



CHW PROGRESS REPORT

Mosquitoes, Malaria and Medical Scheme

Malawi provides a perfect climate and geography for anopheles mosquitoes responsible for the disease of Malaria. 90% of the world's cases are in Sub-Saharan Africa. All visitors are required to take anti-malarial drugs such as mefloquine as a means of protection.

Humans get malaria from the bite of a malaria-infected mosquito. When a mosquito bites an infected person, it ingests microscopic malaria parasites found in the person's blood. The malaria parasite must then grow in the mosquito for a week or more before the infection can be passed on to another person. If, after a week, the mosquito bites another person, the parasites go from the mouth of the mosquito into the next person's blood. The parasites then travel to the liver where they grow and multiply. Toxins from the parasites are released into the blood making the person feel sick with fever or flu-like symptoms.

Most at Risk

Pregnant women and children under five years of age are most at risk of getting malaria. Some infants may be infected by three months of age. Malaria infection is exacerbated in HIV positive patients, particularly the women. Young children and women do not have preferential treatment within the household and are less apt to get treatment. Adults experience approximately six malaria episodes a year.

Human and economic costs are enormous. Malaria is the leading cause of morbidity and mortality in Malawian children accounting for 40% of deaths under age two. The social costs of the malarial burden include bereavement, sickness, death and the consequent funeral costs. The episodes can be very disruptive to much needed income generating activities. Malaria and poverty are inextricably connected.

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What Am I Going To Wear?

Each morning we get up and say to ourselves, "What am I going to put on today?" We search through the closet and after rejecting a number of choices for varied and sundry reasons, we make our selection. For the girls and their families that Change Her World support, there is no such exercise that goes on each morning. The choice is easy because there is only one or two pieces of clothing available regardless of the season or how you feel. Many times that article of clothing is torn, stained, lacks buttons, zippers or any reliable type of closing and has to suffice day in and day out. For the girls that we support, they do have a school uniform as well which tends to be the item that they wear most often whether they are in school or not and it quickly becomes worn out and in disrepair.

The girls need clothing which we might call "play clothing" here in Canada. Unlike in our country, in many of the rural areas of Malawi, girls and women wear tops, skirts and dresses only. They do not wear pants, jeans, leggings, tights or shorts.

Can you help to make clothes available for the girls in Malawi ?

Above: A mosquito net can mean the difference between life and death

Below: Pregnant women and children under the age of 5 years are the most vulnerable to Malaria.



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Mosquitoes, Malaria and Medical Scheme

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Prevention

Wearing long pants and long-sleeved shirts especially from dusk until dawn and sleeping under a mosquito bed net dipped in permethin insecticide are good ways to protect oneself.

There have been many strategies attempted to address the problem. Various methods of controlling the mosquito population have been thwarted so none have proven effective over the long term and have certainly not impacted the vast rural and poor communities most at risk.

How Change Her World is Helping

In September 2012, each girl supported by Change Her World will be given a **treated mosquito net** for her use and that of her family.

In addition, at the Change Her World office in Chilumba, there is now a **medical kit** containing supplies to treat the most commonly seen ailments, malaria being one of them. The responsibility and supervision of the kit and the contents lie with the physician assistant on our project committee and a strict protocol for its use has been developed. A phone has been purchased for this medical scheme so that if there is an urgent need, one of the zone committee volunteers can call the office, allowing the physician assistant to return the call to see what the problem is and to discern the next course of action.

Several sick girls have received medical treatment using this medical scheme and one medical emergency, which resulted in a flurry of emails between the Change Her World Directors and the Chilumba Project Committee, has been resolved. We are relieved and happy to know that the girl involved was seen quickly and is under care for her condition. We as a Board take very seriously the responsibility with which we have been entrusted.

With the goal of helping more people in the community in need of medical assistance, we are in the process of trying to secure seven **Physician Travel Packs**, one for each of the clinics and the 2 hospitals. These packs contain treatments for commonly seen conditions and each kit potentially has treatment for 600 people. These items would make a great difference in the ability of the health clinics and hospital to be able to provide care to those who come seeking treatment. Each kit contains antibiotics, analgesics, antiparasitics, antiemetics, antifungals, topical creams, antihistamines, vitamins, antihypertensives, antimalarials, eye/ear drops and ointments.

Your donation today will help to acquire these much needed supplies for girls, women and their families in Malawi Africa!

School Fees And So Much More....

In 2011, while visiting a village in the Lwergza zone, we witnessed the industrious members of the **Sangiro Mother Group** who were making mud bricks in the hopes of constructing a house for a female teacher to live in. It is difficult to get trained female teachers to come to remote rural areas if housing is unsatisfactory and so having recognized this need, these mothers were doing their best to begin construction on a house. They were very proud and eager to show us how this was done. In May 2012, we were informed that indeed, this Mother Group had built the house and was asking if Change Her World could provide the funds for them to **pour a concrete floor**. It was with great joy that we were able to meet this request. Soon there will be a teacher for that community if it is not already a reality. Working in concert with the people towards the common goal of bettering the education experience for the children is immensely satisfying for the Board of Directors in Canada

The purchase of **10 cooking pots, numerous plastic pails as well as 700 plastic cups and utensils** means that more children will be fed a noon meal by the Sangiro Mother Group. This makes a significant difference to their learning ability but it also means a little lighter burden for their struggling families. Four schools have received cooking pots thus far.

Monies received from the fundraising efforts at Stratford Central Secondary School in March is being used to put a **roof on Khawa Community Day Secondary School** in Lwergza Zone while in Jetty Zone a **roof will also go on Liberwwalumba Primary school** in September 2012.

You were been made aware in our last issue of CHW Progress Report (Spring 2012) of the restoration of the girls hostel /boarding school in Chilumba. We are currently exploring costs to re-wire this building and also the cost for five solar lamps for the girls to use for study purposes. The electricity is intermittent and at best, does not

We look forward to this new school year beginning in Malawi just as it does here in Canada in September. The needs of these children are no different than the needs of your children and grandchildren. The reality though is vastly different.

offer adequate lighting. The solar lamps would be used when the electricity goes off.

The stark reality is that there is the need for and a scarcity of (1) nutritious food to maximize learning potential, (2) clean water and sanitation to keep the children from getting sick from poor sanitation or water borne disease and (3) a lack of resources for students and teacher.

The needs are many and the challenges can be daunting when one looks at the scope of the challenges but... **one roof at a time, one feeding program at a time and one girl at a time... the lives of the girls, their families and their communities are being changed!**

You can see it. You can feel it. With every email that crosses back and forth from Canada to Malawi there is an energy, a hope, a drive that keeps us all working, hoping, planning and dreaming of what we can accomplish together. Every day we as directors give thanks to every person who contributes to this soul-satisfying work.

Linda Willis
Chair of the Board of Directors



Recent Events—Spring 2012



On April 14, new faces and familiar supporters gathered at the Stratford Golf and Country Club for the Second Annual Dinner for Change Her World.

There was good natured rivalry as guests jockeyed to get the best deals on the many silent auction gift baskets. Many thanks to all who gave so generously. As we are unable to sell tickets on any donated items, the Via Rail tickets for two to Quebec City were auctioned off by Rudy McIntosh of St. Marys and won by Sarah Byatt from Famme & Co. in Stratford.

It was a wonderful evening! Thank you to everyone for your generosity.

We look forward to seeing everyone again on **April 13, 2013** at The Stratford Golf and Country Club. **Mark your calendars now!** This evening promises to have a little of the usual but will offer some new aspects as well!



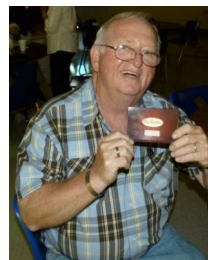
Michelle and Miranda Semak, volunteers assisting with this event!



Photos of the 103 girls currently supported by the charity were proudly displayed.

Freedom is not just about political liberty. It is also about economic independence and the power of choice.

The Blue Sweater by Jacqueline Novogratz



June 9 saw a small but enthusiastic group rock the night away at the Army Navy Club in Stratford to the vintage tunes of DJ Mark of Vanrock Sound, London.

The winner of the twist contest was **Cliff Hounsell** (above) of St. Marys and the best costume contest was won by **Elizabeth Gaffney** (on the left) of Stratford. Part of the evening included a memorial tribute to American Bandstand legend Dick Clark which provided for a moment of nostalgia for many present.

A big thanks to those who bought gift baskets, helped out at the door and kept the munchie plates filled.

If this fun-filled evening is to continue, we need to boost the numbers so the challenge is for everyone who has come for the past two years to bring 4 more people with you. We may even add a little classic country for a change of pace. Thanks for your support and we look forward to seeing you next year on **Saturday June 8, 2013 at the Army, Navy and Air Force Club** on Lorne Avenue!



UPCOMING EVENTS Fall 2012

Ottawa, Ontario

Saturday October 27, 2012

Second Annual Fundraising Dinner

5:30 PM Social Hour

6:15 PM Dinner

Southway Hotel
2431 Bank Street, Ottawa
(Free Parking)

Cost: \$40.00/ticket

Silent Auction & Door Prizes

Tickets available by calling:

Amy (613) 402-0731

Susan (613) 295-5408

Toronto, Ontario

Saturday November 10, 2012

First Annual Fundraising Dinner

5:30 PM Social Hour

6:15 PM Dinner

Hampton Inn by Hilton
Toronto Airport Corporate
Centre
5515 Eglinton Avenue West
(West End of Toronto with Free
Parking)

Cost: \$40.00/ticket

Silent Auction & Door Prizes

Tickets available by calling:

Kathryn (905) 625-5691

Maureen (416) 622-1916

info@changeherworld.ca

1-888-909-2491

www.changeherworld.ca

INTRODUCING OUR CHILUMBA PROJECT COMMITTEE VOLUNTEERS!



Christina Chisambo
Member
(Nursing and Midwife
Research Nurse)



Subilagha Njoka
Member
(Small Scale Business)



Agatha Silungwe
Vice-Secretary
(Secondary School Teacher)



Ellen Ndhlovu
Secretary
(Deputy Head Primary
Teacher)



Joyce Mkandawire
Information
Education and
Communication Officer
(CHW Office Worker)



Douglas Ndindi
Vice Co-ordinator
(Chilumba Port Opera-
tions Officer)



Fiskani Chirwa
Project Co-ordinator
(Primary School
Education Advisor)



Nimrod Mwaungulu
Project Procurement
Officer
(TB Data Supervisor)



Lackson Kachiwanda
Planning and
Development Officer
(Medical Research
Clinician)



Alick Mwalwanda
Treasurer and Communications
(Information Tech Officer)



Glory Mwanyongo
Member
(Small Scale Business)

Much of the success of establishing the work of Change Her World in Malawi is due to the tireless efforts of our diligent and organized team of volunteers who form the **Chilumba Project Committee**. Mrs. Fiskani Chirwa is the Project Co-ordinator, a compassionate, hardworking and skilled leader. In her role as Primary School Education Advisor, she monitors and supervises the schools, prioritises and implements strategic plans for these schools, acts as advisor to the Ministry of Education and addresses teacher grievances. In addition to her time-

consuming work responsibilities, she also voluntarily co-ordinates the efforts of this entire project. She overseeing each aspect of the Chilumba Project and delegates responsibilities to other committee members. Here you will see pictures of all of our committee members. Watch for future Progress Reports which will highlight members of the zone committees (6 zones with 10 member committees per zone) and the various roles they fulfill!

Not shown: Modester Kapira, Health Surveillance Assistant, Levi Gondwe, Field and Communication Officer and Anganile Mwanyengo, Health Surveillance.



Yes, I would like to transform the lives of girls and women in the developing world through education.

Single Gift Option

☐ Cash

☐ Cheque

☐ Credit Card

☐ Please accept my special gift of \$ _____

My cheque to **Change Her World** is enclosed.

Mail to: P.O. Box 1057, Stratford, Ontario N5A 6W4

☐ Please charge my ☐ VISA ☐ MASTERCARD ☐ AMEX

CARD NO. _____ EXPIRY DATE ____/____/____

Cardholder Name (Print) _____

Signature _____ Phone _____

Monthly Gift Option

☐ VISA

☐ MASTERCARD

☐ AMEX

☐ I authorize Change Her World to make a monthly withdrawal on my credit card (as indicated above) in the amount of \$ _____. I understand that this amount will be charged to my credit card on or near the 15th of each month.

CARD NO. _____ EXPIRY DATE ____/____/____

Cardholder Name (Print) _____

Signature _____ Phone _____

NAME: _____

ADDRESS: _____

PHONE: _____ E-mail: _____

Thank you very much! Change her World respects your privacy. We do not sell or exchange personal information with any other organization. For further information, please call 1-888-909-2491. Mail your donation to: **Change Her World P.O. Box 1057, Stratford, Ontario N5A 6W4**

Charitable Registration No. 81600 9252 RR0001

CHANGE HER WORLD PHOTO GALLERY



Bicycles purchased for the Project Committee Office and Zone Committee Volunteers



Plastic sheeting for a leaking roof!



More work for the girls



A new school roof



Cooking Pots to provide a noon meal

There is no passion to be found playing small, in settling for a life that is less than the one you are capable of living.

Nelson Mandela



Hope for the girl child... the work of Change Her World



What do you see in her eyes?



Diet supplements for a sick Change Her World girl



The home of a female teacher needing a cement floor



Prayers answered! The cement is on its way!

CHANGE HER WORLD

Founded in 2010, this organization is dedicated to removing the barriers that prevent girls and women from being educated in the developing world.

Currently, girls and women in our project in northern Malawi are receiving support but the need is great.

Our Corporate Objects include:

- ◇ Relief of poverty
- ◇ Education of girls
- ◇ Clean water and sanitation
- ◇ Promotion of Health
- ◇ Provision of micro financing

If you want to change the world...start with her

We wish to thank Kevin Hill, Commercial Printers Stratford, for the charity discount provided for the quality printing of this report.

WHAT'S NEXT FOR THE BOARD OF DIRECTORS

We are pleased to announce that Linda Willis and Carol Hamilton, co-founders and directors of Change Her World will be returning to Malawi, Africa in April 2013 to visit this project and see, first-hand, the various ways in which your donations are being used to make a difference in the lives of girls and women in Northern Malawi.



*Carol Hamilton, Linda Willis and Cathy Johnston
Board of Directors for Change Her World*

As well, due to the expansion of the project work of Change Her World, the Board of Directors will be considering applications from interested individuals who desire to voluntarily serve as members of the Board of Directors. An application form can found by visiting our website www.changeherworld.ca – under the Link – Board of Directors - or by contacting Linda Willis at lwillis@changeherworld.ca or (519) 271-5598.

What Am I Going To Wear?

(Continued from Page 1)

The Change Her World Collection Campaign continues...

In addition to collecting 100% cotton underwear and bras for girls and women, we are also collecting tops, blouses, skirts, and dresses for girls ages 6 to 18 years. We prefer new clothing but will accept gently used blouses, tops, skirts and dresses in excellent condition for the girls to wear. All apparel needs to be modest, sturdy and washable. Simple gathered skirts are not hard to make if you are a sewer. Dresses need not be complicated. Long or short sleeved tops and dresses are fine. We would also accept sweaters as the nights can get quite cool. Please do **not** donate blankets as they are bulky and weighty which makes shipping more prohibitive. Every girl Change Her World supports does receive a blanket as part of her school supplies for the year.

What a gift new clothes would be for the girls! Parents would be so grateful. There would be many smiles and giggles and the joy would be irrepressible!

Change Her World

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www.changeherworld.ca

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