

F.O.M. NEWSLETTER

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CHANGES IN F.O.M. MEMBERSHIP DUES

You may have noticed that FOM has not requested membership dues for a while. Because newsletters had not been sent regularly, the Board felt that members should not be expected to continue contributing dues. Furthermore, the FOM bank account had been growing faster than we were able to send out grants. The Board thought this was an opportune time to re-examine our stewardship of FOM's resources before requesting membership renewals. After examining our membership base and the patterns of paying dues and giving additional donations, the Board decided to make membership voluntary. By having a "suggested" donation level we will be able to be more inclusive and may receive larger donations. This change, combined with an annual membership drive every October, will simplify the process of recording donations.

In essence, there now will be two categories of membership: members and supporting members. Everyone who is interested in being updated on the activities of FOM will be a member. Anyone who gives financial and material support will be a supporting member. There will not be any special privileges given to supporting members. Instead, the reward will be the satisfaction of supporting the work of FOM and making a difference in the lives of the people in Malawi.

If you are a member of the NPCA, the donation passed from the NPCA to FOM will be treated as if you gave the donation directly to FOM.

Our suggested membership dues level is still \$15 per individual. We have removed the other categories of membership in order to simplify the record-keeping process. Based on our past three years of spending, an average \$1.75 from each membership donation will be spent on printing and mailing newsletters, \$0.50 is needed for responding to members and communication among the Board, \$0.75 will be used for running the web site, and the remaining \$12 disbursed as grants in Malawi—that means roughly 80% of the money will be used for the grants program.

See the membership renewal form to send donations and/or update your personal contact information so we can keep you posted on the activities of FOM.

MESSAGE FROM NEW PEACE CORPS COUNTRY DIRECTOR

Dear Friends of Malawi, I have just arrived in Malawi as the new Country Director for Peace Corps and already I am impressed by the enthusiasm, dedication and accomplishments of FOM. You are really making a difference here. Zikomo!

I come to Malawi after serving as Programming and Training Officer/Deputy Director for Peace Corps Armenia, and before that, as the same for Peace Corps Western Russia. I also did a number of trainings for various Peace Corps programs (Western Russia, and Russia Far East, Georgia). For most of my career however, I taught at Teachers College, Columbia University, in the Applied Linguistics and TESOL Programs. A long time ago, I was a Peace Corps Volunteer myself in Cameroon.

I look forward to working with you. Let us know how we at Peace Corps Malawi can help you serve the people of Malawi. All the best, Pam

Pamela Martin
Country Director
Peace Corps Malawi
Tel. 265 1 757-157
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PERSPECTIVES ON MALAWI This column will try to provide a mix of perspectives on Malawi from past and current PCVs, Malawians, and NGO studies. Our goal is to provide a balanced mix of reflections, facts and figures, experiences, etc., to enhance our understanding of what is and is not working to improve the lives of all Malawians. Ideas for issues you would like to hear more about, as well as article submissions are encouraged. Views do not necessarily represent the board of FOM. We hope you enjoy this column.

DISPOSSESSED WOMEN: How Traditional Practices of Inheritance in Malawi Hurt Women and Children
by Fides Ushie

Traditional inheritance practices are bringing misery to widows and their children. In Malawi's mostly patriarchal society, a woman joins the husband at his village soon after the marriage ceremony. When the husband dies, the wife usually is given two options. She may choose to stay in the village on the condition that she remarries someone chosen for her by the village elders--a practice known as Chokolo. The other choice for the widow is to go back to her village and leave her children and property behind.

In the past, Chokolo ensured that the widow and her children stayed in the village where the new husband would look after them. With the advent of AIDS, the Chokolo option poses a huge health hazard for women. In most cases, the replacement husbands already have wives, or they are not suitable husbands. *Malawihere.com* reports that one widow was forced to marry the youngest brother of her late husband or risk all of her property being taken away. She was quoted as saying, "I accepted to marry this young man who was even younger than my own son because I did not want to lose the property that we both worked so hard to accumulate."

Women who refuse Chokolo usually end up losing everything. Property grabbing affects both rural and urban women. According to the article *Malawi: Property grabbing escalates in the wake of AIDS deaths*, (www.plusnews.org), a woman and her husband owned a home in Lilongwe. Prior to his death in 1999, he had left instructions that she and the children should continue to live in the home. However, soon after his death, she was forced to sell the house and told to go back to her village. When she did as instructed, the relatives of the husband offloaded all of her property from the truck and demanded that she hand over the money from the sale of the house.

Malawi has laws intended to deter people from property grabbing. However, these laws require that a written will be in place. In the absence of such a will, relatives try to gang up with corrupt officials to take property from widows. These widows do not have anyone to help except for a few organizations, such as *Women & Law in Southern Africa*, that try to make women aware of their rights and to sensitize traditional leaders to be on the lookout for property grabbers. In the long term, education of girls to be self-sufficient may be a solution.

PROBLEM MOSQUITOS In *Time Magazine*, July 26, 2004, Christine Gorman wrote an article "Death By Mosquito" in which she states that malaria is killing millions of people, but unlike AIDS, it can be cured. The latest figures suggest that over 300 million people had malaria last year and the disease killed at least 3 million. Most who die are under the age of 5. While many of the sub-Saharan mosquitoes have become resistant to the widely used malaria prophylactics, doctors have made strides by combining several of the compounds. The most powerful is derived from an ancient Chinese herbal remedy that cures 90% of those affected within three days. Doctors and researchers believe that the average number of cases of malaria have quadrupled since the 1980s. *Lancet* reported that the malaria related death rate among children in eastern and southern Africa has doubled with some rural areas reporting an 11-fold jump in mortality. In other diseases, one bout leaves life-long immunity. This is not the case with malaria. Adults who have been exposed over a lifetime tend to have less severe bouts. However, children who become infected are more likely to suffer severe anemia and convulsions that may lead to brain damage and death. Beside the fact that malaria parasites have become resistant to the two most common and widely used drugs, the backlash against the use of DDT has exacerbated the problem. The toxic reputation of DDT made cash-strapped governments in Africa hesitant to use it fearing that international donors would withdraw support. An anti-malarial campaign needs two tracks: treating the illness and preventing the transmission of the parasites. Some countries are working to sell low cost insecticide-impregnated mosquito nets. Mosquitoes are attracted by the carbon dioxide exhaled by people when sleeping, and the insecticide kills the mosquitoes on contact. In areas where at least 80% of pregnant women and children under the age of 5 sleep under this type of net, the rate of illness for all residents has dropped dramatically. However, only 1% or 2% of people sleep under nets in the zones where malaria exists. Environmentalists are beginning to understand that DDT is necessary and that if sprayed in or on a hut, it kills mosquitoes without doing a lot of harm to the environment. Now the South African government is training and employing about 350 DDT sprayers each year. Gerhard Verdoorn, chairman of South Africa's Endangered Wildlife Trust says, "We can't just look after animals and not care if people die."

BOOKS OF INTEREST

Alexandra Fuller has published two books about her experiences in Rhodesia in the 1970's. In her first book *Don't Let's Go to the Dogs Tonight*, she writes of growing up in East Africa as a tough white kid on a series of ramshackle farms. She describes malaria, racism, poverty and the brutal civil war between the ruling whites and the disenfranchised blacks. Overall, she is passionate about Africa and she celebrates its beauty while recognizing and embracing its complications. In her newest book, *Scribbling the Cat*, Fuller gives us a nonfiction portrait of "K", a middle-aged, tattooed, barefoot, white veteran of the Rhodesian civil war of the 70's. Despite the fact that "Scribbled" means "killed" in the local dialect, Fuller goes with "K" on a road trip through the war zones where he went as a soldier. She writes: "I had thought that if I walked where he had walked, if I drank from the same septic sludge of water, if I ate nothing all day and smoked a pack of bitter cigarettes, then I'd understand the man better." One reviewer wrote, "Her powerful, earthy descriptions of their sweltering and frequently hellish drive make up the best part of the narrative."



THE NEW PARTNERSHIP FOR AFRICA'S DEVELOPMENT

NEPAD has summarized that in sub-Saharan Africa:

- *One in 5 women are HIV positive yet only 1% has access to drugs to prevent transmission from mother to child;
- *Nearly 1 million school children will lose a teacher this year due to AIDS;
- *Up to half of hospital beds are filled by AIDS patients
- *Sub-Saharan Africa is the only region in the world where the proportion of people living in extreme poverty has continued to grow for 20 years. Nearly 50% live on US \$1 a day or less.
- *15 million have died of AIDS and nearly 30 million are living with HIV;
- *4 million of the more than 11 million AIDS orphans have lost both parents.

Thanks to members and generous donors, the impact on Malawi and the neediest communities is great!!

To apply for grants, e-mail
FOMgrants@yahoo.com

GRANTS PROGRAM UPDATE

The Grants Committee has been busy with exciting new proposals, and up-dates from the field. FOM's Fides Ushe and Beth Evans received a \$500 grant to aid the community of Mzoma in equipping their rural clinic. The grant funded two lockable metal cabinets for drug storage, a desk, two chairs, two 8' benches for the waiting room, blood pressure cuffs, stethoscopes, adjustable crutches and cane, braces, buckets and cleaning supplies.

In May, MK 14,900 (about US \$105) was approved for PCV Rhonda Dillon to run a permaculture workshop at Malomo Health Center. The grant covered the costs of buckets, food, notebooks, and venue rental. The group participating in the event built a permaculture garden at the Center to provide nutritious food for the Center and to serve as a way to educate others in the Malomo community.

PCV Kristen George and the Milepa Home Based Care (HBC) group have received MK 55,729 (US \$500). The group is a self-formed club of 22 members who are HIV-positive. The group has started a sustainable chicken-raising business. With the grant they were able to buy building materials, and pay for part of the labor costs. The community of Milepa provided sand, tools, molds for bricks, bricks, labor and some transportation. Club profits will be used to help others with HIV and the whole community will have access to a good food source. Kristin says "It made people recognize the power of working together."

Kristin & Friends with new Chicken Coop

SOLAR COOKERS & the HIV/AIDS PANDEMIC

Fuel for cooking is becoming more and more scarce in developing countries. In addition to saving fuel and money, solar cooking offers significant health benefits: Decreased exposure to smoky cooking fires, improved nutrition by eating slow-cooked foods, fewer injuries and burns from open fires, water pasteurization, and more time for caregivers to generate income and/or to take care of ill family members.

Because of the added social and economic burdens for families affected by HIV/AIDS, the benefits of solar cooking can be life enhancing. Families must obtain at least 25% more food for the ill member whose nutritional requirements increase with time. There is constant need to keep the patient clean to prevent skin sores from becoming infected and there is an increased need for money to get medicine to control diarrhea, pain, respiratory infections and other ailments.

After adults with HIV/AIDS die, there is an increased burden on relatives and children. The need for elderly relatives and orphans to get fuel, food and money for basic needs and school fees, and to maintain their own health needs is greatly increased.

The use of solar cookers has the potential to benefit all by relief from the physical tasks of gathering wood and the use of solar pasteurization of water to decrease respiratory and water-related infections. Perhaps most encouraging of all, is the prospect that research being conducted on the use of solar pasteurization of milk expressed by mothers who are HIV positive may reduce or eliminate the transmission of HIV from mother to child according to Bob Huff, formerly of the American Foundation for AIDS Research.

Solar cookers can address many of the challenges faced in refugee centers and communities where severe shortages of traditional fuels exist. Peace Corps Volunteers Nancy Bailey and Mary Simonson taught over 100 people in Lesotho how to make and use solar cookers and former PCV Beth Evans took three different types of solar cookers and instructional materials to Mzoma, Malawi.

For information about solar cooking, cookbooks, cookers, literature and supplies contact www.solarcookers.org and www.solarcooking.org for a solar cooking archive. Solar Cookers International is a nonprofit, tax-deductible organization spreading solar cooking awareness, teaching materials, and skills worldwide. This has enabled over 30,000 African families to cook with the sun. For millions living in refugee camps and/or arid, and/or fuel-scarce regions of the world, solar cookers can save lives.

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**To contact FOM President Dawn Citrin, e-mail:
d_citrin@hotmail.com**

BOOK REVIEW by Jean Colgan Gould

Suffering in Silence: Malawi women's 30 year dance with Dr. Banda by Emily Mkamanga

Dudu Nsomba Publications, 20004 Gables Park, Bothwell, Glasgow G71 8TS Scotland. (Also available from used books Websites such as abe.com.)

Anyone interested in women's issues in Malawi will welcome a succinct, well-written chronicle of women's struggles to achieve freedom and respect. With its careful documentation of the years (1964-1994) under President Kamuzu Banda, it provides a fine grounding for understanding contemporary women's lives. Those familiar with Malawian writing and politics will know Emily Mkamanga from her fiction and from her columns in *The Nation*.

Though this book is suitable for those interested in doing additional research, she weaves her own experience and considerable personal knowledge into the narrative, rendering it more readable than had it been only an academic exercise. So much has changed in Malawi in recent years that it is easy to forget the times only decades ago when girls and women were kept out of school, forced to dance for Dr. Banda, and indiscriminately jailed if they did not comply. This "entertainment" epitomized the abuse suffered throughout the country by those who were called upon to appear before the president and could not refuse without serious consequences to themselves and their families. Mkamanga even speculates that the wanton practices of sexual exploitation by government officials may have contributed to the current AIDS crisis in Malawi. One hopes all that has changed. Still, there are miles to go before women achieve equality in Malawi. While more girls attend school, the illiteracy rate continues to be higher among women than men. And many secondary schools are in gross disrepair. Indeed, the Lilongwe Girls Secondary School, new when attended by Mkamanga, is in a shambles today, as the government has not allocated enough funds for education and school maintenance. She is not discouraged. Mkamanga writes about the importance of women coming to know their own power—in their families, in communities, in the work place, and especially in politics. The book is helpful to those of us on the outside in terms of understanding. More important, it is a call to action for Malawian women. If *Suffering in Silence* (in part or in total) has not been translated into Chewa and Timbuka already, this might be a worthy project.

Jean Colgan Gould's most recent book is *Forty Years Since My Last Confession*. She visited Malawi in July 2004. 4

HABITAT FOR HUMANITY

Habitat for Humanity has a chapter in Malawi with several affiliates. As of June 2004, Habitat for Humanity Malawi had completed 5,408 houses with needy families throughout the country. The organization has been really creative to help meet needs of people who have very low incomes and they have devised "The House That Grows". Homes are built in three stages and are designed so that it is easy to add on to the original structure when the owner can afford the building materials.

Susan Phiri, a homeowner and committee member at the Embangweni Affiliate, has paid off the first two stages of her home and has become the first homeowner in Malawi to build stage three of the "House That Grows". She has been able to build and repay her loan from the proceeds of her shop at the local market where she sells eggs, sugar, soap, oil, drinks, salt, and small household items.

One goal of Habitat is to teach guidelines for durable construction, another is piloting a Home Improvement Loan program in the Mpherembe Affiliate that covers 10 villages. Housing loans are disbursed and repayments are collected only between May and November – the dry season. The dry season is important because this is when people have harvested and are selling crops so they have money, and bricks can be molded without being damaged by rain, and roofs can be removed and repaired. The loan program is used to add durable roofs, floors, doors and windows when families already have built a house. To qualify, houses must have a foundation and sturdy walls. The most desirable item is a durable roof because grass used for thatching is becoming scarce due to farming and population growth. Once a loan is paid off, application for another loan is possible. The concept is to keep loan amounts small so that they are affordable to those with very low incomes. The most urgent needs are met first, allowing a house to develop incrementally.

FOM Newsletter readers who already donate to HFH may want to specify that their contributions go to Malawi in general, or to a specific affiliate. Anyone wishing to get involved may call 800-422-4828 or visit www.habitat.org. It is possible to make a one-time donation, or the organization makes it very easy to make on-going contributions by sending you a monthly reminder.

BICYCLE AMBULANCE

Several years ago some Peace Corps nurses in Malawi devised, and had manufactured, a number of bicycle ambulances. As it turned out, they were not very effective because the center of gravity was too high and the bikes were not stable. Recently, Canadian. Niki Dunn collaborated with Mr. Godfrey Mukoka at his Lonje Metalworks shop in Salima to devise a more practical solution for getting patients to medical facilities in emergency situations. Together, they have devised a removable stretcher on a trailer-like frame that can be attached to the back of a bicycle. It is designed so that it can be manufactured and maintained using local materials usually found in the small market towns of rural sub-Saharan Africa. Patient comfort is addressed through a suspended stretcher bed of bicycle inner-tube-strapping and an adjustable backrest. The wheels and tires are the same as those used on bicycles.

While specifically designed to be used with a bicycle, the J-shaped arm and handle design allows the ambulance to be pushed or pulled. The hitch used by this product was designed by the Intermediate Transport Development Group (ITDG) - a non-profit organization that develops sustainable technologies with the aim of reducing poverty in developing countries.

PLEASE VOTE

Over the past year, the National Peace Corps Association (NPCA) has been looking at its governance structure with the intention of creating a leaner, more efficient approach to providing services and cost-effective programs to its members. Some of the proposed reforms require amendments to the NPCA by-laws; some do not. If you are a member of NPCA or would like to be, or if you would like to review the proposed reforms, please visit the NPCA website, at www.rpcv.org/governance.doc. Your vote would be a vote of confidence in the NPCA and its work in tapping the potential of the RPCV community.

HELP WANTED

1. Many FOM members have heard of the Malawi Washington Association (MWA), or have had an opportunity to meet with their members. In years past, FOM has been invited to their events, sat in on their meetings, even helped to draft their bylaws. MWA originally was composed of Malawians living in DC, but now has branches in other parts of the country. As it has grown, so has its purpose.

Originally, the primary purpose was to create a community for countrymen living far from home. Now, the group is refocusing and setting sights on the conditions in Malawi. At a panel discussion during their Independence Day festivities, Dawn Citrin was asked to explain FOM's model for development. She emphasized *quality over quantity* and explained the small grants program and the way the FOM grants team works with applicants to design sustainable projects. Also covered was Shannon Brown's book project and how she maintains steady communication with recipient schools to ensure their commitment to the project.

FOM involvement with MWA has been cyclic: it ebbs and flows, waxing and waning with the energy and commitments of members. MWA has initiated a new period for sharing. Dawn suggests that FOM reciprocate by scheduling a get-together, or perhaps, putting together a group service project for Malawi. It would be wonderful if two FOM members could volunteer some time to **plan a joint FOM/MWA gathering**. It should not take too much time....besides when is the last time you got to speak more than "Muli bwajji?" in Chichewa to anyone? If you are interested, contact Dawn Citrin.

2. Bob Klein (Ghana '61-'63) has the idea of preserving the idea and ideals of Peace Corps service by recording a Program History for each country where PCVs have served. His goal is to complete a Program History before the 50th Anniversary in 2011. The **RPCV Archival Project** (AP) wants each Country of Service Affiliate (COS) to start its own History Project and offers assistance to do so. The heart of the Project will be oral history interviews and archival research (primarily at the Kennedy Library and in the National Archives). The AP can train interviewers, but each COS group needs to **recruit a cadre of dedicated participants**. Barbara Hodgdon has volunteered to organize the Malawi I group. Volunteers from other groups need a leader and a dedicated volunteer is needed to organize ALL of the collected information into one program history.

REPORT from the NPCA NATIONAL CONFERENCE in CHICAGO

Twenty FOM members attended the NPCA national conference in Chicago, August 5-7, including Board members Sandra Lauffer ('66-'67) and John Staub ('98-'99). The conference consisted of several main components: Opening and closing ceremonies highlighting the impacts of the Peace Corps and NPCA, workshops, times for RPCVs from each country to meet, meetings for conducting the business of the NPCA, and a marketplace for organizations to share information. Over 950 RPCV's and friends attended to share ideas and to network among groups like FOM.

One conference highlight was the awarding of the Sargent Shriver Award for Humanitarian Service to Kevin Denny. Kevin spoke eloquently about his work with Malawi Children's Village.

During the last two years, the numbers of Black and Hispanic PCVs have increased 21% and 16% respectively. Now, the Peace Corps is also recruiting community college graduates because they have many of the technical skills needed in developing nations. At a 28-year high, there are 7,533 volunteers serving in 71 countries.

Both an informal Southern Africa region dinner and the Malawi RPCV meeting were well attended and provided excellent opportunities to share news from Malawi and to brainstorm ideas for future FOM work. Adrienne Rathert and Kristi Schober gave fresh views of the challenging and exciting changes facing Malawi. For example, cell phones are spreading quickly across the country – even to remote villages, and a large migration is beginning as people leave their villages and move to the cities in search of work.

John attended workshops on increasing food production to reduce deforestation, the interaction of international education on national security, the goals of micro-enterprise, lending, the challenges of international trade with third world countries, creating and maintaining newsletters, and how to heal the war-torn countries of Afghanistan and Iraq.

Florence Reed (Panama '91-'93) talked about the work of Sustainable Harvest International (<http://www.sustainableharvest.org/>) in Central America. One extension worker meets every week with communities to introduce contour planting, vegetable gardens, planning diets and nitrogen-fixing plants. They introduce simple manure digesting systems that generate methane to use for cook stoves, thus eliminating the need for firewood. *cont. pg 7* 6

F .O.M. WEBSITE REDESIGNED

In the spring, a committee of FOM members worked to redesign the organization’s website, www.FriendsOfMalawi.org. All agreed that the website needed a fresh look and that it should provide more services for members. The new layout will have a wealth of educational information about the history, culture, and current state of affairs of Malawi. It will provide FOM’s financial reports, information about becoming a member, donating to grants projects and applying for grants. Also included is information about traveling to and within Malawi, and even audio recordings of the languages spoken in Malawi and videos of dancing. Newsletters will be archived on the site. There will be links to FOM members’ websites, bulletin boards to help people connect, and eventually, a secure system to help reconnect with lost FOM members. The site will not display any personal information about members without their permission. We hope the new site will make it easier to keep the ties among members strong, while expanding the number of people reached.

The website was started by Don Lotter and then passed on to John Strain in 1999. To both of them and many others, **THANK YOU!** Thanks to Sam Roberts for transforming our ideas into actual web pages, full of color and sound. – Dawn Citrin, John Staub, Mike Waldmiller

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NPCA Report *Cont. from page 6*

Bob Leventry discussed his work to develop international markets for the production of native grain(quinoa) in Ecuador. A group formed a co-op for quinoa that is the only complete protein grain. Bob goes down several times a year to help with administrative details involved with exporting. Some of the lessons he has learned: 1. Cut energy costs, not labor because people need jobs and the costs of energy are high relative to labor. 2) Don’t underestimate the locals. They are smarter than one might assume. 3) The key to improving livelihoods in developing countries is creating access to international markets for their goods. For example, quinoa sells for \$0.18/lb in Ecuador, while the international price is \$0.37. *cont. next column*

4) The farmers have to be paid at harvest time, not when the product is sold overseas, thus the need for adequate financing to cover costs until it is sold in grocery stores. For more information go to: <http://inca-foods.com/atlantic.htm>.

Thailand Member of Parliament, Dr. Surin Pitsuan, spoke about how learning English from Peace Corps Volunteers opened the door to attending college in the U.S.A., then earning a Ph. D. from Harvard University and eventually returning to Thailand and elected office



NPCA’s RELATIONSHIP to FOM

The NPCA mission is to lead and mobilize the Peace Corps community in global education, micro-enterprise, advocacy for increased PC budgets and peace. Membership is about 12,000. The NPCA is made up of individual members and nearly 150 affiliate groups like FOM. All NPCA members are automatically members of one or more of the affiliates of their choosing. All affiliate groups have one vote in the Group Leaders Forum. John Staub represented FOM at the Group Leaders Forum.

Discussed at the Forum this year was the proposal to reduce the size of the NPCA Board of directors from 30 to 19, realigning the board seats with the affiliate groups to reduce the discrepancies in the number of individuals represented by elected board members, and to reduce the number of standing committees while increasing the number of “program committees” overseen by Group Leaders. The proposal passed 65 to 7, with 1 abstention. These changes will facilitate focus on issues of governance, finance, and development. Furthermore, the change will expand opportunities for affiliate groups like FOM to be more involved in leadership of any number of program committees such as peace and global education.

The NPCA is becoming a mature national organization capable of serving as a liaison between Peace Corps Headquarters and the RPCV community, advocating the interests and goals of the Peace Corps before Congress, and attracting funding from the private sector and foundations. These are effort-consuming activities that individual groups like FOM do not have the resources or time to accomplish on their own. Pooling the energy and breadth of the 150-affiliate groups into one strong voice is critical for success.

F.O.M. Newsletter
C/o E. Evans or F. Ushe
Friends of Malawi
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EDITORS' NOTE

Four of us returned to Malawi for the month of July. By all standards, the trip was a huge success and we accomplished many things in a relatively short amount of time.

Over the previous two years, many cans and bottles were recycled and four "garage sales" were held to raise money to purchase medicines. We were able to take nearly US \$30,000 worth. They were divided between the village at Mzoma and Mlambe Hospital in Blantyre.

With donations and lots of our own money, we were able to do other things. Two treadle sewing machines were purchased in Limbe and a women's sewing group was started at Mzoma with the idea that it could become a small cottage industry to produce income for women who have no other means of support. With a grant from FOM, medical equipment and basic furniture were purchased for the new rural clinic at Mzoma. In addition, arrangements were made for a bicycle ambulance to be manufactured and delivered so that patients will not have to walk 15-20 miles to the nearest mission hospital. At the school, the Headmaster's house was wired for electricity and supplies were purchased to complete the new houses for the secondary school teachers.

Three scholarships were designated. Money was left for one of the Standard 8 orphans to be able to pay secondary school fees for four years. Tuition was provided for one of the girls to attend Ekwendeni College of Commerce and one of the boys to attend Chancellor College.

Conditions at Lilongwe Girls' Secondary School were deplorable. We painted six classrooms and left paint for at least six more. Plywood and mattresses were delivered to fix 20 beds and the city was paid to make 12 trips to pump out the septic tanks.

Overall, we are finding that our type of people-to-people projects are a significantly better way to do things in Malawi than to involve the government. . . at least the government of the past. In recent weeks we have received a donation that will go toward the medical clinic at Mzoma.

We did have some fun too! We spent a night at the former Grand Beach Hotel at the lake, ate in several good restaurants, met old friends and relatives and stopped by the Peace Corps office in Lilongwe.

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To submit materials for the next FOM Newsletter,
email Elizabeth_Evans@spfldcol.edu or FAX 413-748-3537

FOM Membership Form:

Please fill out one form for each individual that would like membership. The more information you provide FOM, the easier it is for us to keep you updated about the activities of FOM. Email is revolutionizing communication around the world. The more we can rely on email, the less we have to spend on postage and phone bills, thus allowing us to give more money as grants in Malawi.

Do you have a preference how you receive the newsletter?

In paper form. By email.

First Name: _____

Last Name: _____

Did you serve as a volunteer in Malawi? Yes. No

With which organization? Peace Corps VOS UN Other _____.

Years of service and location: _____

(Please add more info if you served in the PC more than once as a volunteer or as staff.)

If you are not a RPCV, why are you interested in joining FOM: (please check all that apply)

A family member was a RPCV (name? _____).

Have lived in Malawi.

Want to learn about Malawi. Want to help Malawi.

Address: _____

City: _____

State: _____

Zip Code: _____

International address: _____

Email: _____ (please print clearly, Thank you)

2nd Email: _____

Home phone: _____

Work phone: _____

Donations should be made payable to “Friends Of Malawi.”

Note: Our suggested donation level is \$15 per individual. This money is used to send out newsletters, run the organization and most importantly provide grants in Malawi. Visit our website www.FriendsOfMalawi.org to view recent financial reports for how donations are spent.

Amount of donation: _____

Please mail donations and membership forms to:

Lance Cole (FOM Treasurer)

7940 SW 11th

Portland, OR 97219

You are also welcome to email this information to membership@FriendsOfMalawi.org.