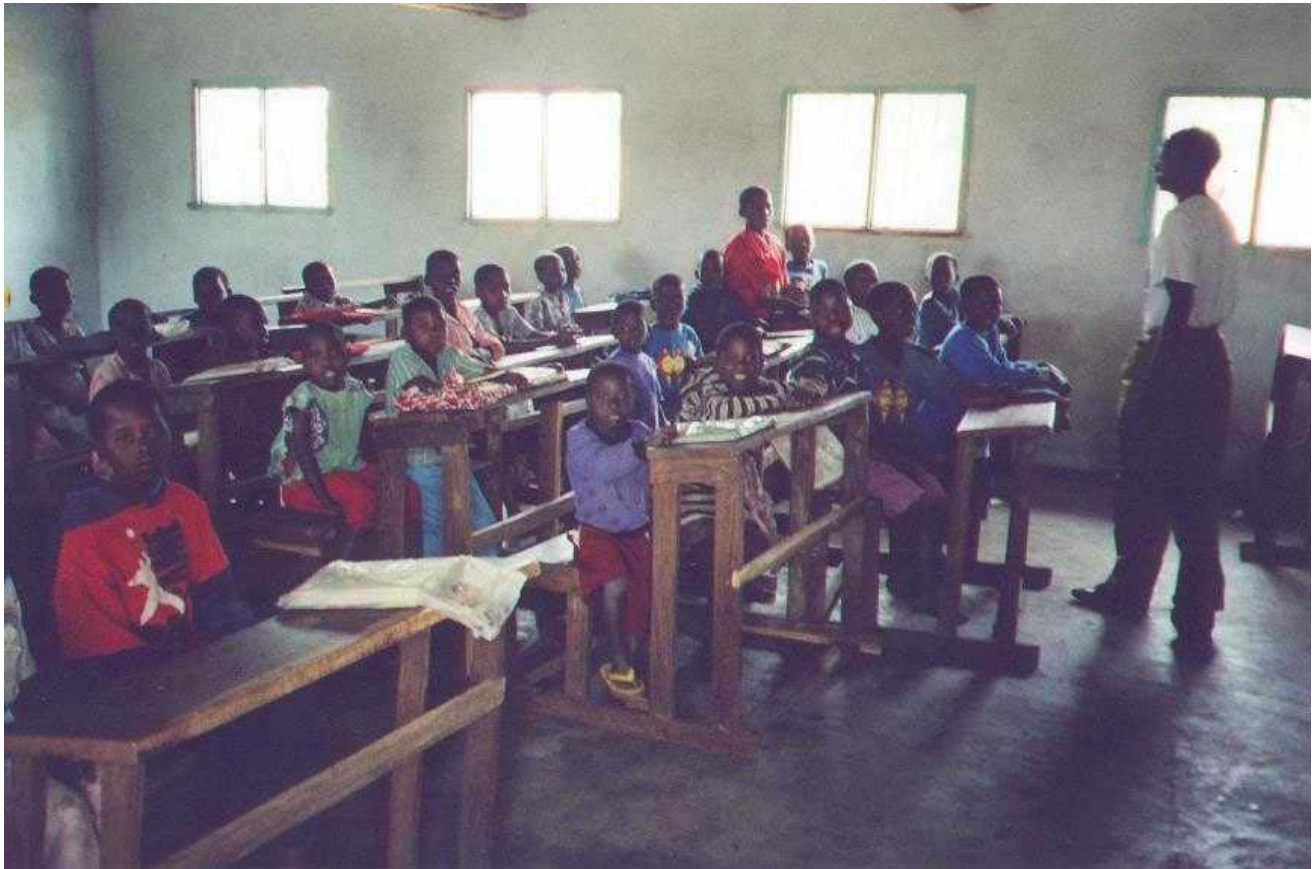


KAPASSENI CALLING

AN UPDATE FROM THE KAPASSENI PROJECT COMMITTEE

May 2002



Kapasseni children sitting at their desks in the new school building, with teacher Abel Fruma

Greetings

The rebirth of Kapasseni is gathering speed, and we are so happy to see that the villagers are moving forward with great energy to improve the situation for their families and community. We see this in their encouragement of the children to do well at school, in the preparation of bricks and materials for school extensions and a new health centre, in successful food growing projects, and many other ways. This June we will visit Kapasseni with seven Canadian friends (who are all paying their own way), and this is sure to be the highlight of the year for the villagers. The annual visits are an important part of the friendship and partnership that the Kapasseni Project is based on. The villagers can tell us what their needs are, and we can provide ideas and do what we can to help.

We would welcome anyone who wants to join us next year in our journey to Kapasseni. The visitors follow the simple life of the villagers, sleeping on the floor of a hut (or in a tent), cooking on open fires, having sponge baths in a hut, and using a very basic latrine. Drinking water can now be obtained from the village pump, or bottled water can be bought in the city before arriving.

During the visit, the villagers usually prepare a feast with goat meat, grains, some vegetables and much laughing, song, music, smiling and shaking of hands. This celebration and connection is good for everyone.

Thank-you so much for all of your help and good wishes.

- Joseph and Perpetua Alfazema and friends

"Something Opens Our Wings" **Concert For Kapasseni**

Our major fundraising event of the year will be held at 7:30 on Saturday, May 18 at the University Centre at UVic. The concert will feature the harmonies of the 300 member Gettin' Higher Choir, Mozambican singing and dancing by the Moja Africa Singers, and the Hermes String Quartet. Nelly Furtado will be our special guest host. A limited number of tickets (\$18/\$15) will be sold at the McPherson Theatre box office starting on May 4th. If you want to attend, we suggest that you get your tickets early, as they are likely to sell quickly.



Children line-up before entering the school for classes

Kapasseni School Update

This term, there are 233 children (166 boys and 67 girls) and about 67 adults enrolled at Escola Primaria de Kapasseni. The oldest children are now in grade 4 and will start grade 5 in January. The school now has 4 teachers, two paid by the Kapasseni Project and two recent arrivals who are trained and paid by the government. The students learn Portuguese and arithmetic, and after school the older students tend a nearby garden plot. There is also a sports program, consisting of coached soccer games in the open space outside the school. This year, the teachers want to introduce volleyball. The school has the government's permission to operate up to grade 5. The standard for employment in Mozambique is Grade 9, and the Kapasseni project is going to apply for government permission to extend to grade 9. This would mean continuing to add new classrooms each year. At full enrolment, there would be 500 to 600 students.

School Breakfast Program

The breakfast program was started in 1999 when Perpetua and Sylvia saw many children coming to school hungry. We decided to make it a priority to provide a basic and nutritious breakfast. Local women have been hired to prepare large batches of porridge for school children as well as for mothers and babies. The recipe includes millet and corn flour, brown (sugarcane) sugar, sesame oil, pounded peanuts, sun dried fruits, and water. Also, added to the porridge is a teaspoon of a nutritional supplement.

One Beanie Baby = 1,250 Breakfasts

Joanna Wilkinson, of the Gettin' Higher Choir, wrote to us, *"I was looking for a project where I could make a donation for my granddaughter who turns 7 today. I wanted her to realize what the money spent on one toy could do for a child less fortunate than herself. ... Sylvia checked the breakfast program budget and told me that \$1.00 will buy 25 cups of breakfast cereal. In other words, the cost of one beanie baby buddy will buy 1,250 breakfasts. A one month supply costs \$110.00- just over the cost of 2 beanie buddies ... So I see what a difference we can make if our children would be willing to have one less toy."*

Happy Parents Send Greetings

We recently received the following greetings by email. *"Greetings from Kapasseni parents! Kapasseni primary school is growing, and the light is shining brightly upon the children. Thank you Victorians."*

Sena translation: Kuangiswa kubuluka Kapasseni! Chikola ia Kapasseni ilikukula na cheza chilikuagakira ana. Takhuta andhu a Victoria.

Orphaned Students

Life can be very difficult in the Kapasseni area, and people sometimes die young, leaving children as orphans. Causes of death can include landmines, injuries, and infectious diseases (including possibly AIDS), with malnutrition a contributing factor. There are thirty orphans attending Kapasseni School. Their names are David Vás Quembo, Antonio Vás Quembo, Belo Horácio, Mandinho Horácio, Cecélia Horácio, Domindos Miguel, João Tomé, Ana Faria, Lázaro Mabalane, David Vás, Tito Fernando, Belinha Antonio, Felizardo Antonio, José Ernesto, Mateus Vás, Enia José, Mandinho Horácio, Zacaria Tomé, Domingos Miquilacio, Semo Semo Miguel, Pheri Albino, Izaque Theness, Mesa Raisse, Luisa Armando, Isabel Domingos, Jackson Carlos, Minés Chico, Isabel Chico, Luisa Tomé, and Doca Wairose. Would you like to do anything special to help these orphaned children? Please contact us with your help and ideas.

Sewing Machines

The Global Village Store, at 160 - 535 Pandora Avenue in Victoria, has provided \$2,500 for our Sewing School in Kapasseni. Joseph and Perpetua will buy two sewing machines and fabric in Beira, and we plan to hire an instructor and put a sewing work area in the large classroom to be built this year. Four sewing students will be chosen for the first year, at least two of whom will be young women. This will add a practical aspect to their education. Their first big job will be to help make the new school uniforms. The girls will have green dresses with yellow trim, and the boys will have khaki shorts and shirts. They can then use their blue T-shirts as much needed extra clothes.

Geography Lesson

Kapasseni is in the Sena part of Caia District in Sofala Province, near the Zambezi River and the border with Malawi. The "village" is a collection of family compounds in an area around half the size of Greater Victoria. About 9,000 people live there, most of them former refugees. The nearest big town is Beira, on the Indian Ocean.

Journey to Kapasseni

The documentary *Journey to Kapasseni* will be shown on CIVI, channel 12 in Victoria, at 8 pm on Sunday, May 12. The film has been busy this year, spreading the word at film festivals from Courtenay to Texas, where it won Silver in the Houston International Film Festival. The film can be ordered from www.acrossborders.com and a study guide can be downloaded from www.kapasseni.org

Health Service for Kapasseni

In previous newsletters we have mentioned the great need for healthcare in Kapasseni. Many children and adults suffer from treatable and preventable ailments, such as ear and eye infections and diarrhea. Other more serious illnesses include bilharzia, malaria, dengue fever and yellow fever. There are no medical facilities, and the school's first-aid man usually has an empty first aid kit. Two years ago, the villagers chose a site for a health centre and started firing bricks for a building. We decided to make a health centre a priority, and with the funds we raise being matched by CIDA through Canadian Lutheran World Relief we will this year be able to finance construction as well as the purchase of supplies.

Our goal is to construct a three room health care building, staffed by a nurse who would provide pre-natal, maternal and child care as well as first aid and treatment of diseases. The government salary for such a trained nurse is \$100.00/month (US). Patients are usually charged 7-10 cents per visit to maintain the health service. This facility would serve about 9,000 people. The 2002 budget for this health service is \$39,300. In Beira this year, Joseph and Perpetua will buy the required building materials and tools, and visit the Ministry of Health to clarify the regulations for building and operating the Health Centre.



Njira Eusebio, a child with facial deformities, and his mother

Njira Eusebio

In July, 2001 Perpetua and Joseph Alfazema met then 7 year old Njira Eusebio in Kapasseni with his parents. Njira was born in a Malawi refugee camp with a facial disfigurement recently diagnosed from photos by a Victoria plastic surgeon as requiring orthodontic and/or maxillo-facial surgery. Njira is afraid to attend school because he thinks the other children will hate him because of his deformity. After much research, we have reached the office of Professor Butow, with the facial deformities clinic at the Pretoria Academic Hospital in South Africa. Because of the long waiting list at the hospital and the seasonal difficulties in travelling from Kapasseni to Beira, it seems appropriate that Njira attend Professor Butow's private clinic. We have no word yet as to whether Dr. Butow's fee and the clinic expenses will be waived in whole or in part. We estimate that it would cost about \$3,000 to get Njira to the clinic for treatment, including expenses associated with transportation, lodging, food, and travel documents.

We approached Transforming Faces Worldwide, a non-profit organisation that helps to make medical treatment available to children and adults with cleft lip and palate and related craniofacial disorders. We have recently received the wonderful news that TFW will make a grant of \$3,000 towards the costs of surgery for Njira. We are advised by TFW that more than one surgery may be required. If you would like to contribute to Njira's care, please contact us (any surplus contributions will be used for the health centre). We would like Njira to start school in September.

Dr Olimpio Mola

What a connection!! Dr Olimpio Mola, former Director of Health for Sofala Province, is doing a Masters Degree in Public Health at the University of Washington. He met with the Kapasseni Project Committee in January, and gave a most informative lecture at the Jubilee Hospital on health conditions in Sofala Province, maternal and infant health, immunisation, the AIDS issue and the development of rural health clinics. He was very encouraging about our plans to establish a health service in Kapasseni village. Dr Mola has promised to give us as much assistance as possible when he returns to Mozambique in June.



Perpetua's daughter Maza holds an underweight local baby

Mother and Child Health Care

Last year, when Perpetua was serving porridge to the school children, a young mother arrived with a small malnourished baby, looking for medical treatment. The baby was lying limp with his eyes closed. He was a year old, but was so small he looked only 3 months old. Perpetua had no medical supplies, and could only offer the child diluted porridge. The next day, with more porridge and breastfeeding from the mother, the baby opened his eyes and began to move. Perpetua concluded that the child may have been dehydrated. This shows how much a health centre and education are needed. Mothers could learn about childhood nutrition, dehydration, and minor first aid, and prevent or treat minor conditions at home, rather than travelling long distances in search of care because they do not know what do.

Growing Food

Hunger has been a big concern in Kapasseni, and one of our priorities is to help the villagers to sustainably develop the good local agriculture potential. 12 gardens have been established, and Ramim Vaz, in charge of agro-forestry in Kapasseni, has emailed us that they have produced lots of corn. Last year, the villagers produced enough tomatoes and kale that they could sell some produce to other villages. GMO corn is a concern. Although the plants grow quickly and the yields are high, the seeds are sterile and new seeds must be bought expensively each year in Beira. Ramim wants to grow crops that produce seeds that can be used for planting. Perpetua, Joseph and the villagers will try to find organic natural corn seeds this year. Perpetua will help to set up an experimental farm where the villagers can start to grow the organic seeds. Also, this year the Pan-African Green Belt Movement from Kenya will send an evaluator to look at the Kapasseni agro-forestry project. The evaluator 's report will help them to decide on another partnership with Kapasseni.

Grinding Machine Requested

Early every morning, young Kapasseni girls gather to sing while they pound grain into meal and flour. This is an arduous task, requiring great strength and rhythm. With the help of one of the village teachers, the women's group of Semente-Kapasseni wrote to the "Women of Victoria - Canada", explaining the hard work and how a grinding machine would help. It would cost about \$15,000 to buy a grinding machine and run it for a year. If you have ideas about funding this, please contact us.

REPUBLIC OF MOZAMBIQUE
SOFALA PROVINCE, CAIA DISTRICT
ADMINISTRATIVE CENTRE OF SENA
COMMUNITY ZONE OF SEMENTE - KAPASSENI
SUBJECT: REQUEST TO WOMEN OF VICTORIA - CANADA

Due to great necessity, the Semente - Kapasseni women hereby request their counter parts (women) in Victoria, Canada to help in obtain two (2) Sewing Machines and a Grinding Mill. As you are aware, the women do every thing at home. She goes to farm to prepare the land, prepare food, caring for the children, goes searching for firewood and also must go to grind the cereals.

To find the nearest Grinding Mill, the Semente-Kapasseni women have to trek 15 to 20 kilometres, which is tiring.

Besides grinding their cereals, the women of Kapasseni require to develop their zone, generate some funds to purchase essential drugs for the health post, materials for their school going children particularly for the orphan children who don't have parents.

The Semente-Kapasseni women wish to come out of this absolute poverty with the help of their good friends (counter parts) of Victoria, Canada.

We the women group of Semente-Kapasseni needs two (2) Sewing Machines to tailor our school going children's uniforms/clothes, which will greatly benefit our group. We want to see the absolute poverty away from our reach!

*Awaiting for our request.
Caia, August 2nd 2001.*

Free translation by Job Marcos Saene (from Portuguese)

2002 Budget

The following table shows our planned spending and projected revenue sources for 2002.

EXPENDITURES

School	teachers and first aid man	\$ 3,300
	breakfast program	1,100
	desks	2,000
	school uniforms	4,420
	supplies and sewing program	3,500
	building materials	6,000
Mozambican contact persons		1,080
Coordinators' travel		6,500
Agriculture and forestry		1,000
Administration and miscellaneous		<u>1,800</u>
SubTotal		\$30,700
Health Services		<u>39,300</u>
Total Planned Spending		\$70,000

REVENUES

Fundraising concert proceeds	\$15,000
Other events	3,000
Individual donations	7,000
Sales of crafts, books and cereal	1,000
CIDA/Lutheran World Relief grant	<u>44,000</u>
Total Funds	\$70,000

- Our major funding priorities are the school and the new health centre. Health services spending includes costs of building the clinic and the nurse's house, buying medicines and supplies, and the nurse's salary.
- CIDA, through Canadian Lutheran World Relief, is providing marching funding of our other revenues.
- The Kapasseni Project is run entirely by volunteers, so administration costs are very low (less than 1%).

The Kapasseni Project Committee

Coordinators	Perpetua and Joseph Alfazema
Treasurer	Deborah Gruben
Financial Secretary	Sylvia Gledhill
Recording Secretary	Mona Achtzener
Correspondence	Doris Bergbusch
Chaplaincy and Wisdom	Pastor Beiderwieden, Vicar Alex Klages, Redeemer Lutheran Church

In addition, Shivon Robinsong and Ian McLachlan have provided on going advice and support.

You can contact us at 478-6922 (Sylvia Gledhill) or email kapasseni@coastnet.com Donations can be sent to: Redeemer Lutheran Church (memo "Kapasseni Project"), 911 Jenkins Avenue, Victoria, V9B 2N8.

We also welcome anyone who wants to help!

More Info - Our 4 newsletters, with more pictures of Kapasseni and info about the remarkable start of this project, can be found at <http://www.kapasseni.org> We also have a brochure and other materials available.