

# Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

September 2015



## Meet Jonathan, One of Chikondi's Children



Jonathan was abandoned at a police station in Blantyre. When we picked him up from the station he had no known name or age and was suffering from severe malnutrition. We named him Jonathan and estimated that he was about 2 years old. He did not speak, smile or laugh and most of the time he kept his eyes shut. He did love to eat, but would not stop eating so we had to ration portions for him so he did not make himself sick. At first nighttime was hard for Jonathan; he would wake up in the middle of the night screaming.

Edass, our head matron, moved her bed beside his and slept next to him to be there to help him through the rough patches. Jonathan's progress has been a miracle. Now he loves to give hugs, eats normally, plays, goes to school, and is part of the Chikondi family. People said he would never smile, but he did, and his first smile had us all smiling for the rest of the day. It's because of your continued help that Jonathan, and all the children at Chikondi, have a home, love, security, and a future, zikomo!

## September is Back to School Time

Just as children in Canada are getting back to school this month so are the children in Malawi. Malawi is focused on children getting an education as a means of raising the country out of poverty. The elementary school enrolment rate is 96.9%, but only 59.7% of students complete the elementary level, secondary school enrolment drops to just 31.5% and less than 1% of Malawians enter university; a major reason for the drop in enrolment at all levels is funding. While elementary school is offered free to students the children's family or guardians are required to purchase uniforms, shoes, pens and notebooks, which many people struggle to do. Secondary school is not free so in addition purchasing uniforms and school supplies there are school fees that are cost prohibitive for a lot of children, and



additionally there is the pressure to earn a wage to help provide for their families instead of going to school. With less than 1% of Malawians being able to attend and pass elementary and secondary school and also afford university tuition it means that Malawi struggles to have the qualified man power necessary to raise themselves out of poverty and most children are denied the opportunity to reach their full potential. At Chikondi we are committed to providing the children with an education and are focused on securing the funding needed so that they can reach their educational goals and full potential.

*Statistics from UNESCO*

## Chichewa: The Language of Malawi

Day ..... Tsiku  
Hour ..... Ola  
Minute ..... Mphindi  
Second ..... Chachiwiri

### A Taste of Malawi: Chingerezi (Basic Malawian White Bread)

#### Ingredients

1 Cup milk  
2 Tbsp. sugar  
2 Tbsp. butter  
1 Tbsp. salt  
½ Cup warm water  
1 Cup warm water  
2 Packages active dry yeast  
6-7 Cups white flour



#### Method

Preheat oven to 375 degrees. Heat milk and butter, let cool. Add ¼ cup of warm water and yeast together and let sit for 5 minutes. In a large bowl mix sugar, salt, remaining ¼ cup of warm water, milk and butter. Put yeast in bowl, and slowly mix in the flour one cup at a time. Knead dough until smooth. Grease a large bowl and add dough, let dough sit until double in size. Once doubled punch dough down, then put into floured bread pans and let dough double in size again. Bake 45 minutes. White bread is a staple food in Malawi and will be served to guests with tea when available.

### On the Team: Max Lihala, 1<sup>st</sup> Vice President



Max was born and raised in Blantyre, Malawi. He is a formally trained chef, father, soccer fan and Manchester United supporter. One of his favourite places to visit is the beautiful Lake Malawi. He met Arelene while he was working at an orphanage in Lilongwe that Arelene volunteered at. They started talking and realized they both had the same goal, to make a lasting difference in the lives of as many of the orphaned and abandoned children in Malawi as possible. 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. His hope for the future of Chikondi is that it is able to continue to grow and that we are able to purchase the 10 acre parcel of land that will make it possible to fulfill the vision of Chikondi as a self-sustaining community. He would also like to be able to provide education about and access to nutritional foods to the children and surrounding community. As a Chef, he is all too aware that food shortages, a lack of access to foods and knowledge about the nutritional content of foods is a contributing factor in the general population's poor health and in 40% of children suffering from stunted growth.

**Give ♥ Love ♥ Joy**

Created by Mary Patient