

5th Year Anniversary!

Issue #8 Spring 2015



**CHANGE
HER WORLD**
If you want to change the world... start with her

CHW PROGRESS REPORT

CELEBRATING FIVE YEARS!

The year was 2010. On December 8, we officially learned that Change Her World had been granted charitable status. We promptly celebrated with a 50th birthday party for Carol and asked that in lieu of presents, donation be made to Change Her World. We were off and running!

To think we are planning our 5th anniversary dinner is a bit unbelievable. We started with 70 girls. Today we have over 170 girls in primary and secondary school, 20 girls in Nursery School, 1 girl in second year university and 2 more girls ready to begin post secondary studies. In addition, we support 30 elderly and vulnerable women. We marvel at what has been achieved and sometimes ponder our good fortune in being able to be able to do this work. It is a privileged place to be. As a Board, when the floods and destruction hit the south part of the country in December 2014, we held our breath and hoped the northern region, where are projects are, would be spared. What would we do if the girls' homes and families were threatened or if we lost some of them? It is a responsibility we feel deeply within us. Thankfully this scenario did not happen.

None of the success of Change Her World would have been possible without the support of so many wonderful and caring people. We owe you in a way that cannot be repaid. In a world where so many are concerned with enhancing their own status or creating more amenities for those who already have so much, it is indeed gratifying that there are still people who give to those who will never be able to thank them—who cannot enhance their company or broaden their customer base. We are honoured that you have chosen Change Her World to be the vehicle for your compassion and care for others, especially for the girls of our world.

As co-founders Carol and I have been profoundly affected in countless ways by the work of the charity. There have been times of frustration of course, times of joy, times of uncertainty and times of disappointment but never once has there ever been any feeling of regret or any thought of not moving forward and believing that a way would be found, whatever the problem. As we say...it is not about us, it is about the girls!

We look ahead with vision and excitement to the next five years to see what hardships can be lessened, what new opportunities can be created and how we can continue doing the work we feel called to do.

Please stay tuned!

Linda Willis
Chair

Carol Hamilton and Linda Willis
Change Her World co-founders during a
recent radio interview.



**Change Her World is supporting
Sellah Ngwira as she continues her
studies in the Bachelor of Science
Degree in Nursing & Midwifery in
Blantyre, Malawi.**

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What Does it Cost?

Education Supplies:

School Uniform-
\$65.00
(includes top, skirt,
shoes & socks)
Notebooks - \$.50
Pens - \$2.00
Mosquito Nets - \$13.00
Soap- \$1.26
School Bag - \$9.00
Blankets - \$38.00
Solar lamp - \$12.00
Bicycle - \$125.00



Feeding Program:

50 kg maize - \$25.00
Cooking Pots - \$80.00
Plastic cups - \$.90
Plastic Spoons - \$.95
Big Plastic pails - \$31.00
Small pails - \$18.00



Some prices do vary between the Chilumba and Mzuzu/Ekwendeni Projects

The average cost for a primary student is \$150.00 and for a secondary school student \$375.00 per year.

School fees and prices in general have risen over the years with the erratic devaluing of the Malawian Kwacha.

University costs including fees, lodging and transport, average \$2,500.00 per year.



Supplies recently purchased through donations to complete a female teacher's house.

Construction Costs:

Iron sheets for roofs 14' x 28' – \$13.00 per
sheet
Nails – per kg \$3.50
Metal Door frame - \$48.00
Window Frame - \$13.00
Window Pane - \$3.00
Door Handles - \$1.30
Re-enforcement bars - \$12.00

School Gardens:

Wheelbarrow - \$62.00
Shovel - \$15.00
Water Can - \$8.00
Hoe - \$6.00
Seedlings for fruit planting - \$1.25
Vegetable Seed Packets - \$5.00
Maize Seeds Packets- \$6.00

Preparing a school garden for planting near
Chilumba— a new initiative of Change Her
World to address the ongoing need for sufficient
food for students during the hunger season.



First Motivation Seminar For CHW Beneficiaries!

As January 2, 2015 dawned, in many mud huts across the rural community of Chilumba, girls were already awake, dressed and despite the presence of heavy rains, were making their way to the Port of Chilumba where a large warehouse room had been prepared for their arrival. Today was a special day for 56 Change Her World girls in Standard 8 and Forms 1 to 4 (Grades 8 to 12) who had been invited to attend a special Motivational Seminar. Unlike students who attend school in Canada, the students in Malawi study in ill-equipped schools with few printed materials let alone science labs or computer rooms. Despite this, they are expected to pass exams at the end of Standard 8, Form 2 and Form 4 – exams similar to what most Canadian students write at the end of each semester in high school. If they fail these exams, they cannot go further in their education. However, other options do exist for training. But without guidance counsellors and others to provide these girls with options, many are forced into marriage or the sex trade in order to survive. The first Change Her World Motivation Seminar Day was a great success!



The seven zone chairs, members of the project committee and the girls attending had the opportunity to hear four women speakers – the headmistress of a local secondary school, the assistant superintendent of police, a police officer and a social worker along with one of their peers – who is currently attending secondary school. Each spoke of the rewards and challenges in their respective workplaces and challenged the girls to stay focused on their education so that employment would be possible once they graduate. All spoke of the gifted opportunity each girl is receiving by being supported by Change Her World.

Towera was the last one to speak. She shared a message of thanks and gratitude to all the Canadians who were enabling her to continue her studies. She told her own story of arriving at school with only a plastic bag containing her few possessions. She spoke of how important it is for one to study hard and “utilize the support given to its maximum.” The meeting closed at 2:30 PM and many of the girls began the long walk home...but with a renewed sense of hope having heard that life for an educated young women can open doors of possibility!

New Initiative: 1000 Birthing Kits Needed for the Chilumba Project

The request has been received for Change Her World to provide the midwives and health clinics in our projects with birthing kits to enable safer births thus decreasing the number of maternal and infant deaths which occur yearly. Each Birthing Kit consists of a 3 x 3 foot plastic sheet, gloves, 3 x 3 inch gauze pads (3), razor blade and string to cut and tie umbilical cord, face cloth, small bar of soap, and all contained in a Ziploc bag.

These materials are being collected and in the next several weeks a team of CHW volunteers will gather to assemble these kits in preparation for the next shipment to our projects in early summer.

Through your gift, you go where you cannot travel; witness where your voice cannot be heard; speak languages never learned and love those whom you have never seen!

C.H. Nicholson

MARK YOUR CALENDAR!

5th Annual Stratford Fundraising Dinner

**Celebrating
5 Years!**

Saturday April 11, 2015

ARDEN PARK HOTEL

552 Ontario Street, Stratford

Social Hour: 5:30 PM

Dinner: 6:30 PM

Cost: \$40.00

Tickets available at Blowes Stationery in Stratford Downtown or by calling (519) 271-5598

Door Prizes, Gift Basket Silent Auction and Special Surprises!!

Invite your family and friends for a wonderful evening of entertainment and learning!

Musical Concert

With a New Twist!

**Sunday November 1, 2015
7:00 PM**

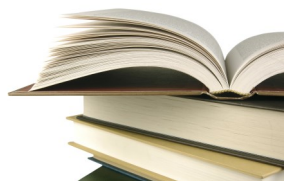
Watch our website for the latest happenings

www.changeherworld.ca

Linda and Carol are available to speak at your church or social gathering. Call 519.949.8701 to book today!



...Research Study is Nearly Complete!



We are eagerly awaiting the results of a research study being done about Change Her World. Last year we were contacted by a University of Mzuzu student, Matawera Mpatchika inquiring if we would consent to him doing research into the impact of a small charity on the community. This study would form part of his requirement for a Masters' thesis. Although the option was there to do the study on a large organization, he chose to use a smaller charity such as ours. The process would involve interviewing the stakeholders such as project committee members, the girls and their families as well as community leaders. The project is to be complete by the summer 2015. The results will provide useful information to our project committees and to the Board as we also study the impact of Change Her World in the first five years and create a strategic plan for the next five years.

Thank You Everyone Who Helps Change Her World Here In Canada!

A special salute to all those who sew for us, to the firefighters who help us load packed cartons into the truck used to transport our donations to Pearson Airport and to those who have initiated fundraisers... and to all who donate for our collection campaigns and so much more!

First CHW Nursery School Opens

In November 2014, after a few delays, but with much excitement, 20 little three year old girls began their school journey wearing Lapalooza nightgowns! As uniforms are the norm and we had none for the girls, they wore nightgowns which had been donated to the charity and shipped to Malawi in August 2014. It is hoped that the girls will soon be wearing royal blue skirts with yellow polo type shirts with the CHW logo once sewers can be located to sew skirts.

Classroom resources were shipped some time ago and recently tables and chairs were ordered for the students and teachers.

The two teachers, Violet Munthali and Modester Gondwe, are young women who had been supported by Change Her World and who took the ECD training in Mzuzu. Their training will continue until they have completed all required modules. It is a great pleasure to have this project underway. It is hoped that these girls, having the benefit of an early childhood education, will be more successful as they enter Grade one and that their chances for future success will be enhanced. The Board is grateful to the Chilumba Project Committee and their dedicated efforts to see this initiative come to fruition. What a joy!



☒ I wish to support Change Her World as you seek to educate 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 donation of \$ _____ by: ☐ Cheque (payable to CHANGE HER WORLD)

☐ 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:
Give A Gift—General

www.changeherworld.ca
1-888-909-2491

The Price of An Education in Malawi

Many people have contacted the charity to inquire what the costs are for a girl to be supported in school for a year. Listed below is helpful information to answer some of these questions.



PRIMARY STUDENTS:

When Change Her World girls attend primary school, Change Her World pays the cost of their school supplies and uniform as there are no school fees. There is an examination fee for those girls in Standard 8 in order to graduate into high school. The average cost of a uniform including socks and shoes is \$36.00.

Their school supplies are the same cost as those listed for the secondary school girls. Generally the girls in Standards 7 and 8 will need a calculator and perhaps a math set as well. The average cost for a girl in primary (elementary) school is **\$168.00 per year**. There are instances where bicycles must be purchased (\$125.00) or nutritional support provided.

A CHW primary school girl receiving additional food provisions

SECONDARY STUDENTS:

There are 61 girls in Secondary School in the two projects. Some are attending Day Community Secondary Schools and some are in Boarding Schools. When the school fee cost is averaged out it is \$210.00 per girl per year. If the girls are in Form 2 or 4, there are also examination fees to be paid. When a girl enters the project, she has many items given to her. The costs for each item is provided below:

Uniform average (including socks & shoes)	\$ 40.00
School bag	\$ 8.00
Mosquito net	\$ 13.00
School supplies	\$ 4.00
Soap & Lotion	\$ 12.00
Calculators	\$ 4.00
Math Sets	\$ 3.00
Blanket	\$ 38.00
Total	\$122.00 + \$210.00 (School Fees) = \$332.00 for One Year

A CHW Secondary School student proudly showing her family her new school uniform! For many, this is the first time they have ever owned shoes and socks.



Girls who are boarding are provided with transportation money which enables them to go home for holidays as well some pocket money (\$20.00) per month. With all necessities taken into account, the average cost per girl would be **\$375.00 a year**. This does not include a bicycle if needed at a cost of \$125.00 or in some cases extra nutritional support which will add another \$30.00 per month. Some variances exist in the pricing of items between the two projects. School uniforms/shoes are replaced every other year.

UNIVERSITY/COLLEGE STUDENTS:

Presently two girls are attending university with a third girl whose application is underway. Sellah is in her second year of a Nursing-Midwifery Degree Program in Blantyre and her tuition is \$760.00 per semester. Sellah also has accommodation, transport and meals paid by Change Her World at \$158.00 per month.

Margaret is beginning her first year in Human Resources in Lilongwe and her tuition is \$500.00 per semester. She needs a bike as she is presently walking two hours each way to get to her classes.

Ivy has applied for entrance to the University of Malawi. Her entry fee is \$32.00. This amount covered her application fee and an ID card. We are awaiting the results of her application.

University and college fees vary of course depending on the program being taken. Food arrangements and transportation are based on the individual needs of each girl. Girls may have relatives they can stay with while attending school.

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

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THE NEXT FIVE YEARS....

from the Board of Directors

Over the next year and into 2016, the Board of Directors will be meeting to discuss and begin putting into place a strategic plan for the next five to ten years. When members of the Board of Directors return to Malawi in 2016, they will meet with various stakeholders along with many of the 100 volunteers working to implement the work of both projects in Northern Malawi. Some of the girls and their families will also be visited in order to assess the successes and challenges which exist in their circumstances.



L to R: Lorraine Stevenson, Linda Willis (Chair and Co-founder), Carol Hamilton (Co-founder) and Michelle Semak.

The top priorities Change Her World is hoping to address in the future include:

- ◆ Improving school environments for students—by better equipping classrooms and improving sanitation facilities
- ◆ Improving overall nutrition —expansion of school gardens and provision of cooking pots, cups and spoons.
- ◆ Exploring the possibility of constructing a community resource centre in Chilumba comprising an office, storage area, library and training centre.
- ◆ Training volunteers to implement Girls Clubs across the Northern Malawi Project Areas

**We look forward to celebrating all that has been accomplished in the first 5 years at our Annual Dinner on April 11, 2015!
Invite a friend, come and hear more and be inspired!!**

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