

Heartland Women

January 25, 2010  
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## Briefs

### GAM conference

The Growing Adventure Ministries conference will teach women – teenage through adult – how Biblical principles apply to relevant issues facing women every day. The conference will be held on Feb. 27 at the SIUC Student Center.

Kendra Smiley will speak on the topic, Empowering Choices, in her first session and Unpacking from a Guilt Trip during session two.

Kendra will also lead a mini-session titled, Meeting Him Personally, along with other mini-session leaders. Judy Zanotti will lead a mini-session titled, Spiritual Growth; Margaret Russell will speak on Encouraging Women; Linda Seiler on Faith; Betty Ebbs on Bible Relationships to Daily Living and Tessie Ojewuyi on Prayer Life.

Ellie Burke from Murphysboro will provide the praise and worship.

Registration is \$24 per person by Feb. 6 and \$28 after that date. The deadline to register is Feb. 20. One registration is free for each 10 persons registering as a group. Pastors' wives and pastors may attend free of charge, but must register and are encouraged to bring five other participants with them. Make checks payable to Growing Adventure

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## Carla Feldhamer's revolution

Local groups unite to support Zambian HIV/AIDS victims

By Jan Staab  
For Heartland Women

In 2002, Hospice of Southern Illinois nurse Carla Feldhamer traveled to sub-Saharan Africa to witness the devastating effects of HIV/AIDS in the region. She returned to Carbondale determined to help the victims of this deadly disease, especially the children.

"The HIV/AIDS pandemic has already claimed more than 25.8 million lives, and another 39.5 million people are currently estimated to be living with HIV/AIDS worldwide. The nations of sub-Saharan Africa have been hit the hardest," Carla said. "The region is also home to 91% of the children living with HIV globally. In Zambia, there are 1.1 million people living with HIV/AIDS; 98,000 AIDS deaths have been reported, leaving behind close to 800,000 orphans.

"How can anyone relate to these numbers? It's overwhelming, devastating, shocking. We lose sight of the fact that each of these numbers represents an individual ... lost dreams, lost futures, a lost generation," she said.

Carla shared her experiences with her HSI colleagues and the members of the Carbondale Unitarian Fellowship. As a result, the two organizations partnered with Ranchhod Hospice and Orphan Care in Kabwe, Zambia. Since then, the Zambian HIV/AIDS Partnership has held fundraisers, collected supplies, visited Zambia, written grants and donated their time and resources to give help and hope to the suffering.



The smiling faces of the children from the orphan day care program in Zambia keep local volunteers coming back to help.

"Over the past 7 years, I have been blessed with the chance to put faces and names with these numbers. I have seen hope replace hopelessness. I have seen tremendous strength and dedication. I have seen compassion and caring beyond words."

Among the faces Carla holds in her thoughts is that of Mary Chidgey, a nurse from Ireland. She and Zambian AIDS activist Winstone Zulu started Ranchhod Hospice and Orphan Care. Mary works from dawn to dusk, six days a week, caring for patients, managing the fragile budget, educating caregivers, raising funds, running outreach clinics and even driving village children to day-care.

Carla sees Betty Kafula, a home-based caregiver who is HIV-positive. The side



The music and activism of emma's revolution are expressions of their love for what is possible.

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## Books can help you with your goals for 2010

January offers a fresh start to the year. For many of us, it feels like the right time to begin new projects and try different ideas. Books are a great source for the information that you need for any number of potential new year plans.

If health is your concern for 2010, there are books that can help. Explore "Eat Your Way to Happiness" by Elizabeth Somer; "Making the Cut: The 30-Day Diet and Fitness Plan for the Strongest, Sexiest You" by Jillian Michaels; "What's Age Got to Do with It?: Living Your Happiest and Healthiest Life" by Robin McGraw; or "The Female Body Breakthrough: The Revolutionary Plan for Losing Fat, Empowering Your Mind, and Getting the Body You Want" by Rachel Cosgrove.

For those of us who crave organization in our lives or finances, help is available. Take a look at "The Ultimate Depression Survival Guide: Protect Your Savings, Boost Your Income and Grow Wealthy Even in the Worst of Times" by Martin D. Weiss; "The Total Money Makeover: A Proven Plan for Financial Fitness" by Dave Ramsey; "Organize

Wrapped Up  
in Books  
Stacey Vinson



Now!: A Week By Week Guide To Simplify Your Space And Your Life" by Jennifer Berry; or "Throw Out Fifty Things: Clear the Clutter, Find Your Life" by Gail Blanke.

Whether 2010 is your year to learn how to cook or to try a new kind of cuisine, there are a lot of possibilities to guide the way. Try "How to Cook Everything Vegetarian" by Mark Bittman; "On Cooking: A Textbook of Culinary Fundamentals" by Sara R. Labensky; "Professional Baking" by Wayne Gisslen; "The Thirty Minute Pasta: 100 Quick and Easy Recipes" by Giuliano Hazan; or "Fresh Mexico: 100 Simple Recipes for True Mexican Flavor" by Marcela Valladolid.

Starting a new hobby or interest can bring happiness in the new year. Get some ideas from "The New Low-Maintenance Garden: How



Or just curl up with a great piece of fiction and de-stress!

to Have a Beautiful, Productive Garden and the Time to Enjoy It" by Valerie Easton; "Coin Collecting 101: What You Need to Know" by Alan Herbert and Todd Haefer; "Understanding Exposure: How to Shoot Great Photographs with a Film or Digital Camera" by Bryan Peterson; "Martha Stewart's Encyclopedia of Crafts: An

A-to-Z Guide with Detailed Instructions and Endless Inspiration" by Martha Stewart; or "Making Designer Jewelry: Using Gemstones, Crystals, Beads, and Stones" by Tammy Powley.

Happy reading in 2010!  
Stacey Vinson is special projects coordinator at the Marion Carnegie Library.