

Fast Facts and Mission Posts
Southern Africa-Indian Ocean Division
Second quarter 2022

Angola

1. The Seventh-day Adventist Church in Angola is made up of the North-Eastern Angola Union Mission and the South-Western Angola Union Mission. There are 1,643 churches, 2,384 companies, and a membership of 559,340 in Angola. In a population of 32,522,000, that's 58 people for each Adventist.
2. The first Seventh-day Adventist went to Angola in 1922, when W. H. Anderson visited from elsewhere in Africa to explore the possibilities for establishing mission work in the country. The next year he, T. M. French, and J. D. Baker, after traveling around the country for a month, selected a site in the Lepi district, on the central plateau, and in 1924 the headquarters of the South Atlantic United Missions were established. In 1928, the Angola Union Mission was organized. Anderson was president from 1924 to 1933.
3. The first Adventist radio programs in Angola were broadcast in 1953 and by 1963 the Voice of Prophecy programs were broadcast weekly from six sites.
4. In 1975, when Angola achieved independence and the civil war began, all missionaries in Angola were forced to leave the country.
5. Just over 93 percent of Angolans are Christian, with 56 percent of the population Roman Catholic, 13 percent Protestant, and 24 percent Pentecostal/other Christian.
6. Portuguese is the official language of Angola, but 46 other languages (mostly Bantu languages) are spoken in the country. French and English are the most commonly learned foreign languages.
7. Angola's capital is Luanda, known as the "Paris of Africa" due to the city's culture and sophisticated atmosphere.
8. Angola is very rich in natural resources and is the second-largest oil and diamond producer in sub-Saharan Africa.
9. Angola was the last country in Africa to gain independence from Portugal, on November 11, 1975.
10. After independence there was a civil war that lasted from 1975 to 2002 and caused the deaths of millions of Angolans.
11. Angola has a very young population — 70 percent of the population is under the age of 24.
12. Life expectancy for both men and women is 54.5 years.
13. Angola covers 481,400 square miles (1,246,700 square kilometers), making it the world's twenty-third-largest country. It's the seventh-largest country in Africa
14. The Angolan currency is called the Kwanza.
15. The Angolan flag is red, black, and gold. The meanings are encoded in the constitution of Angola: red represents the blood of Angolans killed in conflicts, black represents the Angolan people, and gold represents wealth. The cogwheel represents industry, the machete represents peasantry, and the gold star is modeled after the star on the flag of the former Soviet Union
16. Angola's traditional music is semba. The name may come from the singular *Massembe*, meaning "a touch of the bellies" — a distinctive movement in semba dancing. Brazilian

samba, which is very similar, is believed to have originated in Angola. Angolan semba is danced to celebrate special occasions.

17. Angola's national tree is the *imbondeiro* (giant tree), also known as the baobab.
18. Angola may be the birthplace of the dreadlock hair style. The women of the Mwila tribe cover their hair with a mixture of crushed tree bark, oil, butter, dried cow dung, and herbs and then form it into a number of dreadlocks, depending on their age. The dreadlocks are then often dyed red with powdered rock dust.
19. Much of Angola was once covered with dense rainforest, but it was greatly diminished by agriculture and logging. Most of Angola's surface is now covered with different kinds of grasslands with scattered trees (savannah). Fires (nature or man-made) often occur on the savannahs, so tree species are usually resistant to fire. The Namib in the far southwest is Angola's desert and contains the tumboa (*Weltwitschia mirabilis*), which has a deep taproot and two broad, flat leaves about 10 feet (3 meters) long that lie along the desert floor.
20. Animals of the savannah include buffaloes, elephants, giraffes, hippopotamuses, hyenas, leopards, lions, monkeys, wildebeests (gnu) and other antelopes, and zebras. Insects include mosquitoes and tsetse flies, both of which carry serious diseases.

Namibia

1. Namibia is in the Southern Africa Union Conference and is made up of the Namibia North Conference and the Namibia South Conference. It has 126 churches, 39 companies, and a membership of 24,175. In a population of 2.5 million, that's 105 people for each church member.
2. The first Adventist work in Namibia was conducted in 1937 and 1938 when J. van der Merwe conducted evangelistic meetings in Windhoek and five people were baptized. No further work was done until 1954 when the South West Africa Field was organized and J. J. Becker, the only pastor living in South-West Africa, was appointed president.
3. Christians make up 80–90 percent of the population of Namibia; at least 75 percent are Protestant, of which at least 50 percent are Lutheran. Ten to twenty percent of the population hold indigenous beliefs. There are also around 9,000 Muslims and a tiny Jewish community.
4. The official name of the country is the Republic of Namibia. It is bordered by Botswana to the east, Zambia and Angola to the north, South Africa to the south and east, and the Atlantic Ocean to the west.
5. After more than a century of German and South African rule, Namibia became independent on March 21, 1990. The capital of the country is Windhoek, which is located almost exactly at the country's geographical center in central Namibia, in the Khomas Highland plateau area, at around 5,600 feet (1,700 meters) above sea level.
6. The official language of Namibia is English.
7. The population of Namibia is around 2.5 million people. It is the thirty-fourth largest country in the world in terms of land area with 318,772 square miles (825,615 square kilometers).
8. The Namibian landscape consists generally of five geographical areas: the Central Plateau, Great Escarpment, Bushveld, Namib Desert, and Kalahari Desert.
9. Running north to south, the Central Plateau is wide and flat, and contains most of Namibia's population and economic activity.
10. The Great Escarpment is a huge geological formation in the southern part of Africa. Much of it lies within the nation of South Africa, but it extends to form the border between Zimbabwe

and Mozambique and continues northwards into Angola and Namibia where it rises to over 6,562 feet (2,000 meters).

11. The Bushveld is a flat and sandy stretch of land located in northeastern Namibia along the Angolan border.
12. The Namib Desert stretches along the entire coastline of Namibia and is believed to be the oldest desert on the globe. In addition, the sand dunes located here are the highest in the world; the tallest is about 1,273 feet (388 meters) high.
13. Shared with South Africa and Botswana, the Kalahari Desert has a variety of localized environments ranging from super-dry, sandy desert to one known as the Succulent Karoo, home to more than 5,000 species of plants; one-third of the world's succulents are found in the Karoo.
14. Namibia has 977 miles (1,572 kilometers) of coastline.
15. The network of protected areas, including 19 national parks, in Namibia covers about 38 percent of the country. Etosha National Park has a salt pan so large it can be seen from space.
16. Namibia was the first African country to incorporate protection of the environment into its constitution, which gave people the opportunity to manage their natural resources through the creation of communal conservancies. These conservancies, as well as governments, nonprofit organizations, and other entities, have restored populations of native wildlife such as lions, cheetahs, black rhinos, and zebras. Through initiatives such as ecotourism, restoration has generated sustainable income for their communities.
17. The web-footed gecko, or palmatogecko (*Pachydactylus rangei*), of the Namib desert, uses dew drops it collects on its lidless eyes to survive in the heat.
18. The Skeleton Coast is the location of more than 1,000 shipwrecks, many from the eighteenth and nineteenth centuries. The combination of the cold current of the Atlantic and the strong, dry wind from the Namib Desert creates a dense fog that makes it almost impossible to navigate the shoreline without modern navigation aids. The location is popular with shipwreck divers eager for beautiful and eerie photographs — or treasure. In 2016, a 500-year-old shipwreck was found under the sand of a drained lagoon — with \$13,000,000 worth of gold coins.

South Africa

1. The Church in South Africa is part of the Southern Africa Union Conference and is made up of the Cape Conference, the KwaZulu Natal-Free State Conference, the Northern Conference, and the Trans-Orange Conference. South Africa has 1190 churches, 348 companies, and 144,857 members. In a population of nearly 60 million people, that's around 414 people for each church member.
2. According to the 2001 census, 79.8 percent of the population is Christian, mainly from various Protestant denominations, with a minority of Roman Catholics. Muslims make up 1.5 percent, Hindus, 1.2 percent, traditional African religions, 0.3 percent, and Judaism, 0.2 percent. Around 17 percent described themselves as "other" or had no religious affiliation.
3. About 80 percent of South Africa's population is ethnically black African and around 8 percent are white. Those considered "colored" (mixed white/black or white/Asian) make up around 9 percent, and about 2 percent are ethnic Indian.
4. South Africa has 11 official languages: Afrikaans, English, isiNdebele, isiXhosa, isiZulu, Sepedi, Setswana, Sesotho, siSwati, Tshivenda, and Xitsonga.

5. South Africa has 10 UNESCO-designated World Heritage sites, which include Barberton Makhonjwa Mountains; Cape Floral Region Protected Areas; Khomani Cultural Landscape; Maloti-Drakensberg Park; Mapungubwe Cultural Landscape; Richtersveld Cultural and Botanical Landscape; iSimangaliso Wetland Park; Vredefort Dome; Robben Island, (formerly a prison for political prisoners during the apartheid era, including Nelson Mandela); and the fossil sites northwest of Johannesburg where some of the earliest human fossils have been found and which scientists call the Cradle of Humankind.
6. South Africa has three capital cities: the government's executive branch is in Pretoria; the legislative branch is in Cape Town; and Bloemfontein is home to the judicial branch.
7. The world's largest diamond, called the "Cullinan," was discovered on January 25, 1905, at the Premier Mine in Pretoria, South Africa. The 3,106-carat diamond weighed 1.33 pounds (0.6 kilograms) and was discovered by the mine's superintendent during a routine inspection.
8. South Africa is the only country to voluntarily abandon its nuclear weapons program.
9. South Africa has another country within its borders. Tucked into the Drakensberg is the mountainous kingdom of Lesotho, also known as the "Kingdom of the Sky." It is the only country in the world whose territory lies entirely above 3,280 feet (1,000 meters) above sea level.
10. South Africans are known for their skill in sports, particularly rugby, cricket, golf, and soccer. In 2010, South Africa became the first African nation to host the World Cup.
11. Tugela Falls, the world's second-highest waterfall after the Angel Falls in Venezuela, are located in the Royal Natal National Park in South Africa's KwaZulu-Natal Province. The Tugela Falls are comprised of five free-leaping falls with a total drop of 3,225 feet (983 meters).
12. Vilakazi is a street in the Soweto neighborhood in Johannesburg, on which both South African Nobel Prize winners, Nelson Mandela and Desmond Tutu, grew up.
13. On December 3, 1967, Louis Washkansky received the first human heart transplant at the Groote Schuur Hospital in Cape Town, South Africa.

Zambia

1. Zambia is comprised of the Northern Zambia Union Conference and the Southern Zambia Union Conference. There are 3,522 churches, 4,237 companies, and 1,300,064 members in Zambia. With a population of 18,384,000, there is one Adventist for every 14 people.
2. In 1903, W. H. Anderson, Jacob Detcha, and several African workers set out from Solusi Station in what was then Southern Rhodesia to Northern Rhodesia to look for a suitable mission site. After traveling by foot for much of the journey, and Anderson nearly dying of dysentery, they arrived at Chief Monze's territory, 100 miles (160 kilometers) to the northeast of Kalomo (then the capital). Chief Monze granted them a 5,436-acre (2,200-hectare) plot of ground, which became Rusangu Station.
3. Zambia is predominantly a Christian country, although many still adhere to aspects of traditional belief systems. More than three-quarters of Zambians identify as Protestant, while Roman Catholics make up one-fifth of the population.
4. The official name of the country is the Republic of Zambia, and the capital city is Lusaka.
5. The population of Zambia is around 18 million, in an area of 467,655 square miles (752,618 square kilometers).

6. Zambia is landlocked and located in a central position in southern Africa. It has eight neighboring countries: Angola to the west; the Democratic Republic of Congo (DRC) to the north; Malawi, Mozambique, and Tanzania to the east; and Namibia, Botswana, and Zimbabwe to the south.
7. English is the official language, but more than 72 languages are spoken in Zambia. As well as English, seven local languages are taught in schools and also used in official communications: Bemba, Konde, Lozi, Luna, Luvale, Nyanja, and Tonga. Bemba and Nyanja are the most widely spoken and understood languages.
8. Zambia's population of over 18 million is small relative to the country's area of 290,587 square miles (752,618 square kilometers). Life expectancy in Zambia is well below the global average and its death rate is among the highest in the world. Zambia's birth rate is significantly higher than the world average and the country's population is relatively young, nearly half under age 15. Zambia's lower life expectancy and higher death rate are attributable in part to the prevalence of HIV/AIDS in the country.
9. In 1889, Britain established control over what is now Zambia and Zimbabwe, giving Cecil Rhodes and his British South Africa Company a mandate to lead the colonization in the area. In 1964, Northern Rhodesia gained independence and was renamed Zambia, ending 73 years of British rule. President Kenneth Kaunda was Zambia's first post-independence leader and led the country from 1964 to 1991. Zambia has managed to avoid the war and upheaval of many post-colonial African countries and has earned a reputation for political stability.
10. Zambia is home to Lake Kariba, the largest man-made reservoir in the world by volume, which was created by constructing the Kariba Dam on the Zambezi River, 800 miles (1,287 kilometers) from the Indian Ocean. The lake is over 139 miles (224 kilometers) long, 25 miles (40 kilometers) wide, covers more than 2,154 square miles (3,467 square kilometers), and stores 44 cubic miles (71 cubic kilometers) of water.
11. Zambia and Zimbabwe are home to the UNESCO-listed Victoria Falls — the world's widest waterfall. The falls span the entire breadth of the Zambezi River at 1,708 m (5,604 ft) wide and drop approximately 354 feet (108 meters). The roaring noise of Victoria Falls can be heard from over 10 miles (16 kilometers) away, while the mist can rise to over 1,200 feet (366 meters). Scottish missionary and explorer David Livingstone named the waterfall after Queen Victoria of the United Kingdom.
12. The African fish eagle is the national bird of Zambia and is featured on the country's coat of arms and flag, representing freedom from colonial oppression and the country's willingness to rise above struggles. Zambia's flag has a green background with an orange eagle and vertical stripes of red, black, and orange. The green symbolizes agriculture, red is for the freedom struggle, black for the African people, and orange for copper.
13. Zambia is home to the near-blind species of Ansell's mole-rats which can sense magnetic fields with their eyes, according to a study published in 2020. The mole-rats also live in complex underground tunnel systems of up to 1.7 miles (2.8 kilometers) long.
14. Average annual hours of sunshine range from more than 3,000 in the southwest to less than 2,600 on the eastern border.
15. The illegal trade in rhino horn has been responsible for the virtual extinction of the rhinoceros in Zambia, and poaching of elephants for their tusks has greatly reduced their numbers, despite government measures to deter the practice.
16. The Sumbu National Park, on the shores of Lake Tanganyika, is well known for sightings of the rare sitatunga, a type of aquatic antelope.

17. Corn is a staple food crop and accounts for the largest proportion of planted area on Zambian farms.

Zimbabwe

1. The Church in Zimbabwe is made up of the Zimbabwe Central, East, and West Union Conferences. There are 2,523 churches, 2,083 companies, and 940,827 members. Zimbabwe's population is 14,863,000, so there are 15 people for each church member.
2. The work in Zimbabwe began in 1894 when Cecil Rhodes, prime minister of the Cape Colony, granted the Church as much land as they needed near Bulawayo, the second-largest city in land ruled by the British South Africa Company. Adventist workers marked a 12,000-acre (4,850-hectare) site about 30 miles (50 kilometers) west of the city. Originally called Matabele Mission, it was renamed Solusi, after a local chief who had helped establish the original mission.
3. In 2005, AmaZulu FC, one of the prominent football clubs in Zimbabwe, was relegated from the Premier Soccer League for not playing on Saturday because the club owner, Delma Lupepe, was a Seventh-day Adventist.
4. Christianity is the main religion in Zimbabwe, with Protestant Christians making up around 85 percent of the population.
5. Zimbabwe is a landlocked country in southern Africa. Its neighbors are Botswana to the west, Mozambique to the east, South Africa to the south, and Zambia to the northwest. Zimbabwe has a total area of 150,872 square miles (390,757 square kilometers). Its population is around 15 million and the life expectancy is approximately 58 years.
6. The capital of Zimbabwe is Harare (known as Salisbury until 1982).
7. Zimbabwe has 16 official languages, more than another country: Chewa, Chibarwe, English, Kalanga, Koisan, Nambya, Ndau, Ndebele, Shangani, Shona, sign language, Sotho, Tonga, Tswana, Venda, and Xhosa. Shona and Ndebele are the most widely spoken.
8. The US dollar was introduced as the official currency of Zimbabwe in 2009 in response to the hyperinflation of the Zimbabwean dollar. In 2019, the Zimbabwean dollar was reintroduced, and foreign currency banned, but increasing inflation led to the reintroduction of foreign currency exchange in 2020.
9. Known locally as "The Smoke That Thunders," Victoria Falls is located on the border between Zimbabwe and Zambia and is the world's largest waterfall.
10. Located in western Zimbabwe, and comprising an area of more than 5,000 square miles (8,000 square kilometers), Hwange National Park is the largest and oldest game reserve in the country. While containing The Big Five (lion, leopard, rhino, elephant, and African buffalo), it is notable for its particularly large herds of elephant and buffalo. After Botswana, Zimbabwe has the second-largest elephant population in the world, at more than 85,000. Hwange is also a home to several rare or endangered species, including the South African cheetah, the brown hyena, and the African wild dog.
11. Snakes in Zimbabwe include mambas, boomslangs, and the black-necked cobra. Notable birds to be found there are the martial eagle, the bateleur eagle, and the little hammerhead, which builds enormous nests and is revered as a bird of omen.
12. Zimbabwe's population is quite young, with a third under the age of 15 and a third between the ages of 15 and 29.
13. About one-third of the total population of Zimbabwe lives in cities, particularly Harare and Bulawayo. In the cities are a disproportionately large number of Black males of working age,

leaving a large number of older people, women, and children in rural areas, often partly or wholly dependent on incomes sent home from the city.

14. Zimbabwe's main agricultural products include tobacco, cotton, sugar, and coffee. Before the agricultural decline of the early twenty-first century, cotton was one of the chief export crops, and the basis of a large domestic textile industry. Zimbabwe used to be the largest producer of tobacco in Africa, and it is still the country's principal cash crop. Sugar is grown in southern Zimbabwe as both an export good and to be converted to ethanol to mix with gasoline in order to decrease the country's reliance on expensive imported fuels. Coffee production has increased many times over since the 1970s.
15. The ruined city of Great Zimbabwe, an ancient Shona city of the late Iron Age, is now an UNESCO World Heritage Site and one of the most important archaeological sites in sub-Saharan Africa. It is made up of three connected (now ruined) complexes engineered and constructed from stone.
16. Zimbabwe is also believed to be the location of Ophir, the ancient country from which King Solomon got ivory, gold, and other precious items.
17. Zimbabwe has southern Africa's highest concentration of rock art, the oldest dating back 7,000 years, and there are thousands of sites all over the country.
18. In Zimbabwe, having a large stomach indicates that a person is wealthy: financially stable enough to afford to eat meat each day.

Mozambique

1. The Adventist message entered Mozambique in 1931 when two students from the Malamulo Mission School in Malawi returned to their homes in Portuguese East Africa. Both carried out evangelism and soon were teaching 555 people in Bible classes. O. U. Giddings and Max Webster made a visit to Mozambique to investigate the interest, and, in 1933, Webster was sent to the Zambesi district in Mozambique to establish a mission. In 1935, with permission from the governor-general, he established a mission, naming it Munguluni, meaning "light."
2. In 1937, 1,500 people attended the first camp meeting. They were timid and suspicious but listened. However, when Webster tried to take photographs, they fled into the bush. In 1939, the first converts were baptized.
3. Mozambique Adventist Seminary (Seminario Adventista do Setimo Dia de Mocambique) is a co-educational boarding and day school operated by the Mozambique Union Mission. In the beginning, the school was located in the Zambesi district of Mozambique, about halfway between the Malawi border and the port of Quelimane. In 1957, a preparatory course for teachers was organized, and in 1963 the school was officially recognized by law as the Adventist College of Munguluni. In September 1973, the school was transferred from Munguluni to a newly acquired property at Manga, a few miles from the city of Beira, and was developed as a seminary for African workers in Mozambique.
4. A church publishing house, Casa Publicadora do Indico, operates in Mozambique's capital, Maputo.

Fast Facts

1. Mozambique has some of the world's richest coral reefs. More than 1,200 species of fish have been identified in the coastal waters of Mozambique.

2. There are 147 airports in Mozambique, although only 22 have paved runways.
3. Maputo in Mozambique is known as the City of Acacias because of the acacia trees commonly found along its avenues.
4. Literacy in Mozambique is very low. The latest statistics indicate that total adult literacy rate is 54 percent.
5. The diet of people in the countryside is based on the cassava root (called mandioca in Portuguese), which means “the all-sufficient.” Cassava can be baked, dried in the sun, or mashed with water to form a porridge. Usually it is ground with corn into a coarse flour, mixed with cassava leaves and water, and then served in calabashes (bottle gourds).
6. The marimba, a kind of wooden xylophone that has been adopted in Western music, originated in Mozambique. The musical style is similar to West Indian calypso and reggae.
7. Mozambique is home to a wide range of wildlife, including elephants, manatees, lions, aardvarks, rhinoceros, hippopotamuses, giraffes, snakes, buffalos, crocodiles, leopards, bushbabies, monkeys, cheetahs, panthers, and hyenas.

Botswana

1. In 1921, W. H. Anderson, in an interview with the queen mother, Gagoangwe, regent for the then-16-year-old chief, Bathoen II, received permission to open a hospital in Kanye village, Botswana, on the understanding that no preaching be done. The work of Dr. A. H. Kretschmar in the new hospital broke down prejudice and, in 1922, J. R. Campbell was allowed to enter Kanye and hold meetings. In 1927, H. Walker was permitted to conduct regular mission work there and at Maunyaana, a village 30 miles (50 kilometers) away, where David Livingstone once worked.
2. In 1962, the first Adventist school in Botswana opened in the small village of Ramokgoname, 40 miles (65 kilometers) from Palapye.
3. Kanye Adventist Hospital has 168 beds and provides medical care to 40,000 inpatients and 108,000 outpatients annually. Around 1,200 babies are born in the hospital each year.
4. Botswana has 228 churches and companies, and 44,554 members. With a population of 2,226,000, there is one Adventist for every 50 people in Botswana.
5. In 1984, Botswana Union Conference divided into two conferences: the North Botswana Conference and the South Botswana Conference.

Fast Facts

1. Botswana mostly has a flat landscape and is about 80 percent covered by the Kalahari Desert.
2. Botswana has the world’s highest concentration of African elephants, many of which can be found in Chobe National Park.
3. The Makgadigadi pan is one of the largest salt pan areas in the world, covering an area of 7,500 square miles (12,000 square kilometers). The climate is very hot and with little rain. When it does rain, the pan can turn into a blue lake that attracts many of the area’s animals, including flamingos.
4. English is the official language of Botswana and is widely used around the country. However, Setswana is the national language and the most commonly spoken.
5. The currency in Botswana is called the Pula (which means rain in Setswana) and is divided into Thebe (shield).

6. At 492 feet (150 meters), the border between Botswana and Zambia is the shortest in the world.
7. Mopane worms, the large caterpillar of the emperor moth, is a favorite snack in Botswana. It's called a mopane worm because it feeds on the leaves of mopane trees after it hatches in summer. They can be eaten dry, like potato chips, or cooked and covered in sauce.

Flag Coloring Instructions

Angola

Color the top half red and the bottom half black. Color the star, gear, and machete in the middle yellow.



Namibia

Color the top left triangle blue and the bottom right triangle green. Color the wide diagonal stripe red and leave the narrow stripes on either side of it white. Color the sun yellow.



South Africa

Color the Y shaped band in the middle green. Color the triangle on the left black. Use yellow to color the narrow V shaped band between the green and black. Leave the narrow bands on either side of the Y white. Color the remaining top section red and the remaining bottom section blue.



Zambia

Color the main part of the flag green. In the bottom right corner, color the stripes, from left to right, red, black, and gold. Color the eagle gold.



Recipes

Namibia

Namibian Fat Cakes (Fried Dough)

Prep Time: 1 hour

Cook Time: 10 minutes

Makes 12 Servings

Ingredients

3 cups (0.7 liter) flour

2 packets/4.5 tsp (22 ml) of quick-rise yeast

1/2 cup (118 ml) sugar

2 teaspoons (10 ml) salt

1 3/4 cups (415 ml) of water

2 teaspoons (10 ml) vinegar

Oil for frying

Instructions

Mix flour, yeast, sugar, and salt together in a bowl.

Mix the water and vinegar and add to the dry ingredients, mixing until a soft dough forms and there are no lumps. Add more water if needed.

Cover the dough and let it rise in a warm place until double

Heat 1–2 inches (2.5–5 cm) of oil until hot in a saucepan with a heavy bottom.

Take spoonfuls of dough about the size of a ping-pong ball and carefully drop into the hot oil.

Cook until golden and then flip so they are browned all over. Carefully remove from oil and drain briefly on paper towel.

Serve hot — plain, with jam or peanut butter, or rolled in powdered sugar, or a cinnamon/sugar mix.

Games

Zambia

Nchuba

Nchuba is a game children play in Zambia. It is similar to the game of jacks.

The children dig a hole in the ground about 10 inches (25 cm) wide, but you can draw a circle with chalk or a stick. You then place 10 small pebbles around the edge. The children sit around the hole and take turns tossing a larger rock into the air and, using the same hand they threw with, moving one of the small stones into the hole or circle before catching the stone they threw. The first child to get all 10 rocks into the hole/circle without making any mistakes or letting the thrown stone fall is the winner.

Songs

Angola (Portuguese)

1. Deus É Tão Bom (God Is So Good)

*Deus é tão bom
Deus é tão bom
Deus é tão bom
Deus é bom pra mim!*

Day-ohs eh tau bom
Day-ohs eh tau bom
Day-ohs eh tau bom
Day-ohs eh bom prah meem

God is so good
God is so good
God is so good
He's so good to me

2. Cristo Tem Amor Por Mim (Jesus Loves Me)

*Cristo tem amor por mim
Com certeza eu creio assim
Por amor de mim morreu
Vivo está por mim no Céu*

*Sim, Cristo me ama
Sim, Cristo me ama
Sim, Cristo me ama
A Bíblia assim me diz*

Cree-stoh taym am-oor poor meem
Comb sair-tay-zah ee-you cray-ee-oh ah-seem
Poor am-oor day meem more-he-oh
Vee-vo ay-stah poor meem no seh-yow

Seem, Cree-stoh me ah-ma
Seem, Cree-stoh me ah-ma
Seem, Cree-stoh me ah-ma
Ah Bee-blee-ah ah-seem meh deesh

Jesus loves me, this I know,
for the Bible tells me so.
Little ones to him belong;
they are weak, but he is strong.

Yes, Jesus loves me!
Yes, Jesus loves me!
Yes, Jesus loves me!
The Bible tells me so.