

5th Year Anniversary!

Issue #9 FALL 2015



CHW PROGRESS REPORT

Birthing Kits Arrive in Chilumba, Malawi!

Save a Life for \$1.32 CAN



From L to R : Carol Hamilton, Bessie Hounsell, Michelle Semak, Miranda Semak and Linda Willis pictured here with Birthing Kits being assembled to send to the Change Her World Chilumba Project.

What would happen in Canada if you arrived at the hospital to give birth, only to be sent home because you didn't bring your own delivery room supplies? In some parts of the world, this happens on a regular basis, sometimes with fatal results. Some 800 women die daily from complications related to pregnancy and childbirth, complications that could be easily prevented with access to proper care and the most basic supplies. In Sub-Saharan Africa the maternal mortality ratio is 460 per 100,000 live births. In developed countries like Canada the ratio is 16 per 100,000 live births!

By providing birth kits for the midwives to use, maternal and infant deaths can be prevented because if a mother goes into labour and no provisions for birth are available, birthing kits provided by Change Her World will enable the birth attendant (usually a midwife) to ensure that infection is prevented—a leading cause of death. Simple items like a pair of gloves, soap and a clean plastic sheet to aid in delivery and a clean razor blade to cut the umbilical cord are significant items to prevent infections. Supplying these birthing kits means that no mother will be turned away when she arrives in labour.

Contents of Birthing Kits:

- 1- 3x3 foot of plastic sheeting for the mother to lie on
 - 1 pair examining gloves
 - 1 one ounce bar of soap
 - 1 face cloth
 - 5 - 3x3 inch pieces of gauze
 - 2 - 12 inch pieces of string
 - 1 razor blade
- All are placed in a Ziploc bag.

Because of the many donations received for this project, the cost was \$1.32 per kit which includes shipping!



Birthing Kit ready to send!

We extend our gratitude to Superior Medical who donated 1000 pair of gloves and 5000 gauze pads. In addition to the 991 kits we were able to assemble and ship, Superior Medical also provided Change Her World with 7 Fetal Doppler Monitors for the clinics and hospital as well as medical anatomy charts related to pregnancy and delivery. Thank you Superior Medical! Fendrihan donated 1000 razor blades. An amazing mother and daughter from London collected nearly 1900 small bars of soap. Many volunteer hours were required to prepare the materials for the assemble of each kit which included cutting string, taping razor blades to soap to avoid loss, cutting all the plastic sheeting and counting out 5 gauze pads per kit.

We salute all the volunteers who gave their time to help prepare and assemble these kits!

INSIDE THIS ISSUE

BIRTHING KITS ARRIVE	1
MILLENNIUM DEVELOPMENT GOALS.....	2, 3
CELEBRATING FIVE YEARS ONLINE.....	3
DEVALUING OF THE MALAWI KWACHA...	3
CHOCOLATE EXTRAVAGANZA	4
DONATE TODAY!.....	4
18 + ENDING CHILD MARRIAGE	5
JOIN FUNDScrip	5
...from THE BOARD OF DIRECTORS.....	6

Millennium Development Goals: A Status Report!

You may remember that in 2000, the global community (including Canadians) created what was known as the Millennium Development Goals (MDG) with a target date of 2015 to achieve them.

These goals included:

- ⇒ Eradicate Extreme Poverty and Hunger
- ⇒ Achieve Universal Primary Education
- ⇒ Promote Gender Equality and Empower Women
- ⇒ Reduce Child Mortality
- ⇒ Improve Maternal Health
- ⇒ Combat HIV/AIDS, Malaria and other Diseases
- ⇒ Ensure Environmental Sustainability
- ⇒ Create a Global Partnership for Development

With the deadline for the MDGs on the horizon, some progress can be reported in achieving many of these goals but many developing countries including Malawi, have a long way to go. Redoubled efforts are urgently needed, particularly in regions most behind.

The good news is that the proportion of people living in extreme poverty has been halved and over 2 billion people gained access to improved sources of drinking water. This means that the MDG drinking water target was met five years ahead of the target date. However, there is still great need for better access to clean and safe drinking water in the developing world.

Remarkable gains have been made in the fight against malaria and tuberculosis. Mortality rates from malaria fell by more than 25 percent globally. Many countries across all regions have reduced the numbers of slum dwellers in the cities and metropolises of the world.

The hunger target is within reach. The number of undernourished people in the developing world decreased from 23.2% in 1990-1992 to 14.9% in 2010-2012. This is significant! Given reinvigorated efforts, the target of halving the percentage of people suffering from hunger by the end of 2015 appears to be within reach. Still, one in eight people in the world today remain chronically undernourished.

The growth in global emissions of carbon dioxide is accelerating and emissions today are 46% higher than their 1990 level. Forests continue to be lost at alarming rates. Birds, mammals and marine species are heading for extinction at an even faster rate. Environmental sustainability is under severe threat demanding a new level of global cooperation.

There have been big gains in child survival but more must be done! Worldwide the mortality rate for children under five dropped by 46% but more must be done to meet the 2015 target of two-thirds reduction in child deaths. Increasingly, child deaths are concentrated in the poorest



Mrs. Fiskani Chirwa, Coordinator of CHW Chilumba Project assisting CHW girls in receiving provisions for school along with soap, blankets and underwear .



There are 30 vulnerable women in the Chilumba Project that CHW supports with clothing, food, blankets and other provisions as required.

regions and in the first months of life.

Most maternal deaths are preventable but the progress in this area is falling short. Meeting the MDG of reducing the ratio by three quarters will require accelerated interventions and stronger political backing for women and children beyond 2015.

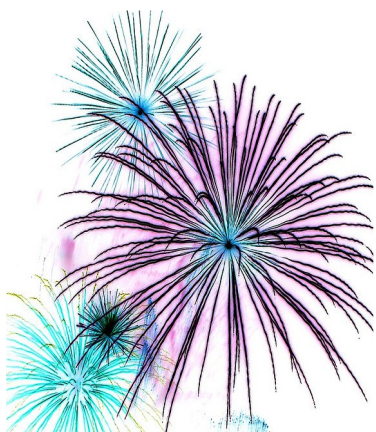
While new cases of HIV/AIDS infections are declining, the MDG of universal access to the anti-retroviral drugs by 2010 was missed but is attainable by 2015 to 2020 if current trends continue. The ultimate goal is eradicating the spread of HIV/AIDS but knowledge of the virus and how to avoid transmission remains unacceptably low. (Continued on Page 3)



A girl in Malawi living in overt poverty!

CELEBRATING FIVE YEARS ONLINE!

New Design for *changeherworld.ca*

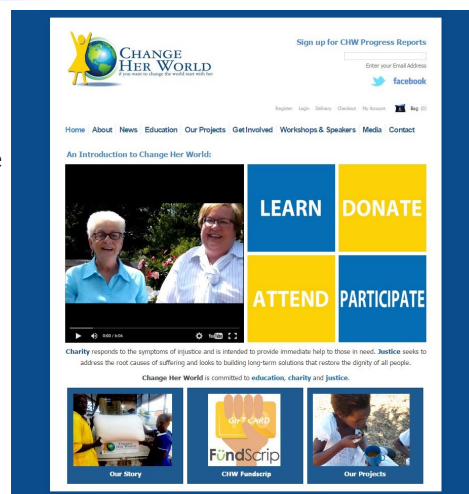


We are excited to announce that on **September 1**, a new website design was launched for our charity!

Linda and Carol have been hard at work to improve the charity's online presence. They are grateful for the expert and creative skill of Stephanie Baird, Web Designer of Logix Data Products Ltd of Mississauga.

Check out *changeherworld.ca* for what's new!

View videos, pictures and read stories of the girls in the CHW projects or shop online. Make donations online—one time or monthly or give a gift in memory or in recognition of someone special. Pass this website on to your friends and family so that they can be educated about the needs of girls and women in the developing world!



Millennium Development Goals: A Status Report! (Continued from Page 2)

Despite progress in reducing the number of children out of school by half between 2000 and 2011, stalled progress means that the world is unlikely to meet the target of universal primary education by 2015. The poorest children are three times more likely to not attend school. Girls are much more likely than boys to be deprived of the experience of going to school.

Women continue to be denied equal opportunity with men to participate in the decisions that affect their lives.

Gains in sanitation are impressive but not good enough. From 1990-2011, 1.9 billion people gained access to a latrine, flush toilet or other improved sanitation facility. In Malawi, just over 50 % of the population have access to a pit latrine let alone a flush toilet.

In our global world, there is less aid money overall with the poorest countries most adversely affected. For example, the rural-urban gap still exists reducing access to reproductive health services and clean drinking water to many in our world.

Efforts to achieve a world of prosperity, equity, freedom, dignity and peace must continue beyond 2015.

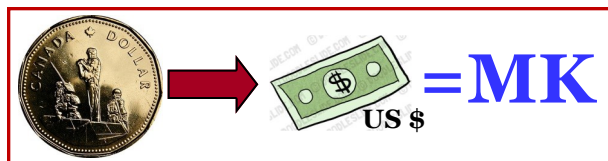
"Volumes of experience have been learned in the quest to achieve the MDG and lessons learned. Successful completion of the goals must remain a global priority, creating a stable foundation for future development action."

UN Under-Secretary General for Economic and Social Affairs (2013)

Devaluing of the Malawi Kwacha!

Many Change Her World donors are not aware that when funds are wired to our projects in Malawi, all funds must be sent in US dollars and then converted to Malawi Kwacha. We all know that right now the purchase of US dollars is extremely high. When our funds were wired at the beginning of August 2015 to pay for the Fall school fees and provisions for the CHW girls, the conversion rate we had to pay was \$1.31 CAN for \$1.00 US. On thousand of dollars, the monies paid for exchange is significant.

The Malawi monetary system has also been impacted by the strengthening of the US dollar. When Carol and Linda visited Malawi in 2006, \$1.00 US would purchase MK160. As of August 2015 \$1.00 US will purchase MK525. Because of the devaluing of the Malawi Kwacha, all commodities have increased in cost including school fees. This is making it very difficult for a person earning less than \$30.00 a month to buy basic things like maize, medicine and toiletries.



Change Her World has been affected by these changes so your donations mean even more to us.

Every dollar we receive is valued!

ANYTIME IS A GOOD TIME FOR CHOCOLATE!

Whether it is licked, dipped, shaken, scooped, chewed, drizzled or melted, nothing surpasses the flavour of good chocolate. It is considered as an aphrodisiac, a cure for a craving, a stress reliever (serotonin anyone?) and appears to have properties which may even protect the heart. Long the centerpiece ingredient for many decadent desserts, it is ranked one of the most favorite flavours in North America.

The humble cocoa bean is a star! Maybe your preference is milk chocolate, perhaps white chocolate or plain dark chocolate, with or without nuts, but whatever it is, you are in the company of legions of like-minded people.



Join Us for the 1st Annual CHOCOLATE EXTRAVAGANZA

Saturday, November 7, 2015

Knights of Columbus Hall

93 Morgan Street, Stratford

10:00 AM to 3:00 PM

• Baked Goods • Chocolate Gifts • Chocolate Coffees and Teas • Chocolate Door Prizes

CHOCOLATE CAFÉ — When you tire from buying and browsing, drop into the Change Her World Chocolate Café /Gift Shop and renew yourself with some chocolate dipped fruit, perhaps a sundae, indulge in a chocolate fountain treat or get a little chocolate kiss ...all at a small cost.

All proceeds to educate girls in Malawi, Africa!

CAN YOU HELP US? DONATIONS NEEDED!

Chocolate baked items such as:

- Cakes – round, square, tiered • Pies • Tarts
- Muffins • Cookies • Brownies • Squares
- Scones • Mousse • Homemade chocolates
- Fudge • Bars • Candy • Snacks & Popcorn

Any chocolate food stuff will be accepted!

Be creative, artistic and put your best foot forward!

We need your donated baked goods priced and ready for presentation on a non-returnable attractive tray, cake box, etc. when you drop them off.

Drop Off Time:

6:00 PM to 8:00 PM on Friday November 6

Drop Off Location:

Knights of Columbus Hall 93 Morgan Street, Stratford

To confirm your donation and obtain pricing, please call Linda at 519.271.5598 or llwillis@changeherworld.ca by Wednesday November 6, 2015.



I wish to support Change Her World in educating girls and women in the developing world!



Please contact me so I can contribute monthly to this work. Please keep in touch by ☐ Mail ☐ E-mail.

PLEASE COMPLETE THE FOLLOWING:

NAME: _____

ADDRESS: _____

PHONE: _____ E-mail: _____

I would like to provide a **one-time donation** of \$ _____ ☐ Cheque (payable to CHANGE HER WORLD)

I would like to provide a **monthly donation** of \$ _____ ☐ VISA ☐ MASTERCARD

CARD NO. _____ EXPIRY DATE ____ / ____

Cardholder Name (Print) _____

Signature _____ Phone _____

Charitable Registration No. 81600 9252 RR0001

Mail to: **CHANGE HER WORLD**
P.O. Box 1057
Stratford, Ontario
N5A 6W4

Receipts are issued for gifts of \$20.00 or more.

Donations may be made online at
www.changeherworld.ca

1-888-909-2491

18 + Ending Child Marriage

There is a new program being implemented in four Southern African countries by Plan Canada and the Center for Research on Women called—18+ Ending Child Marriage. One of the countries being targeted for this innovative program is Malawi. The goal is to prevent child marriage and to address the problem on multi-levels in all spheres of society.

Child marriage affects nearly 70 million girls in the world. Child marriage is a violation of girls' basic rights and it profoundly impacts their life path. It curtails childhood, limits education and economic opportunities, subjects girls to early and high-risk pregnancies and creates social isolation and increases vulnerability to violence.

There is an increasing global awareness of child early and forced marriage and its impact on not just girls' human rights but development outcomes.



For further information on this topic go to – www.plancanada.ca

Because I am a Girl- Pathways to Power: the State of the World's Girls- 2014

Gender equality is more than a goal in itself. It is a pre-condition for meeting the challenge of reducing poverty, promoting sustainable development and building good governance.

Kofi Annan – former UN Secretary of State



Have you heard about FundScrip?



FundScrip is an established, Canada-wide fundraising program in which you pay for your shopping (groceries, gas, home & garden, entertainment, restaurants, and much more) with gift cards brought from FundScrip; thereby automatically generating contributions for Change Her World.

You can access FundScrip directly from the Home Page of Change Her World at www.changeherworld.ca or you can go to www.fundscrip.com and sign in.

Invitation Code for Change Her World

QKCYMN

Once you have signed up, you can place an order. If you apply to have cards purchased by Electronic Funds transfer (EFT), Change Her World will receive from 3% to 10% or more of your gift card purchase without you contributing at all! You pay with gift cards for every day purchases and Change Her World will be able to educate more girls! It's that easy!

Join FundScrip ———Support Change Her World!

If you have any questions or require more information, please contact CHW Director and FundScrip Coordinator—Michelle Semak at msemak@changeherworld.ca or call (519) 273-9162

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

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

Change Her World

P.O. Box 1057
Stratford, Ontario
N5A 6W4

Phone: 1-888-909-2491
E-mail: info@changeherworld.ca

www.changeherworld.ca



... from the Board of Directors

Directors Travelling to Malawi, Africa in June 2016



Linda Willis and Carol Hamilton, co-founders of Change Her World will once again be travelling to Malawi, Africa to visit the two projects. Travelling with them will be Lorraine Stevenson, also a CHW Director. Their visit will include meetings with Committee and Zone Volunteers, speaking with CHW girls and their families, visiting schools where gardens have been planted and where roofs have been erected. Official visits to community stakeholders—Ministry of

Education/Agriculture/ Health/ Social Welfare etc. will also take place. You will be able to follow their visit via blog on the CHW website! More details about this trip will be coming in the Spring 2016 CHW Progress Report!

Trademark Process Has Been Completed!

As of September 2015, the Board is pleased to announce that the logo for Change Her World is officially trademarked in Canada and the charity name —Change Her World — has been licenced for use in Canada. This now protects the charity's identification!

Harvest Showdown in Yorkton, Saskatchewan

November 4, 5, 6, and 7, 2015

Donna Milbrandt—CHW Volunteer Midwest Coordinator will be hosting a Change Her World Display at the Yorkton Exhibition Hall during the Harvest Showdown in November 2015. If you, family members or friends live in this area, invite them to attend and say "hello". Donna is also available to speak at community gatherings, churches, schools, business meetings and professional associations about Change Her World.

Donna can be reached at dmilbrandt@changeherworld.ca. Her telephone is (306) 782-7182 and her cell/text is (306) 621-6816.



Mark Your Calendar Now!

**6th Annual CHW Fundraising Dinner
Saturday April 16, 2016 at the Arden Park Hotel, Stratford!**

PLEASE
PLACE
STAMP
HERE

Mail Label