chikondi's operating costs. We would like to thank all the supporters who pledged this year. And we would like to give our thanks to our corporate sponsors: Healthway Market who donated bars, powders, apples and dates; Nanaimo Legion Branch #10 who provided

spaghetti dinner and kindly delivered it to the hotel; Outdoor Addictions who gave us bike repairs and tune-ups at a discount; and The Best Western Dorchester Hotel in Nanaimo which gave us a discounted rate for our stay. We have already started to plan next year's ride and hope to see you all in 2016 for a revamped ride and fundraiser that will include everyone who makes Chikondi possible. If you would like to help us with the 2016 Bike for the Children please contact Arelene Lihala at 1-250-204-3612 or by email at helpedthechildren@hotmail.com.



On the Team: Arelene Lihala, Founder and Board President



Arelene Lihala, along with her husband Max, founded Chikondi in 2012. She works tirelessly to achieve Chikondi's mission to provide a home, food, medical care and an education to as many of Malawi's estimated 1.4 million orphans as possible with a goal of also raising the surrounding community out of poverty. She is also a mother of two, a step-mom and grandma. She and her husband currently live in B.C.'s capital city of Victoria. She first visited Malawi in 2011 to volunteer at an orphanage in Malawi's capital Lilongwe and knew as soon she arrived and saw the children in need that she would make it her life's mission to provide a home for as

many children as she can. Arelene is a very passionate and determined person who lets nothing stand in the way of reaching her goals. Her hope for the future of Chikondi is that we will be able to purchase a parcel of land in 2016 on which to build a permanent home for the children, as well as a school, medical centre, farm, and church that will benefit the surrounding community. She also hopes that each year the annual Bike for the Children Ride will grow and be able to raise awareness of Chikondi and our goals.

Give ♥ Love ♥ Joy