

## Dear Friends,

This is our first annual newsletter, designed to keep you apprised of our progress and what is happening on the front lines of the AIDS pandemic in Sub-Sahara Africa- where we are focusing our energies in helping communities and caregivers taking care of children and caregivers impacted by HIV/AIDS. Right now we are assisting grassroots community initiatives based in Malawi and South Africa.

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Jasmine Bramble

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Laws Chiunda

The Pendulum Project Newsletter

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## Progress at Pendulum

Thanks to you, our supporters and friends, last year we raised over \$60,000 dollars of which 85% was given to 15 community based programs in Malawi and South Africa. This money supported over 40 communities, 7,200 children and their caregivers. All of us at Pendulum are volunteers, so the remaining 15% of this money was used for administrative purposes, reporting and monitoring.

We also distributed donated laptop computers, books, educational supplies, medical supplies and blankets to these projects in Malawi and South Africa.

To increase awareness about the AIDS pandemic and orphan crisis in sub-Saharan Africa we spoke at 15 schools, colleges and conferences throughout Massachusetts and New York.

We were written about in *The Boston Globe's* "Lives Lost" Special Section in January, 2003 (which is



located on their web site) and Pendulum Project's Ellen McCurley participated in the broadcast of the World AIDS Day discussion on BBC World News Radio, December 1,

## Transitions At Pendulum

**Suzi Peel**, one of the founders of Pendulum has stepped down as Executive Director and has taken a job with Family Health Initiative, based in Washington, D.C. She will continue to serve us as a strategic advisor. We wish Suzi much success! **Ellen McCurley**, a founder is now the Executive Director for Pendulum. Ellen is pursuing a masters in Clinical Social Work and Public Health at Boston University. She is doing clinical work with clients living with HIV/AIDS

in the Boston area. **Dawn Carroll**, of Beverly, MA has joined our team to help us with our communications and outreach efforts. She comes to us with experience in media and runs her own tile/granite business in the Boston area. **Joey Farrell**, a Boston area nursing student, handles our administrative tasks. **Aarti Kumar**, who had helped us with researching grants is working at Aid for Incarcerated Mothers as a Development Spe-

1 Year of Public High School Tuition for a Child in Malawi	\$120
2 Bicycles for Project Volunteers	\$40
Support 200 children for one year at Madalitso Orphan Centre in Malawi	\$3000
1 Year of Private High School Tuition- Includes Room/Board/Uniform/ Books in Malawi	\$330
Medical Supplies For Orphan Care Centre Project-1 Year	\$200
Cost per day to feed one child in Malawi	.40

cialist and **Rosette Serwanga**, a founder is focusing her energies full time on the African Health Initiative in Boston. **John and Jeannie Alberts** of Boston, recently returned from Malawi visiting projects and are helping Pendulum with fundraising and outreach.

If you are interested in donating your time, skills, or resources please contact us at: [info@pendulumproject.org](mailto:info@pendulumproject.org)

# The Link

## Lilongwe Central Hospital

by Joey Farrell



Young Boy, Malawi  
John Alberts, 2003

One of my most profound memories is of walking into the pediatric ward at Lilongwe Central Hospital, my first day on the ground in Malawi on my second trip. During the rainy season, this space is full with mothers attending to their children, there are only two nurses on duty, responsible for attending to seventy-five children. Malaria is in full force during this time of year. The small hospital ward, crowded and stifling, overflows past its designated capacity of twenty-five patients. In each one of the crib beds there were 2 or 3 children.

I am grievously aware of the differences between my life in the States and the lives of the average citizen in Malawi.

I wear new clothes, expensive shoes, carry a laptop, a cell phone and a passport from one of the wealthiest nations on the planet. I slowly and respectfully walk through the ward, making eye contact with mothers breast feeding their children; chests deflated from lack of adequate nutrition. I walk past the children in the cribs, feverish, weak and emaciated, their skin appears translucent over their joints. The quiet and stillness in a room full of children chills me. Fathers, grandparents, aunts and uncles try to keep the healthy

children occupied, playing quiet games on the concrete floor that doubles as their sleeping place at night. A father stands over his child's bedside. The child appears to be no older than two. He turns to touch a nurse's elbow; calling her attention over to this small patient. The nurse lifts the child's wrist and feels for a pulse, checks the pulse on the neck. She closes the child's eyes. The woman standing next to me starts to cry. Instantly, I recognize her facial expression and her posture, convey the deepest,

## New Web Site

Pendulum recently launched a re-design of its web site. Many thanks to Mark Minter and the folks at OverDrive Marketing for their services and generosity in making this possible.

Thank You!



child. A small, thin wail escapes from her throat. I lean towards her and say softly, "Amayi," which means mother in Chichewa. Female family members rush to her side in an effort to offer comfort despite their own shock and pain. As a parent and as a human being, witnessing this family's loss has left an indelible mark on my psyche. This experience has strengthened my personal commitment to raising awareness here at home.

## Cape Maclear Orphan Care

## Monkey Bay, Malawi

This project is located in a very poor and underserved area on the shores of lake Malawi. Levi Kalumba started this initiative three years ago in response to the growing numbers of children orphaned by AIDS. The area is very remote with poor road access. The closest medical clinic is four hours away

abandoned due to lack of funding. Kalumba is trying to raise more funds to renovate the building to provide services and support for 2000 children who come from over 15 villages that are orphaned or vulnerable due to HIV/AIDS. He recently received the assistance from a nurse who will volunteer at the center two days a week. The center is only able to provide one meal a day for 100 children due to lack of funds.

Levi says it costs \$40 a day to provide two meals for 100 children. The project is looking at ways to generate income in activities such as tin smiting, gardening and producing crafts to sell to tourists who frequent the Lake region. Levi and the volunteers are working towards being able to assist all of the children in need, but need more funding to do so.



Levi Kalumba and Richard  
Cape Maclear Orphan Care

## Holy Cross College Is Making A Difference



*Holy Cross College Bishop Healy Society Members and Ellen McCurley of The Pendulum Project December 2003*

Recently Pendulum received \$3000 from students and faculty at Holy Cross College, Worcester, MA. This money will go to supporting community-based projects in Malawi. The students from the Bishop Healy Society raised this money last year and again this year by hosting an AIDS benefit. They also donated seven crates of medical and educational supplies for projects in Malawi.

We are very thankful to Cymetra Williams and Jasmine Bramble and all of the other students and faculty who have supported our efforts.

Thanks to Isaldys Claudio and her fellow students of Holy Cross for supporting 6 children at Madalitso Orphan Care .

"From all of us at Madalitso Orphan Care , we send many blessings and appreciation to those in the US who are supporting our efforts. Thanks to you we have a community garden and new building to feed and counsel the children and a staff of one counselor, two teachers and one matron to provide basic and psychosocial support for these children and their caregivers. affected by HIV/AIDS."

Many Thanks ,

Laws Chiunda

Project Coordinator, Madalitso Orphan and Vulnerable Children Care Centre, Malawi

## Madalitso Orphan & Vulnerable Children Care Centre, Malawi

### Mtsinje, Malawi

Madalitso was started in November of 2002 by Laws Chiunda, a retired civil servant and social worker to help orphans and street children in a very underserved area of Lilongwe, the capital of Malawi. Mr. Chiunda had been walking the streets of Lilongwe, and saw the rising numbers of children living on the street, with lack of food, clothing, shelter and begging instead of attending school. He felt that with the right

### Driscoll Elementary School

### Brookline, MA

Again this year, Mary Malagodi and her students in the Arts & Crafts class from the 4th and 5th grades at the Driscoll Elementary School raised \$1500 from their December Crafts Fair. This money goes directly to projects in Malawi. Many thanks to Mary, her students and their parents in supporting our efforts !

care and attention that he could help these children who had left their villages and come to the capital city of Lilongwe looking for assistance. There are 200 children registered at Madalitso. The teachers and people caring for these children are Kondwani Galafa, Steven Smason and Mrs. Mary Banda. The project serves children who are very young: ages 2-9, by providing them with food, life skills training, educational support and counseling. Madalitso purchased a 4 acre plot of land in 2002 at a cost of \$350. With another \$200, Mr. Chiunda purchase 2 blackboards, 2 soccer balls for the children, and a first aid box filled with aspirin, iodine, scabies medication and other medical supplies for the children. He also used part of this money to pay rent for children who needed shelter. He was able to find an older woman to live with these children and provide supervision. Madalitso constructed a community center building and community garden on the land starting in the summer of 2003. Their operating budget is \$6,000/ per year. There is enough land on the purchased plot to grow maize and other vegetables to help feed the children, caregivers and volunteers.

Madalitso is one of the few projects in Malawi that serves the growing population of children living on streets. It is a growing problem in Malawi because of the AIDS epidemic and these children are at risk for exploitation and illness. Madalitso works very hard to place these children with extended families or caregivers and to keep these children in school. Madalitso pays school fees for several high school age children. With strong support from the village leaders and a dedicated and trained support Madalitso has gained attention from other groups and the government because of its unique approach in working with street children and orphans. Madalitso is trying to raise more funds and add capacity to provide services and support for another 200 children who are on the wait list.



*Laws Chiunda, Lilongwe, Malawi*





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*John Alberts 2003  
Malawian Girl*

Linking together in a web of parenting