

Chikondi ONE HEART ANGELS Orphanage



Community Newsletter

November 2015

Meet Rosh, One of Chikondi's Children



Rosh arrived at the orphanage last year after his father drowned in Lake Malawi. Rosh's family is from Salima in central Malawi and his dad was in the army. His father was a loving, protective and wonderful man who provided a nice home for his immediate and extended family. It was such a loss for his whole community when he died. Rosh still deals with the loss of his dad. His mother was really struggling and contacted us pleading for support, asking if we would take him as she was unable to care for him. Rosh is still adjusting to his new home and was very quiet for a long time, but he's starting to feel more at home at Chikondi. He misses his mother a lot and gets so excited when she comes to visit. He enjoys being with all of the children, playing ball, colouring and attending school.

Help Make Chikondi's Christmas Special

Last year the Chikondi community teamed up to give the children an artificial tree and decorations for Christmas. We would like to call on your generous spirit again to give the orphanage a new range to replace the one that broke a few weeks ago. Currently all the food for the children is being cooked on the charcoal burner pictured below. A charcoal burner is an expensive and unhealthy alternative to an electric range because it costs more to use and fills the



living areas with smoke that can cause health problems in the long term. We are reaching out to you with the hope that together we can raise the \$680 needed to give the orphanage the new range it needs in time to cook Christmas dinner. Any funds raised above that will be put toward a memorable Christmas dinner that the children, staff, and their families can share to celebrate the holiday and small gifts of sweets for the children. So far we have raised \$100, to join us in giving please visit www.chikondiorphanage.org, or call Arelene Lihala at 1-250-204-3612.



Chichewa: The Language of Malawi

PeaceTendele
LoveChikondi
Sacrifice Kupeleka Sembe
Thank you Zikomo

A Taste of Malawi: Goat with Peri-Peri Sauce

Ingredients:

1 1/2 pounds of fresh goat meat, bone in*
Pinch of salt
Water
1 Tomato
Rajah All-In-One Spice with garlic*

Method:

Take goat meat and cut into bite size pieces, then add to medium pot and brown. Slowly add salt, water, spice and tomato. Simmer until tender. Serve with Peri-Peri* hot sauce.



*Peri-Peri hot sauce and the Rajah Brand all-in-one spice can be found in some grocery and specialty stores. Goat can be purchased as some butchers shops or could be substituted with beef.

On the Team: John Wood, Bookkeeper



John Wood was born and raised in south-east London, England. He met and married a Canadian in 1973 and moved to Canada in 1974. After various postings with Macmillan Bloedel they finally settled in Campbell River where he lives with his wife of 42 years. He has four children and welcomed his sixth grandchild and second grandson in May. His interests include genealogy, church and music. John is semi-retired and works part-time as a bookkeeper using his many years'

experience gained at MacMillan Bloedel. He currently keeps the books for just one client as he moves into retirement. In addition to working part-time he generously gives his time and talent to keep the books for his church and Chikondi. He's been Chikondi's bookkeeper for almost three years, getting involved after a call from Arelene who was given his name and number by a mutual friend. He chose to get involved with Chikondi because he's a self-confessed sucker for kids, especially those in need in developing countries, and wants to use his skills to help. He is a man of integrity and continues to do Chikondi's books to insure every dollar that is donated is used wisely and goes directly to support the children. He has a lot of respect for our Head Matron Edass, who works tirelessly to make the best of funding gaps that your donations are going to fill. It has been a hard couple of years financially for Chikondi while it gets up and running and still continues to struggle; it's heartbreaking to tell Edass that there is no money to give her right now, knowing that the children will have to go without. He is often in awe of Arelene and her response when the money has run dry, saying, "Arelene will often do without and give her money to the orphanage; she is a courageous woman". We would like to take this opportunity to thank John for all his help, his generous spirit, and his support over these last few years.

Give ♥ Love ♥ Joy

Created by Mary Patient