

## Livelihood Development Projects in Malawi

One of the best ways to help people help themselves is by developing their means of livelihood. We have been doing this successfully in Central and South America and the Philippines and have now expanded into Africa. The story of Emily Chufanake of Lilongwe, Malawi, is particularly poignant.

She suffered a stroke during the birth of her first baby and has difficulty speaking. The government had a program to help, but ran out of funds and she needed



some way to earn money. She had been taught the skill of sewing, but was not able to use her ability until, with help from LifeNets, Emily purchased sewing machines. She has made several beautiful clothing items and is wearing one of them in the picture on the left. This is a wonderful way for her to take care of herself and earn her own living. Emily literally cried with joy when she purchased the sewing machines.



Our plans are to develop several more Malawi livelihoods in carpentry, bricklaying and electrical work as we find sponsors.

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## \$170,000 40-foot 20-ton Container With Medical Equipment Goes to Ukraine

After nearly a year of collecting and preparing, our container left Indianapolis, Indiana on February 17 for Chernihiv, Ukraine to help the "Revival" Rehabilitation Centre for Disabled Children and a birthing and regional hospital. A total of 70 volunteers participated in the final loading. The container is scheduled to arrive in Chernihiv on April 4.

Volunteers came from Boy Scout Troop 56, Girl Scouts, Hebrew Academy, International School, Indianapolis United Church of God, Lafayette United Church of God, New Augusta Elementary and Middle Schools, Park Tudor faculty, Park Tudor High School and Middle School, Pediatrics at Riley Hospital, Peine Engineering,



Pike High School and Zionsville High School. We give special thanks to Peine Engineering for use of their warehouse for storage and loading.

(see "Container," page 3)

## Rotary Foundation Grants \$44,884 to Purchase Two Ambulances for LifeNets Clinics in Malawi



In January the Rotary Foundation of Evanston, Illinois awarded \$44,884 to buy two ambulances for the two clinics LifeNets funded in Lilongwe and Balaka, Malawi. The Malakia Clinic in Lilongwe can now become a full-fledged birthing center and both clinics can now accept patients overnight. LifeNets extends special gratitude to the generosity of Rotary International. The grant involved working with the Indianapolis Northeast Rotary as well as the Blantyre, Malawi clubs to facilitate this vitally necessary link to effectively serve the health needs of people in Malawi.

## Sending Medicine to Malawi and Zambia a High LifeNets Priority

Since 1996 we have been sending medicine to Malawi. First it was to Malakia Clinic in Lilongwe. We were dismayed that medicines that we take for granted are virtually unavailable or, more accurately, unaffordable to most Malawians. Since we have financed the construction of the new Malakia Clinic in Lilongwe and then the Chizeni Clinic in Balaka, we have shipped medicines every three months. The most needed drugs are antibiotics and those that treat malaria. We also ship some vitamins.



Esther Chilopora, nurse and wife of Dr. Sam Chilopora, founder of Chizeni clinic showing us the latest shipment of medicine drugs

two to five cents on the dollar wholesale United States value for the drugs. Last year we shipped over \$90,000 worth of meds to Malawi and Zambia at a fraction of the cost. Our donors often exclaim how great a value this is and generously support our efforts to continue to provide medicines on a constant basis.

We have also started to provide medicines to the remote Mumbwa region of Zambia over the last three years. During the rainy season running from November to April, a number of children would die from malaria because there was no medicine. Since we have provided medicine there have been no children's deaths.

Through our sources in the Netherlands, we pay only

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## Our Ongoing Work With the "Revival" Centre in Chernihev, Ukraine

In 1996, on the tenth anniversary of the Chernobyl nuclear disaster, the "Revival" Centre of Rehabilitation of Medical Social Rehabilitation of Disabled Children was founded. We were part of that. We have continued to help the courageous doctors provide this center where many children who have suffered disabilities, such as impairment to the nervous system through such diseases as cerebral palsy, have a place to be rehabilitated. The center started with a capacity of barely 30 children. It then expanded to 60 and then to 100. We would now like to take it to a maximum of 200 children with the ability to provide an overnight stay for those out of town. There is a tremendous demand for these rehabilitation services. The center has received very little help from the government and many parents could not pay for the treatment which currently runs at a little over \$100 a month per child.



capacity for more children at the Centre. We have fallen far short of what we want to do; however, several have pledged donations and Rotary International has committed about \$10,000 towards medicine, rehabilitation and Montessori training supplies for the children.

The building pictured here is an old Soviet nursery given over to



Dr. Pasichnyk. He has slowly with the help of friends such as LifeNets has been able to remodel the old premises into an attractive and viable facility. The photos show the construction work last fall as they built a sport hall

over the one-story structure. As the work has progressed it has been discovered that almost all of the plumbing from the older section must be replaced. The photos on the right show the condition of some of the old plumbing. Dr. Pasichnyk and his wife, Natalia, visited



here (see "Revival," page 3)

Last fall LifeNets provided partial financing to increase

## “Revival” continued from page 2

last fall, they were asked many questions about conditions in Ukraine as the result of the Chernobyl accident. In the newsletter, we answer one of these questions:

**Question:** *How do you prepare your food in the region, so that a person is not continually contaminated?*

**Answer:** *Cesium, strontium and other radioactive elements are still a threat to people’s health. Fields that have a high level of radioactive pollution, are not used in agriculture any more. Agricultural products, which are grown in minor pollution zones, are checked by the sanitary protection service. Products that have a high level of radiation are not allowed to be eaten. In the markets products are checked with a special meter. A lot of ecologically clean products are brought to Ukraine from abroad. For example, 70,000 tons of chicken are brought from the United States.*

LifeNets was started because of our work in Chernobyl. We are looking for more supporters who would like to help us help Dr. Pasichnyk and his dedicated staff at the “Revival” Centre.

Please read about our eight-year history of working with these warriors who are doing something about their children. Go to [www.lifenets.org/chernobyl](http://www.lifenets.org/chernobyl).

## leKaine in Estonia

Through Lauri Beekman in Estonia, LifeNets is helping establish an alcohol awareness program targeted at high school-age students. In the last 10 years the use of alcohol has doubled among young people aged 11 to 15.



This program began with producing a periodical called *Ole Kaine (OK)* which means “Be Sober” in Estonian. The goal of the paper is to inform youth about the dangers drinking alcohol. Included are interviews with nationally known sports heroes and other figures, feature stories and statistics showing the effects of alcohol abuse. It encourages young

people to set positive goals for their lives and improve their knowledge about the use of those substances.

The first issue of *OK* was published in November and Lauri Beekman went from school to school in Estonia personally distributing it. Future issues will be financed by advertising and government support. In mid-March we received news that the public health department will pay for the publication of the next issue of *OK*.

For more information about *OK*, please go to [www.lifenets.org/ok](http://www.lifenets.org/ok).

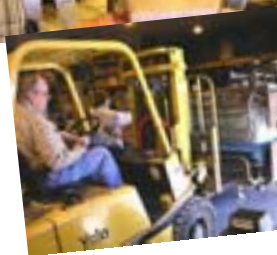


The first issue off the press!

## “Container” continued from page 1

Most items for the container were donated from nursing homes, FAME, Rotary, Clarion, Linus, Warren Ott, other private individuals and many other sources who gave wheelchairs, bedding and much more. Rotary Clubs and Rotary Foundation have given a tremendous amount of encouragement and support for our work in Chernobyl.

Director of the project was Tom Peine who spent countless hours transporting beds and other items from Flint, Michigan and Kansas City, Missouri. Also special thanks to Crystal Lockhart who made sure that everything was properly inventoried and was ready to go! Thanks also to Cathy McClure for organizing all the



volunteers who came to help load and to Sue Peine for help with the refreshments, particularly the great chili!

Finally, we thank the United States Department of State for funding the shipping through a program called “Operation Provide Hope” administered by Counterpart International. A special thanks to Rachel Roseberry who arranged the details from Washington D.C. and walked us through the entire process of getting this job done.

This container is dedicated to our friend Boris Kobzar in Ukraine who was our chauffeur, friend and companion for countless hours while he visited in Ukraine. He loved the Center of Rehabilitation. He worked with it and was an integral part of it. We were saddened by his sudden death from a heart attack in February.



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LifeNets is a 501(c)(3) corporation that helps people in need and promotes self-sufficiency. Contributions to LifeNets are tax-deductible as allowed by law.

If you would like for us to put a friend on the mailing list, please let us know via email at: [newsletter@lifenets.org](mailto:newsletter@lifenets.org) or write us at the address above.

## What Is Still Needed?

We have shown you a few people who have had their lives improved through your generosity and LifeNets. They have hope where before they lived at subsistence poverty, in unsanitary conditions or without medicine. Our desire is to continue with the projects we already have in progress. Thanks again to those who have made LifeNets their charity of choice.

Some of our projects are budgeted for by country or by the type of project it is. These include scholarships, medicine and camps for children. Future ventures go beyond our budget. They include:

- Construction work at the "Revival" Centre in Ukraine.

## Martin Brown Goal Being Reached

Since October we have been raising funds for Martin Brown, a courageous young man in Johannesburg, South Africa, who refuses to give up a on life. He became a quadriplegic as a result of a diving accident. Because of his height, he needs a van with proper headroom to transport him. The current van that his mother drives him in is unsafe. For South Africa the steering is on the wrong side of the vehicle and Martin has to recline at a 45 degree angle. Friends around the world have stepped up to help buy a van and we are reaching our goal.



*People* magazine in South Africa is writing a feature about Martin Brown and will raise the remaining amount of money needed for the conversion of the van. Read the entire heartrending story about Martin and his plight on our Web site.

- Livelihood development projects in Malawi and Latin America.
- Expansion of our Developing Nations Scholarship Program, especially in Mexico.

If there are any projects that you would like to give special support to call us at (888) 821-0095 or write us at the address above.

Thank you!

## Guatemala Habitat, Livelihood and Scholarships



Zoila Argueta, a widow. With an Overlock machine she is now able to make clothes to sell and fully support herself.

\$7235 was spent for four sewing machines, home construction and

Since 2000 LifeNets has been providing habitat, scholarships and livelihood development for Guatemala. We are pleased that the support has been used to help people improve their lives. Pictured are just a few of the 2003 projects that included setting up three ladies with sewing businesses.

In 2003 a total of



Alba Morales receives the third sewing machine

repair and 16 student scholarships. For the year of 2004 we have budgeted \$7582 for similar projects.

This will include 18 student scholarships, livelihood development projects for producing natural methane gas for heating and cooking, chicken and egg production, a sewing machine, an outdoor bread oven and two more cement floors. Thanks to everyone on the donor end who is helping us meet our budget!



[www.lifenets.org](http://www.lifenets.org)