

# Zambian Knightly News

Choma to Siavonga    Week 2    Step It Up    Make a Difference    **Zambian Knights**

We started out second week in Choma, a small market town located on the main road from Livingstone to Lusaka. The temperatures there have been in the lower 80's and rainy. The rainy season is October through March, with the peak month usually being January. Hope you remembered your rain gear! Did you visit the markets, eat the freshly baked confections at the Superstore, or visit the museum dedicated to the cultural heritage of the Tonga people?



This photo of the bore hole pump at the World Hope International training center garden, Morhipapa Church in Choma. The children's enthusiasm depicts the importance of having access to water.

We are ending our week in the scenic town of Siavonga. It is located on the north shore of beautiful Lake Kariba. It is about a 2 ½ hour drive on tar roads to the capital, Lusaka. The main attraction here is Lake Kariba. Siavonga is referred to as the "Riviera of Zambia". Did you visit to the magnificent Kariba Dam Wall, which towers 118 metres above the Zambezi River, across the Kariba Gorge? In the 1950's, the Kariba Dam was known as one of the engineering wonders of the world and at that time was considered the largest man-made Lake in the world.



One of the main industries in Siavonga is Kapenta Fishing. Kapenta is one of Zambia's staple high protein foods. Kapenta is usually sun dried and packed in bulk sent to markets. Kapenta is the Zambian word for sardine. This photo shows Kapenta drying in the sun.

The Lake is host to a wide variety of fish species including the mighty Zambezi tiger, various species of tilapia and nembwe, and of course the colossal vundu and barbell. One of the main





Siavonga is home to the second largest Hydro PowerStation in Zambia which is the reason for the Lake's existence. The Kariba North Bank PowerStation is operated by the Zambia Electricity Supply Corporation (ZESCO) and consists of four huge generators producing up to 700 MW of energy to Zambia (about one third of Zambia's electricity generation capacity).

## Where did you stay?



Sandy Beach Safari Lodge



Lake Kariba Inn



Eagles Rest Chalets

### Community Volunteers Needed: Make a Difference

#### "CEREBRAL PALSY CENTER - ANNUAL TELETHON"

Sunday, March 8 - 2:00 PM

-Volunteers are needed to answer phones and accept pledges

-Contact Michele at [mfarnsworth@humana.com](mailto:mfarnsworth@humana.com)

#### "BIG BROTHERS AND BIG SISTERS"

Locations: West De Pere Elementary and Tank Elementary

-This is a site-based Program: Big Sisters or Big Brothers meet with their Little Sister or Little Brother at school for 1 hour a week, one day a week

-Matches work on homework, play a board game, or utilize the computers at the site

-The commitment for this program is for one school year

-Call 498-BBBS or visit <http://www.bbbsnew.org/> for more information

#### Classified Ad: Make a Difference

We are looking for a few used pedometers that are presently in working condition. Unfortunately, we do not have pedometers available to give out to replace lost ones. If you have one from a previous year you could donate, it would truly be a gift to someone who needs a replacement! Just drop it off at Health and Wellness Services.

**Congratulations** to the Purple People Eaters, our winners of the weekly random drawing!

**Remember** it's never too late to turn in your steps! We will be doing a drawing each week. So Captains, turn in your team steps by the end of the day on Tuesday (March 3<sup>rd</sup>).

**Next week** we will be in Lusaka visiting the ZOCS schools! It should be a great time! Walk on!

**Make a Difference!**