

# Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

October 2015



**Happy Halloween to all our sponsors and supporters!**



## Meet Olive, One of Chikondi's Children

Olive has a contagious laugh and loves to joke around and play while she works. Olive is happiest in the kitchen and is excited if there is an opportunity to cook or bake something special. Her favourite meal is chicken and chips and she has a sweet tooth. Olive loves school but has a difficult time with it and is getting extra help from the other students and our teacher Mr. Burton. She is dedicated to her education though and you can find her working on her homework at all hours of the day and night. Olive loves to read and is always happy if she can get her hands on a good book. She also enjoys singing a lot. Her favourite colours are pink, purple and white. Like any young woman she likes to have nice clothes and would love to have an iPhone and own a small car. Olive dreams of going to university and becoming a lawyer or medical doctor. She also would like to get married one day and have two children. It's through your continued support that Olive, and the other kids at Chikondi, can dream of a bright future and have the opportunity to fulfill their goals, zikomo.



## Volunteer Recruitment Fair



On October 1<sup>st</sup> founder Arelene Lihala and volunteer Sally Nentwig (*pictured left*) represented Chikondi at the annual Volunteer Victoria Recruitment Fair held at the University of Victoria. As a charity run by volunteers Chikondi is always looking for people to help us reach our goals and get us to the next level where we will be able to help more children in Malawi. By participating at a major event like this one Chikondi was able to meet with hundreds of people interested in making a difference and we signed up

nearly 30 volunteers with more people interested. There was a great response to Chikondi and we are so happy that we were able to let more people know about us. If you or someone you know is interested in becoming a Chikondi volunteer we are looking to fill positions with various time commitments from a few hours on a specific day to on-going throughout the year. To find out more about volunteering with Chikondi please contact Arelene Lihala at [helpedthechildren@hotmail.com](mailto:helpedthechildren@hotmail.com) or at 1-250-204-3612.

## Chichewa: The Language of Malawi

Pumpkin .....	Dzungu
Candy .....	Sweet
Costume.....	Chovala Po
Scary.....	Mantha

### A Taste of Malawi: Stewed Red Beans

#### Ingredients:

4 cups of red beans  
2 cloves of garlic  
8 cups of water  
½ white onion  
1 tsp salt  
2 tomatoes



#### Method:

In a large pot add red beans, water and salt then bring to a boil. As the water boils down add more water to keep the beans covered. Turn the heat to low and boil until the beans are tender. Then add minced garlic, chopped onion and tomatoes, cook until the water turns into a creamy and smooth sauce.

Malawi grows 28 varieties of beans that are considered a staple food; therefore, there are a great variety of bean dishes.

### On the Team: Edass Ngwira, Director of Operations and Head Matron



Edass is an amazing woman with a true passion for her work with children. She keeps Chikondi running smoothly and is the children's primary caregiver. She has been with Chikondi since it was founded in 2012, moving from Lilongwe to Blantyre to do so. She had worked in Lilongwe for 11 years as a nanny to 69 children at another orphanage. The best part of her position at Chikondi is that her four children finally have the opportunity to live with her. Previously her children had been living at her sister's house because at her last job she was required to live at the orphanage and her children were not allowed to stay with her; a sacrifice she had to make because her job was necessary

to support them. Her children are instrumental in helping with the day-to-day activities at Chikondi like washing, cooking, cleaning and helping the younger children with their school work. She and her children feel so thankful to finally get to live together as a family. She is grateful to the Lihala's for providing the opportunities they have for her, her children and the children of Chikondi.

**Give ♥ Love ♥ Joy**

*Created by Mary Patient*