

Welcome to the Spring 2018 Makupo Development Group News Update.
Thank you to Makupo's generous supporters and volunteers.
Please add our email address to your address book to help ensure that you receive these Makupo - Moni Abwenzi Updates. Thanks again for all your support!



Moni Abwenzi

Spring 2018

We are organizing another trip to Malawi for this June and hope some of our friends can join us. See a description below and then catch up on the latest from our many projects.

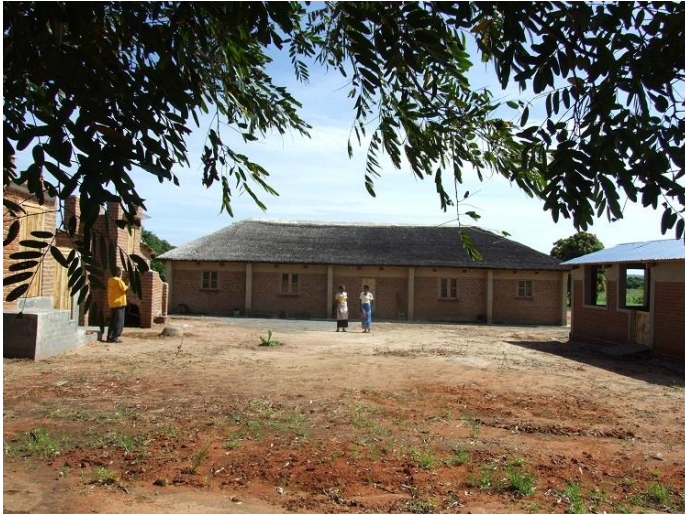
FRIENDS TOUR: AN OPPORTUNITY TO VISIT MALAWI! SUMMER 2018

For the fourth time, we are offering friends an opportunity to live and learn in a small African village as part of the community-based sustainable tours program of Makupo Development Group. The goal is to explore and understand different value systems, make personal links with people, at the same time feel that one has contributed something in return.



This trip is designed for a mature clientele with a sense of adventure and an interest in world affairs. Perhaps you are taking a sabbatical or planning to retire in the near future. You are broadminded and open to meeting people on their terms and learning about their customs and world views.

The proposed dates are open for 3-4 weeks starting in mid-June 2018. This is the dry season and the weather is very temperate with warm, comfortable days and cool evenings.



The Makupo Guesthouse comfortably accommodates 12 or more people



The welcome is warm and heartfelt. Makupo's hosts offer rewarding interactions.

Ian MacArthur visited Makupo and had this to say:

Experience and visit three schools within easy walking distance, an elementary school, a high school and a school for the blind. Listen to wonderful sounds emanating from choirs in the adjacent Presbyterian church; wander down paths to many other villages in the valley. There is also mountain hiking nearby for those who are active living enthusiasts. Immerse yourself in the flow of village life, pump some water from the communal well for your bucket shower, chat with the elders of the village who are fluent in English, play with the children, help plant, hoe or harvest corn, peanuts, soy, tobacco or vegetables.

See our webpage for more information on many projects which you can see first hand during your visit. www.makupo.org.

In addition to involvement with the people of Makupo and Chilanga, the trip includes time spent at Kungoni Centre of Culture and Art at Mua, a stay on beautiful Lake Malawi, and a visit to the nearby restocked Nkhotakota Wildlife Reserve.



www.kungoni.org

The Chamare Museum, part of the Kungoni Centre, was opened in 2002 to present the cultures of the Chewa, Ngoni and Yao peoples who converge in this part of Malawi. In addition to the ethnographic displays, there is an excellent art centre featuring carvings by local artists.

Nkhotakota Wildlife Reserve



In 2015, African Parks assumed the management of a vast network of rivers that weave their way through wooded hills, nourishing the dense forests that make up Nkhotakota Wildlife Reserve. The 1,800 km² landscape stretches from the Great Rift Valley to within a few kilometres of Lake Malawi shore. With

more than 280 bird species, Nkhotakota is one of Malawi's most important bird areas, and is home to 520 translocated elephants as well as sable, kudu, buffalo, waterbuck, impala, and warthog. This is a privileged opportunity and insight to this part of Africa and its natural history and geography. It is also a remarkable story of human dedication and intelligent planning to keep this treasured biosphere available to future generations.

<https://www.african-parks.org/the-parks/nkhotakota>

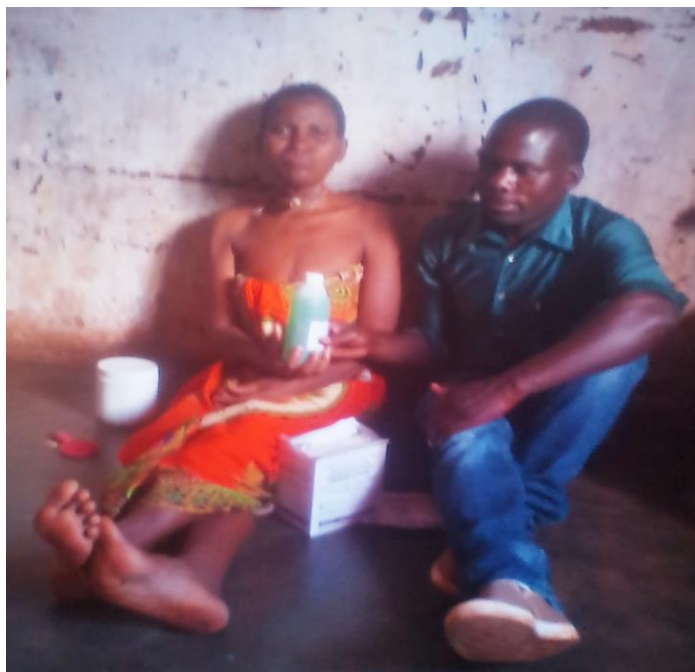
Budget: The total cost is around \$4,000 which is inclusive of airfare, accommodation, food, local transport and a trip to the Nkhotakota Wildlife Reserve.

Contact us at info@makupo.org

UPDATES ON CURRENT PROJECTS

The Chilanga Clinic takes on new responsibilities

In addition to its many other services, the Chilanga Clinic has undertaken to offer palliative care services to the local community. In the fall of 2017, head nurse Joseph Ngwira attended a five-week course offered by the Ndimoyo Palliative Care Trust to learn how to deliver a program of comprehensive pain relief, practical support and dignified holistic end-of-life care. Pictured is one of his patients, Martha Kafera, a 40-year-old mother of five who was very active in her timber-selling business before being diagnosed with laryngeal cancer. She is part of a strong faith-based community and continues to participate in activities which provide important spiritual support.



Currently Martha is assisted at the clinic itself and at her home; the palliative care team uses bicycles donated by Engaging Networks to reach Martha's village, 9 km distant from the clinic. With the care and medications provided through K2 Foundation, Martha can still manage her personal care but needs help with domestic chores. The team have explained to the whole family the nature of the disease and the prognosis and they are appreciative of the care but are concerned about how the father will be able to continue to support their children.

Vanier Nursing Students Arrive and Start Working



On March 19, the latest group of Vanier College Nursing Exchange students arrived in Malawi, carrying with them drugs and supplies provided by Health Partners International Canada. Shortly after their arrival, they were busy at work, holding a number of clinics, including at Mnjale Village, where the Theresa Foundation has its base. Here they met with over 320 people.

The students do more than clinical hours during their stay at Makupo. An important social and health issue for primary school girls passing through puberty is staying clean during their monthly periods. Rural girls cannot purchase factory made sanitary pads and many regularly miss school as they wait out their cycle. For three years now, the Vanier nursing students have held sessions with the primary school girls and have distributed reusable pads made at a local women's sewing cooperative.



Classrooms for the Primary School



With the generous support of AREF two new classrooms have been constructed and are in full use. The original plan was quite modest but in consultation with Caswell Ngwira, the primary school principal, a more advanced version of the project was put in place. We hope in future to be able to turn these into fully enclosed rooms, but the

current versions provide cement floors and protection from the sun and rain.

MAKSPEC Fundraiser: Vanier College Fitness Workout.

VANIER
P.E. Staff and Students
Invite **YOU** to
Workout

So these kids can play!



 **MAKUPO**
DEVELOPMENT GROUP

All proceeds go to providing Physical Education opportunities in MALAWI.

MAKUPO
Charity Workout

Wednesday **Dec. 6th** at
12:30 in Gym A

\$ 2.00 - Bring a Friend!



It was the last week of classes in the Fall semester. The Vanier College Physical Education teachers and students joined forces for a lunch hour fitness workout and happily paid for their exercise. Teachers and teams of students put the record crowd through their paces and raised \$830 for MAKSPEC activities in Malawi. MAKSPEC promotes and coordinates youth wellness through sport, physical education, chance to play, health education and outreach efforts in the Chilanga area, both at the community/village level and through the schools.

Zikomo

For generous contributions, Ontario Public Service Employees Union, Social Justice Fund (OPSEU), the Jewish Community Foundation (Montreal), Vanier College, Association des retraitées et des retraités de la FNEEQ (AREF), MIC Sisters (Sister Missionaries of Immaculate Conception) EKM Architecture, Engaging Networks.

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