



KAPASSENI CALLING



ISSUE 18

AN UPDATE ON THE KAPASSENI PROJECT

November 2008



Perpetua, Joseph and Manuel in front of the Alfazemas' home in Sena

Community Project in Kapasseni by Manuel Miandica

Food shortages contribute to a very high cost of living, leaving families in rural Mozambique in poverty. The traditional way of farming is not producing enough food, due to climate change, extreme weather such as drought or floods, land infertility due to poor farming techniques, excessive use of fertilizers, and poor land preparation. Food shortages also occur because farmers are being persuaded by cash crop companies and industries to do large scale farming of cotton and tobacco. These crops are widely grown in Kapasseni and the surrounding villages.

Lack of food security has contributed to many local problems, including the death of AIDS patients, malnutrition, child deaths, poor health of mothers and newborns, crime, family breakup, violence and prostitution, and also affects the development of the community. Four areas - Kapasseni, Zambeze, Mbueza, and Chuva - were known for good food production during the colonial time and these communities had a guaranteed food supply that they used to barter or trade for other food and needed items. Although the wars in Mozambique caused devastation, food shortages really increased when farmers started growing large cash crops instead of food crops. After a long period of exclusively cash crop farming, the industries and companies have recently introduced a program where farmers are asked to grow some food crops, but they still encourage the farmers to grow a large cash crop.

The village of Kapasseni has formed a Community Development Committee (CDC) to discuss and work on issues like food security. The Kapasseni CDC has selected families to work two-acre farms and provide a model for successful food crop farming.

Sustainable and reliable farming techniques for this area will be taught in a series of training sessions and will be followed up by the Ministry of Agriculture. The selected families will also be

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Greeting

by Joseph Alfazema

I bring greetings to you from Perpetua and the families we are working in Kapasseni and the Kuwangisana project.

October was hot and very dry, and we have a lot of mosquitoes. It is hard to sleep at night because the weather is so brutally hot this time of the year. There is no rain yet and there are no signs of dark rain clouds. We see clear sky with stars at night. We are praying that God will give us rain so that people can produce food. If it does not rain by the end of November, it will be a disaster, as there will not be enough food. At the end of October, people planted their farms and we are praying for rain to be able to produce a good harvest.

Kapasseni is growing in numbers and community strength. It is wonderful to see the children enjoying their lessons at Kapasseni School, and that many have now gone on to higher grades. But it is very sad to see that the number of people who are HIV positive is growing in this area. Through the Kapasseni Project and Kuwangisana there are good education programs about HIV, but still some people don't practice what they are taught about HIV/AIDS.

There are nine areas that I am working in as pastor, including Kapasseni and Sena. We have started to work on our church buildings in Sena, Chemba and Murrema. We are fighting against our budget because the price of the building material has gone up and the Canadian dollar has gone down. I would like to ask, on behalf of our communities, that you help us again, please, to finance building our churches with your donations to Kapasseni mission work and keep us in your prayers. I would like to say thank you very much for your support and may God richly bless you all.

You can sign up to receive project newsletters by email, which will help to save paper and mailing costs. Go to www.kapasseni.org to learn more about the project.

Our new email address is kapasseniproject@gmail.com

Joseph is a Lutheran pastor and Perpetua manages Kuwangisana home-based care program for people living with HIV/AIDS and cares for more than 200 orphans. The work being done is making such a difference in people's lives and brings hope for the future. More needs to be done, and the Kapasseni Project needs funds for community development work and the mission work. The small salary, housing allowance and school fees for Sara and Rafael, enable Joseph and Perpetua to live and work in Mozambique. They are managing in very extreme circumstances and working so hard to help their people. Thank you for your support.

Kapasseni gift cards are a popular item for people to give to family and friends for Christmas gifts. This year we will offer mission work gift cards as well as the Kapasseni School gift cards. Consider making a gift in someone's name to the Kapasseni Project. Cards are available now and can be mailed to you or to a loved one by contacting us at the Kapasseni Project email address (above), or phone 250- 478-9296 (Carol) or 250-995-8731 (Gloria).



It is amazing what has been accomplished in Kapasseni since 1999 - building the school, the health centre, and all the community development work. It is almost three years since Joseph and Perpetua have been living and working in Mozambique. Plans are being made for the Alfazemas to return to Canada for a much needed rest in May or June 2009 and hopefully be with us for the Gettin' Higher Choir fundraising concert in June!

Community Project in Kapasseni (continued)

taught how to build storage containers with local materials for their food crops and the extra food will be bought by the CDC to guarantee food security. The families will be taught how to make organic manure. They will also take workshops on financial management. A series of monthly meetings will take place to follow up and discuss new issues. In the four selected areas, with the help of the Ministry of Agriculture, the local community will identify and grow the crops best suited to the soil, and also encourage the growing of drought resistant crops like cassava. In areas where there is available water, we will encourage the practice of horticulture to provide fresh vegetables in the community. In the Kapasseni area, large scale farming will be done using irrigation pedal pumps to water the crops, hopefully ensuring food throughout the year. Cows will be used to plow the land, and the families will feed the cows clearing their land.

In the first phase of the project, a lot of support will be required both financially and technically, and after obtaining good results the selected families will pay back either with products from their harvest or with money from the sale of their extra harvest. The resulting funds will be used to help other families and to expand the program to other areas. A barter trade system will be established and Kapasseni will be the marketplace where families will exchange their harvest for food, hoes, cooking pots, clothing, and goats. Most of the fields are ready for us to begin planting.

Manuel Miandica (Perpetua Alfazema's nephew) is heading the Community Development Committee and working closely with families to improve food security. Funds have been sent to start the program and more will be sent as funds are raised and as the community development project progresses.

Great News! A generous donor is matching our funds again this year, up to \$33,400. This will really help to fund the farming /food security project, with your donations doubled!

Letter From Scholarship Students

We are Kapasseni students who are studying in higher grades in Murraca with the support of the Kapasseni Project. We would like to thank the Kapasseni Project for honouring and helping us in our studies throughout these years. We would like to ask the project to continue with this support and we would like to study further and if possible go to university through your help.

This is the list of the students from Kapasseni and their respective class and what they want to be when they grow up.

Antonio Vaz Quembo - Grade 10, Pilot
Quembo Eusebio Quembo - Grade 9, Pilot
Temotio Lucas Tomas Chonze - Grade 10, Doctor
Emilio Fransisco Semente - Grade 7, Driver
Amois Elias Fransisco - Grade 8, Teacher
Maria Paulo Armando - Grade 8, Nurse
Samuel Mirione Semente - Grade 6, Teacher
Isabel Elidia Costa - Grade 7, Nurse
Elias Paulino Bulane - Grade 6, Teacher
Dolica Fransisco Daio - Grade 7, Teacher
Abdul Albino Ernesto - Grade 6, Nurse
Regina Antonio - Grade 6, Teacher
Manuel Januario - Grade 8, Teacher
Rosa Santo - Grade 6, Teacher
Chate Joao Berro - Grade 7, Teacher



Children gather in front of Kapasseni School after breakfast

Kapasseni School Update

Kapasseni Society director Manuel Miandica has been very busy this year. One of his many projects is to formally transform Kapasseni School from a private school into a public school which will be fully supported by the government of Mozambique. Hopefully the process will be complete for the beginning of school in January and will provide all teachers' salaries, textbooks, and teachers' resources. It is a wonderful step forward! We extend a huge thank-you to the many donors over the years who helped to get classrooms and teachers' housing built, as well as supporting the school programs until the government was able to include Kapasseni School as an official public school.

There are 311 students enrolled in the school this year. All the school buildings have been freshly painted and the window screens repaired. The community has voluntarily cleared the road from Kapasseni to Magagade for cars to pass, and is keeping the school compound clean and well maintained. The breakfast program provides school children with a hot nutritious cup of porridge each morning before class.

The elders recognize that education is important and have been counselling the students and working hand-in-hand with the school to prevent drop-outs and early marriages. No students have dropped out of school this year. Grandparents have formed a support group to help look after the 55 orphans in Kapasseni village.

General funds raised by the Kapasseni Project provide support for the school breakfast program, the sewing program, the school garden, school supplies and scholarships. Our special gift cards are one way you can provide funding for these much-needed programs. Cards are available from the Gettin' Higher Choir - contact Gloria at 250-995-8731 or email gloria@gettinhigherchoir.ca. Thanks to your scholarship donations, Kapasseni children are now able to attend grades six to ten at the nearby boarding school in Murraca. Completing Grade 10 is an important goal because it is required by many employers.

In 2004, Juanita Mario Picardo was one of the first students to receive a scholarship to go on to higher grades in Murraca. Last year Juanita was married and now has a baby. She wanted to finish Grade 10, so she went back to school to complete her education. She will continue to be a role model for other Kapasseni girls, encouraging them to pursue their education dreams.

Building Better Lives Through Music by Perpetua

The valimba championship is very exciting! The valimba group is flourishing each day and has won our local and district championship for valimba groups and dancers. We all feel blessed and extremely proud of our wonderful group achievement! Mr. Braz, the valimba instructor, teaches music to forty students three days a week in Kapasseni (Wednesday, Thursday, and Friday) and three days a week at Kuwangisana in Sena (Monday Tuesday and Saturday). The provincial valimba championship is next – here we come!

The funds sent from Victoria's Gettin' Higher Choir and from Tina Filipino's Letz Sing choirs were used to pay for a beautiful sounding valimba, two drums, six drumsticks and shakers. Everything was made by local people and from indigenous materials. The funds were used to pay Mr. Braz for teaching and for a dancing instructor at Kuwangisana, and the outcome is incredibly encouraging and amazing. Mr. Braz is a truly a music evangelist!

During the three days of rehearsals and teaching here at Kuwangisana, the valimba attracts so many people, both young and old, from the community. People come to join in the singing and dancing, and some just come to watch. When the valimba plays, it sounds and seems like the whole of Mozambique is here in Sena. The crowd just loves it. Indeed, the music is helping to bring the community of Sena together, and it is making the township and our work recognized nationally. Thank you very much for your support and helping to build better lives through music.

Not only does the music make Sena and Kapasseni known, but it also helps our special needs orphans, who are dealing with trauma, find healing. We have a very special girl who is recuperating from trauma through music. Zefa is 12 years old. When she first came to the program she was anti-social, angry, constantly crying, and withdrawn. However, by God's grace she has found her place through music. She plays shakers and she is now the lead singer. We often see children like Zefa being transformed through music each day, and that makes our hearts jump with joy.

Another group that is also benefiting from the music program are people living with HIV/AIDS and those suffering from chronic diseases. When the clients are brought to us, most of them are bedridden and not on treatments. We try our best and work very hard to get them on anti-retroviral (ARV) treatment. With the sound of the valimba at Kuwangisana, we are elated to see recovering clients slowly join in the dancing circle and start to sing the Sena traditional songs. *Thank you so much for your continuing support of the Kapasseni and Kuwangisana music programs. The Kapasseni Project has provided funding for several years to the music program, to make instruments and group uniforms, and provide teachers' salaries.*

Big Boost For HIV/AIDS Work!

Kuwangisana's partner Medical Teams International has received a large grant to expand all areas of Kuwangisana's programs which serve people affected by HIV/AIDS, orphans, and HIV/AIDS education in the Sena and Kapasseni areas. The program is managed by Perpetua and will provide much-needed services for this poor community and also will be a fabulous support for Perpetua and Joseph, as Medical Teams will work closely with them. Your gifts for food for the orphans, and for building the community centre, have got them through a tough year, and now they have support assured for the next three years!



Kapasseni's well means life for the community

South Park Family School Wishing Well Project

by Anne Nilsen

Inspired by knowledge that not all peoples of the world have clear and drinkable water, the Grade 4 and Grade 5 students of Division 7, with support from their teachers Louisa Elkin and Anne Nilsen and school principal Jeff Mitchell, asked, in the spring of 2008, if there was a way they could help a village somewhere in Africa to get better water. Once students heard from their teacher, Anne Nilsen, that the wells in the village of Kapasseni, Mozambique were in need of repair, a flood-gate of ideas was opened. Over a period of six weeks the students organized fundraisers, including a raffle and a penny drive. When the Gettin' Higher Choir members heard about South Park's initiative, jars, cans and bags of pennies were donated by choir members to add to those being collected by the South Park community. Students proudly spent every extra moment of the last two weeks before summer holidays counting and rolling these coins. It was so rewarding when the many tubs of rolled coins were hauled to the bank and a total of approximately \$1,005 was donated!

Thank you students, teachers and friends for your great ideas and fund raising efforts. The village needs the wells to provide water for cooking, cleaning, and for watering the school garden when it is dry. We can make a difference in the world!



Braz Paraffino, valimba teacher, and young Kapasseni students

“Light For The World”- Eye Care by Manuel Miandica
400 patients were screened in an eye care program run by the group “Light For The World” in July at the Caia, Sena, Chemba and Mulima hospitals. 170 patients were sent for eye surgery to Maromeo free of charge. There are many patients with trachoma and a great need for education in the community because this infection can be cured. I plan to meet with “Light For The World” as a representative of the Kapasseni Society, and together with the communities we will work towards designing a permanent, sustainable eye care program.

Health Centre by Manuel Miandica

The health centre sees many people every month, and there are often eight or nine babies born each month. Unfortunately a few babies have died from malnutrition. The women’s diets are very poor and the weak or sickly babies often do not survive. Most women deliver their babies at the health centre, which is staffed by community midwives. The government provides medication and some other supplies to the hospital, but we always need towels, gloves, paraffin wax, soap, matches, flannelette receiving blankets, lotions, aspirin, sheets and bandages. With Kapasseni Project funds, we recently bought some supplies for the hospital, especially for the maternity area. Some Lutheran Women’s Missionary League groups are sending small packages to help the health centre. We thank you so much for your care and support. You can mail packages to the Kapasseni Project, CP. 737 Beira, Mozambique, Africa.

HIV/AIDS Education by Manuel Miandica

Every month I lead four sessions of peer education in Kapasseni. The sessions are in small groups to help us to achieve good results. We have sessions that are for different groups, such as only women’s sessions, men’s sessions, youth sessions, and some sessions for everyone together. We hold debates aimed at finding a solution together through an exchange of ideas about the prevention of HIV/AIDS, STDs and pregnancy among youth. In Caia, we are going to have an exchange of experience and an HIV/AIDS prevention group session for one day. We will plan our activities for World AIDS Awareness Day on December 1st, when we will march with the rest of the world to bring awareness to the HIV/AIDS epidemic. More education is needed, and we hope to significantly increase our education and awareness campaign in Sena, Kapasseni, Chemba and other nearby rural communities over the next year with help from Medical Teams International.



Joseph and Perpetua with expectant mothers
and Kapasseni midwife Sara Mairose

2008 Finances

GENERAL FUNDS

Balance from 2007	\$ 72,404
Donations and matching funds	21,705
Spring GHC concert - ticket sales	5,808
Music program donations	954
Scholarships donations	1,600
Well donation - South Park Family School	1,005
Projected funds from gift cards	6,000
Total funds	\$ 109,476

GENERAL EXPENDITURES

Kapasseni School	salaries	5,600
	breakfast program	2,500
	school supplies	3,409
	music program	1,500
	uniforms	2,000
	maintenance	500
	ceremonies	500
AIDS education		1,000
Agriculture/food security/well		6,390
Transportation		2,748
Trip to LWF project		750
Bank fees/communication/computer/audit		4,000
Project workers /contact people		6,124
Office/supplies/maintenance		1,700
Scholarships		4,800
Health Centre	salaries	3,000
	supplies	1,000
Newsletters/stamps/office		2,695
Total general expenditures		\$ 50,216

MISSION WORK FUNDS

Balance from 2007	18,945
Donations and matching funds	27,627
Grants	7,000
Projected gift card and donations	3,000
Total funds for mission work	\$ 56,572

MISSION WORK EXPENDITURES

Salary, benefits, housing, school fees	32,067
Office supplies/rent	2,000
Food For Work	1,000
Transportation	2,400
Airfare /convention	560
Church building	16,000
Total mission work expenditures	\$ 54,027

Notes: (1) Actuals to November 15 plus anticipated amounts. (2) Separate accounts are kept for development work and for Joseph’s mission work. General donations do not go to mission work, mission work funds do not go to general funds work. (3) The Kapasseni Project Committee is run by volunteers.

Making Donations

- **Kapasseni Project – General Donations:** for the school, music program, scholarships, sewing/tailoring, orphan support in Kapasseni, health care, food security and community development work.
- **Kapasseni Project – Mission Work Donations:** to support Joseph Alfazema’s work in Sofala province, which includes his salary, benefits, housing, a portion of tuition expenses for his children’s boarding school, transportation, supplies and the church building project.
- Make cheques out and mail to: Redeemer Lutheran Church, 911 Jenkins Ave, Victoria, BC, V9B 2N8. Charitable tax donation receipts will be issued. For more information contact Carol Kerr at 250-478-9296.