



UBUNTU – “I Am Because We Are”

Two Fundraising Concerts For Kapasseni and Caia

The 350-member Gettin' Higher Choir will perform at our major fundraising events of the year, at 7:30 on Friday and Saturday evenings, June 2 and June 3, at the Alix Goolden Performance Hall (at Pandora and Quadra, downtown). This will be a 10th anniversary celebration for the GHC, featuring many of the wonderful songs they and their audiences have loved over the years. Our long-time supporter Ann Mortifee and world renowned flautist Paul Horn will make special guest appearances. Concert proceeds will assist the Kapasseni Project and "Ray Of Hope House" for AIDS orphans in the town of Caia. **Tickets (\$20/\$15) are at Munro's Books, James Bay Coffee and Books, and Ivy's Books (in Oak Bay). People outside Victoria can call Gloria at (250) 995-8731 to reserve tickets. We are counting on you to help us sell-out, so please tell your family and friends! You can see the poster at <http://www.crucible.ca/ghc/ubuntu.pdf>**

Greeting

We are very happy to announce that Joseph has completed his studies at Concordia Lutheran Seminary in St. Catharines, Ontario. Arrangements are in process for him to be ordained at Redeemer Lutheran Church on June 18th, and to be assigned for service in Mozambique. As a pastor, Joseph will serve Kapasseni and Sena Township. Sena is an administrative centre of 30,000, located 30 km from Kapasseni and 60 km from Caia. I plan to use my social work training with our Kuwangisana home-based care project for people living with HIV/AIDS, chronic diseases and poverty. The AIDS epidemic is escalating in Mozambique, and with increasing numbers of people sick, the government's response is exhausted. The home-based care project will provide HIV/AIDS prevention education and care to those most in need, especially women. I also plan to continue to help the Kapasseni Project and Ray of Hope House in Caia. We hope that you, too, will continue to support these projects.

Joseph and I thank everyone who has helped us. When we started the Kapasseni Project in 1999, encouraged by church members Sylvia Gledhill and Doris Bergbusch, we did not dream so much would be possible. Now there is a school, health centre, wells, agriculture, and hope for a community. You have truly shown us your empathy and love by supporting our work. Special thanks to Redeemer Lutheran, the Gettin' Higher Choir, Ann Mortifee, Nelly Furtado, and Lisa Furtado for having faith in us and providing much encouragement in the past eight years.

There is so much work still to be done, and Joseph and I can best help by being back in Mozambique. We invite you to visit us there to help and see for yourself the work being done. We will continue to be in touch and provide updates and greetings for the newsletter. We can be contacted at: Postal 737, Beira, Mozambique, or email kapasseni@yahoo.ca. God's blessing to you all.

— *Perpetua Alfazema, Project Coordinator*

All those involved with the Kapasseni Project offer our congratulations and best wishes to Joseph and Perpetua as they take the next step in their amazing journeys of faith and service. You have touched and inspired us, and we look forward to continuing to work with you. We love you!



Joseph and Perpetua are moving back to Mozambique.

From Our Friend, Ann Mortifee:

I am absolutely thrilled to be joining with the Gettin' Higher Choir and all the magnificent folk who once again will join together to give our hearts and voices to raise money, love and energy for the people of Mozambique. It is a joy and a blessing to be involved for the fifth time in this marvellous work. I was telling Paul Horn, who will be playing with us, about all that has been created through our partnership with the Kapasseni Project. Paul was deeply moved by the love and devotion of so many people, as is everyone who hears of what we have accomplished with our friends across the sea. I so look forward to being with you all again. Makhosi.

Shipping A Container Of Dreams by Perpetua Alfazema

We plan to do most of our work in Kapasseni, Sena, and Caia. These are poor remote areas, so we want to ship a large container of needed items that could be used in the coming years. We are collecting English and Portuguese school books, baby stuff, treadmill sewing machines, tools and appliances, and agricultural implements. In Sena the container will be stationed on a brick foundation and made into a school library. A welder will make windows, doors and shelves, and the roof will be raised. The library will be the only one in the district, and will be accessible to all schools and the public. **We would appreciate contributions towards the shipping costs (\$7,500) and contents. We thank Grace Evangelical Lutheran Church, which is taking donations at 213 Linwell Road, St. Catharines, Ontario L2N 1S1, memo "shipping container". In Victoria, Shivon is collecting Portuguese books, and can be contacted at 386-3181.**



Kapasseni Chief Francisco Simente with school children in their uniforms, made by the village tailor.

Kapasseni School Update

The school started its new year in January with 306 students. There are 64 in grade 1, 54 in grade 2, 69 in grade 3, 72 in grade 4, and 47 in grade 5. Sadly, there are only two teachers for all these students. The school has requested two more teachers from the Education Ministry, but the vacancies have not been filled. There have been so many deaths from AIDS that Mozambique has a critical shortage of teachers and many other job areas. The government plans to accelerate the training of teachers, but it is unclear when any more might be sent to Kapasseni. There is also much good news to report:

- The school garden has been planted and will grow corn for the breakfast program, which is going well.
- The tailor is completing the first uniforms for the year and will have eight sewing students two days a week.
- Two musicians provide education in music and dance.
- Scholarship funds, provided by the Gettin' Higher Choir, have been deposited at the Murraca boarding school for the five students who have graduated from Kapasseni School and are now in grades 6 and 7.

HIV/AIDS Education and Prevention

HIV/AIDS educator Manuel Miandica has been visiting Kapasseni four days per month. At the school and in the marketplace, Manuel and local volunteers use drama, debates, traditional dances, and community dialogue to empower women and educate about sexual practices and cultural beliefs that contribute to the risk of AIDS. Session themes include Being Yourself/Being Content, Good Communication, Understanding Sexuality, and HIV/AIDS. Manuel's work has been very well received. He has asked for funding for further work in Kapasseni this summer. Would you like to help?

"Seeds for Life" Update – Last December, when Gettin' Higher Choir members found out about food shortages and hunger in Kapasseni, they started a "Seeds for Life" fundraising drive. The choir and others quickly raised \$10,000, and with this we were able to provide seeds for 266 families and also for the school garden. Corn, peanuts, sesame seeds and beans were all sown, and many trees and seedlings were planted. There has been rain this year, and our community development worker, Garry Brooks, will be in Kapasseni in May/June to help with the harvest, teach about storage methods, and assess growing success. We have enough funds to continue the Seeds for Life program throughout this year. Thank you all!

UBUNTU – a Village and a Choir by Shivon Robinsong

There is an ancient Zulu word that I love – "ubuntu" – which declares that "a person is a person through other persons", or "I am because we are." Ubuntu is a concept embedded in traditional African values of respect and compassion, interdependence, community, tolerance and appreciation of diversity, and an understanding that what defines us is achieved through our relationship with others. The more I reflect on this concept, the more I see that if positive change is to occur, it will be through the quality of the relationships we have with each other.

When the GHC sang at Victoria's FolkFest in 1998, we met the Mozambique Choir, led by Perpetua Alfazema. I was drawn to this warm and engaging group of Africans, and we enjoyed sharing songs and stories. Perpetua asked if the GHC would join them in a benefit concert to help build a school in their former village of Kapasseni. With Ann Mortifee, we filled St. Andrew's Cathedral, and raised \$10,000. I went to Kapasseni with the Alfazemas in 1999, and in the simple miracle of two cultures working together to build a school and a future for the children, I experienced ubuntu spirit and its power to heal the world. Since then, I have been solidly committed to an ongoing relationship with the Alfazemas and with Kapasseni.

2006 marks our eighth year of concerts for Kapasseni. It has become a tradition we are proud of, one that helps define who we are as a choir and as individuals. I am continually delighted by the creative generosity of choir members seeking to help Kapasseni. At times choir practice feels more like a marketplace, with members selling cards, CDs, and other items at the break, with all proceeds to Kapasseni. When \$7,500 was needed to ship a huge donation of vitamins to Mozambique, the entire cost was raised in one night at choir! Last December, choir members raised almost \$10,000 for food seeds. And when one choir member, faced with the progressive loss of her own eyesight, asked questions about eye health in Kapasseni, the Eye Care Program was started, and funded mostly by choir members.

What has been accomplished by the choir with the Kapasseni Project has drawn great interest and has inspired a movement of what we call Ubuntu Choirs – choirs based on inclusion, interdependence, generosity, and social engagement. We have formed the UBUNTU Choirs Society to support the growth of these choirs and facilitate their charitable work.

So much has grown out of that first meeting with Joseph and Perpetua. Their steady, joy-filled commitment to Kapasseni has been a great source of inspiration for me and for the choir. Their vision has expanded from its initial focus on Kapasseni, and now includes the nearby towns of Sena and Caia, where the ravages of AIDS must be addressed. With the Alfazemas now returning to Mozambique, we will continue to support their work, feeling blessed by our connection with these wonderful friends, and blessed by the opportunity to have learned about ubuntu from such fine teachers.

Shivon Robinsong is Co-Director of the Gettin' Higher Choir. She has been to Kapasseni twice – so far.

Eye Care Received By Many by Sabine Laubental

In the last issue, I wrote about the great need for eye care in Kapasseni. Common problems include cataracts, glaucoma, post-measles blindness, and trachoma. With \$5,000 generously provided by Gettin' Higher Choir members, the Kapasseni Project engaged ophthalmic technician Ernesto Pechisso to provide education and treatment in Kapasseni. In mid-December, Mr Pechisso and Domingas Saeni, his assistant, made the 350 km trip from Chimoio to Kapasseni.

It was the rainy season and the muddy roads were quite a challenge, but finally they arrived safely. On the first day, Mr Pechisso gave an education seminar to 35 community leaders – many more than anticipated. They included health workers, teachers, religious leaders, traditional healers and other leaders. They learned to recognise and provide treatment for a variety of eye diseases. Prevention and control were also discussed.

These participants were able to help over the following days as 431 patients arrived for consultations and eye exams. Eye problems were discovered in 273 patients, of whom 25 had a need for eye surgery, having lost most of their sight due to cataracts. One young boy required removal of an eye damaged by disease. An additional 42 people had post-measles blindness or untreatable conjunctivitis. Sadly, it was too late to help them. Insipient cataracts were found in 46 people, meaning they would go blind. Others required eye glasses.

Because of the heavy rains, the medical team had to leave early. The rains also made it impossible to transport anyone requiring eye surgery to the hospital in Chimoio. Two months later, in early March, the rains had let up, and patients were taken to hospital. Four trips were made and 51 people received the gift of sight. Mr Pechisso reported, "All the people of Kapasseni and Murema village are very excited and overjoyed by the results of the surgeries". What a wonderful success!

Now more people desperately needing surgery and other treatments are coming forward. Primarily, these people have severe cataracts and have been literally "left in the dark". A simple operation will give them immediate, dramatic results and make it possible for them to function more fully in their lives. Unfortunately, the funds we raised last fall have all been spent for the initial phase of the program.

We have a target of raising \$4,000 for further surgeries and examinations. Will you help? Please send donations to the Kapasseni Project, marked "Eye Care Program".

Sabine Laubental is the Eye Care Program fundraiser, and an alto in the Gettin' Higher Choir.

Thanks to the Stephen Lewis Foundation and NWMT

We are delighted to report that the Stephen Lewis Foundation has provided funding to the Home Based Care Project. The decision followed an on-site visit by Micheline Nturu. North West Medical Teams has committed funding for 3 years and visited the project in March. Funds donated to the Kapasseni Project last year for HIV/AIDS programs have enabled us to assist this project as well. Would you like to be a funding partner too?



Albertina, in Sena, is holding week-old Joao. Their mother was very sick and unable to move or talk. Children often look after children when their mothers become ill or die.

"Kuwangisana" – Home Based Care by Jill Claus

The HIV/AIDS home based care project in Sena was started last year by Perpetua. The word Kuwangisana (pronounced kwang-ees-an-a) means "working together for the good health and well-being of everyone involved". This project helps people seriously ill with HIV/AIDS and other chronic illnesses by providing home based palliative care. In the last six months the workers have been hired, everyone has been trained, offices have been renovated and furnished, medicine and supplies have been purchased, and we started helping the first 20 families.

It has been wonderful to see the difference this project makes. The poverty here is beyond belief. People with chronic illnesses usually die unaided in their huts with their children and other family members helplessly looking on. Simple things like soap and topical ointments for bed sores are beyond their financial resources. The families we are helping can't even afford enough food.

The project sends a worker to homes every few days to take care of the sick patients' physical needs, such as bathing and providing non-prescription medicine. The worker also helps the family to deal with the illness and prepare for the death of their spouse or parent. Each family is also given a food and hygiene kit each month. So, although the outcome is usually inevitable, the project helps these people in such a fundamental way – it allows them to pass on with some comfort and dignity. All these families are also learning about HIV/AIDS, and as the circle of people who are involved with care is increased so is the knowledge of the disease and how to prevent others from becoming infected.

Perpetua will be the Kuwangisana project supervisor when she returns to Mozambique in July. FMI, contact Perpetua at sena@hotmail.com, Carol Kerr at c-kerr@shaw.ca, or me at jillclaus9@hotmail.com.

In 2005, Jill left Ontario and moved to Mozambique to help Perpetua. Jill works with the Kuwangisana Project, Ray of Hope House in Caia, and the Kapasseni Project.

Newsletter editor – Ian McLachlan. Photos – Jill Claus.

A "Ray of Hope" for Caia Orphans by Jill Claus

A new project for orphans, called "Raio de Esperança" (Ray of Hope) is working hard to startup in Caia village. Last month we started an AIDS education program. Manuel Miandica takes youth into the community twice a month. They perform plays and music, hold dance contests, and do various activities to draw the youth in to hear their message. The youth have fun and learn about HIV/AIDS prevention at the same time. This month we started a breakfast program for orphans most in need. Orphans living in households with no adults and those with most severe malnutrition were selected to receive one meal a day of a nutritionally fortified porridge.

When we get more funding, we will renovate a large abandoned building as temporary emergency housing for orphans, a meeting hall, and project offices. The housing is badly needed. Sick parents going to hospital usually bring their children with them. If the parent dies, the orphans are taken to the social work office, which has no money or programs. They record their names and send them away. The grieving children have to fend for themselves until they find extended family members or anybody willing to take them in – usually only a matter of days, but it can be weeks. My heart really goes out to those little ones, so the emergency housing is very dear to me. I really look forward to seeing it in operation. FMI, contact me in Mozambique at jillclaus9@hotmail.com.

Ray Of Hope House is helped by the Caia Connection, which is greatly in need of volunteers in Kelowna.



A grandmother and her orphaned grandchildren, who she is caring for. There are now many such families.

Corn Grinding Mill Update – Volunteer Garry Brooks has gone to Kapasseni three times, to work on the mill building, form a women's group, and buy the mill and equipment. A down payment was made, but due to heavy rains it will be late May when the mill is fully paid for and installed. Garry will conduct training classes with the women. The mill will provide Kapasseni's first income generating project. It will also relieve the girls of hours of manual pounding and allow them more time for school. Thanks to our supporters for their generous donations to make this possible!

Contact the Kapasseni Project Committee in Victoria at (250) 478-9296 (Carol Kerr). **Visit** our website www.kapasseni.org

Projected 2006 Finances

BALANCE FROM 2005 \$ 57,234

PROJECTED FUNDS

Individual Donations	20,000
Spring Concerts	10,000
Fall Presentation	3,000
Christmas Project	6,000
Special Projects (see below)	<u>22,500</u>
TOTAL PROJECTED FUNDS	\$ 118,734

PROJECTED EXPENDITURES

School:	salaries	4,000
	breakfast Program	2,100
	desks and supplies	6,800
	uniforms	2,000
	maintenance, teachers' housing	1,500
	transportation of supplies	2,500
Health Centre	salaries	3,500
	equipment & maintenance	1,000
Agriculture	salaries	900
	seeds	3,000
	equipment	2,200
	food for works	4,000
Dev. officer, bookkeeper, contact person		3,850
Transportation and communication		2,200
Kapasseni Society (Mozambique)		1,900
Office supplies and newsletter costs		2,200
Canadian representatives' travel		4,000
Special Projects – corn grinding machine		9,134
	– radio email	25,000
	– home based care	13,000
	– scholarships	2,000
	– HIV/AIDS education	2,500
	– traditional music program	1,500
	– eye care	4,000
Other		<u>2,250</u>
TOTAL PROJECTED EXPENSES		\$ 107,034

PROJECTED FUNDS REMAINING \$ 11,700

Notes: (1) Special projects are funded as permitted with earmarked donations. (2) The Kapasseni Project is run entirely by volunteers.

Radio Email – Communication is a huge problem for Kapasseni, Sena, and Caia. We now have half of the \$25,000 required to install radio email, and can proceed this year if we meet our fundraising goal. This will also help Joseph and Perpetua to be in touch with us when they return to Mozambique. Please help!

Making Donations

We hope you will continue to help the projects that Joseph and Perpetua work with in Mozambique. Please send donations to:

- **Kapasseni Project:** Redeemer Lutheran Church, 911 Jenkins Ave, Victoria, BC V9B 2N8, ("Kapasseni Project"). You can make a general donation, which we would allocate to regular budget items and other areas we identify as priorities. You can also make donations marked for special projects which will proceed as funding permits. Specific funding is needed for eye care, radio email, scholarships, the traditional music program, and HIV/AIDS education. A special fund will also be set up for anyone wishing to support Joseph's Lutheran church work in Mozambique.
- **Kuwangisana Home Based Care Project:** Cheques can also go to Redeemer Lutheran ("Home Based Care").
- **Ray of Hope House:** Caia Connection (PO Box 21082 Orchard Park postal outlet, Kelowna, BC VLY 9N8, or for a tax receipt, Tides Canada Foundation "Kapasseni Society Fund" at <http://www.tidescanada.ca/cms/page1161.cfm>)

Thank You All So Much!