



ANNUAL REPORT 2009 TREK - MALAWI, AFRICA

Community Treks (CT) is passionately committed to connecting communities for active participation in fighting extreme poverty and AIDS worldwide.

INTRODUCTION

Community Treks, Inc., together with our local and global partners, continues to make a difference in our own communities and those we serve through healthcare, education, and faith initiatives. A team of 21 community members, ages 8 to 72 years from Arvada, Colorado and surrounding communities traveled to Malawi, Africa to focus on several on-going efforts, primarily in the villages of Mtsiliza, Chewengo, Chitipi, and Chrombo. Sub-Saharan Africa is home to 385.9 million of the world's people living in *extreme poverty*, living on less than \$1.25/day.* Due to the current economic downturn, it is projected that there will be an increase of 30,000 to 50,000 infant deaths in this region in the next year. Today, there are approximately 2 million children orphaned by disease or poverty in Malawi alone.**

Community Treks collected, transported and delivered over 2,100 pounds and \$110,000 worth of educational and medical supplies to Malawi. Moreover, many years of specific training and expertise were shared resources. Each CT community team supports the others' efforts from standing in line with Malawians waiting to see the doctor or carrying supplies, to listening and supporting training and education efforts. CT, a humanitarian-based 501(c)3 that partners with the Christian faith community also partners with Children of the Nations(COTN), primary liaison for orphan support and ground logistics for which all of the following activities would not be possible.

EDUCATION COMMUNITY

Amy Lengyel, M.A., Teacher -Centennial Academy, Littleton, CO
Steve Annest, M.A., Teacher - Ralston Valley High School, Arvada, CO
Todd Friesen, M.A., Counselor - Ralston Valley High School, Arvada, CO
Rachael Friesen, M.S.W., Social Worker - Fremont Elementary School, Arvada, CO
Michael Finnefrock M.A., Assistant Principal - Ralston Valley High School, Arvada, CO

Chris Kellogg, Student - Ralston Valley High School, Arvada, CO
Ryan Finnefrock, Student - Ralston Valley High School, Arvada, CO
Mary Claire Anderson, Student - Ralston Valley High School, Arvada, CO
Monica Schneider, Student - Ralston Valley High School, Arvada, CO
Jordan McKinley, Student - Ralston Valley High School, Arvada, CO
Andrea Redling, Student - Ralston Valley High School, Arvada, CO
Katie Spillane, Student - Ralston Valley High School, Arvada, CO
Haley Lowe, Student - Chatfield High School, Chatfield, CO
Justin Lengyel, Student - Goddard Middle School, Littleton, CO
Gabriella Annest, Student - West Woods Elementary, Arvada, CO
Marianna Annest, Student - West Woods Elementary, Arvada, CO

Anne Brown, M.A., Teacher - West Woods Elementary School, Arvada, CO - Currently teaching in Malawi for the 2009-10 school year

* *Extreme poverty constitutes those living on less than \$1.25/day, World Bank - Worldwatch Institute, 2009 Report.*

** www.raisingmalawi.com, 2009.

Education Community cont'd

Focus:

- **Individual Education Assessments**
 - Assessed 125 students individually in Oral Language, Reading Readiness, Letter Recognition, Word Recognition, and Mathematics
- **School Visits**
 - Visited Faith Christian Academy (private school) and Chewengo School (public school) for the purpose of assessing the differences between the public and private school in staffing, supply, curriculum, and facilities
- **Model lessons**
 - Prepared and delivered model lessons for teachers at Faith Christian Academy.
- **Provision of Education Scholarships**
 - Raised \$4,400 - to support educational scholarships in Malawi by Jefferson County Public Schools students from Ralston Valley High School (*W.H.O.A. Club - Warm Heart of Africa*). RVHS students who participated on the 2009 Trek conducted on-the-ground interviews in Malawi and assisted to identify scholarship recipients and deliver funds. Provided \$1,110 to four different students for secondary school and college.
- **Provision of Education Supplies**
 - Educational supplies were donated from West Woods Elementary, Fremont Elementary, Van Arsdale Elementary, Mortenson Elementary, Faith Christian Middle School, Falcon Bluffs Middle School, Ralston Valley High School, Pomona High School and Chatfield High School. These supplies included paper, pencils, pens, crayons, scissors, calculators, backpacks, erasers, books, chalk, supplemental materials, teaching manuals, pencil sharpeners, notebooks, and folders.
 - Supplies were gathered, sorted, and packed by the 2009 Trek team members
 - Supplies were estimated to carry a bulk weight of 1200 pounds of the total 2,100 pounds and the approximate value of the supplies - \$8000.
- **Identified Needs:**
 - Qualified Teachers - to go and provide training and evaluation of teaching and curriculum
 - School Building - to raise \$.01 a brick to build a secondary school
 - Relationships with local Malawian colleges - to continue fostering apprenticeship teaching opportunities for prospective teachers
 - Relationships with US colleges - to continue foster apprenticeship teaching opportunities for prospective teachers to travel abroad and gain experience while helping to lower class sizes at Faith Christian Academy in Mtsiliza
 - Consumable School Supplies - to continue to bring for Children of the Nation students in Chewengo and Faith Christian Academy
 - Funding - to continue to raise awareness and monetary funds to provide scholarships for secondary and college students

MEDICAL COMMUNITY

Nicole Annet, MD, Dermatologist - Kaiser Permanente Medical Group, Lafayette, CO
Hourvash Jones, RN, Critical Care Nurse - Swedish Medical Center, Denver, CO

Supported stateside by:

Susan Finnefrock, M.B.A., M.S.H.A., Chief Operating Officer - national physician practice management group
Lois Vermeer, R.N. - Retired, McKee Medical Center, Ft. Collins, CO and H.E.L.P Volunteer

Vince Collins, MD, 2007 Trek - Denver Health Medical Center, Denver, CO, is living in Blantyre this year to develop a Department of Psychiatry for the University of Malawi.

Focus:

- **Pre-Planned Procedures**
 - Operating Room Procedure, African Bible College Clinic - large tumor removal for 39 yr old HIV+ single mother of 3, bringing majority of supplies needed
 - Minor Procedures (10) - including 7 tumor biopsies, benign mass excision performed under local anesthesia
- **Mobile Health Clinic**
 - Half-day Village Clinics (6): 4 in Chewengo village and 2 in Mtsiliza village - 240 patients seen, 4 patients sent to regional hospital
 - Dermatology Clinic, African Bible College Clinic - 1 surgery, 3 dermatology clinic patients
 - Patient Assessments - Crisis Nursery
 - Eye Clinic - basic eye exams, 240 donated eye glasses supplied
- **Serving the Servants**
 - Half-day Dermatology Clinics (2), *Partners in Hope Clinic* - 25 patients/ex-patriots seen, several minor procedures performed
 - Patient Assessments (10+) - COTN Staff at Chewengo and Njewa sites
- **Medical Record Development**
 - Medical Records (300+) added to 474 prior records for individuals living in Mtsiliza village to include community members and Children of the Nations sponsored children, initiated in conjunction with a volunteer medical physician practice in Arizona.
 - Medical Record Development - constructed hard copies to include an electronic summary of findings from each patient given to COTN to house at *African Bible College Clinic* for future short-term medical teams.
 - Laptop and Battery
- **Delivery of Supplies**
 - Over \$100,000 worth of specific pre-identified needed medications supplies were collected and donated by Exempla Healthcare, Integrated Health System, Denver, CO, Swedish Medical Center, L.Vermeer (RN) and team collections for disbursement to:
 - *Children of the Nations,*
 - *African Bible College Clinic,*
 - *Partners In Hope Clinic, and*
 - *Nkhoma Hospital.*
 - Liaison with US Pharmacy to take medications to *Partners In Hope Clinic.*
 - 160 Eye Glasses - donated and transported to provide primarily the elderly with an opportunity to read and work.

* See a full list of donated supplies on the website at www.communitytreks.org
- **Identified Needs:**
 - Skilled Special Teams - Med/Surg, Construction and IT are primary needs
 - Dermatologist - For skin clinics and treatment
 - Ob/Gyn - For cervical cancer screening and treatment/bring Cryo Unit, Leep
 - Pulmonologist - For training in management of patients, pulmonary function, PFT unit
 - Gastroenterologist - There are only a couple of places in the country where patients can get endoscopy, also in need of an endoscope, Gastroscope and Colonoscope
 - Surgical Sub-Specialties - ENT, Ophthalmology, Laboratory/Microbiology, Podiatry
 - Medical Sub-Specialties - primarily for teaching in the areas of Cardiology, Nephrology, Oncology, Endocrinology, Infectious Disease/HIV
 - Playground - *Partners In Hope Clinic*, for the growing number of children with AIDS to play while at the clinic
 - Medical Supplies - Extensive list located on CT website

FAITH COMMUNITY

John Anderson, M.Div., Pastor - Trinity Presbyterian Church, Denver, CO

Clarke Vestal, Pastor - First Avenue Presbyterian Church, Denver, CO

Hourvash Jones, RN, Critical Care Nurse - Swedish Medical Center, Littleton, CO

Sarah Anderson, Intern - COTN, and Student - University of Colorado, Boulder, CO

Mary Claire Anderson, Haley Lowe, Justin Lengyel, Students - St. James Presbyterian Church

Peggy Marshall, Pastor, - 2008 Trek - Made an extended second trip in 2008 to support and train pastors to care for the extreme poor and those living with HIV.

Focus:

- **Training**

- \$18,050 Grant - provided by the Denver Presbytery, funded (8) individuals from the faith community to go to Malawi to support all efforts outlined below.
- Pastors Conference - Planned and led a week-long conference for pastors and their spouses. Participants included 40 individuals representing 26 churches and 10 different denominations in the village of Mtsiliza.
 - \$1000 grant by Denver Presbytery provided breakfast, lunch, and snacks for conference participants, as well as books and handouts used in the conference.
 - Conference Training focused on:
 - HIV Awareness, Prevention, and Care-Giving to those living with the disease.
 - Strengthening Marriages and Families - offering outlines that pastors and their spouses could use to educate others in their churches.
 - Prayer and the Pastor - offering teaching outlines on listening prayer for pastors and their spouses.
 - Offered support to break the barrier of talking about sex and HIV/AIDS
 - Provided certification of completion to each delegate along with a journal
 - Learned that many of the pastors in Mstilitza organized to form a new alliance to support each other in addressing AIDS education and care-giving, as well as learn critical skills to pastor churches. The alliance is now seeking to be enrolled with the Malawi government as a non-profit agency to apply for governmental aide that could be distributed in the community.

- **Support Provided**

- College Intern, COTN - spent 2 months living in Chewengo. She supported the care of 100 orphans living in children's homes, tutored after-school classes, and assessed the educational needs of children in Malawi for Children of the Nations.
- Grant provision - \$850 grant provided by the Denver Presbytery allowed pastors and spouses to go on a one-day trip to Lake Malawi. The Lake is 2 hours away, 90% of the pastors had never seen the Lake. The day was focused on recreation and relationship building among community leaders.
- The faith community was key in building relationships with community leaders in Malawi who facilitate community outreach.

- **Delivery of Supplies**

- 45 HIV AIDS training material packets - developed and delivered packets to include 8 pages on HIV prevention, education and care, the grief process and confidentiality
- 45 teaching outlines on Marriage and Family, Prayer for Pastors
- School and Medical Supplies - shared in the collection of noted above to include 120 eye glasses collected and provided in support of Community Treks' medical community effort

Faith Community cont'd

- **Identified Needs**
 - To continue training of pastors and church leaders to have the Church be a place of education, refuge and support for those living with HIV/AIDS
 - To continue relationship building with the Mtsiliza Ministerial Alliance to support empowerment of pastors' service to their community
 - To develop and fund a micro-loan program to allow pastors to apply for small business loans to start small businesses, providing an income for their families
 - To establish American Book Clubs to support Malawian Literacy Classes for Women, web page design and support for sharing this opportunity with others
 - To sponsor children through COTN
 - To provide training materials
 - Investment in a shared planting of maize by village pastors to feed their families and set aside funds to rent fields and purchase feed and fertilizer

And TOGETHER We:

- Provided \$330 dollars in household supplies - purchased and delivered for each 4 families in need:
 - 2lb bags of sugar, flour, salt
 - 45 lbs of corn maize
 - 12 bars of soap for laundry and hygiene
 - 6 school notebooks
 - 4 bowls
 - 2 fabrics
 - Fish, Vegetables, Rice, Oil
 - Toys
 - Spent time getting to know the families and their lifestyle and assisting with chores
- Collected and delivered requested soccer equipment and gear - Arvada Soccer Association teams in support recreational sports activity development for children in Mtsiliza and Chewengo donated, collected, delivered and organized soccer matches with:
 - 20 soccer balls and 2 hand pumps and needles,
 - 50 pairs of cleats,
 - 40 jerseys, and
 - a referee kit.

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our own communities
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www.communitytreks.org