



# NEWS FROM HOINA HOMES OF THE INDIAN NATION

PO Box 87, St. Charles, Missouri 63302 • www.hoina.org • June 2010

## One Guest's Perspective

By Antje Olivie

*[Editor's Note: Antje is a German friend of HOINA, whom we met when she lived in America.]*

For about 13 years I have known Darlene and Bruce and was always a great admirer of their work. After all this time I finally visited HOINA for a couple of days, and now I know this is not the only time. You always want to return. It feels like coming home to a warm and welcoming place.

From Day One you are a sister to everybody (and I could easily be the children's grandmother).

On my first day I went with Darlene, Manjula, and our good driver Prasad to Visak (a city with a population of 2.5 million, about one hour's drive away). Manjula had an appointment at the General Hospital, but this being India it was not that easy. In the end it took three trips for Manjula to get the proper medication. After our visit at the hospital, Darlene had to run errands all day long in Visak; and we were truly exhausted from heat and pollution when we got back.

Cecilia, a volunteer from Miami, stayed also there during my visit. She did a fantastic job with the girls working at the computers from Rotary. It was wonderful to see the eagerness and motivation to learn in the girls.



Antje working with our kitchen helpers both of whom are named Lakshmi!

One morning, Cecilia and I went with the girls to their school and met their principal, who has 400 students in the school. In the afternoon we went to pick up the boys at their Jindal School and met their principal as well. The school of 1100 students exists since 10 years. The principal is only since two years on the job and has already done many important changes. Some of the students can also board there, and we were allowed to visit those quarters. It was great to meet this woman, who was so dedicated to her work.

Cecilia and I went back through the fields with a couple of the older boys. I had a long conversation with Varun (the son of the girls' home mother

Subartha). In two years, he wants to begin his studies at IPS-College and afterwards join the Police Force to become an Officer. He is very grateful that HOINA will make this possible for him. He is a delightful young man, who loved to share his knowledge about the medical value of many plants we passed on our way back home.

Another experience I will not forget was on one morning when Cecilia and I saw Nicky (approx. 3 yrs. old) standing in a corner being sad. She has had a very traumatic past and was probably in her thoughts back there. It was difficult to distract her, but finally Cecilia got her in front of the computer and started a

see **GUEST'S PERSPECTIVE** - page 4

# Vita Goat Feeds Hundreds

By Bruce Large, HOINA Board Member

You have read over the years about HOINA's various agricultural endeavors. At one time we had a small herd of milking buffalos. Water buffalo milk is very rich, but each animal gives only a few quarts of milk a day. After both the boys and girls moved to their new homes outside of Vishakapatnam, A.P., Darlene sold the buffalos and bought dairy cows. At first, the cows produced enough milk to supply our needs; however, as they moved into the late stages of their lactation, production dropped which forced us to purchase additional milk for the children.

Shortly after we acquired the dairy herd, I was introduced through my work with WISHH (World Initiative for Soy in Human Health) to the "Vita Goat" project sponsored by a Canadian non-profit, Malnutrition Matters. About a year later, while attending a conference at the University of Illinois, I had the opportunity to actually work with the Vita Goat equipment and make soy milk. The equipment was located in the National Soybean Research Laboratory at the University of Illinois. The soymilk we made was fed at lunch to those attending the conference,

who found it quite palatable.

A simplified description of the four components and steps of the Vita Goat are pictured here.

1. A small boiler to produce superheated steam.
2. A bicycle-powered grinder to grind the soaked soy beans.
3. A pressure cooker vessel to process the soy bean slurry.
4. A strainer and filter press to remove the "milk" from the cooked slurry.

The simple process is to soak soybeans in water overnight. You need 2 Kg. of dry beans per batch. (2 Kg. = 4.4 lbs.) Grind the soaked beans and mix with 14 to 15 quarts of clean water. Place the resulting slurry into the pressure cooker and seal. Introduce the superheated steam into the pressure cooker until the temperature inside the vessel reaches 120 degrees C. (248 degrees F.) Hold at this temperature for 12 minutes and then drain the cooked slurry into the filter press. Yield should be about 15 quarts of Soy Milk. Batch time can become as short as 30 minutes as operators gain experience. The product can be sweetened and flavored but is pretty good as is. Consumer acceptance has been excellent.

see **VITA GOAT** - page 3



Step1: Musalaya attends to the boiler.



Step 2: Tata Rao at the soy bean grinder

HOINA is a 501(c)3, tax-exempt organization with international headquarters located at:

HOINA  
PO Box 87  
Saint Charles, MO 63302-0087  
U.S.A.  
Email address:  
hoina1@yahoo.com

This newsletter is published to inform our readers of the work HOINA does among the handicapped and abandoned in India.

Layout by Eberly Designs,  
Mount Joy, PA.  
Printing by Freedom-Graphics,  
E-town, PA.

Send address changes to:  
HOINA  
PO Box 636  
Brownstown, PA 17508-0636  
U.S.A.  
Tel. 717.355.9494  
Toll-free: 877.99.HOINA  
(4.6462)

Email address: admin@hoina.org  
Website: www.hoina.org

The official registration and financial information of Homes of the Indian Nation (HOINA) may be obtained from the Pennsylvania Department of State by calling, toll-free in PA, 1.800.732.0999. Registration does not imply endorsement.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Account Number (on your mailing label): \_\_\_\_\_

Mail coupon to: **HOINA**

**PO Box 636**

**Brownstown, PA 17508-0636**

JUNE/2010



I want to sponsor a HOINA boy / girl (*circle one*). Here is my first monthly gift of \$30.

Let me help replace the windows and doors  
Darlene mentioned last month with this donation of \$ \_\_\_\_\_.

Use this gift to finance HOINA's ongoing projects through the General Fund.



**ALL DONATIONS ARE TAX-DEDUCTIBLE**

## Vita Goat Feeds Hundreds

Continued from page 2

The economics of operating the Vita Goat are interesting as well. Soybeans in the U.S. currently cost \$10.00 per bushel or about 17 cents per pound. To make a batch of 15 quarts of soymilk costs just 75 cents. The actual ingredient cost of the soymilk comes to around five cents a quart.



Steps 3 and 4: Immanuel collects the soy milk after it is processed.

Some other advantages of the Vita Goat are:

- No electricity needed. The grinder uses bicycle pedal power.
- The boiler can be fueled with anything that will burn from wood to propane.
- Equipment is low tech and simple to operate.
- It is not labor intensive. Two or three people can make 180 quarts and do the clean up in an eight-hour day.
- Durable and sanitary. All components in contact with the processed product are made of stainless steel.
- Relatively inexpensive at approximately \$4500 per machine depending on shipping.

The installation of the Vita Goat at HOINA was financed by a personal donation and a \$2000 grant from the World Bank. The agreement to get the World Bank Funding required a commitment to provide 400 constituents a day with a serving of 200 ml. (just under a half-pint) of soymilk. We easily reached this number by providing our children and staff (about 200) and a near-by school with the product.

The soymilk has been accepted and enjoyed by all who have participated and consumed it. We have also made a good soy yogurt and tofu using the soymilk. 

A big thank you to our donors who contributed \$13,000 toward our replacement windows and doors. If you would like to help us reach our \$20,000 goal, please send your gift with the coupon above.



HOINA  
PO Box 636  
Brownstown, PA 17508-0636

Return Service Requested

Non-profit Org.  
U.S. Postage  
**PAID**  
Permit #242  
New Holland, PA

## Big Kids Need Sponsors Too

Lenka Shanti was born in 1995 and came to HOINA in June of 2009. Her parents were married in 1991. Her father was a lorry (truck) driver. He became an alcoholic. Her mother was diagnosed as HIV positive and died in 2002. The father was also HIV positive and died in 2005. Shanti then lived with her elderly grandparents, but they could not provide for her to go to school, so her aunt approached HOINA and asked for her to be admitted.

Shanti is attending 8th grade. She like tigers and the color blue. She hopes to become a doctor. Please pray with us that Shanti is able to attain her dream. If you are able to help in a financial way to make that happen, please complete the coupon on page three. ♿



## One Guest's Perspective

Continued from page 1

memory game. It took her quite some time to look up, but then after a while she really enjoyed the game. Just ten minutes later she came over to me with a story book, sat on my lap, and wanted to be read to. Situations like this just warm your heart.

On the morning of my departure just before I left, I was able to taste the first soy milk ... and it was delicious! Bruce had been there already for a couple of weeks to get the new Soy-Machine running. After difficulties of getting the right soy beans and with the help of a technician from Delhi, at 7AM the machine was up and running, producing the first soy milk. [See accompanying article.]

Darlene's work never seems to end, but it was also wonderful to see the success of it. I plan already my return for next year. ♿



Nicky at the computer