



# KAPASSENI CALLING



AN UPDATE ON THE KAPASSENI PROJECT

Issue 14

December 2006



*Perpetua admires a cashew tree planted in Kapasseni in 2003. Water wells enable food security despite droughts.*

## Greeting

Joseph and I are slowly settling here in hot and humid Sena. Although we are Mozambicans, we have been away a long time and we are struggling with culture shock and the reality of being here. After difficulties with housing and communications, we are very happy now to have a home and radio email. Our children, Rafael and Sara are in a Swaziland boarding school, adjusting slowly and doing well. Our daughter Mazalari is at Concordia College in Edmonton. Chief Francisco Semente sends his greetings and would like to inform you that Kapasseni is doing well. He is happy to have made it through the severe drought last year. Through the Seeds For Life program, they were blessed with a good harvest of corn, millet, peanuts, sesame seeds, beans, sunflowers and Moringa trees. The corn mill is in place, thanks to Garry Brooks, and has made work a lot easier for Kapasseni girls. We really appreciate our visitors – Nzola Swaisa and Rob Porter, who installed radio email, Enock Oduro and Lorne Kletke of Canadian Lutheran World Relief, and Drew Beiderwieden & Anna van Wiltenburg, who helped with Kuwangisana HIV/AIDS work and the Sena library. Anyone who wants to come is always welcome! Thanks so much for all your help. God's blessing to you all.

— *Perpetua Alfazema*

## Eye Care Phase 2 Ready To Go!

We are looking forward to a second Kapasseni visit by eye care specialist Ernesto Pechisso. In early 2007, hundreds of people will have the rare opportunity to receive eye exams and education on prevention of diseases such as trachoma that can lead to blindness. We also expect that more people will require cataract surgery. To support this work, we hope to raise \$5,000 by December 31. We have \$10 gift cards, with a photo taken by Ben Fox of a Kapasseni man with cataracts, telling recipients that a donation has been made in their name. This is truly a meaningful gift for Christmas, so please consider buying cards for your friends and family. To purchase cards or make a donation, please call Sabine Laubental at (250) 598-0708 or e-mail [sabine\\_l@shaw.ca](mailto:sabine_l@shaw.ca)

## Kapasseni Is On Radio Email

Thanks to Nzola Swaisa and Rob Porter, who set up radio email in Sena and Kapasseni in September. Nzola's first email said:

**I am very excited today to write to you this email because it originates from a remote village called Kapasseni, situated in Northern Mozambique. We planned to install 2 Radio Email stations in Mozambique and they are all done. It was a 3 hour trip on a bike from Sena to Kapasseni. When I arrived in Kapasseni I had a sore back. I rested for an hour then I started the installation. It took me 8 hours though I had many helpers. I installed a 12m pole with 6 guy wires, antenna, solar panel, the radio, battery and the computer. This email comes to you via the radio wave, about 900 km away from the server and finds the internet. Thank you very much for your financial, ideas and advice support and we will keep in touch.**

Radio email will be especially helpful for medical situations and patient care. For info about non-profit organization Radio E-Mail Connections Unlimited (REMCU) go to [www.remcu.org](http://www.remcu.org)

## Corn Mill Start-Up

by Garry Brooks

The mill and related supplies were bought in Chimoio and arrived in Kapasseni on May 26. Over the next few days I worked with local men to complete the building and with the women's group formed to manage the finances and mill operation. The women agreed to hire an operator for the mill, who worked with me installing and servicing the grinding machine. The mill was ready on June 7. After a ceremony to the spirits of the land, conducted by the headmen of Kapasseni and the Chief's brother, we ran the mill for the morning free of charge. After lunch the women's group took over. They charge 3,000 Metical (15 cents) per gallon container for grinding both maize and millet. The women of Kapasseni now have their first income generating community project, and young girls have more time to attend school rather than spending long hours manually pounding grain.

*Garry Brooks, a retired Victoria businessman, has made three visits to Kapasseni, moving the mill to completion.*



*A Kapasseni woman gets corn ground at the new mill.*

Many thanks to Ann Mortifee, Paul Horn, the Gettin' Higher Choir, and all who attended their June concerts. \$27,987 was raised for the Kapasseni Project and the Ray of Hope Project.



**Kapasseni children celebrate on Revolution Day, with flags of Mozambique and Canada flying together in the square.**

## **Celebrating Liberation In Kapasseni** **by Lorne Kletke**

He is much too polite to admit it, but Joseph Alfezema is probably thinking about his three congregations back in Caia district who are going without him as pastor today, which is Sunday. But both he and his wife, Perpetua, were committed to making the 900 km round trip from Sena to Beira to pick up their guests from Canadian Lutheran World Relief – myself and Enock Oduro. We are about to experience Kapasseni, a community thriving with the help of some caring Canadians.

After the night at the Alfazema's house in Sena, we begin the 30 km drive to Kapasseni along a dirt road that looks like a wide walking path. Today is a holiday celebrating the country's liberation movement. As we pass throngs of girls headed for the village, Joseph tells me, "There is a soccer match in Kapasseni". I tap the roof, the truck stops, and a surge of bodies clamber onto the back. Over 25 girls are excitedly hitching a ride with us. Joseph starts a song in the local Sena language and a choir of 25 joins him, a vibrant soundtrack for our journey to Kapasseni.

We arrive in the village centre, the two school buildings located symbolically in the heart of the community. Canadian and Mozambican flags flap in the gentle wind as we make our way to the medical centre. The Centro de Saúde de Kapasseni is exceptionally clean and well-ventilated, with a maternity ward and three postpartum beds. A nurse and two midwives are available at all times. In a country with great distances between communities and health centres, this is a huge blessing.

As we tour the water well sites, we can hear a cheerful cacophony of children's laughter and shouting mixing with the beat of a marimba (like a wooden xylophone) which some boys enthusiastically drum. It is clear what having wells means for the people here. The dry scrub is punctuated by an orchard and green gardens brought to life by this water. Pineapples, lemons, cassava, coconuts, tangerines, papayas, mangos, cashews – all being grown for food and profit that supports, for instance, the school.

The new corn mill, like the medical centre and school, is clean and well organised. "Before we received this mill, the closest one was 12 km away," Chief Francisco Semente tells us. "Our school serves children from up to

80 km away," he adds. From the health centre, to the corn mill and wells and school, Kapasseni has worked hard to make itself into a productive centre that draws many from the surrounding area.

We are invited to join hundreds of children gathered to watch a play led by the charismatic school headmaster, Chico Manuel Fungulane. The play is woven with themes of staying in school, preventing HIV/AIDS and pregnancy, and countering harmful myths. The messages target children and parents. As the drama unfolds, the children are clearly engaged, and press in closer and closer, reducing the actors' circle to an impossibly small area.

Before we leave in the encroaching night, we catch the first half of a soccer match between the Kapasseni men's team and a neighbouring village. The community has come out to cheer on both teams. As I watch the players and spectators in the fading light, it becomes clear that on this day these people are celebrating a special kind of liberation – one of spirit and body against disease and despair that only education, health care, food, water and economic prosperity can ensure.

*Lorne Kletke and Enock Oduro of Canadian Lutheran World Relief visited Kapasseni on September 25. CLWR provided the funding for the wells and the health centre.*

## **On A Mission In Mozambique** **by Joseph Alfazema**

I thank God for giving my family and I a safe trip from Canada to Sena, Mozambique. When we arrived, I introduced myself to the township administrator as a pastor from Lutheran Church (Canada), and he was glad to hear of my purpose. The town has given us land for a church. On August 27 we held our first service in Sena. Early that morning, the clouds looked as if they were about to rain. By God's grace, at 7:30 the skies cleared. With no rain, we were able to conduct our service under a tree. I also give services at Bueza village and Kapasseni. Transportation from Sena to Kapasseni is a huge issue. A service is held at 8 am in Sena and the service begins at 11am in Kapasseni. It is 22 km and the bike ride is very difficult in the heavy rain season. God willing, a vehicle would be extremely suitable for this situation. We have found a house in Sena and are finally moved in. There is no indoor plumbing or kitchen but our electricity has finally been hooked up. One thing I truly miss about Canada is.... TIM HORTONS! May God richly bless you all. Please keep us in your prayers.

*Joseph was born in Kapasseni, and has returned after being ordained as a Lutheran pastor in Victoria in June.*

**Kapasseni Chief's Request** – In 1998 Kapasseni chief Francisco Simente asked Joseph and Perpetua to help with four priority areas: a school for the children's future, a well for clean water, basic healthcare, and a church for spiritual support (Christianity has a long history there). The first three were our immediate priorities. We did not know what to do about spiritual support, and no one knew that Kapasseni-born Joseph would be the answer to that request. If you wish to support Joseph's mission, please clearly mark your donation for that purpose. These funds will pay for a small salary, supplies, transportation, and help with school costs for the Alfazema children. All other donations go to the education, health, and development work, which is completely inclusive and non-religious.



## **Kuwangisana Home-Based Care by Perpetua Alfazema**

The Kuwangisana Program aims to improve the lives of people with HIV/AIDS, their vulnerable children, and grandparents caring for orphans. In partnership with the Sena District Hospital, we provide testing, treatment, and palliative care. Here is a story from one of our workers, Tiago Ngirande, that may help you understand our work.

I visit people in their huts in the villages surrounding Sena. One client was new, and after providing her with personal care I sat down to listen to her concerns. She was the eldest of three wives, and had not slept with her husband for over a year because he preferred the younger two wives. One of the younger wives lost her baby. According to custom, after the child's burial the husband must have sexual intercourse with all his wives to prevent the illness that killed the child from infecting the whole family. After performing the ritual the woman started becoming ill. She told the husband, "Look, now I am starting to get sick, where did you get the illness that you have infected me with?" The husband did not give a straight answer. At this point, my client began to cry. She told me she had lost hope. She said she had exhausted all her resources, had sold all her belongings, travelled to many hospitals and visited traditional doctors, all without results. She did not know what she was suffering from. She said, "While I was sick I continued to have sexual encounters with my husband". My client had three children with her husband, two are sick and one died. She was very grateful to the Kuwangisana program for counselling, testing, encouragement after her diagnosis, for food and medicine, and for the support of her HIV positive children. She has become an advocate and an educator, sharing information about HIV/AIDS with her neighbours and friends.

I tell people that they must take HIV/AIDS seriously. I hope the work I do will break down the stigma and help people to live a longer life and see their children grow.

*Perpetua is the director of the Kuwangisana Home Based Care program. She moved back to Mozambique in July.*

Kuwangisana has been funded by the Kapasseni Project, the Stephen Lewis Foundation and Northwest Medical Teams.

## **People Living with HIV/AIDS in Sena by Mazalari Alfazema**

This summer, I volunteered for the Kuwangisana Project in Sena. The project provides support to 30 HIV/AIDS patients, and there are over 100 people on the waiting list. The workers help patients and their families understand the disease and how to deal with it, by providing simple medications, food, follow-up and friendship. When we arrived in a patient's compound, we would sit with them, ask about their health, and provide much-needed love and attention. The patients are outcasts. In one compound, a man seated on a straw mattress outside his home in the hot sun stared out at the main road. We asked how he was doing and he said, "Well, God has taken my wife, my children, and everything I have ever worked for, so now I'm just waiting for him to take me away." I was very touched by his words. I realized that people with HIV/AIDS in Sena are just patiently waiting for God to take them away. They have barely anything to live for. Although I could not visit every HIV/AIDS patient in Sena, I felt very honoured to connect with ones I met. Even if you are not all able to go to Sena and help, supporting home based groups in whatever way is very important because the patients at least know that people still care about them.

*Mazalari is in her second year of university in Edmonton. She visited her parents in Mozambique this summer.*

## **HIV/AIDS Prevention and Education by Manuel Miandica**

In July we had an education team from Caia come to Kapasseni to exchange experiences through sport and dialogue. A lot of people from other surrounding villages came to watch the presentations. The chiefs asked us to organize more events of that nature. In August we had a seminar to update the activists on HIV/AIDS education methods, discoveries, information and technology. Preparations are being made for December, the month of reflection on HIV/AIDS. On World AIDS Awareness Day, December 1, the government, NGOs, religious organizations and other local groups will all join hands and march along the streets of the villages, sing songs, and distribute pamphlets. We will join the rest of the world on that day to make everyone aware of HIV/AIDS.

*Manuel is a passionate HIV/AIDS educator hired by the Kapasseni Project. We thank him for his great work!*

**A Helping Holiday** What would you do as a young married couple with five months between other obligations? Drew Beiderwieden and Anna van Wiltenburg decided to explore South Africa in August, and then go to Mozambique to volunteer with Kuwangisana and the Kapasseni Project. Anna, a recent UVic nursing grad, writes:

*"I have been working with Perpetua and the home based care team. We go by foot into different villages. Often times the clients with AIDS live at the outskirts of town. Traditional beliefs and instruction from traditional practitioners tell the locals that those stricken with HIV/AIDS have been cursed. Thus to avoid further curse to the family the individuals with HIV/AIDS are abandoned. I often leave villages with a lump in my throat, because AIDS is a massive problem. Polygamy coupled with traditional beliefs are major contributors, as the husband might have AIDS from his teenage experiences and proceed to infect his wives, or vice-versa. My main job is listening to people's stories, and then I encourage washing to keep clean, eating a varied diet, and boiling drinking water. Even this is sometimes not possible for people in the later stages of the disease, as they are too weak to gather fruit or even water. Sometimes we will help them wash, fetch water, or cook them a meal."*

Anna and Drew are returning to Victoria on December 23.



***Kuwangisana program nurse Amelia and her colleague helped this young mother and baby who have HIV. The baby had a terrible rash and sores all over its body. Both were much better after receiving food and medication.***

## Rob Porter On The Road To Radio Email

Nzola Swaisa and I are travelling to Sena and Kapasseni to install radio email. I am sitting in the dining room of Hotel Zambeze, the one nominally classy place in Tete, Mozambique. We decide to not get a room for the night, since we arrived at 6:00 PM and the bus to Beira loads at 3:00 AM. We decide to eat a "good meal" instead. The next day, the route is so high (5,000 feet) for the first half that we are in the clouds and quite pleasantly cool. The latter half is in the muggy coastal plain. Along the way, most passengers (and the driver) take the opportunity to get rural produce – onions, tomatoes, potatoes, live chickens, peanuts, flats of eggs and maize. In Beira, Perpetua collects us with our radio equipment for the long ride to Sena – 10 hours of bone-jarring washboard dirt track. The war destruction is still very evident 14 years after the ceasefire. Whole sections of nearby railway were "turned upside down" by hand. Bombed-out trains are strewn along the track. We drop off equipment at Kapasseni and continued to Sena, where Joseph gives us a late meal of goat stew over rice. After sunrise, we start our installation, and cheer when the email modem connects immediately. Nzola and I could not be more pleased with the installation – everything worked as designed!

*Rob Porter is a farm manager & appropriate - development volunteer from Victoria. Thanks so much to Rob and Nzola!!!*

## "Ray of Hope" Project Update by Jill Claus

It is a very exciting time here in Caia for the Ray of Hope Project! The Orphan Meal Program and the AIDS Education Program are going strong. We will be planting our own maize soon and this will allow the meal program to feed more children – so many orphans here go several days a week with no food at all. Our new Sponsorship Program pairs orphans in Caia with sponsors from North America. The sponsorship (\$35 per month) will be used to improve the chances for these children to grow up to be healthy adults. In 2007 we will start our Orphan Life Skills Program and also build our first "Mudzi" or "family compound" for abandoned orphans and caregivers selected from the many local single mothers and widows. Our heartfelt thanks to the Gettin' Higher Choir for their generous support this summer. To make a donation please contact The Caia Connection (see below). For more info, see [www.thecaiaconnection.com](http://www.thecaiaconnection.com) or contact Martin McDermott in Kelowna at (250) 712-1341.

*Jill manages the Ray of Hope project and helps the other "sister projects" – Kuwangisana & the Kapasseni Project.*



*A boy gets water for his family at the main Kapasseni well.*

## 2006 Kapasseni Project Finances

### DEVELOPMENT FUNDS

<b>Balance from 2005</b>	\$	57,234
<b>GHC Concert</b>		17,987
<b>Seeds for Life</b>		1,367
<b>Individual Donations</b>		11,649
<b>Special Projects</b>		2,539
– Eye Care		5,138
– Radio email		1,118
– Scholarships		2,343
– Corn Mill		880
– Music Program		
<b>TOTAL</b>	<b>\$</b>	<b>100,255</b>

### DEVELOPMENT EXPENDITURES

<b>School</b>	Salaries	\$	2,547
	Breakfast program		1,489
	Supplies		1,832
	Uniforms		1,432
	Scholarships		1,099
	Music Program		1,074
<b>Health Care</b>	Health centre salaries		3,380
	AIDS education		2,046
	Eye care		6,521
<b>Agriculture</b>	Salaries		742
	Food for Work		3,435
	Seeds		2,634
<b>Well Repairs</b>			1,718
<b>Radio Email</b>			12,523
<b>Corn Mill</b>			20,370
<b>Home-Based Care (Kuwangisana)</b>			12,725
<b>Development officer and assistant</b>			2,977
<b>Kapasseni Society &amp; Contact Person</b>			1,008
<b>Travel / Communications / Bank Fees</b>			2,433
<b>Office Supplies/Newsletter</b>			1,500
	<b>TOTAL</b>	<b>\$</b>	<b>83,484</b>

**DEVELOPMENT FUNDS REMAINING \$ 16,770**

### JOSEPH ALFAZEMA'S MISSION WORK

Donations	\$	32,378
Expenses	\$	15,229
Remaining for mission work	\$	17,149

**Notes:** (1) Actuals to November 30 plus anticipated amounts for December. (2) Separate accounts are kept for development work and for Joseph's mission work. General donations do not go to mission work. (3) Special projects are funded only with earmarked (not general) donations. (4) The Kapasseni Project is volunteer-run.

## 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, General Donations:** For the school, health care, food security, and community development. Cheques to Redeemer Lutheran Church, 911 Jenkins Ave, Victoria, BC V9B 2N8, ("Kapasseni Project").
  - **Kapasseni Project, Joseph's Mission Work:** Cheques to Redeemer Lutheran ("Kapasseni Project Mission Work").
  - **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
- **Official Charitable Donation Tax Receipts Will Be Issued** –

You can **contact** the Kapasseni Project Committee in Victoria at (250) 478-9296 (Carol Kerr). **Email** to [kapasseni@yahoo.ca](mailto:kapasseni@yahoo.ca)

Newsletter edited by Ian McLachlan. Special thanks to Lorne Kletke for his photographs and article.

## Thank You All So Much!