

HOLY FAMILY MISSION HOSPITAL

NEWS LETTER JANUARY - JUNE 2009

NEWS FROM UNDER THE MOUNTAIN....



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In this issue:

- From the Editor's desk
- From the Hospital Manager

Current issues

- Norwegian Church Aid uplifts Holy Nursing College – Construction project almost complete now

Current Issues

- Historic General Elections in Malawi
- Rest In Peace, New Developments

Health information

- Holy Family Community Home Based Care, ART
- ETAT at Holy Family Hospital
- Holy Family gets Hepatitis B Jab
- Infection Prevention, Case reports

Spiritual

- If Jesus came
- A joint 'way of the cross'

Entertainment

- The Queens of Holy Family
- Rest in peace
- Why this name?
- A blind man asks for direction
- Drawing time
- This life of ours
- My application letter
- Which is which?

From the Editor's desk

It's a pleasure to have yet another time to brief you our dear readers on what is happening at Mulanje mountain. Greetings from the foot of mount Mulanje it is where Holy Family Mission Hospital is located. One of the oldest mission hospitals in one of the newest districts in Malawi.

We are proud to present to you our Newsletter produced by a joint effort of our Editorial Team with additions of staff members.

We have chosen the month of June to bring our Newsletter because it is the month of reflection and also our financial year ends at 30th June. It's a reflection of things that have happened in the past six months and on the way forward.

All the work which has been done in the last year, couldn't have been accomplished without the assistance of our donors. At Holy Family we are blessed with the continuous support of Pro-Phalombe Association, Cordaid and Albert Schweitzer. We entered together with Cordaid and Albert Schweitzer Hospital (Dordrecht, the Netherlands) in a tripartite agreement. This agreement is expiring and it will be renewed

I hope you had a nice time going through our last edition. In this edition we will look into different issues which will focus on education, entertainment, Sports, spiritual issues as well as interest points. It's my sincere hope that you will find the articles exciting as well as informing.

On behalf of all staff members at Holy Family I wish all persons involved in the well being of our Hospital a healthy and happy life!

Holy Family Staff wish you het allerbeste as you go through this edition!!!!

Jane Zgambo

From the Hospital Manager

How quickly time has passed since we parted with founder of Holy Family Mission Hospital Newsletter Dr. Rutger Anten we've really missed him. This is evidenced by the delay in producing the new copy of the Newsletter because this has affected the team which was involved in developing the Hospital Newsletter.

The Hospital is really missing him with his hardworking spirit. I just want to encourage those remaining behind

to continue the team spirit which they had with Dr. Anten so that this Newsletter should not go along with the founder. Jane Zgambo the Deputy Principal Tutor at the Nursing College is the successor and we hope she is going to carry on the good work started by the expatriate doctor.

New Developments:

Now we have a new Medical Officer, Dr. Norman Kufonya from Zimbabwe who has joined us in May 2009, he is still familiarizing with HFHM activities and I hope he is also going to join the Editorial Team, he is also a dedicated and energetic hardworking Youngman, his coming has really relieved us from referring each and everything which needed medical officers attention. We are also privileged with our first team visiting Albert Schweitzer on exchange visit after our colleagues started in July 2008.

They brought good news that they really enjoyed in Holland but the time was too short. We hope when the Tripartite Agreement is renewed our team will also be allowed to stay a bit longer than this time.

We have also learnt a lot from our friends who have been coming on exchange visit from Albert Schweitzer, we have learnt a lot from them, for example they are easily adapting to the weather of Malawi, their smiles, their hardworking spirit e.t.c. this will help us to remember them and we hope this will also going to continue.

The water project, sponsored by Pro-Phalombe has been completed and operational. Three water pumps were installed, pumping water from the boreholes in to six water tanks. This system is providing the hospital and staff houses with enough water.

WARM GREETINGS FROM PHALOMBE!

Sr. E. Kambalame, Hospital Manager

HEALTH INFORMATION

INFECTION PREVENTION PROGRAM

It could work even with intensive and persistent supportive supervision. Many tried before but the more they did the worse it became. Professionals were sent for trainings a couple of years ago, in order to improve the delivery but none succeeded. What could have been a problem for everybody to fail? The following passage will give us the answer to the problem; Many people think knowledge is power of which everybody has lived

to believe this concept. But some have urged that if one has knowledge and doesn't implement then knowledge is not power. Therefore for every activity in hospital setting, if people have knowledge and do not implement then it is useless and there is no power for that.

This has been proven by Holy Family Mission Hospital for the past 2 years, when it started getting funding from Pro-Phalombe. When the funds were made available, almost every health worker and every support staff were trained in Infection Prevention. After the trainings were conducted it was not enough, people had to sit down and strategize on how to implement. As the saying goes united we stand and divided we fall. Health workers and support staff kept their fingers crossed and the programme was implemented.

It was not enough to implement the programme without infection Prevention resources. Pro-Phalombe has been generous enough to support Holy Family Hospital on sustainability of the programme by its continuous funding. Holy Family to day is rejoicing on part of Infection Prevention implementation but all this has been possible by Pro-Phalombe. Ever since the hospital started purchasing IP materials all the staff members are working happily with a clear mind that they are protected from infection. Even patients and guardians feel free now that the hospital has a clean and health surroundings because of these IP materials. Health workers and support staff are willing and happy to implement the Infection Prevention programme. The Hospital Management Team is also busy with supportive, monitoring and evaluation of the programme. Please Pro-Phalombe continue doing good job of funding Holy Family Hospital.

P.Limole, RNM

CASE REPORT – CHOLERA

Epidemiology – Common in epidemics/pandemics mainly during the onset of the rains. When surface water washes in the rivers and unprotected wells.

Organism- Vibro Cholera

Transmission- A water borne infection spread by faecal-oral route (person to person or contaminated food or contaminated water. Reservoir-Contaminated environmental water, asymptomatic human carriers that excrete the organism over long periods of time.

Prevention- Education about the need for cleanliness and protection of food from flies, hygienic disposal of faeces-

pit latrines and drainage systems, protected water supplies, either piped or protected wells, treatment of cholera patients in isolation ward.

Clinical nature-Cholera produces a severe enteritis with life threatening diarrhea leading to water and electrolyte depletion.

Clinical features-Sudden onset of profuse diarrhea, odourless diarrhea associated with vomiting, rice-water stool, several litres of fluid may be lost within just a few hours leading to severe dehydration, hypovolaemic shock, low BP, weak, rapid pulse feels cool, dry skin and mucous membranes, loss of skin turgor, sunken eyes, reduces urinary output. **Diagnosis-**Clinically is epidemic, culture of rectal swab. Complications-Severe dehydration and death, though if the patient survives, recovery is complete.

Treatment-Replace the water and electrolytes as rapidly as possible, severe dehydration-start IV infusion, give oral fluids (standard ORS solution) to all patients, including those on IV rehydration.

By: Sigei Kiprono, Clinical Officer

Health information



A Health Surveillance Assistant at Under-five Clinic

ETAT AT HOLY FAMILY HOSPITAL

Nice to note that at Holy Family Mission Hospital there are many programmes being run by their respective coordinators. ETAT is one of the programmes at Holy Family. Just to give a brief insight of this programme, ETAT is an abbreviation which means:

E: Emergency, T: Triage, A: Assessment, T: Treatment.

ETAT is saving a lot of lives of children. This is being achieved by having vigilant paediatric nurses who are able to manage emergency cases.

As of late we have seen paediatric OPD being separated from adult OPD in order to easily identify very sick children who need urgent management. The advent of resuscitation room at Under-five is contributing positively to the saving of lives of children

A credit should go to the Management of Holy Family Mission Hospital for accepting and giving support to the programme materially and strategically. That is why ETAT is in existence today.

Therefore let us join hands together to reduce the mortality of children of Phalombe.

P. LIMOLE, RNM

HOLY FAMILY GETS HEPATITIS B JAB!

It was a happy moment to all members of staff and students when Management announced that Albert Schweitzer has sponsored procurement of Hepatitis B vaccine.

Hepatitis is increasingly becoming a problem within facilities with limited resources to maintain high standard infection prevention measures. This becomes a threat to every employee by realizing that once you get Hepatitis B there is no treatment. It also comes as a concern to realize that a student who has been well trained to go out and care for the sick has not only got the education but the deadly infection as well.

The coming of the news was therefore a sigh of relief to both employees and students realizing that now they will be protected from the deadly disease.

The program was made on how to give the vaccine where test for Hepatitis B was a prerequisite.

Fear hang over the place when people anxiously waited to go into Dr. Anten's Office and get Hepatitis B results. Fortunately all members of staff except one had hepatitis non reactive result hence all the members of staff got the vaccine except one.

All students were hepatitis non reactive and got the vaccine except those who were away. For all this to

happen thanks to the two very dedicated Dutch Nurses Marjan and Marriella who tirelessly gave the vaccine.

As of now most of the people have received 2nd dose and are awaiting third dose.

The Hospital and College would therefore like to send gratitude to the donor who was responsible for the purchase of the vaccine and the two Dutch Nurses for the administration of the vaccine.

INFECTION PREVENTION: A RESPONSIBILITY FOR ALL, A RIGHT FOR ALL!

Jane Zgambo, Chief Editor

HOLY FAMILY HOME BASED CARE

Holy Family Mission Hospital as a health institution introduced various interventions for the fighting against HIV/AIDS in the communities surrounding the hospital. Now the hospital is caring people living with HIV/AIDS medically and materially.

Medically these people access ARV's for free and they also went for check-ups each and every visit. Materially CHAM was funding this programme through the Hospital by giving the PLWA's goats, seeds e.g. vegetables, maize, and equipment like hoes, knives, watering canes e.t.c, so that they can use these to improve their nutrition diet.

Observations made by the hospital indicates that PLWA's were stigmatized and discriminated in various ways. The introduction of community home based care activities has helped to eliminate such malpractice on the fighting against the pandemic.

So far five home based care groups were established in Mtengo, Mwepetha, Chisanzo, Nasomba and Muronya villages. The chiefs reports that the programme has changed the lives of PLWA's in their villages and request for more assistance from other well wishers because CHAM has now stopped funding the project.

The Coordinator for this project Wyson Khoriyo appreciated CHAM for the support. So far 195 PLWA's have benefit from this project.

Wyson Khoriyo, Coordinator.



The Clinical Superintendent with a client at ART Clinic



Clients being assisted by health workers at ART Clinic

ART CLINIC - by: *F. Basikolo, Clinical Superintendent*

The ART Clinic started in July 2005 at the end of June 2007 we registered about a thousand patients on Antiretroviral drugs. It has been a major challenge to deal with such a high number of patients for both nursing and medical departments. However, we have been able to keep on providing the services. The ART Clinic is accessible for all patients and is free of charge (no consultation fees). So far we have 2738 Clients.

The ART Staff consists of: The Medical Officer

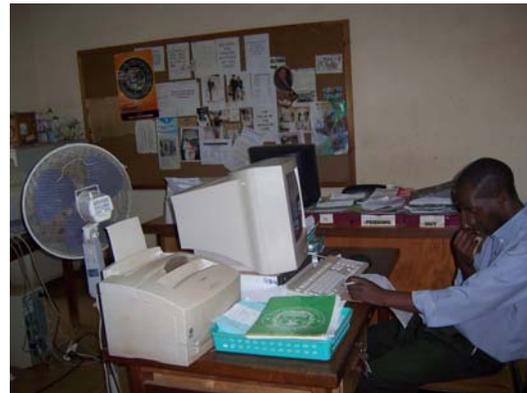
- Eight Nurses
- Four Clinicians
- Two Clerks
- Two Counsellors

The Clinic shows quality of work which is evidenced by a reward of a Certificate of Excellence by the Ministry of Health (NAC).

MANY THANKS TO THE TRIPARTITE AGREEMENT

This agreement is between the Albert Schweitzer Hospital in Holland, Cordaid former Memisa and Holy Family Mission Hospital. It had its official start in August 2006. The collaboration is based on equality of all involved parties. It strives to improve the quality of medical care delivered by our hospital using the resources and contacts of ASz and Cordaid

Hartelyk bedankt!



An Accounts Assistant with one of the donated computers

The focus is on improvement of medical and teaching equipment, construction and human resource development. At the moment we have Joop and Jacqueline from ASz who are on exchange visit. These people are very hardworking and they are helping the hospital a lot Joop is working at the Paediatrics and Jacqueline at the Pharmacy.

We really wish if they can be here permanently. On 3rd April 2009 to 6th May 2009 Holy Family Management Members namely Mrs. Agness Mtonga (Principal Nursing College), Mrs. Sabina Sesay (Matron) and Mr. Obrin Sangala (Accountant) were at ASz in Holland on an exchange visit programme This Tripartite Agreement is a

success, we received a lot of items from ASz like medical equipment, drugs, computers, staff uniforms, T-shirts for all staff members e.t.c. Looking forward to more goodies from this Tripartite Agreement.

Ethel Chimaliro, Hospital Secretary

HARTELYK BEDANKT CORDAID & PRO-PHALOMBE ASSOCIATION GOD BLESS YOU

Pro-Phalombe a Swiss Association founded by friend of Chris (Medical Doctor) and Silvia (Occupational Therapist) who worked at Holy Family in the nineties. This Association developed a long-term project on improving the constructions at our hospital.

In 2001 they financed the construction of a new Paediatric Ward. In 2007 it was Male and Female Wards that were renovated with their financial assistance. This year (2009) they have financed the construction of a new operating theatre which will commence next month. Many thanks to Pro-Phalombe Association.

On the other hand Cordaid former Memisa has also been assisting the Hospital for many years. Initially by sending Dutch Medical Doctors to Holy Family, the last medical doctor Dr. Rutger Anten left in November 2008. In the last years it has put its emphasis more on developing human capacity and strengthening organizational development.

STRATEGIC PLAN 2005-2010

Holy Family developed its Strategic Plan with the financial assistance from Cordaid. With the help of the Consultant Mr. Makoko, the SP is now in place and operational. Most of the activities have been achieved. Cordaid is also constructing staff houses, this year alone Cordaid has also financed the construction of a Hospital fence and guardian shelter.

Apart from these, other donors have been assisting us with their kind donations and we fully appreciate their support.

The struggle against the HIV/AIDS pandemic in Malawi has a major influence in our daily work. The majority of our patients are struggling against HIV related diseases, quite a number of our staff are infected with HIV, developing an HIV/AIDS Workplace Policy for the hospital is still a major challenge. We hope and believe that well wishers will assist us to have this policy in place!

Ethel Chimaliro, Hospital Secretary

GENERAL INFORMATION

GENERAL INFORMATION

HISTORIC GENERAL ELECTIONS IN MALAWI

May 19, 2009 Elections made a symbolic mark in the Malawi history of multiparty politics. These were the fourth to be held.

The first being in 1994,1999 the second and the third came in 2004.

The last three general elections were characterized by Malawians voting based on regional ethics but this time only leaders who are development conscious were voted into office.

In the elections, which were presidential and parliamentary, president Dr. Bingu Wa Mutharika was voted into office for a second five year term after his successful first five year term.

People put him back into office for his sound economic and as well as food security policies among others, with his Democratic Peoples Party (DPP) scooping almost all 193 seats.

In the Constituency where Holy Family is located people voted for Mr. Nyadani an Independent Candidate who is now working with Government.

Seven candidates competed for presidential office and over a thousand competed for parliamentary seats. Its every Malawian hope that the leaders elected will put Malawi at a greater height in terms of development. The Elections were conducted in a free and peaceful way and nobody could notice that people are voting.

Dr. Bingu Wa Mutharika won with a landslide victory.

Long live genuine democracy!

Bravo Bingu, Bravo DPP, Bravo Malawi!

HOLY FAMILY COLLEGE OF NURSING WEARS NEW IMAGE

The projects are now complete!

Thanks to Norwegian Church Aid (NCA), who embarked on building tutors houses and the girls hostel at the College.

This project has come at a time when the College badly needed accommodation for tutors as there were only three houses. This was leading to the chronic shortage of staff.

Holy Family is therefore so grateful to Norwegian Church Aid for the assistance rendered to the College.

NCA has furthermore promised to renovate the old existing structures

Sister E. Kambalame, Hospital Manager



Some of the Students in Class at the Nursing College

SPIRITUAL



A JOINT 'WAY OF THE CROSS'

For the first time in History of Phalombe Catholic Parish, 2009 saw Christians of the Parish jointly conducting the Way of the Cross with Anglicans.

Their procession started at exactly noon of Good Friday, April 10, 2009. It started from Anglican church and ended at Phalombe Catholic Parish covering a distance of about 6 kilometres.

Moving at a snail pace, solemn songs blaring from their mouths, carrying the cross in turns, one could easily tell how sorrowful the participants were. They were sorrowful for the torture and agony their savior, Jesus Christ went through in order to save His people from their sins through His death on the cross.

Plans are underway that next year's prayers should be held at a distance three times than this year.

Victor Namalawa, SAA.

IF JESUS CAME – BY TAPIWA BANDA SAA

WOULD YOU HAVE TO CHANGE YOUR CLOTHES BEFORE YOU LET HIM IN? OR HIDE SOME MAGAZINES AND PUT THE BIBLES WHERE THEY HAD BEEN? WOULD YOU HIDE YOUR WIDELY MUSIC AND PUT SOME HYMN BOOKS OUT? COULD YOU LET JESUS WALK RUSH IN OR WOULD YOU RUSH ABOUT?

AND I WONDER IF THE SAVIOUR SPENT A DAY OR TWO WITH YOU? WOULD YOU GO RIGHT ON DOING THINGS YOU ALWAYS DO? WOULD YOU GO RIGHT ON SAYING THE THINGS YOU ALWAYS SAY? WOULD LIFE FOR YOU CONTINUE AS IT DOES FROM DAY TO DAY?

WOULD YOU TAKE JESUS WITH YOU EVERYWHERE YOU GO? OR WOULD YOU MAKE CHANGE YOUR PLANS FOR JUST A DAY OR SO? WOULD YOU BE GLAD TO HAVE HIM MEET YOUR CLOSEST FRIENDS? OR WOULD YOU HOPE THEY STAY AWAY UNTIL THIS VISIT ENDS?

WOULD YOU BE GLAD O HAVE HIM STAY FOREVER ON AND ON? OR WOULD YOU SIGH WITH GREAT RELIEF WHEN HE AT LAST WAS GONE? IT MIGHT BE INTERESTING TO KNOW THE THINGS THAT YOU WOULD DO IF JESUS CAME IN PERSON TO SPEND SOMETIME WITH YOU.

WE ARE THE HEIRS TO HIS THRONE!

Many Christians nowadays doesn't know or realize that they are the heirs to His throne, the Kingdom of God is ours. We undermine ourselves by allowing the Satan guide our day to day life.

God made us the heirs to His throne the day that we received him as our Saviour. We are His children He is always with us in everything that we do. In the Bible there were people like Job, Joseph, Moses, who suffered because of His name but He made them pass through all the temptations.

In the case of Joseph he was ill treated by his own brothers, what if Joseph didn't knew God when God saved him and made him In-charge in Egypt and his brothers came looking for food? Joseph believed and fear the Lord that is why he did not return the bad things to his brothers.

Love is what makes the world go round, let us love one another just like Joseph did to his brothers.

JOHN 3:16

Ethel Chimaliro-Hospital Secretary



Houses under construction now almost finished

The Contract between our hospital and Holy Family Hospital has almost ended.... Also my stay in Phalombe is about to end. I have learnt a lot of you. Your improvisation talent is almost endless!!

I really hope that my stay in Phalombe is a little bit helpful to you. I would like to help more, but three months are going very fast. May be there is a possibility that I come back to this place.

May God bless all of you in all you do, especially the work in and around the hospital. I really think you do a great job for the people in Phalombe district!

Ndathokoza ndi Ujenitidzaonana!!!

Hearty greetings,

Joop Louwerse!, Albert Schweitzer

NEW DEVELOPMENTS/EXPERIENCES

CONSTRUCTION OF STAFF HOUSES

FUNDED BY CORDAID (under Strategic Plan)

The pictures above shows some of the projects which are funded by Cordaid. Two other houses which were also under construction have already been occupied by staff members easing the problem of housing. Many thanks to Cordaid.

AN EXPERIENCE AT HOLY FAMILY BY JOOP LOUWERSE FROM ALBERT SCHWEITZER HOSPITAL

Dear friends,

Three months ago I arrived in Malawi. I didn't know what to expect. But before I came to your country I were told that Malawi is the warm heart of Africa. Since I am working here in your hospital I have experienced that is a true story. You all make me feel very at home. I even don't miss home very much. This is due to your hospitality. I am very grateful for that!

Our cultures are very different. I come from another world where everything is available at any time of the day. Black out from electricity, we don't know it. We burn only candles to have a nice atmosphere in the house.

Having poor access to internet is not known in our country (the Netherlands). Most of the time we spend our time inside the house because our climate is not very warm. Poverty is a rarity in the Netherlands. So you see that almost everything is different! Despite the problems you face, including in the hospital, you know to create a good atmosphere! This is what I admire so much in all of you!!

CURRENT ISSUES

REST IN PEACE!

The contractor woke up early in the morning supervising the newly constructed house. He found that it was not finished, he summoned the brick layers to quickly finish the house since the owner was about to occupy the house.

Few hours later the owner of the house came to find out if the house was completed.

He noted that everything was finished but the only thing remaining was electricity.

The owner decided to occupy the house without electricity since he was desperately in search of peaceful, quiet, comfortable and reliable house where he could stay without any problems.

It was on Sunday morning when Mr. Mulli woke up comfortably and asked his wife and children to go to the garden to harvest rice while him decided to go to Phalombe and do other personal business at Mr. Gama's Shop.

As usual he met friends and cracked jokes with them.

Some of them almost fainted because of laughing. At around noon everything was finished and started off for home.

He was on his bicycle cycling comfortably back home.

Upon arrival at home he found that the family was not yet back from the garden and he decided to go to Kambenje Trading Centre to purchase some empty sacks (bags) for rice. As he arrived at Kambenje

Trading Centre he met friends and chatted with them, little did they know that this was a farewell to Mr. Mulli.

He bought empty sacks and started going back home.

On his way back home he suddenly started not feeling well and he collapsed there. Some good Samaritans identified him and picked him by car and brought him to Holy Family Hospital.

Upon assessment the medical personnel confirmed death on arrival. Very sorry indeed.

Holy Family Mission Hospital has lost a reliable Cashier who was at the centre of controlling hospital finances.

He was quiet, always happy, laughing and assisting every hospital staff.

We have lost a good person and it will take time to identify the replacement.

Until his time of death Mr. Ringson Mulli was the Main Cashier for the Hospital and because of his performance he was promoted on 1st March 2009 by CHAM after being recommended by the Hospital to the post of Senior Accounts Clerk.

MAY HIS SOUL REST IN PEACE!

P.Limole, RNM.

Entertainment

For a person to enjoy life to the fullest, there should be time for poetry and

laughter! This page has all what it takes for you to enjoy life!!

THIS LIFE OF OUR'S

This life of ours, explaining it I fail

Short of vocabulary I fail, misery of life is very tall it bounce back like a ball, at times it is hard as a wall this life of ours, full of ups and downs it is lovely and fun it also is like joking you may feel I very pleasant to you it may be

This life of ours rejected at times you may feel neglected should never be your life like smiling at times you may feel victory now and then may fill your life. This life of ours unexplained really it is, fun and fare are part of it, don't sit and stare at life, effort you ought to put in then, you succeeded with this life.

This life of our's!

Julius Makolija, Student-Nursing College

APPLICATION FOR A VACANCY

I would like to apply for a post in your office. I am a teenager, aged 46 years, single and married. I have two children of opposite sex, a boy and a male. I hope that you take me as your employer. I will take over your position in your office.

Yours Kawapasanza Bakha]

Charles Malindi, RNM

JOKE OF THE QUARTER

QUESTION: which is which?

When I was at Primary School and during science lesson our teacher taught us that science is the study of living things and non

living things. Non living things are those objects which have no life. For example stones are non-living things therefore there is no living stone in this world. During History period, our teacher taught us that Dr. David Livingstone was one of the explorers in Malawi and was born in 1813.

Charles Malidi, RNM

DRAWING TIME

A teacher asked his pupils to draw a bus moving on the tarmac road. As he was moving around the class, marking, he found out that one pupil John had only drawn a road without a bus.

Teacher: Why have you just drawn the road where is the bus? John: I am sorry Sir the bus has already gone.

Victor Namalawa, SAA.

A BLIND MAN ASKS FOR DIRECTION

A blind man was at a junction, stranded.

Blindman: How can I get to the market? Passerby: just proceed with this road and at the end of these buildings you will see a sign pointing where the market is.

Victor Namalawa.

SPORTS



The Queens of Holy Family

They were the toast of the district. They were ambitious, talented and envied. Everybody knew about them. Their success concealed a background of hardwork and hardship built on a golden goal; 'Success shall never lower our standards'.

For diplomacy sake, the Queens had every ingredient you could imagine; team spirit, conviction, tears of joy and sorrow. They also had that power to put opponents off balance as they tried to overcome every effort twisted and turned against them. This helped them produce sensible baskets basically beyond embarrassing score line. They were unstoppable and committed for the same reason.

For once the trophies were announced and get set; there was no thought of going back. That small laugh people had when they knew Holy Family Netball Queens had registered, stopped abruptly at the pressure of wins, excellence and brilliance as the Queens seemed ominous, all-powerful and breathless and lungs out outplaying their opponents and became the centre of attraction.

For the reminder of the year, we are remembering these incredible moments that left us shaking our heads in disbelief and wonder. Moments our lost hopes were restored at the expense of hopelessness and bring appreciated

success. These are times people who serve near and far were thrilled, delighted and impressed with such wins. I thank the Queens, sweethearts for making peoples memories sweeter ever. I am sure every reader is reminded about incredible significance of their marvelous action of play that came out of a good network of commitment.

The Queens were outrageously gifted in style and technique and journeyed together successfully to the last four and two of the president Dr.Bingu wa Mutharika's Bingu trophy and Hon. Joshua cup respectively. This is a great achievement in as far as history of this business is concerned at Holy Family.

In as much as I know, netball is not a game of height but commitment. It needs that special element that could not easily be met. I needs commitment that burrows to the core of the heart and get that extraordinary pleasure that many hearts do no get quick to give called TALENT.

Above all, the Queens had shown dedicative experience and rich sacrifices required in netball despite limited resources they have. I agree and not surprised with other analysts who have seen with a close eye and proper look that the Queens are the outstanding performers and are models and an inspiration.

Finally thanks to you our readers and partners for being there to read our articles and support us. Our daily prayer is to see the stability again hoping that some of the readers out there may assist (in kind or cash), our Queens who play bare footed despite all the success.

Tapiwa Banda, SAA