

# Chikondi ONE HEART ANGELS Orphanage

Community Newsletter

March 2016



**Happy Easter!**



**Isita Yabwino!**

*From everyone at Chikondi*

## Chichewa – The Language of Malawi

Aunt.....	Azakhali
Uncle .....	Achimwene
Niece .....	Mphwanga
Nephew .....	Mphwake

## Malawi and Canada, a Comparison

	Malawi	Canada
<b>Average Life Expectancy</b> .....	60.66 Years	81.76 Years
<b>Mother's Average Age at First Birth</b> ...	18.9.....	28.1
<b>Maternal Mortality Rate</b> .....	634/100,000 Live Births ...	7/100,000 Live Births
<b>Infant Mortality Rate</b> .....	46.26/1,000 Live Births ...	4.65/1,000 Live Births
<b>Average Children per Woman</b> .....	5.6.....	1.59
<b>Physician Density</b> .....	0.02/1,000 People.....	2.07/1,000 People
<b>Hospital Bed Density</b> .....	1.3 Beds/1,000 People.....	2.7 Beds/1,000 People

*All facts sourced from the CIA World FactBook*

[www.cia.gov](http://www.cia.gov)

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Join us on Twitter, #givelovejoy. Check out pictures, see our latest fundraising campaigns, and get updates on Chikondi and the children!

## A Taste of Malawi: Malawian Tomato Sauce

### Ingredients

3-4 medium size tomatoes  
2 tbsp. oil  
2 tbsp. fine chopped onion  
Salt to taste

### Method

Bring the oil to a boil then add the onion and sear to dark brown. Add the tomatoes and cook until very soft and consistency of sauce; then add salt to taste.

This dish is usually paired with meat, rice, beans, and/or nsima (check out February 2016 Newsletter for nsima recipe).



## On The Team: Tiffany Kulasekare, Second Assistant



Tiffany was born and raised in Surrey, BC, but spends most of the year living in Victoria, BC, where she is a student at the University of Victoria. She enjoys everything fashion related, especially fashion design and styling. She works as a secretary at her father's shipping company and as an intern at RimpY Sahota Apparel, a Vancouver based women's apparel company. She started volunteering with Chikondi last year after meeting Arelene Lihala, Chikondi's founder, at a volunteer fair held at the University of Victoria. She helps Arelene with administrative work and event planning, helping to create our annual fundraisers. She was drawn to Chikondi because our main focus is the children. She is very passionate about helping children reach their full potential and feels Chikondi's values reflect her own. Her hope for the future of Chikondi is that it continues to grow and help more orphaned children, because she feels that all children deserve a chance at a bright future. She would like to share the profound effect volunteering has had on her. Being a part of an organization in which the goal is to help others without financial reward has provided other, unexpected, rewards. As she has helped others better their lives she has felt a sense of fulfillment that is indescribable and she strongly believes that everyone should get involved in volunteer work!

**Give ♥ Love ♥ Joy**

*Created by Mary Patient*