



The Caia Connection

March 2008

You're Invited!! Your Time and Talents are Requested!

On March 26th, from 7 until 9 pm, please join us for our **Annual General Meeting**. This meeting will be held at the home of our President and Spokesman, Martin McDermott at The Arboretum, #201 – 2288 Benvoulin Rd., Kelowna. Phone 712-1341 if you get lost!

We will be reviewing the successes and challenges that TCC has experienced over the past year and will be soliciting input and ideas from all of our volunteers for future programming and fundraising ideas.

We will also be electing new board members and forming some new working groups and sub-committees, so if you are interested in taking on a more formal role within our organization, please come and share your talents with us!

We would like to see all of you there, whether you are interested in taking on a large or small role within our organization...to touch base, share stories and ideas, and consider ways in which we can improve the work we are doing and better assist the women and children of Caia.

Please RSVP to caiaconnection@gmail.com

Global Citizen's Week a huge success!

'Global Citizen Kelowna' seeks to mobilize every sector of our community to contribute to making a difference globally. The organizing group is a network of local

humanitarian nonprofit allies that see the benefit of collaboration and collective action to achieve greater results. The overall objective is to educate, inform, direct and link the general public to local and regional humanitarian organizations and vice versa. By combining resources and talents, the task becomes easier and more efficient through the power of leverage. It enables community members of all ages to find the group and projects that best fit with their interests, desires, skills and abilities.

The Caia Connection is a member organization of Global Citizen Week and played host to several of the events. We co-hosted a Millennium Development Goals Networking Forum for organizations and individuals who are working towards achieving the Millennium Development Goals and a youth film making workshop. Both of these events received sponsorship from BCCIC. We also held two successful fundraising events during this time. The first was an African dinner held at the beautiful home of Stephen Cipes at Summerhill Winery. Thank you Stephen for your generosity and for hosting our event! One of the highlights of the evening was our silent auction. We raised over \$1,700 thanks to the generous donations of local businesses and individuals. The second event was an African Drumming workshop. Thanks to Angela, Davaki and Allan for donating their time to help make this fundraiser a success. And a big thank you to all of you who came out to support these and other Global Citizen Week initiatives.

For more information about Global Citizen Kelowna, please visit www.globalcitizenkelowna.org

We would like to extend a **BIG Thank You** to the following sponsors for their support:

- Stephen Cipes and Summerhill Winery
- Tree Brewing
- Hummingbird Spa

- Prestige Hotels
- Namaste Day Spa
- Fezzewigs Cafe
- Bumbleberries Ethical Tea Company
- Ethel Street Therapeutic Massage
- Cotton Massage Therapy
- Home Depot
- Gail Hodgson of
- Allan Yaciw
- Bonnie Forcier
- Angela Roy
- Davaki

The Mozambique Flood

There was a major flooding in Mozambique for the second year in a row along the Zambezi River. This was caused by heavy rains both locally and upriver in neighbouring countries.

The following article is from **National Geographic News**, available online at

<http://news.nationalgeographic.com/news/2008/01/photogalleries/Mozambique-pictures/index.html>.



January 25, 2008—Children gather amid heavy flooding in Mutarara, part of [Mozambique's Tete region](#), on January 16, 2008 ([map](#)).

The south eastern African country has been hit hard by a second year of serious flooding, as heavy rains in neighboring countries have swollen the Zambezi River and forced some 80,000 people to leave their homes and seek help from aid groups.

The crisis, in which at least seven people have died so far, has been compounded by Mozambique's status as one of the poorest nations on the planet. Nearly 60 percent of children live below the poverty line.



Tomas Serrao, 56, and his wife Anita, 44, rest beside two bags of sweet potatoes and the only other possessions they saved from the flood near the town of Chirembwe, Mozambique. The deluge claimed their house and their cornfield on January 18, 2008.

Tomas and Anita were waiting to leave for one of the resettlement centers that the Mozambique government created in 2007. The government's aim was to permanently relocate people from areas that see regular flooding.

In the past, people have moved to and from their homes as the floodwaters rose and receded, weaving annual crisis into the fabric of the country.



The flood-swollen Zambezi River threatens to swallow a village in Tete, Mozambique, on January 12, 2008.

The UN children's agency, UNICEF, says flooding in villages like this has damaged at least 47 schools. It has also increased health risks to children as the peak of the malaria season approaches.

Aid officials fear that more rains expected in Mozambique in February will only compound the health crisis. "If heavy rain continues to fall in neighboring countries, in addition

to rain in Mozambique, then potentially the impact could be much worse," said Thierry Delvigne-Jean, a UNICEF communications specialist.



Aid workers in Mozambique's Sena area load family emergency kits into a boat on January 26, 2008. The cargo is to be delivered to people who have abandoned their homes and sought refuge in resettlement centers on the other side of the Zambezi River. (Sena is in the Caia District – very close to the town of Caia).

The flooded river has cut off many roads in the region. Officials in Sena say that the floods have wiped out 35,000 acres (14,000 hectares) of cropland this year, up from 11,000 in 2007.

Food security has become one of the most pressing issues this year, though officials say the cyclical nature of the floods has taught them to be better prepared to handle the fallout.



A rudimentary shelter of plastic sheeting and straw stands in the Baue resettlement camp, in Mozambique's Tete region on January 16, 2008.

CEF's Thierry Delvigne-Jean, who took the photograph, says that at least 3,500 people have fled to Baue, which

was set up in 2007. The government is trying to persuade them to remain there permanently.

Aid groups have built water and sanitation facilities at Baue, but many people there are determined to return home despite the potential for new flooding. "They want to get back to their land along the river, where they have traditionally lived," Delvigne-Jean said.



A worker with the Mozambican Red Cross speaks with women and children at a health post established at the Baue resettlement camp, in Tete's Mutarrara area.

With malaria the leading cause of death for Mozambique's children, health officials have begun broadcasting public service announcements encouraging proper hygiene and the use of mosquito nets, which have been distributed by aid groups.

The UN warns that the flooding could be the worst in recent memory, perhaps even surpassing the 2000-01 flooding, which caused some 500 million U.S. dollars in damage.



A woman at the Baue resettlement camp stands among goods salvaged from Mozambique's floods on January 16, 2008.

Some aid workers say that the effects of flooding have been worsened by major hydroelectric dams. Artificially lowered water levels downriver encouraged people to move closer to the water's edge, the workers say.

"Before the construction of the Cahora Bassa [dam], a lot of these areas that are being flooded now were low-lying areas mostly covered with water," UNICEF's Thierry Delvigne-Jean said.

"So when they built the dam, these areas became land that could be used for agriculture but also was prone to flooding."

THE RAY OF HOPE UPDATE

Flood in Caia is Much Worse Than Last Year!

This year's flood has washed away all of the caregiver farms for the second year in a row. The loss of farms in the area has caused the food prices to go up drastically; many items more than doubling. Adding to the price increase in food is the increase in gas/diesel pricing which has raised the cost of transporting goods to the market.

Although the water levels are now dropping as the end of the rainy season approaches, there has been a huge increase in bugs, especially mosquitoes. Cases of malaria have risen and there are fears of a cholera outbreak.

HIV/AIDS Education Program going strong



The AIDS Education Program continues to present a minimum of 3-5 AIDS education events each month. The

events take place at various locations throughout the community and consist of plays, music, debates, and question/answer sessions. They most recently led an event for International AIDS Day on December 1st and it was televised on national TV here in Mozambique!

The local Ministry of Health has recognized the Ray of Hope Project's AIDS Education Program as the only program in the district regularly doing effective AIDS Education. Presentations have been attended by local government officials, a Presidential delegation visiting Caia during the flood, representatives from the Steven Lewis Foundation, representatives from the Mozambique National AIDS Council, and local chiefs. Congratulations to the Youth Group for a job well done!

Orphan Meal Program

The number of orphans participating in The Orphan Meal Program has increased to 73 children and it runs 7 days a week, 365 days a year. The program was being operated in a traditional structure called a "matchesa" located on the project land. Unfortunately, the matchesa collapsed due to heavy rains, termites, and an acidic soil reaction at the base of the wooden posts.

The team in Caia have secured a large tent from the Red Cross that was donated by INGC to use while the matchesa is being rebuilt. Stronger materials will be used such as cement blocks for the posts and ½ height walls.



When the children arrive each morning, they bathe with anti-bacterial soap. There are two bathing huts, one for girls and one for boys and the older children help the younger children. After bathing, each child washes his/her

own towel and hangs it up to dry for the next day before going for breakfast.

The children are then fed porridge with ground peanuts, milk, and moringa powder added to it. Moringa powder is made from the leaves of the local moringa tree. This powder has seven times the vitamin C in oranges, four times the calcium in milk, four times the vitamin A in carrots, two times the protein in milk, and three times the potassium in bananas.

After eating breakfast, the children play until it is time to go to school or head home, if it is the weekend. There are skipping ropes and balls for the children to play with. It would be wonderful to eventually build a simple playground for the children!

Project Construction!

The office on the project land has been finished however, not yet furnished. Wow – it looks great!



The well has been completed and is now in use.



The first two mudzis have been built and the second two are almost done. The matchesa collapsed during the flood season this year and needs to be rebuilt.

Still on the list for construction are a community center, a playground, a storage facility, a training/teaching center, a health center, and bathing rooms.

Self-Sufficiency and Income Generation kick started

Self Sustainability is the cross cutting theme that all of the programs in the project tie in to. The Ray of Hope project has begun to implement some of the self sustainability initiatives that have been planned.

The Bakery - An environmentally friendly oven was purchased and a small building was built to house it. Training took place and there is now a baker and assistant employed, and two caregivers are selling the bread daily. This is part of their self-sufficiency plan. Once in full production and making 50 kg of bread per day, the bakery can make up to \$400 in profits each month.



Caregivers carrying the baked bread to sell at the market.

Raising Chickens – 100 chicks were purchased and transported to Caia. A few died in transit but the remaining chicks have grown up healthy and are currently being sold. Once in full production and selling 500 chickens per month, this project can make up to \$450 in profits monthly.

Potential Future Initiatives:

- Welding

- Egg production
- Raising rabbits
- Raising goats
- Catching and selling fish
- Purchase and use of a grinding machine
- Agriculture
- Truck rental

Thank you to the Getting Higher Choir for donating the funds for these two endeavours!

Agriculture Program

Unfortunately plans for the Agriculture Program were put on hold again this year due to the flood.

The square foot gardening method is currently being implemented on the project site to grow some vegetables for the Meal Program. This garden will be used to teach the families how to garden using this method. The families will learn how to grow vegetables using less space, less water, less seeds, and less work. Caregivers and older children will be given sections to cultivate and once competent, the project will help them build a small garden at their homes. Crops such as kale, cabbage, tomatoes, onions and garlic will be grown using this new method.

The project also needs to grow maize, beans, and peanuts for the Meal Program. Two plots of land will be secured for this purpose. One of the plots will be close to the river so that an inexpensive irrigation system can be installed allowing food to be grown outside the rainy season. A second plot will be secured on higher ground to grow crops during the rainy season.

Visitors to Caia

In September, Heather Gow, a student from Brantford, Ontario, arrived in Caia to volunteer. She originally intended to stay for one month but loved Africa and the project so much that she stayed for four months...many thanks to Heather for all of her help!

Elaine O'Connor, a reporter from The Province, is currently working on a story about The Caia Connection/Ray of Hope project. She flew to Caia for a short visit at the beginning of February. She was very

impressed with the work that the project is doing. Stay tuned for information on when the article will be published.

Grandmothers Are Teaming Up Across the Country!

We are looking for someone to help set up a local **Grandmothers to Grandmothers Campaign**.

The Grandmothers to Grandmothers Campaign seeks to raise awareness and mobilize support in Canada for Africa's Grandmothers. The campaign was launched by the Stephen Lewis Foundation on March 7th, 2006, on the eve of International Women's Day. Since the launch, more than 150 groups of Canadian Grandmothers have taken up the call to action. These campaigns help to provide grandmothers with much needed support, such as food, housing grants, school fees for their dependant grandchildren and grief counselling. **Interested?**

For more information on the Grandmothers to Grandmothers Campaign (and lots of other great information), visit the Stephen Lewis Foundations Website at <http://www.stephenlewisfoundation.org/> and to find out what you can do here in Kelowna, contact Debra Salverda at 250-707-0713 or by email at caiaconnection@gmail.com.

April 25th is Africa Malaria Day

*Malaria is the Number One Killer Disease in
Mozambique.*

*This year's Africa Malaria Day is focused on global
action for both prevention and treatment of the
deadly disease.*

Malaria causes an estimated 2.7 million deaths per year and is very common in Sub-Saharan Africa with over 90 percent of the world's malaria cases occurring on the continent. To make matters worse, Chloroquine resistance is widespread in Africa and treatment options are therefore becoming more limited.

More children die of malaria than any other disease in Mozambique, including HIV/AIDS. According to UNICEF reports, it accounts for 60 per cent of paediatric hospital admissions and 30 per cent of all hospital deaths. And it is a major reason why Mozambique still has one of the world's highest child mortality rates.

Malaria is also deadly for pregnant women, who run the risk of severe anaemia, which can be fatal. In addition, malaria contracted during pregnancy can lead to low birth weight – one of the most important factors in determining a child's future survival (UNICEF).

There is no easy way to fight malaria, which is endemic throughout the country. The climate favours year-round transmission, with peak incidence during the rainy season.

Treated bed nets (ITNs) are an effective and cheap method of fighting malaria by preventing mosquito bites which transmit the disease. Our partner organization, The Ray of Hope, ensures that all of the individuals receiving support from our project are equipped with mosquito nets and are educated on the reasons for their use. According to the World Health Organization, ITNs can cut malaria transmission by at least 60 per cent and child deaths by a fifth if the nets are used properly.

However, for maximum protection they must be used in conjunction with improved sanitation and hygiene practices. Even then, if malarial symptoms develop, prompt treatment can reduce the mortality rate. The Ray of Hope also works closely with the orphan children in our care as well as their caregivers to provide education on and access to things we often take for granted...like the importance of daily hygiene practices and access to potable water and medications.

Lack of access to trained medical practitioners is another major obstacle in the fight against malaria. There is a growing need to train community based health care workers and increase access to education on basic health care for all citizens. Most training resources have been channelled towards HIV/AIDS but fighting AIDS should not mean abandoning the fight against malaria. "Malaria is a shortcut to kill people with HIV/AIDS, yet what causes malaria has nothing to do with health, it is preventable, it is curable and can be eradicated" says Bishop Sengulane of the Roll Back Malaria Campaign.

The Ray of Hope healthcare team is working on developing training strategies to help educate locals on

the disease and prevention and treatment options. In addition, The Caia Connection, in collaboration with the Ray of Hope is working on developing a comprehensive malaria reduction strategy. If you are interested in this component of our work, please feel free to contact us directly for more information.

According to Bishop Sengulane, Chair of the Mozambican *Roll Back Malaria* program "In Mozambique alone, malaria takes the life of one child every 30 seconds".



British Columbia Council for International Cooperation

Good news! Our recent application to become an organizational member of the BC Council for International Cooperation has been approved!

The British Columbia Council for International Cooperation (BCCIC) is a coalition of international development organizations. Through relationship-building with other networks, BCCIC works toward its goal of achieving sustainable global development in a peaceful and healthy environment with social justice, human dignity and participation for all.

Services provided to the membership include opportunities for networking, communications for learning, a forum for dialogue on current issues, and capacity-building. As well, BCCIC promotes education and awareness on key issues to the public and decision-makers.

BCCIC supports the work of member agencies by:

- facilitating networking;
- implementing collaborative projects;
- sharing information and communication about global issues;
- organizing professional development and skills-training for members;
- coordinating and representing its members' interests to governments both federal and provincial, coalitions, groups and councils.

One of the activities of BCCIC is the Global Learning Action Network (GLAN). The GLAN was created in 2005 and is a group of youth educators, youth organizations, service providers and youth who are passionate about global, social and environmental issues. They came together to form a network to cooperate, share resources, tools and skills.

For our youth members, fellow development workers and educators (as well as any of you looking to learn more about key development and social justice issues), GLAN has recently launched an exciting new website that is chocker block full of resources...everything from events listings to curriculum ideas. You can check it out at www.bcyouthzone.ca

For more information on BCCIC, please visit www.bccic.ca



For More Info on The Caia Connection:

Please visit our website at www.thecaiaconnection.com

Or contact us:

Debra Salverda
Fundraising Coordinator/Administrator
250-707-0713
caiaconnection@gmail.com

How You Can Donate

Tax receipts are available! Please make cheques payable to "The Caia Connection" and send to:

The Caia Connection
P.O. Box 21082
Orchard Park Postal Outlet
Kelowna, B.C.
V1Y 9N8

You Can join the orphan sponsorship program for \$35.00 per month or \$420.00 per year!

If you require a tax receipt, please fill in the following information and return with your donation:

Name:	
Address 1:	
Address 2:	
City:	
Province:	
Postal Code:	
Phone:	
Email:	
Donation:	
Would you like your donation to go towards a specific program?	

If you are from the United States and would like to donate and receive a tax receipt, please visit our website at www.thecaiaconnection.com and click on the link "U.S. Donors" and follow the instructions outlined.