



Above: The Directors meeting Sellah on their recent trip to Malawi.

CHW PROGRESS REPORT

GREAT NEWS!

THE FIRST CHW GIRL GOES TO UNIVERSITY

It was with great joy that the Canadian directors received the news on August 3, 2013 that Sellah Ngwira had been accepted into the Bachelor of Science Degree Program in Nursing and Midwifery at Kamuzu University and will begin her studies at the Blantyre campus. Of the 200 students selected, Sellah was one of them.

This news was eagerly anticipated for several reasons. Firstly, there is very fierce competition for the places at the university and secondly, there is a quota system in place in Malawi (meaning that there are a stated number of openings for each of the regions of Malawi which limits the enrolment regardless of whether the candidates have the marks and ability to succeed or not). This is the first opportunity that Change Her World has had to support a girl beyond secondary school so Sellah is a poster girl- really a young woman- on the brink of a new adventure.

The Canadian directors first became aware of Sellah's situation in the spring of 2011. She was in danger of losing her Form 2 year (Grade 10) as her Mom (who was selling tomatoes at the market to pay her school fees), was often ill with AIDS and stomach cancer and unable to work. Even last December while doing interviews and a prep course for university, Sellah had to come home to be with her mom who was very sick.

Congratulations to Sellah, the Chilumba Project Committee (who have so ably supported her), and **YOU**, the Canadian donors, who together are creating this once in a lifetime opportunity. May Sellah experience much success as she begins her studies in October 2013!



Below: Sellah anticipates her new adventure!

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A BIG THANK YOU!



Thank you so much to all who donated underwear, bras, toothbrushes, toothpaste, and clothing. **This collection campaign is ongoing.** At this point enough toothbrushes and toothpaste have been collected for the Chilumba project for this school year – a huge accomplishment!

However, there continues to be a need for clothing and bras preferably new, sturdy and modest, particularly for girls ages 6-18 years of age. In addition, CHW has selected 30 vulnerable women who will also receive underwear, bras, clothing and blankets.

CAN YOU HELP US WITH THIS COLLECTION?

BOOK CORNER

Ascent of Women

By: Sally Armstrong

Sally Armstrong, noted Canadian author, member of the Order of Canada and fearless investigative journalist has recounted in her latest book, the perilous journey of women around the world, who are making change happen. From Malala Yousef in Pakistan to a group of 102 girls in Kenya who were systemically raped and are now collectively suing their government for lack of protection, history is being made.

Read this excerpt from **The Ascent of Women** which is aptly titled—**A Crisis of Horrific Scope**

In Kenya, a girl child is raped every thirty minutes, some as young as three months old. If a girl does not die of her injuries, she faces abandonment: families don't want anything to do with her. She almost certainly loses her chance to get an education. Some can't go to school anymore because they have been raped by their teacher. Others are prevented by the stigma: the girls are doubly victimized by being ostracized. They often become HIV positive as a result of rape, so their health is compromised. Urinary tract infections and sexually transmitted diseases plague them. Without an education, with poor health and no means of financial support, the girls drift into poverty.

Twenty five percent of Kenyan girls aged twelve to twenty-four lose their virginity due to rape. An estimated seventy percent never report it to authorities and only one-third of the reported cases wind up in court. More than ninety percent know their rapist. Seen as a way of cleansing themselves from HIV/AIDS isn't the only reason they act. Men think having sex with a little girl is a sign of being wealthy and stylish. Some of these men are educated beyond the graduate level but they want to be the first to break the flower so they seek out young girls.

This is the backdrop to the lawsuit in progress in Kenya brought by 102 brave girls assisted by Canadian women lawyers. To learn the latest on this critical test case, go to

www.theequalityeffect.org

www.ripplesinternational.org

News reports: www.news.com /Kenyan-girls-win-landmark-rape- case-against-police
www.townhall.com

Other books by Sally Armstrong are **Veiled Threat**: The Hidden Power of the Women of Afghanistan (2002), **Bitter Roots, Tender Shoots**: The Uncertain Fate of Afghanistan's Women (2008)



CHW Directors 2013 Trip to Malawi Highlights!

The directors, Linda Willis and Carol Hamilton, departed from Toronto on Tuesday, April 23 and arrived in Chilumba, Malawi on Saturday, April 27. Despite their vehicle rental and driver having been arranged for months in advance and confirmation emails in hand ...no transportation was available when they walked off their flight in Lilongwe. The better part of the day was spent trying to get resolution on this issue but by late in the afternoon the vehicle and driver required were obtained and turned out to be a great asset in many ways!



The Welcoming Committee from left to right: Glory, Douglas, Muriel (Ellen), Subilagha, Lackson, Fiskani and Joyce.



Harriet, cook and hostess, who made a chicken dinner each night on just a hot plate!

With the Project Committee Chair, Fiskani Chirwa accompanying the directors for the final 2 hours of their drive north, all arrived at the Happy Guest House in Chilumba where they were warmly greeted by members of the Project Committee and Harriet who was their hostess and cook for the week.

Many vivid memories were made during the next week as the directors visited schools and met many of the Change Her World girls, including Flora, who it was discovered, had a twin sister. Seeing "**RENOVATED BY CHANGE HER WORLD**" in big letters on the Humbu toilets and the Khwawa girls' hostel was very unexpected being the first time this type of acknowledgement had been given.



Martin Kalembe navigated the rough terrain to ensure the directors arrived safely at each destination.

A harrowing drive across a river bed to get to the Humbu community created a temporary silence in the vehicle while Martin, their driver, manoeuvred them carefully through the water. This is the same river in which the ox cart carrying the supplies for the building of the toilets got mired down, which in turn necessitated the supplies being unloaded and carried into the community on the heads and shoulders of the people. Yes, that means even the many, many heavy bags of cement !

Seeing the 28 cartons, that had been shipped in advance of their trip, now stacked in the Change Her World office was a surreal moment as only a few weeks before, the cartons had been assembled and packed in the homes of the directors in Canada.

CHW Directors 2013 Trip to Malawi Highlights

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Lackson trying out his new gift!

Lackson was greatly appreciative of the medical supplies and medicines which were so needed in his work as a physician assistant and in caring for the CHW girls. The working stethoscope he received was a big hit!

Each day, the directors were warmly received by the communities they visited and daily their love and respect for the people continued to grow.

A visit to the Teacher Training Centre in Karonga was an informative and pleasant experience. They had time to speak to the staff there and to ask questions and tour the facilities and learned that the government will pay for the training of the students which was good to know. It was disappointing to see that most of the computers in the lab were broken and there was no money for repairs. The six that were in working order were being used by the faculty. It is very concerning to realize that not even the teachers are able to be trained in computer skills much less their students in primary or secondary school.

While in Karonga, a visit was made to the bank where the Change Her World account has been established. The lines are often so long in some banks in Malawi that chairs and sofas are provided to sit on. It makes one wonder if this is why flat screen TVs are located in banks in Canada.

Throughout their travels it was encouraging to note that progress was apparent in a number of areas of the country. More paved roads, more building construction occurring and more reliable electrical power indicating that infrastructure weaknesses were being addressed. Overall Malawi seemed to be a more hopeful nation.

"Indications are that after a tough economic downturn, the economy is beginning to turn around and people are entering a new time of possibility."

Linda and Carol can't wait to return to Malawi again. It was a fast-paced but rewarding journey!

"We are hopeful that if funds allow, we will be undertaking some major projects in the near future. This will necessitate a longer stay the next time in order to be present for the initial steps of these projects. Relocation of the office is a possibility as is the construction of a library and community resource centre. Our committee members say they want us to come more often and stay longer...would that we could!"

Reported by Linda Willis upon their return to Canada

Significant Numbers

Number of pairs of underwear collected by CHW— 9,343

Number of trips co-founders have made to Malawi— 3

Number of dentists in Malawi—19

Number of girls in school supported by CHW—116

Number of children living in poverty in Malawi—4,000,000

Percentage of population in Malawi living on less than USD \$0.32 a day—52%



"Women are not free anywhere in this world until all women in the world are free."

**Leymah Gbowee,
Nobel Peace Prize
Laureate**

UPCOMING EVENTS

Music Concert



**St Andrew's
Presbyterian Church**
25 St Andrew Street, Stratford

Sunday November 3, 2013

7:00 PM

Refreshments following the Concert!

**AN EVENT THE WHOLE
FAMILY WILL ENJOY!**

***Collection taken during
intermission will be used to
support the work of Change Her World.***

Education Event—February 2014

It's A Girl! Documentary
Watch our website for details!

4th Annual Stratford Fundraising Dinner

Saturday April 12, 2014

Mark Your Calendar NOW!

**Do you have an idea for
fundraising?**



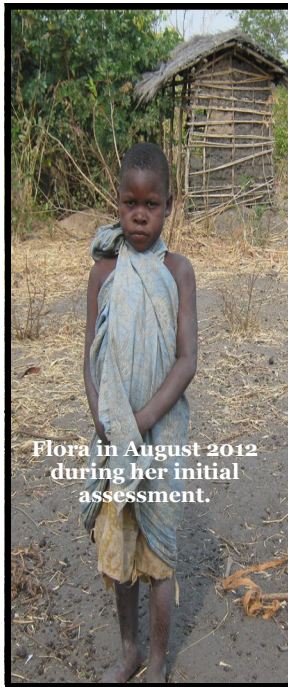
DO IT!

**YOUR HELP,
YOUR CREATIVITY and
YOUR TIME is needed!**

Contact CHW with your ideas!

**519.949.8701
info@changeherworld.ca**

Flora has a Twin Sister



Flora in August 2012 during her initial assessment.



Flora in April 2013 after several months in school being supported by CHW!

On their recent trip, Linda and Carol revisited Doloba school where a new roof and concrete floor had been provided thanks to donations from Change Her World. A grateful community welcomed them with the gifts of a goat and a bag of rice. The new school looked great — a far cry from the mud thatched dilapidated structure they saw on their previous visit in 2011.

Amidst the singing and celebratory ululating, there were hugs and expressions of warm greetings. The idea of hugging seems to be catching on as even the village headman got in on the act.

The greatest joy was to discover that Flora (a girl eight years old, who was introduced at the CHW April 2013 Annual Dinner in Stratford) had a twin sister. Somehow this was not known at the time of the family assessment and so although in school, Flora's sister looked very different as can be seen from the photo to the right. ➡



Flora's sister instantly became a child supported by Change Her World. Linda and Carol were able to give them matching clothing (as has been the custom in North America for twins), lovingly sewn by Kay Anderson of Stratford. The girls were quite overwhelmed by all the attention but for the adults and directors present, it was a touching, memorable moment.



Yes, I value girls and women in the developing world and I want to help them break the cycle of poverty 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

....for the amount of \$ _____

CARD NO. _____ EXPIRY DATE ____/____/____

Cardholder Name (Print) _____

Signature _____ Phone _____

Monthly Gift Option

☐ VISA

☐ MASTERCARD

☐ 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

.....Twenty Eight Days!

“If I had a year’s supply of pads, I would feel like the whole world loved me.”

Seventh Grader - Kiberia, Kenya

When twelve year-old Beatrice first begins bleeding, it takes her a day to work up the courage to tell her grandmother. “You are now a woman”, her grandmother tells her, and explains that her period will happen every month.

But in Malawi, where Beatrice and her siblings have been orphaned by HIV/AIDS and her family has little money, she wonders how she will manage her menstruation. She doesn’t own any underwear. Some shops in town sell sanitary pads but they cost US\$1.30 for a pack of six. Her brother, the only family member who earns any money, brings home just \$1 a day. ***“Girls improvise with whatever they have”***, Beatrice’s grandmother tells her – ***“rags, old towels, leaves, grass, paper, even dung can be used”***.

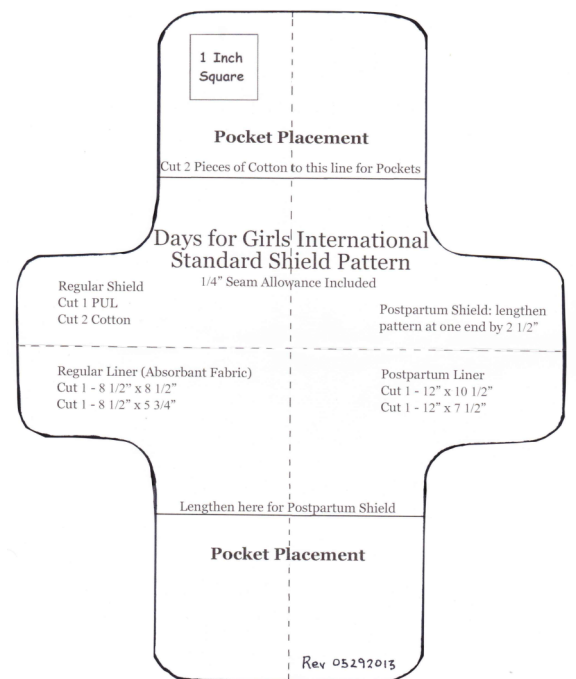
At school, Beatrice cannot imagine asking her male teacher to be excused to use the latrine several times a day. She soon notices that the older girls miss four or five days a month and sometimes stop attending school altogether. The limited options for menstrual hygiene make it difficult for girls to participate in school during their periods, despite the proven benefits an education can have for the health and development of girls, their families and society.

“We need people who are able to form sewing groups to sew sanitary protection for the girls supported by Change Her World,” Linda Willis, co-founder and director recently announced to a group of supporters.

“Go to the website www.daysforgirls.org. Watch the videos and download the patterns. If you can sew, this will be relatively simple”, she went on to say.



**Fiskani Chirwa,
CHW Project
Co-ordinator
teaching the girls
how to place
reusable sanitary
protection in the
new underwear
they have
received from
Canada.**



**Sample Sanitary Protection Pattern
(from Website)**

If you decide you want to be part of the **SEWING FOR CHW INITIATIVE, please call Linda at 519. 271.5598 or e-mail llwillis@changeherworld.ca.**

Meet Laure: A Young Woman who isChanging Her World!

In February 2013, Laure and her mother, Lucinda approach the directors of CHW with a fund-raising idea. Although Laure must cope with significant health issues, she is able to make necklaces out of beads that she has purchased or received from others. ***“Could I make necklaces and sell them at the local market and at CHW events?”*** the directors were asked. ***“Yes, please do”***, was the response from the Board of Directors! Since this time, not only has Laure raised more than \$2500.00 for CHW but her necklaces are in high demand. A few weeks ago, she was featured in the local newspaper for the contribution she is making in changing the lives of the girls in Malawi. Laure, we are all so proud of you! Congratulations!

Laure and her Mom Lucinda display her necklaces at the CHW Rock’n Roll Fundraising event in June.



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:

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

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

Meet Our New Mzuzu/Ekwendeni Change Her World Project Committee



From left: Lucy Zgambo (Procurement Officer), Zodwa Munthali (Member), Martha Banda (Vice Secretary), Linda Phiri (Member), Andrew Longwe (Communications/Secretary), Ophent Kawonga (Treasurer) and Neli Temwa Khonje (Chair). Lenton Mwenda (Vice Chair) is absent.

It is with much excitement that the Board of Directors in Canada welcome the following members to the Mzuzu/ Ekwendeni Change Her World Project Committee for this upcoming academic year 2013—2014.

WE ARE EDITING OUR DATABASE AND NEED YOUR HELP!

If you are receiving this Progress Report, enjoy it and wish to see this work continue to grow, please read this and pass it on! If you wish to be added or removed from our mail list, please contact Carol at 519.271.8701. Thank you!

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

Change Her World

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