

KAPASSENI CALLING

AN UPDATE ON THE KAPASSENI PROJECT

Issue 9

May 2004



Kapasseni community gatherings often take place in the new "village square", bordered by school buildings

Greetings

This June marks five years since the building of the temporary school in 1999. Now there is a permanent school with a breakfast program, a health centre, pumps for clean water, garden plots, a fruit orchard, and even a village market. The children now have hope and a sparkle in their eyes. Even though there is a food shortage this year, we know that people will come from miles around to rejoice with us for five successful years. We believe this trip to Mozambique will be the busiest so far. One of our priorities is to start the construction of new housing for the school teachers, which will be a big help in keeping them in Kapasseni. We will also have many discussions with government officials, community members, teachers, health professionals, and students. Please keep us and Kapasseni in your prayers.

— **Perpetua Alfazema, Project Coordinator**

St. Catharines Fundraiser — A benefit concert will be held at 7:30, Friday June 4th at St. Catharines Collegiate. The concert will feature the Kapasseni Singers (including the Alfazema family and friends), with special guests WomEnchant, The Weldon Sisters, and Christian rock band Ripple Effect. Concert proceeds will be donated to help purchase a corn grinding machine for the women of Kapasseni (see article inside). Tickets \$10 in advance, \$15 at the door. FMI call Perpetua (905) 984-5255.

"Common Ground"

Two Fundraising Concerts For Kapasseni

Our major fundraising events of the year will be held at 7:30 on Saturday, June 19 and 2:00 on Sunday, June 20 at the Alix Goolden Performance Hall in Victoria (Pandora at Quadra, downtown). The 300 member Gettin' Higher Choir, led by Shivon Robinsong and Denis Donnelly, will be joined by special guest Teresa Doyle from PEI. Teresa has toured extensively in North America and the British Isles, and has performed with the legendary Irish band The Chieftains. Her recordings and performance of beautifully-crafted Celtic music and jazz have met with critical acclaim. See <http://www.bedlamrecords.com>. The concert will also feature Soundings, a 26-voice vocal ensemble directed by Denis Donnelly.

The theme of the concert is "common ground". The program will celebrate the relationships between African and Celtic music, between choral and jazz vocal styles, between the east coast of Canada and the west coast, and between the people of our privileged society and the people of one of the world's poorest countries. Tickets (\$20/\$15) will be on sale at Munro's Books, James Bay Coffee and Books, and Ivy's Books (in Oak Bay) starting on June 1. Our five previous fundraisers for Kapasseni have all been sell-outs, so get your tickets early!!

Kapasseni School Update

Our Development Officer, Victor Saeni, reports that Kapasseni Primary School has 345 students this year, 107 in Grade 1, 85 in Grade 2, 70 in Grade 3, 48 in Grade 4, and 35 in Grade 5. Those grade fivers are students who started in Grade 1 in 1999, the first year that the school was opened. In response to requests from the village elders and the Mozambican government, the building priority for this year is teachers' housing. Several qualified teachers have left Kapasseni because of the tiny, dark mud huts they have had to live in – including the much-loved Mr Abel, the first headmaster. In order to attract good teachers to such a remote area, and keep them, it is essential that the school provides good houses to live in. At a village meeting last summer, the elders put out the request to all parents to contribute labour to this project, and to date 6,000 bricks have been made – enough for 5 small houses. So this July, Joseph and Perpetua will bring in building supplies and construction will begin on the teachers' residences. The government considers the teachers' housing a basic condition for creating the EP2 (Grade 6 and above) school that Kapasseni will need after this year.



Assistant teacher Feliciano Simone and caretaker Eusabio Khembo having dinner outside one of the teachers' houses

Help For Lucia

In previous newsletters we told you about Perpetua Alfazema's sister Lucia in Mozambique, who has AIDS. Lucia is a single mother with four children. Last year, people responded with donations of \$3,654 for Lucia, which is being used to purchase antiretroviral drugs and for other expenses. The drugs have dramatically helped to improve her well-being. Lucia is now able to walk and talk and engage with her four children. More money will be needed to help her this year. If you want to continue to help, please send donations to: **Joseph Alfazema, c/o Redeemer Lutheran Church, 911 Jenkins Avenue, Victoria V9B 2N8.** (This is not part of the Kapasseni Project mandate, so tax receipts cannot be issued.)

In Mozambique more than 1 million people are HIV positive, and 600 more are infected each day. In one of the poorest countries, with a national health budget of only \$10 per person annually, few can afford the annual cost of antiviral medication. As a result of AIDS, life expectancy in Mozambique is in the process of dropping from 43 to just 27. This is the difference between children losing their parents at 5 instead of 18.

Kapasseni Health Centre

The clinic is attending about 25 patients a day, mostly women and children. So far, the clinic has registered 20 deliveries and one death of a premature baby. The most common diseases treated are malaria, diarrhea, and dysentery. During a cholera outbreak, the nurse helped the villagers to build an emergency isolation building. Medications and isolation of anyone with symptoms prevented any serious outbreak in Kapasseni. A motorcycle was purchased for the health clinic this year so the nurse could more quickly travel to get medications and deliver epidemiological reports to the Health Ministry in Caia, leaving more time to help the people of the village. The government pays the nurse's salary, while the Kapasseni Project is paying for a local midwife and her assistant until the government can find a midwife that is an RN. The government plans to eventually have two nurses at the clinic, with one specialising in midwifery.

Dr Wingi Visits British Columbia

By Shivon Robinsong

During our visit to Kapasseni last July, we met Dr Olivier Wingi, the Chief Medical Officer for the district of Caia, the nearest town. Dr Wingi and several of his team from Caia drove into Kapasseni to inspect the newly finished Health Centre and to see what was needed to get it up and running. Originally from the Congo in central Africa, Dr Wingi speaks French. My high school French was pretty rusty, but compared to my command of Portuguese, the official language of Mozambique, I felt positively fluent en Francais! We struck up a friendship, and he spoke to us of the desperate AIDS situation in Caia, a town of 90,000 located on the main north-south road between Malawi and South Africa. Dr Wingi spoke of his huge frustration at not being able to get the drugs that prevent transmission of HIV/AIDS from mothers to newborn babies, and of the lack of resources to care for the 5,000 AIDS orphans in the town. We formed a pact, agreeing that he would watch over our Kapasseni Health Centre, and I would do what I could to help him find medicines and help for the orphans of Caia. Dr Wingi was true to his word, and thanks to his efforts, the clinic was up and running within a few months, staffed with an RN and two midwives, and powered with solar panels for light and refrigeration.

After hearing that Caia would get an HIV/AIDS clinic next September, Dr Wingi needed to go abroad to learn about testing and treatment methods. He approached me about sponsoring him to come and study in Canada. After many emails back and forth, Dr Wingi arrived on May 14 and will be in British Columbia for 6 weeks, to study the treatment of HIV/AIDS at several clinics in Vancouver. He will also spend some time in Victoria, meeting with the Kapasseni Committee, and will attend the June fundraising concerts by the Gettin' Higher Choir. We will hold discussions on ways to help Caia with AIDS orphan care. We are grateful to Dr Wingi for the help he has given our Kapasseni Health Centre, and look forward to hosting him during his visit to British Columbia.

#1 Ladies Corn Grinding Machine

By Perpetua Alfazema

Kapasseni is fed by its women and girls. They tend the garden plots, harvest the grains and fruits, and prepare the food for meals. The staple grain is corn, or maize as it is called in Africa. It takes women (often teenage girls) over four hours to pound the corn into flour, starting at dawn. After the husks are loosened using a huge mortar and pestle, the corn is rolled between two large stones until flour is produced. The hours of arduous labour prevent many girls from completing their schoolwork. In addition to pounding grain, girls are expected to fetch firewood and water, care for the young ones, and help prepare meals – all very time consuming activities.

In 2002, the Kapasseni women wrote to us and asked for a corn grinding machine. Such machines are common in Africa, but the nearest one is over 15 kilometres away. A grinding machine would allow girls more time for studies. It would also provide an income source to the community, as people would come from the surrounding area to have their grain milled. We plan to provide Kapasseni with a grinding machine next year (about \$20,000). If you would like to make a contribution, please send it to: "Kapasseni Project (Corn Grinding Machine)", c/o Redeemer Lutheran Church, 911 Jenkins Avenue, Victoria, V9B 2N8.



Laura Khembo (left), in grade 5, and Gina Sineya (right), in grade 4, pound corn to remove the husks

Hand-Made Dolls for Kapasseni

By Jill Claus

After watching an Opra Winfrey show on the plight of children in Africa, Wilma Saunders wanted to do something to help them, so she started making African dolls. However, when she emailed Opra to say that she had over 100 dolls ready for pick-up, she got no response. So, this industrious 82-year old resident of Fort Erie, Ontario, contacted a local newspaper to ask for help. They ran an article on her and asked if anyone knew how to get the dolls to Africa. The Niagara Region Kapasseni Committee was one of several organisations that came to the rescue. Wilma has doubled her efforts and is busily making more than enough dolls for everyone! Joseph, Jill, and Perpetua will be taking some of the dolls to Kapasseni this July. They will be given to the Kapasseni health centre for distribution to the children as they come in for various treatments.



Manuel Francisco, in grade 3, learns to make school uniforms with tailor Farria Jasse Guente

Kapasseni Project Evaluation

By Deborah Gruben

Have you ever wondered what the true temperature is on a hot day at the beach? Have you ever felt a child's forehead and wondered if he or she actually has a temperature? Measuring things is an important part of determining a course of action and project management. After five years, the Kapasseni Project is going to have its temperature taken. CIDA, through Canadian Lutheran World Relief, provided the Kapasseni Project with three years of matching funding (\$25,000 per year). That arrangement came to an end in 2003. In order to be considered for further funding, the Kapasseni Project must submit a professional evaluation.

A systematic and comprehensive analysis will help us to know whether we have operated effectively and are on track. The evaluation will provide a common and concrete view of activities currently underway and identify potential activities to be implemented. Stepping back and reflecting will help the Kapasseni Project to move forward with a clear and specific direction for the future. In turn, our sponsors and partners may be encouraged to recommit to the goals and objectives of the Kapasseni Project. Such an evaluation is an important part of project management and good stewardship practices.

Donations Needed!

Every year on their trip to Mozambique, our coordinators, Joseph and Perpetua Alfazema, take plastic totes as their luggage allowance. These totes are filled with items for Kapasseni. Last year they took flannelette sheets, baby layettes, pain relief pills and other medical supplies for the health centre. This year Perpetua hopes to take more flannelette sheets, baby receiving blankets, baby gowns that tie at the back, hospital gowns for mothers, toothbrushes and pain relief pills. If you have items to donate, please phone Sylvia at 478-6922 (Victoria) or Perpetua at 984-5255 (in St. Catharines) before June 15.

More Information - We have a brochure, video, study guide, and other materials available. More information, including our 9 newsletters and pictures of Kapasseni, can be found at <http://www.kapasseni.org>



Kapasseni Chief Francisco Simente wearing his Gettin' Higher Choir shirt – Perpetua says it is his favourite shirt!

We Welcome the Niagara Region Committee

We are pleased to announce the birth of a new team in the Niagara Region. After viewing the video of Perpetua and Joseph's moving journey during a class at Niagara College, Perpetua's classmates were touched. They immediately formed a committee and word soon spread to family members. The team consists of five social workers, one project manager, and one nurse – quite a powerful combination! Throwing their hearts and souls into the project, the committee will be holding a benefit concert on June 4th at St. Catharines Collegiate High School. A member of the committee, Jill Claus, will be making her journey to Africa in July, to experience Kapasseni herself. We wish the Niagara committee the best of luck and we send them the warmest thank-you.

Want to Get Involved? We welcome any who would like to work with us on this project. You can contact us in Victoria at (250) 478-6922 (Sylvia Gledhill) or in St. Catharines at (905) 984-5255 (Perpetua Alfazema). Email kapasseni@becon.org. Donations to: Redeemer Lutheran Church (memo "Kapasseni Project"), 911 Jenkins Avenue, Victoria, BC V9B 2N8.

Newsletter Production – Edited by Ian McLachlan, with photographs by Ben Fox, article authors indicated, and much help from Project Committee members and Shivon Robinsong.

Kapasseni Project 2004 Budget

PROJECTED FUNDS

Existing funds	\$ 41,800
Fundraising concerts	25,000
Individual donations	15,000
Sales of books/crafts/cereal	2,500
Fall presentation	1,500
TOTAL FUNDS FOR 2004	\$ 85,800

PROJECTED EXPENSES

School	
Teachers' salaries	\$ 3,000
Building new teachers' housing	17,000
Contact person	1,210
Coordinators' travel	6,000
Breakfast program	4,330
Desks and furniture	1,000
School supplies	3,200
Transport of materials & supplies	3,200
School uniforms, tailor	1,500
Maintenance/security/other	1,300
Development Officer	
Salary	3,310
Programs and transport	2,300
Agriculture and Food Security	
Seedlings, seeds, husbandry	3,000
Training, equipment, tools	1,500
Salary for two farmers	1,000
Food storage building	2,000
Health Centre	
Midwives, first aid person	1,500
Furnishings and equipment	2,000
Maintenance, security, cleaner	1,350
Latrine work, new construction	1,000
Victoria office expenses	1,000
Bank fees	1,500
Communication	1,000
Evaluation of Project	11,000
Other projects	10,600
TOTAL BUDGET EXPENSES	\$ 85,800

Notes

- To be considered for further CLWR/CIDA funding, an evaluation of the Kapasseni Project's work is required.
- The Kapasseni Project is run entirely by volunteers.

The documentary ***Journey to Kapasseni*** will be shown on Wednesday, June 16, at 8:00 pm on The New VI (channel 12). This acclaimed film tells the story of the project's beginnings.



Gina Sineya, a dedicated grade 4 student