

# Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

February 2016



## Volunteer Opportunities

We have 4 major fundraisers happening this year and we are looking for volunteers to help us with our events. The time commitments vary from just a few hours on the day of the event, for example setting up chairs, on up to a more involved role. If you or someone you know is interested in helping with any of our events, or if you would like more information on our fundraisers, please contact Arelene Lihala by email: [helpedthechildren@hotmail.com](mailto:helpedthechildren@hotmail.com) or by phone: 1-250-204-3612.

### 2016 Fundraisers

Hunger for Change Dinner

April 16<sup>th</sup> Victoria

Fashion Show Fundraiser and Gala

May Victoria

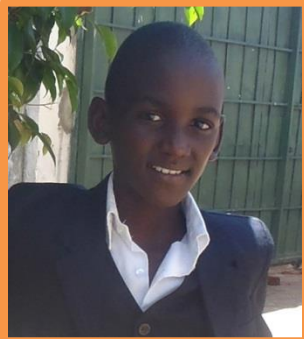
Concert

July 23<sup>rd</sup> Victoria

4<sup>th</sup> Annual Bike for the Children

August 6<sup>th</sup> & 7<sup>th</sup> Victoria to Nanaimo return

## Meet Solomon, One of Chikondi's Children



Solomon is a gentle, kind and wonderful young man. All of the children and staff love Solomon. He is so helpful around the orphanage. He serves out the food and gives a blessing to all of the children before they eat. Solomon loves to read, sing, build puzzles and play with friends. His favourite sports are football, net ball and soccer. Solomon enjoys helping others. His favourite subjects in school are Math and English, and he wants to learn how to cook. Dressing up in nice clothes and getting ready for church is a pleasure for him. When he grows up he wants to be a bank manager, then own a bank and then to be the President of

Malawi. He would like to build a house for his mom one day and live with her again. He wants to be married and have three children and cook them all great food. Together, with your continued support, we will be able to help him grow up and achieve his educational goals and his dreams.

## A Special Thanks to Amber!

We would like to thank Amber, who celebrated her 9<sup>th</sup> birthday in January and asked her friends and family for donations instead of presents. Her thoughtful gesture raised almost 90\$ for Chikondi, which will go to help feed the children. Zikomo Amber! Everyone at Chikondi wishes you a very happy birthday!



## Chichewa – The Language of Malawi

Brother .....	Chimwene
Sister .....	Chemwali
Older .....	Wokalamba/Wakulu
Younger.....	Wangono

### A Taste of Malawi: Nsima

#### Ingredients

3 cups water  
1 cup cold water  
2 ½ cups maize (corn) flour

#### Method

Boil the 3 cups of water in a saucepan. In a separate bowl make a paste using part of the maize flour and the 1 cup of cold water. Add the paste to the boiling water. Stir until mixture has a thick, porridge-like texture, traditionally this is done with a special Malawian hand-crafted wooden spoon. Cover the saucepan and simmer for 15 minutes. Turn heat to lowest setting, remove the lid and gradually add the rest of the maize flour, stirring constantly. Continue until mixture thickens to desired consistency. Cover and cook on lowest heat for about 5 minutes. Stir before serving.



**To serve:** dip a flat headed wooden spoon into cold water then scoop up one portion called an nitneda. It will look and feel like a chunk of dough. This is a staple food in Malawi and most people will eat this at some point every day. Although it is filling food it is not very nutritious and dependence on this staple food is a contributing factor in the stunted growth of 40% of all children in Malawi. We hope to one day be able to grow and provide more nutritional food, not only to the children of Chikondi, but to the children of the surrounding community as well.

### On The Team: Mary Patient, Monthly Newsletter and Board Member

Mary Patient was born in Burnaby and raised in Lantzville. She currently lives in Nanaimo, BC, with her husband, two young children and two cats. She is a stay-at-home mom who spends her days looking after her busy toddler and newborn. Her interests include writing, reading, travel and genealogy. She started volunteering with Chikondi in 2014 when a friend mentioned she knew of a charity that was looking for someone to create a monthly newsletter for their sponsors. This was the opportunity she had been looking for and she jumped at the chance to use her skills to help the children of Chikondi doing something she already loved to do. More recently she has joined the board, expanding her role and doing more to help the children. She likes that Chikondi is a not-for-profit organization that's focused on making sure 100% of donations go to support the children and positively impact their surrounding community. Her hope for the future of Chikondi is that support continues to grow and that this growth will allow for Chikondi to provide for more of Malawi's estimated 1.2 million orphans.



**Give ♥ Love ♥ Joy**

*Created by Mary Patient*