



**January 2010**

*All donations are welcome and are tax-deductible. Use our web site to donate on line.*

## **Billy's Malawi Project**

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

### **Officers:**

Tim Allen  
Suzanne Meserve  
Judith Kappenman, SSJ

### **Members:**

Paige Diamond  
Don Dowd  
Mary Ellen Lowney  
Kathleen Lynch  
Caroline Murray



We ask you to consider when purchasing items on the Internet that you use iGive.com as your search engine and designate Billy's Malawi Project as your charity. A portion of your purchase price is given to our organization and we send it on to help supply medicines for the people of the village.

## **A huge thank you By Mags Riordan**

## **Race raises money for clinic in Malawi**

**By Mary Ellen Lowney**

The mild, overcast morning on Thanksgiving carried a hint of rain, but turned out to be perfect weather for the second annual Miles for Malawi Race.

And a perfect event it was, surpassing all expectations. More than 100 runners and several dozens of walkers came to Van Horn Park to run or walk the 5 kilometers, helping to support the clinic that serves people in an impoverished country more than 7,000 miles away.

Thanks to the dedication and generosity of all involved, the run raised about \$2,000 to buy medicines for the Billy Riordan Memorial Clinic in Cape Maclear, Malawi.

The race began last year as a casual, neighborhood fund-raiser, organized by Timothy Allen, whose father, Timothy Allen, is chairman of the Billy's Malawi Project, the United States-based non-profit organization that supports the clinic.

This year, the younger Allen, a few friends and board members moved the race to Van Horn Park in Springfield, and put together an outreach aimed at drawing in a larger crowd. Mags Riordan, founder of the clinic named after her son who accidentally died there in 1999, joined in the event.

Riordan said later that she'll be back for the 2010 race, without a doubt. "It was amazing," said Riordan, an Irish citizen who left her career as a high school guidance counselor in Dingle, County Kerry, Ireland, to build the medical clinic. Her project now includes an HIV/AIDS center and a dormitory for the staff, mostly volunteers, who work there.

"It couldn't have worked out better. There were so many people there coming out to help people who are truly in need. I'm so grateful," Riordan said.

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The second Miles for Malawi 5K Run took place on November 26<sup>th</sup> in Van Horn Park, Springfield. Thanksgiving morning is an appropriate day for us to remember those who do not have the same opportunities for health-care and support as we in the developed world enjoy. The Billy Riordan Memorial Clinic depends totally on funds raised at events such as this. The numbers of runners and walkers who turned out for this our second event, was beyond our wildest hope. The run raised in excess of \$2000. Your contribution helps to provide a life line for some of the poorest people on the planet.

I want to extend my sincere thanks to all who took part, runners, walkers and organisers. It was a pleasure to see the enthusiasm and experience the generosity of so many people.

I hope you enjoyed the run and that we will see you and some more running friends again in Van Horn Park on Thanksgiving morning next year.

## Praise for the work of Billy's Malawi Project

By Kathleen Abdalla

As a worthwhile project, I believe that Billy's Malawi Project deserves our support. Working for the United Nations for more than twenty years I have lived in and traveled through many parts of Africa. I have seen poverty first hand. The faces of hungry children, impoverished mothers and unemployed fathers are pictures of Africa that one does not easily forget.

I have lived and worked in South Africa and visited Ethiopia, Ghana, Morocco and Egypt as part of my UN duties. I am an Economist working sustainable development issues and my work supports the Commission on Sustainable Development. We take an integrated approach to development to ensure that environmental, economic and social concerns are taken into consideration in development plans and pathways. Of course, poverty eradication is an overarching goal. I have also lived and worked in Iraq and Jordan and have traveled extensively in the Middle East on work assignments. I am now working at UN Headquarters in New York.

In the UN we promote social and economic development in part through the "UN Millennium Development Goals" or MDGs. These are a set of eight broad goals for development ranging from poverty eradication to promoting gender equality to achieving primary education for all. Three of the eight MDGs specifically refer to health: 1) Reducing child mortality; 2) Improving maternal health; and 3) Combating HIV/AIDS, malaria and other diseases. One thing I have learned in my years at the UN is the UN cannot achieve these goals by itself. It takes caring and committed people such as Mags Riordan and innovative projects such as Billy's Malawi Project to get the job done.

At the UN we know that Africa's health needs are critical. The under-five mortality rate is alarmingly high at 145 for 1,000 live births. (For comparison, it is six per 1,000 in developed countries.) Maternal deaths are the highest in the world with 900 deaths for every 100,000 live births. Perhaps this is not surprising since only 40

percent of pregnant women have adequate prenatal care. Two thirds of the 33 million people living with HIV are in sub-Saharan Africa, and most of these unfortunate people are women. Nearly a million people still die each year from malaria, mostly young children in sub-Saharan Africa. Tuberculosis prevalence is also high with 421 persons infected per 100,000. Malawi, among the least developed on the African continent, does not fare well in these statistics.

For all of these reasons, I was very pleased to have participated in the "Miles for Malawi Thanksgiving Day Race" last month. Although I must admit I did not run, I walked. But I did finish the race. Also, I was able to raise sponsors for my walk and, happily, most people were eager to sponsor me. I had the pleasure of meeting Mags Riordan on the walk, and was able to tell her in person how much I admire her tenacity, competency and altruistic spirit. I know how hard it is to get things done in a small village in Africa. She and Billy's Malawi project are truly making a difference.



Visit the clinic's website at  
[www.billysmalawiproject.org](http://www.billysmalawiproject.org)

Runners are ready as Mags looks on.

## Miles for Malawi Race Results

Overall Place	First Name	Last Name	Sex /Age	Time
1	Matthew	Wilson	M/19	17:52
2	Joseph	Kenney	M/25	19:02
3	Ryan	Corbett	M/25	19:04
4	Joe	Reynolds	M/25	19:21
5	Martin	Payne	M/18	19:43
6	James	Morton	M/55	19:48
7	Zack	Florence	M/16	20:08
8	Mark	Hegarty	M/15	20:08
9	Sam	Burke	M/15	20:08
10	John	Kenney	M/53	20:11
11	Frank	Rucki	M/60	20:26
12	Steve	Beck	M/38	20:37
13	Steve	Jablonski	M/53	21:43
14	Josh	Warren	M/31	21:46
15	Kyle	Bertke	M/27	21:47
16	Beth	Hegarty	F/22	21:55
17	Meg	Hegarty	F/27	21:55
18	Maura	Ferrarini	F/19	21:55
19	Connor	Lacey	M/14	22:40
20	Elizabeth	Footit	F/16	22:49
21	Nora	Garrity	F/15	22:51
22	Mara	Footit	F/15	22:52
23	Finian	O'Shea	M/25	22:55
24	Kristen	Brennan	F/35	23:11
25	Will	Ryan	M/11	23:14
26	Stephanie	Peluyera	F/10	23:42
27	Carrie	Wilson	F/20	23:45
28	James	Pijar	M/	23:58
29	Tom	Walsh	M/25	24:08
30	Meghan	Sullivan	F/16	24:15
31	Betty	Quinn	F/59	24:34
32	Bill	Brooks	M/37	24:37
33	Ippy	Amatul-Wadud	G/20	24:52
34	Marie	Gosselin	F/18	24:54
35	Cindy	Sopelak	F/22	25:06
36	Emily	Huntington	F/54	25:42
37	Natanael	Velez	M/14	25:57
38	Emma	Bernard	F/15	27:24
39	Molly	Sullivan	F/14	27:51
40	Amanda	Fiske	F/18	29:25
41	Elvis	Tran	M/16	29:41
42	Mary Kate	Sullivan	M/15	29:42
43	Stavie	Marker	F/18	30:03
44	Jack	Stack	M/61	30:28
45	Maura	Stack	F/16	30:03
46	Tim	McKeever	M/33	30:30



**Pictured at top: Tim Allen, Mags Riordan, and first place male winner Matthew Wilson: middle: first place female winner Beth Hegarty, Tim Allen and Mags Riordan: bottom, a runner showing great form as she crosses the finish line**  
*Photos by Maureen Ryan*

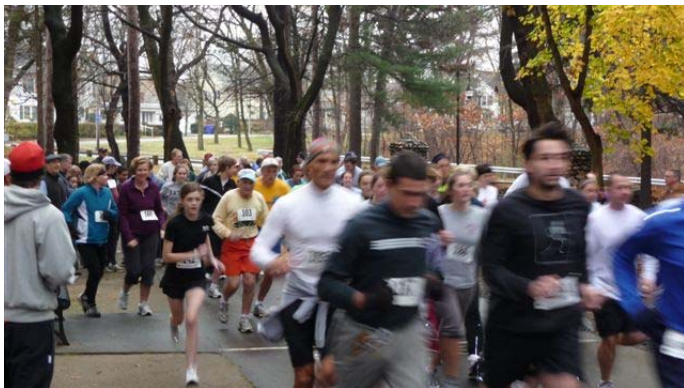


Overall Place	First Name	Last Name	Sex /Age	Time
45	Alan	Nelson	M/30	30:32
46	Ellen	Barletto	F	30:38
47	Brooke	Diamond	F	30:38
48	Andrew	Foley	M/11	30:43
49	John	Ferrarini	M/54	30:43
50	Kathleen	O'Shea	F/19	31:13
51	Kate	LeDoux	F/29	31:35
52	Jen	Ryan	F/39	31:59
53	Rose	Boyle	F/53	32:00
54	Mohera	Chiarizio	F/35	32:01
55	Madeline	Velez	F/17	32:23
56	Seana	Zimmerman	F/34	34:02
57	Sarah	Sopelak	F/29	34:12
58	Unknown	Runner		34:12
59	Owen	Rathbone	M/13	34:20
60	Joanne	Sheedy	F/48	34:22
61	Claire	Taylor	F/26	34:53
62	Marvin	Howard	M/73	34:55
63	Sarah	Burke	F/12	35:13
64	Brooke	Lacey	F/48	35:58
65	Mark	Meserve	M/53	36:39
66	Dave	Southworth	M	40:59
67	John	Southworth	M/20	41:00
68	Raivan	Wray	F/11	41:10
69	Maureen	Mulcahy	F/27	41:10
70	Lily	Taylor	F/16	41:48
71	Eliza	Taylor	F/18	48:39



**Pictured above: John and David Southworth are ready for the race: below clockwise: the race begins: ; Board members and committee: back row: Kathy Lynch, Tim Allen, Maureen Ryan, Don Dowd, Monique Hegarty, Kyle Bertke, front row: Timmy Allen, Sr, Judy, Mags Riordan, Suzanne Meserve, Joe Hegarty, Meaghan Matthews, Paige Diamond; walkers, Sr. Judy Kappenman, Mags Riordan and Margaret Cahillane catch up on the news**

*Photos by Maureen Ryan and Mary Ellen Lowney*



## Each of us makes a difference by Judith Kappenman

An ancient story tells of an early riser who, after a storm, goes to the beach to walk. He comes upon a man who is tossing a starfish into the sea. He sees that there are thousands of the creatures on the shore. He watches as the man picks up another one and proceeds to do the same. He does it again and again.

The onlooker approaches the man and asks him what possible difference he hoped to accomplish. The man does not answer but quietly picks up another and tosses it into the sea. He then turns and says simply, "It makes a difference to that one."

The questioner follows his example and gradually more and more people come forward to return the animals to a place of safety.

Mags Riordan, who visited Cape Maclear in Malawi Africa, and saw an overwhelming need in this impoverished area, decided to do her part for these villagers. She called on her friends to help her in this humanitarian cause.

And thousands have stepped forward to do their part: volunteer doctors and nurses staff the clinic; construction workers built the clinics and the staff quarters.

Many have given donations in small and large amounts, each ac-

ording to his or her ability. We in the United States have appealed for donations and are overwhelmed by the goodness of the donors. Some people can only give a small amount, others who can, give more generously. Many respond each time we conduct an appeal. One woman sends us a monthly donation regular as clockwork. The middle school students in Westfield sent a large donation after conducting fund raising projects throughout several months. All of us who respond truly make a difference.

## Race raises money for clinic in Malawi continued from page 1

By Mary Ellen Lowney

Walkers and runners came from Western Massachusetts and beyond. They were young and not-so-young, and shared one thing in common: the desire to support a good cause.

Among them was James O'S. Morton, who is president and chief executive officer of the YMCA of Greater Springfield. Morton, an avid runner, said he's been running every Thanksgiving Day since he was a teenager, and this year chose the Malawi race because it was so close to his home in Springfield. He had never heard of Miles for Malawi or the Billy's Malawi Project, but walked away impressed. In fact, he has invited Riordan to visit the YMCA on her next trip to Springfield, which will likely be in the spring.

"The job of providing medica-

*I think it's important for our kids to run with a purpose and for a purpose—the Malawi Race provides both.*

tion to the people of Malawi is crucial to providing a longer and better quality of life," Morton said. Morton has helped form a competitive running club called Y Speed for about 60 youth. He hopes to bring some of these runners to the 2010 Miles for Malawi race.

"I think it's important for our kids to run with a purpose and for a purpose—the Malawi Race provides both," he said. "It is easier to run and race when you know it's for a good cause. Additionally, I like knowing that my registration fees are going to improve the quality of life of others."

Indeed, life is a rough road for most in Malawi. The life expectancy there is 37 years, and nearly all live without electricity. About a fifth of children die before their fifth birthday. And just a fraction of the survivors (5 per cent of girls and 7 per cent of boys) complete high school.

Riordan raises money in Ireland to run the clinics, and her friends here raise money to help pay for much needed medications. The clinic opened in 2004, and the HIV/AIDS clinic opened in 2007. Both have grown every year.

Today, the clinic provides primary medical care on an out-patient and in-patient basis to a population of 15,000 rural dwellers. It provides the only medical services in the area, and has served more than 130,000 patients in the past five years.

## **Billy's Malawi Project**

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### **Holiday appeal still accepting donations**

The holiday appeal was mailed very late this year, and to date we have received several generous donations. We apologize that the thank you letters are being sent late. If you have not sent a donation as yet, we will happily receive such gifts at any time.

We understand that in this poor economy, it may be difficult for some people to give. But we ask you as a friend of Billy to dig deeper and help with whatever you can.

With your help we can fill these shelves with medicines that will improve the lives of so many people.



### **About Malawi**

- Where: Sub Saharan Africa:: Borders with Zambia, Mozambique and Tanzania.
- Population: 13 million.
- Life Expectancy: 37 years.
- 95% of the population are without electricity.
- 5% of girls and 7% of boys receive a 2nd level education.
- 20% infant mortality rate among children under 5 years.
- 75% of people live on less than \$2 per day.

**Please continue to help us to help the people of Cape Maclear help themselves.**