NJIRA ZABWINO NDI ZOTHANDIZA KUTHANA NDI MAVUTO ODZA KAMBA KA KUSINTHA KWA NYENGO

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Mau Mwachidule

Mgwirizano wa mabungwe a Trocaire, Civil Society Network on Climate Change in Malawi (CISONECC), Catholic Development Commission (CADECOM), Centre for Community Development (CICOD), Eagles Relief and Development, Catholic Development Commission (CADECOM) ku Mangochi Churches Action in Relief and Development (CARD) ndi Catholic Development Commission (CADECOM) ku Zomba anayendetsa ntchito yothana ndi kusintha kwa nyengo mma boma a Balaka, Chikwawa, Machinga and Zomba, Mdziko la Malawi yotchedwa Climate Challenge Programme Malawi (CCPM).

CCPM inagwiridwa kuyambira 2018 mpaka 2021 ndipo imaunikira za maufulu a anthu ku mbali ya kusintha kwa nyengo komanso kulimbikitsa kugwiritsa ntchito zichitochito zammadela akumudzi pofuna kuonetsetsa kuti Chakudya, Mphabvu komanso madzi zikupezeka mosavuta kwa athu a mmadera akumudzi. Izi zinachitidwa ndicholinga chofuna kuchepetsa ululu omwe ukudza komanso omwe ukuyembekezeka kudza chifukwa cha kusintha kwa nyengo. Cholinga chenicheni cha ntchito yothana ndi kusintha kwa nyengo ya CCPM kunali ndikuthandiza kuti zovuta zomwe zimagwa Kamba ka kusintha kwa nyengo zisapitilire makamaka potukula ntchito za ulimi ndi chikhalidwe cha anthu poganizila zithu zitatuzi; Madzi, Chakudya ndi Mphabvu.

Kuzindikira kuti kudziwa ndi kupeza njira zoyendetsera kusintha kwa nyengo koyambirira komanso zothandiza kumatha kukonza mapangidwe ndi kukhazikitsa zoyeserera zamtsogolo poyerekeza ndi zotsatira zam'mbuyomu, mabungwe a CISONECC ndi CADECOM anasonkhanitsa **Njira Zabwino ndi Zothandiza Kuthana ndi Mavuto Odza Kamba ka Kusintha kwa Nyengo**. Njirazi zasakhidwa kuchokera m'maboma a Balaka, Chikwawa, Machinga and Zomba omwe ntchito ya CCPM imagwiridwa kuti zinthandize kuzindikiritsa anthu za mavuto odza kamba ka kusintha kwanyengo komanso mmene njira zochepetsera mavutowa.

Mabungwe a CISONECC ndi CADECOM akuthokoza dziko la Scotland popereka thandizo la chuma kudzera mu mabungwe a Trocaire ndi SCIAF ku ntchito yosonkhanitsa Njira Zabwino ndi Zothandiza Kuthana ndi Mavuto Odza Kamba ka Kusintha kwa Nyengo.

Julius Ng'oma
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1. Miyoyo ya Anthu Isinthika Kamba ka Ulimi Osamalira za Chilengedwe

Mudzi wa Mkhumbwa ndi dera limodzi m'boma la Machinga la mfumu yaikulu Nsanama lomwe likukumana ndi mavuto odza kamba ka kusintha kwa nyengo. Ena mwa mavutowa ndi momga ng'amba komanso chilala zomwe zimagwa chaka ndi chaka.

Mmudziwu muli Mai Chimwemwe Richard yemwe ali ndi zaka 37 ndipo ali ndi ana 7. Mai Richard akhala akukumana ndi mavuto osowa chakudya kamba ka ng'amba komanso tizirombo ndi matenda omwe amaononga mbeu zao.

Mu chaka cha 2018, bungwe la Churches Action for Relief and Development (CARD) linakhazikitsa ntchito zachitukuko kudzera mu pulojekiti yotchedwa Climate Challenge Programme Malawi (CCPM). Pamene bungweli limakhazikitsa zintchitozi, banja la Mai Richard linasankhidwa kuti litenge nao mbali komaso kupindula nawo mu zitchito zosiyanasiyana za pulojekitiyi. Mai Richard anatenga nawo mbali podzala mitengo m'mbali mwa mtsinje komaso anapatsidwa mbeu za mtedza, mpunga ndi nandolo kuti azichulukitse.

Ngati njira imodzi yopititsa patsogolo kusamalira chilengedwe, bungwe la CARD linakhazikitsa ulimi osamalira za chilengedwe (agroecology). Mwa zina, ulimiwu umalimbikitsa anthu kukhala ndi madimba apakhomo omwe amakhala kunsi kwa nthandara komaso kudzala nthochi kuseri kwa bafa. Izitu amalimbikitsa pofuna kugwiritsa ntchito madzi omwe nthawi zambiri amakhala akutaidwa, kuchepetsa ntchito yothirira komaso kugwiritsa ntchito malo ochepa omwe ali nao. Mai Richard ndi mmodzi mwa anthu omwe akutsatira njira za ulimi osamalira chilengedwewu.

> "Ndinali ndi chidwi kuti nditenge nao mbali pa ntchito zosiyanasiyana zomwe bungwe la CARD limakhazikitsa. Ngakhale ulimi osamalira zachilengedwewu unali wachilendo kwa ine, sindinakhulupirire kuti nditha kudzala mbeu mu saka, kapena pansi pa thandara ndi kukolola pogwiritsa ntchito madzi ochepa. Nditamva za ulimiwu ndinapeza masaka akutha ndi mbeu zosavuta kukula, zosafuna malo aakulu komanso zosayanga monga therere, chisoso ndi mpiru. Mbewuzi ndinadzala mu masaka komanso pansi pa thandara. A CARD anatipatsaso malangizo odzala nthochi kuseri kwa bafa kuti madzi otayika posamba adzithirira nthochizi. Chosangalatsa ndi ulimiwu ndi choti siifuna madzi komanso malo ambiri," adafotokoza Mai Richard.

Poonjezera pa mmene ulimiwu wasinthira umoyo wa banja lake, Mai Richard adati, "titaphunzitsidwa kudzala mbewu musaka komanso pansi pa nthandara podalira madzi otayika zinatithandiza kupeza ndiwo zamasamba. Tisanadziwe ulimiwu, ndiwo zamasamba timachita kugula ndipo patsiku timagwiritsa ntchito K300.00 kuti ndiwozi zikwanire banja lonse. Izi zasintha poti ndimalima ndekha komanso ndinasiya kuononga ndalama kugula ndiwo zamasamba. Pakali pano ndikufuna ndipeze masaka oonjezera komanso ndidzale nthochi zambiri kuti zina ndizigulitsa ndi kupeza phindu kuchokera ku ulimiwu,"

Chimwemwe Richard kuthirira therere lomwe anadzala musaka

Poto wa madzi ogwiritsidwa kale ntchito potsuka mbale amakwanira kuthirira mbewu za musakazi

Nthochi zomwe zinadzalidwa kuseri kwa bafa pa khomo la Chimwemwe Richard zikuthiriridwa ndi madzi ochokera kubafa

Madzi ogwa kuchokera pa thandara amagwiritsidwa ntchito kuthirira mpiru odzalidwa pansi pa nthandarayi

2. **Kuthetsa Kuthetsa Mavuto a Magetsi kudzera mu Mphamvu ya Mbwezera: Tikondane Solar Kiyosiki**

M'mudzi wa a Gulupu a Mkhumbwa omwe uli mu dera la mfumu yaikulu Nsanama m'boma la Machinga muli mudzi otchedwa Makawa. Mudziwu uli pa mtunda osapitira makilomita 10 kuchokera pomwe pali nthambo za magetsi a ESCOM. Kwa zaka zambiri tsopano, mudzi wa Makawa wakhala opanda magetsi ndipo chiyembekezo choti mmudziwu mudzakhala magetsi padalibe. Ngati njira imodzi yothetsera vuto la magetsili komanso kulimbikitsa mphamvu ya mbwezera, bungwe la Churches Action in Relief and Development (CARD) kudzera mu zintchito za pulojekiti ya Climate Challenge Programme Malawi (CCPM) linakhazikitsa kiyosiki ya mphamvu ya dzuwa.

Kiyosikiyi, yomwe anaitcha Tikondane, imayang'aniridwa ndi gulu la anthu 32. Mwa anthuwa, 27 ndi aakazi ndipo 5 ndi aamuna. Kudzera mu kiyosikiyi ya Tikondane, anthu a kwa Makawa akumathandizika kumbali zosiyanasiyana. Kudzera mu kiyosikiyi iwo amakwanitsa kumetetsa tsitsi, kutchaja mafoni, kugulitsa zakumwa zoziritsa kukhosi zomwe amasunga mu filiji, kubwereketsa ma tochi ounikira a mphamvu ya dzuwa, kuonera mafilimu komaso kutsatira nkhani zochitika m'Malawi ndi maiko ena kudzera pa kanema monga wa Zodiak, MBC, Times ngakhale Mibawa.

Nayo mfumu ya mudzi wa Makawa inatsimikizira za momwe solar kiyosikiyi yasinthira dera lawo.

> "Kuchokera ndili wa chichepere timayenda mtunda wa makilomita 15 kupita ku msika wa Nsanama kuti tikatchaje mafoni, kumetetsa ngakhale kuonera masewero a mpira. Komatu kubwera kwa pulojekitiyi kwathandiza kubweretsa zonsezi pafupi nafe," adafotokoza Winesi Botomani, mfumu ya Mudzi wa Makawa yomwe yakhala m'derali kwa zaka zoposa 40.

Gulu loyang'anira kiyosiki ya Tikondane inapeza njira zothandizira kubweretsa phindu lochuluka kuchokera ku kiyosikiyi. Iwo anakhazikitsa malo ogulitsira tchipisi ndi nyama yootcha komanso anagula ndi kulipira kanema wa DStv kuti adzionetsa masewero a mpira a zikho zosiyanasiyana ku ulaya. Anthu ochuluka amabwera kudzaonera mipira pa malowa ndipo izi zimabweretsa phindu lochuluka ku gulu la Tikondane. Chosangalatsa ndi chakuti gulu la kiyosiki ya Tikondane lidakali kalikiliki kusaka njira zosiyanasiyana zoti zionjezere kubweratsa phindu kuchokera ku kiyosikiyi. Iwo amafuna kuti mtsogolomu adzatsegule saluni yokonza tsitsi komanso kukhazikitsa choswetsa mazira a ziweto zosiyanasiyana monga nkhuku, zinziri, abakha ndi zina zambiri.

> "Ndine okondwa kukhala membala wa gulu la kiyosiki ya Tikondane chifukwa lathandiza kubweretsa zinthu zosiyanasiyana m'dera lathu. Timapezanso ndalama zomwe timathandizira mmaanja athu," adafotokoza monyadira Eliza Robert yemwe amathandiza kuyendetsa mabizinesi pa kiyosikiyi.

Eliza Robert membala wa gulu la kiyosiki ya Tikondane akugulitsa ma tochi a mphamvu ya dzuwa komanso akumeta munthu

Kanema wa DSTV yemwe anaikidwa kwa mmudzi wa Makawa amathandizira kuonetsa masewer a mpira molipiritsa

Membala wa Tikondane solar kiyosiki kugulitsa zakumwa zoziziritsa kukhosi

Ena mwa matochi ounikira omwe amabwereketsedwa kwa anthu kutchajidwa pa solar kiyosikiyi

Fyton Magombo kugulitsa tchipisi komanso nyama pa chiwaya chomwe anakhazikitsa pa kiyosikiyi

3. Kusunga Kukhoza Kusintha Umoyo wa Anthu

Bungwe la Catholic Development Commission (CADECOM) ku Mangochi likuthandiza anthu kuthana ndi mavuto odza kamba ka kusintha kwa nyengo kudzera mu pulojekiti ya Climate Challenge Programme Malawi (CCPM). Bungweli linakhazikitsa magulu osungitsa ndalama otchedwa Village Savings and Loan (VSL) pachingerezi. Maguluwa akuthandizira kutukula makomo osiyanasiyana muboma la Machinga.

Mmodzi mwa omwe akutenga nao mbali mu ma VSL ndi Mai Ellena Lusiyasi a m'dera la Gulupu Chiwalo mwa mfumu yaikilu Liwonde m'boma la Machinga. Mai Lusiyasi omwe ali ndi zaka 37 zakubadwa ali pabanja ndi bambo Asamba Dyton. Awiriwa anabereka ana 5.

Ellena Lusiyasi anasiyira sukulu panjira ndipo anakwatiwa. Kwa zaka zambiri iye amachita bizinesi yogulitsa zikondamoyo komanso zitumbuwa pa Mtapwa Primary School kuti azipeza ndalama zothandizira pakhomo pake. Komatu ndalamazi sizimakhalitsa mthumba ndipo kupeza chakudya linali vuto lalikulu pakhomopa.

Mu chaka cha 2019, Ellena analowa gulu la VSL la Tiyanjane lomwe lili mmudzi wa Chiwalo. Gululi lili ndi mamembala 35 omwe 30 mwa iwo ndi amai. Gululi linalandira maphunziro osiyanasiyana a momwe angayendetsere VSL kuchokera ku bungwe la CADECOM ku Mangochi. Pachiyambi, membala aliyense anauzidwa kuti adzipereka K200.00 pa sabata kuti izisungidwa ndi kuthandiza kuyendetsa thumba la VSL.

Mu mwezi wa December chaka cha 2019, Ellena analandira ndalama zokwana MK 203,000.00 kuchokera ku ndalama zomwe VSL ya Tiyanjane inagawana. Ndalamazi anagulira mabuku komanso ma yunifolomu a ana akusukulu. Zina mwa ndalamazi anagulira ziwiya za pakomo komanso njinga ya kapalasa pa mtengo wa MK 72, 000.00. Njingayi inathandizira kuthana ndi mavuto a mayendedwe omwe anali pa khomopo.

> "Kale timavutika mayendedwe poti tinali ndi njinga imodzi yomwe timalimbirana pogwiritsa ntchito. Wina akatenga njingayi zimasokoneza mayendedwe opita ku misonkhano yosiyasiyana yofunikira. Ngakhaleso kukagwa matenda adzidzi kupita kuchipitala kunali kovuta. Zonsezi zinatha kamba ka njinga yatsopano yomwe tinagulayi," adafokoza Ellena.

Zina mwa ndalama zimene analandira pamapeto a chakazi Ellena anagwiritsa ntchito K 66, 000.00 kulimitsitsira munda wake wa 0.4 hectare. Iye anagula mbeu komanso kulipira anthu aganyu oti alime mmundamu. Kuchokera pa mundawu, Ellena anakolola matumba a chimanga 25 a ma 50kgs.

Pokhutira ndi kusintha kwa moyo wake, Ellena anafokoza kuti kusunga ndalama ku gulu la VSL kwathandiza kwambiri banja lake.

> "Chiyambireni ulimi sindinakwanitsepo kukolola chimanga chochuluka motere. Zonsezi zinatheka kamba ka gulu losungitsa ndi kubwereketsa ndalamali motsogozedwa ndi a CADECOM."

Chifukwa cha phindu lomwe amapeza kuchokera posunga ndalama, Ellena watsimikiza kuti sadzatuluka gululi popeza anali ndi maloto ofuna kusintha umoyo wa banja lake. Iyeso akulimbikitsa amai ena a mmudzimu kuti alowe nao mu gulu la VSL ya Tiyanjane kuti nao athe kutukula pakhomo pawo.

Mai Ellena Lusiyasi ndi mwana wao kuonetsa njinga yao yomwe anagula ndi ndalama zochokera ku VSL

4. Kuthana ndi Mavuto Osiyanasiyana Odza Kamba ka Kusintha Kwa Nyengo Kukufunika Njira Zosiyanasiyananso

Mkatikati mwa boma la Machinga m'dera la mfumu yaikulu Liwonde muli mudzi oyang'aniridwa ndi a Gulupu a Mangamba otchedwa Njenjema. Mmudzi wa Njenjemawu muli Marigarita Patrick yemwe ali ndi zaka 27 zakubadwa. Iye anali okwatira koma banja lake linatha ndipo ali ndi ana atatu kuchokera mu banjali.

Bungwe la CADECOM ku Mangochi likuthandiza anthu a dera la Gulupu Mangamba kuthana ndi mavuto odza kamba ka kusintha kwa nyengo kudzera mu pulojekiti ya Climate Challenge Programme Malawi (CCPM). Bungweli linakhazikitsa sikimu ya ulimi wamthirira ya M'gwirizano komanso gulu losungitsa ndi kubwereketsa ndalama lotchedwa Tikondane Village Savings and Loan (VSL) kuti anthu azitha kuthandizika kutukula maanja awo. Marigarita Patrick ndi membala wa sikimu ya M'gwirizano komanso VSL ya Tikondane.

Kusanabwere pulojekiti ya CCPM Marigarita amadalira mvula pa ulimi wake ndipo amachita maganyu osiyanasiyana kuti apeze ndalama zothandizira banja lake. Kamba ka izi, mavuto a chakudya komanso a zachuma anali a kabwerebwere pakhomo pake.

Chikhazikitsireni sikimu ya ulimi wamthirira ya M'gwirizano, Marigarita anayamba kukolora kawiri pachaka ndipo vuto la chakudya linatha pakhomo pake. Mu chaka cha 2020, ngati membala wa VSL ya Tikondane, Marigarita analandira ndalama zokwana MK 115,000.00. Mwa ndalamazi anagulira malata komanso kumangitsira nyumba yatsopano.

Marigarita anathirira umboni za momwe ulimi wa mthirira ukupindulira banja lake. Iye anati ulimiwu wamuthandiza kukolola zochuluka ndipo zina mwa zokololazi anagulitsa ndi kupeza ndalama zokwana K 80,000.00.

> "Ndalama imeneyi ndinagulira mbuzi ziwiri komanso zina zofunikira pakhomo. Mbuzizi zindithandizira kupeza manyowa omwe ndizithira mmunda ndi kukololanso zochuluka zoti ndikagulitsa ndizitha kulipira maphunziro a ana anga," adafotokoza Marigarita

Marigarita pamodzi ndi ana ake ndi mbuzi zao

Nyumba yomwe Marigarita akumanga kuchokera ku ndalama zosungitsa ku VSL ya Tikondane

5. Madzi Aukhondo Asintha Moyo wa Anthu a M'mudzi wa Dzimba

Kumpoto kwa dera la mfumu yaikulu Chapananga m'boma la Chikwawa kuli mudzi otchedwa Dzimba. Mudziwu uli kufupi ndi malire a Malawi ndi dziko la Mozambique ndipo unazungulilidwa ndi midzi itatu; Tikisani, Filisoni ndi Kawenda. Mudzi wa Dzimba ndi mudzi umodzi omwe bungwe la Centre for Integrated Community Development (CICOD) likugwira ntchito zothana ndi mavuto odza kamba ka kusintha kwa nyengo kudzera mu pulojekiti ya Climate Challenge Programme Malawi (CCPM).

M'mudzi mwa Dzimba muli anthu okwana 1,188 omwe 677 ndi aakazi pomwe 511 ndi aamuna. Anthu a mmudziwu amadalira madzi a pachitsime pa ntchito zosiyanasiyana pa moyo wao. Komatu chitsimechi chimauma mu nyengo ya dzuwa. "Kwa zaka 60 mudziwu unali ukugwiritsa ntchito chitsimechi", idatero mfumu ya mudziwu yomwe inabadwira m'mudzimu zaka 65 zapitazo.

Chitsime chomwe amadalira m'derali chimauma mu nyengo ya dzuwa Kamba ka kutentha koonjeza kodza ndi kusintha kwa nyengo. Izi zimachititsa amai and atsikana a m'mudziwu kuyenda mtunda wa makilomita 7Km kukasaka madzi kufupi ndi dziko la Mozambique. Mvula ikabwera, anthuwa amamwa madzi ogwera mmaenje omweso amakhala akulimbirana ndi ziweto. Kusowa kwa madzi aukhondo kunabweretsa matenda osiyanasiyana odza kamba ka madzi. Vutoli linachititsanso ana ambiri kusiyira sukulu panjira kamba ka nthawi yaitali yomwe amataya pokasaka madzi.

> "Pa zaka 60 zomwe ndakhala m'mudzi muno sitinakhaleko ndi mjigo. Madzi omwe timamwa amachokera pa chitsime chomwe chimauma mu nyengo ya dzuwa kuchititsa ife kumamwa madzi opanda ukhondo, olimbirananso ndi ziweto zathu. Izi zimatibweretsera matenda osiyanasiyana. Kubwera kwa mjigowu kwasintha miyoyo yanthu kwambiri", adatero mai Iveria Banda, mmodzi mwa anthu okhala mmudziwu.

Iveria Banda kuima pa chitsime momwe iye ndi anthu a m'mudzi wa Dzimba amapezerapo madzi

Mu chaka cha 2021, bungwe la CICOD linakumba mjigo m'mudzi wa Dzimba kuti uthandize kuchepetsa mavuto omwe athu a m'derali amakumana nawo. Mjigowu wathandiza kuchepetsa matenda odza kamba madzi komanso wachepetsa chiwerengero cha ana omwe amasiyira sukulu panjira. Pofuna kulimbikitsa umwini wa zitukukozi, bungwe la CICOD linaphunzitsa komiti yoona za

madzi za kasamalilidwe ka mjigowu. Pakali pano, anthu a m'mudzi wa Dzimba ndi midzi ina yozungulira akusangalala ndi madzi aukhondo.

Ana a sukulu kumwa madzi kuchokera pa mjigo omwe unaikumbidwa m'dera lao

Mai Esther Alfred akutunga madzi aukhondo kuchokera pa mjigo watsopano omwe unakumbidwa m'dera lao

6. **Mphamvu ya Magetsi a Dzuwa Isintha Mudzi wa Masanduko Kukhala Tauni**

Mudzi wa Masanduko ndi dera limodzi lovuta kufikirako mu dera la mfumu yaikulu Ngowe m'boma la Chikwawa. Anthu ambiri m'mudziwu amakhala nyumba za udzu kamba ka kusowa kwa ndalama yogulira malata. Ngakhale mudzi wa Masaduko uli m'mbali mwa mtsinje wa Shire omwe umathandiziranso kupanga magetsi a dziko lonse la Malawi, mudziwu sumalandira nawo magetsiwa. Kupatula magetsi, zipatala, misika komanso zina zofunikila pa moyo wa tsiku ndi tsiku zili kutali kwambiri ndi mudziwu.

Pofuna kusintha umoyo wa anthu a kwa Masanduko, bungwe la Centre for Integrated Community Development (CICOD) kudzela mu pulojekiti ya Climate Challenge Programme Malawi (CCPM) linakhazikitsa kiyosiki ya mphamvu ya magetsi a dzuwa. Cholinga cha kiyosikiyi ndikuthandiza anthu kuchita mabizinezi osiyanasiyana ngati njira yopezera ndalama zothandizira moyo wawo wa tsiku ndi tsiku. Bungweli linakhazikitsa gulu la anthu 23 kuti liziyendetsa kiyosikiyi omwe 15 mwa iwo ndi amayi ndipo 8 ndi amuna.

Komiti yoyang'anira kiyosiki ya solar ya Masanduko kuima pa kiyosiki yao limodzi ndi oyang'anira pulogalamu ya CCPM ku bungwe la Trócaire

Poti kusadziwa mkufa komwe, bungwe la CICOD linatengera gulu la kwa Masanduko ku mudzi wa Khungubwe kuti likaphunzire mmene anzao akumeneko akuyendetsera kiyosiki yawo. Maphunzirowa anathandiza kwambiri. Kuonjezera pa kiyosiki, bungwe la CICOD linapereka zipangizo zina monga filiji, wailesi ya kanema komanso zometera tsitsi. Mu mwezi wa March gululi linayamba kuchita mabizinezi osiyanasiyana monga kumeta tsitsi, kuonetsa ma filimu komanso kugulitsa zakumwa zoziziritsa kukhosi.

> "Amuna athu amayenda mtunda wautali kukatchajitsa mafoni, kukametetsa ngakhale kuonera mpira. Kamba kakutalika kwa mtundawu, amafika pakhomo mochedwa zomwe zimayambitsa mapokoso mmaanja mwathu. Komatu kubwera kwa kiyosikiyi kunachepetsa mapokosowa ndipo mmaanja mwanthu muli mtendere," adafotokoza Pilirani Henry, wachiwiri wa pampando wa komiti ya solar kiyosiki.

Pakutha kwa masabata awiri chiyambireni bizinesi, gululi lidapanga phindu la ndalama zokwana K121, 730.00. Ndalamazi zinagwiritsidwa ntchito kuyendetsera bizinesi pogula zipangizo monga mawaya a

magetsi komanso kulipira kanema wa Star Sat yemwe amaonetsera ma filimu komanso mpira. Poona momwe ma kiyosiki amathandizira kusintha miyoyo ya anthu, bungwe la CICOD linakhazikitsa ma kiyosiki atatu mu boma la Chikwawa. Awiri mwa ma kiyosikiwa ali mu dera la mfumu yaikulu Ngowe ndipo imodzi mu dera la mfumu yaikulu Chapananga.

> "Dera la Masanduko linali lotsalira kwambiri pankhani ya zitukuko zosiyasiyana ngakhale magetsi kamba ka vuto la mayendedwe. Kubwera kwa kiyosiki ya solar imeneyi kwathandiza kuyambitsa mabizinesi omwe timakanika kuchita kamba kosowa magetsi," adayamikira motero Mary Maisoni a m'dera la Masanduko.

Kasitomala winakugula chakumwa choziziritsa kukhosi kuchokera ku filiji yoyendera mphamvu ya magetsi a dzuwa

7. Ulimi Wamakono Ukuthandizira Alimi Kupeza Phindu Lochuluka

Alimi Ang'onoang'ono ozungulira boma la Balaka monga Madalena Mangadzuwa, akugwiritsa ntchito njira zamakono zamalimidwe ponthana ndi mavuto odza Kamba kakusintha kwa nyengo. Madalena wa mmudzi wa Chimimba mdela la a gulupu Phimbi wapeza phindu lochuluka kudzera mu ulimi wamakono monga kuphimbira dothi ndi ulimi wakasakaniza, pamene adalima chimanga komanso nyemba zimene zamupezetsa phindu lochuluka la chakudya komanso chuma.

Madalena Mangadzuwa wa zaka 45 zakubadwa ndiokwatiwa ndipo akusunga banja la anthu okwana 6, amene akhala akugwiritsira njira zamalimidwe zamakolo kwa zaka 15. Ngakhale zili chonchi, Madalena amakhalabe akukumana ndi njala miyezi yitatu yikadutsa chikolololereni. Banja la Madalena limakumana ndi njala chaka chatunthu chifukwa chodalira zakudya ndi ndalama zolandira zomwe mabungwe ena amapereka ngati zothandizira anthu ku nyengo ya njala imene iye ndi banja lake amakumana nayo. Mwanjira ina Madalena amakhala akugwira maganyu kuti apeze chakudya cha tsiku ndi tsiku. Iye amathaso kubwereka ndalama kuchokera kwa anzake ozungulira mudzi wake komanso kwa anthu ena amene alindimawokala cholinga apeze chakudya.

Banja la Madalena lidatsindika za mavuto omwe amakumana nawowa ndipo anati:

> "banja lanthu limakumana ndi njala miyezi itatu ikangodutsa chikolorereni. Chodandaulitsa kwambiri ndichakuti sitimakhala ndi thandinzo lapadera lochoka kwa abale amene alikutawuni. Ngakhale achibale athu kumudzi kuno amadalira ife " adalongosola motero Madalena.

Mu chaka cha 2018, bungwe la Eagles Relief and Development Programme linakhazikitsa zintchito za pulojekiti ya Climate Challenge Programme Malawi (CCPM) yomwe zina mwa izo zinali kulimbitsa ulimi wamakono.

Madalena ndi mlimi mmodzi mwa alimi 750 a mmudzi wa Phimbi amene apindula nawo mu pulojekiti ya CCPM yogawa mbewu mu zaka zitatu zomwe CCPM yakhala ikugwiridwa mu derali. Mbewuzi ndi monga mbatata ndi masamba. Iwo analandilanso maphunziro apadera a malimidwe amakono.

Madalena adafotokoza mwachimwemwe za mmene ulimi wamakono wasinthira moyo wake, iye mukufotokoza adati:

> "Muzaka 15 zapitazi, ndakhala ndikulima mopanda uphungu weniweni umene ukanandithandizira kupeza zokolola zochuluka. Pano ndaphunzira mmene ndingapezere chakudya chokwaninira. Mwachitsanzo, ndaphunzira ulimi wamakono woteteza nthaka monga kuphimbira dothi, kudzala mumayenje okumba, kudzala popanda mizere komanso ulimi wakasakaniza wa mbewu. Kotero ndikuthokoza ntchito yothana ndi kusintha kwa nyengo ya CCPM pondithandizira kuti ndikhale mlimi wosinthika kusiyanitsa ndimmene ndinali ndisakudziwa zakalimidwe kokoma ngati kameneka."

Zokondweretsa ndizakuti, banja la Madalena likutha kutsindika zakusintha komwe lapeza kudzera mu malimidwe chaka chino. Madalena adati, zolima zake zikumachita bwino zedi kamba kotsatira njira zamakono zakalimidwe kusiyana ndi njira zamakedzana zimene zakhala zosamupindulitsa. Iye

adaonjezera kuti chimanga chake chikumakula bwino, komaso osafota chifukwa adaphimbira zimene zikupangitsa kuti chinyezi chizikhalitsa nthawi yayitali.

Naye mwamuna wa Madalena adaphera phongo kuti kuchokera ku ulimi wakasakaniza umene akuchita wa mbeu monga nandolo, mbatata ndi kalongonda ali ndi chikhulupiriro choposa kuti chaka chimenecho akhala ndi chakudya chokwanira, chakasinthasintha komanso chuma chawo chisintha kamba koti zokolola zowonjezerazi adzatha gulitsapo zina.

> "Ngakhale pano kuli chilala, komabe tiyesetsa kutsatira njira zamakono zakalimidwe ndicholinga chokhala ndi chakudya chokwanira, kuyerekenzanso ndi kusintha kwa nyengo komwe kwatsautsa madera ochuluka," Madalena Mangadzuwa adatero mukumalizitsa kufotokoza kwake.

Madalena mu munda wake wa kasakaniza mbewu (kumadzere) ndiponso Madelena ndi amuna awo Duncan (kumanja) kulongosola phindu apeza kudzera muulimi wamakonowu

8. Madzi Aukhondo komanso Otetezeka ndi Ufulu wa Aliyense

Kukhala ndi madzi abwino komanso aukhondo ndi kofunikira kwambri pa moyo wa munthu. Zovetsa chisoni ndi zakuti anthu ochuluka Mmalawi muno amakhala akumwa madzi osatetezeka omwe amayambitsa matenda. Kumwera kwa dziko la Malawi kuli boma la Balaka. M'bomali muli mudzi wa Matola mu dera la mfumu yaikulu Matola omwe wakhudzika kwambiri ndi nkhani ya kusintha kwa nyengo.

Pofuna kuti apeza madzi abwino ndi otetezeka mbuyomu, anthu a mmudzi wa Matola amayenda pafupifupi mtunda wa makilomita awiri kuti apeze madzi pa mjigo ku midzi yoyandikila monga Kachikuni. Izi zikalephereka anthuwa amapita kukatunga madzi akuda osatetezeka mu mtsinje wa Liwawadzi pomwe nyama nazonso zimakamwako madzi.

Chifukwa cha kusintha kwa nyengo, nthawi zambiri mvula imabwera mochepa ndipo mtsinje wa Luwawadzi umauma nsanga. Zikatero anthu komanso nyama amazunzika kuti apeze madzi akumwa. Izi zimachititsa kuti anthu a mmudzimu azikhamukira kumidzi ina yoyandikira kukatunga nawo madzi monga Kachikuni, Mpezeni komanso Domoka.

Zinthu zinasintha pomwe ntchito ya bungwe la Eagles Relief and Development Programme kudzera mu polojekiti ya Climate Challenge Programme Malawi (CCPM) inakumba mjigo mmu'dzimu. Bungweli linakumba mijigo yoposa 10 mmidzi monga Tembo, Ndatopa, Mbewe, Mpezeni and Matola yomwe yathandiza anthu kuti ayambe kupeza madzi abwino ndi otetezeka.

Felisita Stamp ndi mmodzi mwa anthu a mdera la Matola ndipo ali ndi zaka 29 za kubadwa ndipo ali ndi ana aakazi awiri omwe anabereka pomodzi ndi mwamuna wake, Ganizani Stamp. Felisita anathokoza kubwera kwa mjigo ponena kuti ana ake tsopano sakujomba ku sukulu chifukwa chodwala matenda otsekula mmimba. Kuonjezera apo, iye pamodzi ndi ana ake sakuyendanso mtunda wautali kukafuna madzi aunkhondo chifukwa mjigo uli pankhomo tsopano.

> "Pano ndimatha kutunga madzi aunkhondo ochuluka kwambiri pafupifupi migolo 10 pa tsiku okwanira banja langa ndipo ana anga pano salinso pa chiopsezo cha ngozi za njinga munsewu zomwe zimachulukira panthawi imene amakatunga madzi akumwa kutali." Felisita anafotokonza.

Felisita Stamp kutunga madzi pa malo osatetezeka

Felista Stamp mwachimwemwe kutunga madzi pa mjigo omwe wakumbidwa mmudzi mwawo

9. Muuneneri Muli Mphamvu

Pamene dziko la Malawi likupitirira kukumana ndi mavuto odza kamba ka kusintha kwa nyengo, ntchito yothana ndi mavutowa ikuyenera kugwiritsa ntchito zichitochito zammadela akumudzi pofuna kuonetsetsa kuti chakudya, mphamvu komanso madzi zikupenzeka mosavuta kwa athu a mmadera akumudzi, ndicholinga chofuna kuchepetsa ululu omwe ukudza komanso omwe ukuyembekezeka kudza chifukwa cha kusintha kwa nyengo.

Bungwe la Catholic Development Commission (CADECOM) ku Zomba likuyendetsa ntchito yothana ndi kusintha kwa nyengo mbomali.

Mdela la agulupu a Kathebwe lomwe liri m'dera la mfumu yaikulu Mwambo munachulukira nchitidwe osiyira sukulu panjira makamaka kwa atsikana aku pulayimale azaka zoyambira 12 kupita mtsogolo. Izi zimachitika chifukwa cha kupezeka kwa Nyanja ya Chirwa mdelari komwe abambo ambiri amapita kukawedza nsomba ndipo akabwera ndi ndalama amawanyengelera asungwanawa ndi ndalamanzo mkumawasiyitsa sukulu. Ambiri mwa atsikana olowa m'banja mwa njira imeneyi akhala pamabanja osankhala bwino ndipo samakhalitsa chifukwa abambowa amawasiya nthawi ina iliyonse kukafuna atsikana ena pomwe iwo apeza ndalama zina kuchokera ku usodzi wa msombawu. Chifukwa cha ichi, magulu amdelari anakhala pansi ndikukambirana za njira zothetsera vutoli. Mwazina, maguluwa anagwirizana zonkhwimitsa malamulo omwe analipo kale koma samatsatidwa chifukwa chosowa mphamvu komanso upangiri oyendetsera malamulowo.

Kudzera mu gulu la uneneli wakumudzi la kwa Gulupu a Kathebwe lomwe linakhazikitsidwa kudzera mu polojekiti ya Climate Challenge Programme Malawi (CCPM), adindo makamaka mafumu ammidzi ndi anthu eni ake anakumbutsidwa za kuipa kolowa m'banja atsikana akadali achichepere komanso momwe derali lingathanilane ndi vutoli poonetsetsa kuti ana achitsikana ndiotetezedwa ku nkhaza za m'banja.

Anthu a mdelari ndiokhutitsidwa ataphunzitsidwa kuti ndi anthu omwe anapita ku sukulu okha amene amazindikira ubwino ndi kufunikira kosamalira zachilengwe kotero kuti ngati atsikana aphunzire ndiye kuti dera lonse likhala lozindikira komanso kuti zachilengwe ziyamba kusamalika. Ngati zachilengedwe zisamalike ndiye kuti ntchito yolimbana ndi kusintha kwa nyengo sikhalanso yovuta.

Kudzera mu ndondomekoyi, mtsikana wa zaka 15 Tamara Chafikana analondoledwa komwe anakwatiwa ndikukatengedwa kuti akapitilize maphunziro ake. Pamene Tamala amatengedwa

kubanjaku, anali ali ndi ana awiri. Agulu la uneneli wakumudzi atakumana ndi Tamala ndikumulimbikitsa, iye anavomera zochoka kubanja ndikubwereranso ku sukuli mpakana kukalemba nawo mayeso a kalasi lomaliza la ku pulayimale la sitandade 8. Komiti yoyang'anira zamayeso pa sukulupo inamulipirira Tamala ndalama za mayesowa motsogozedwa ndi wapampando wagululi Mr. Wilson Mutheko chifukwa mu kufotokoza kwake ananena kuti anasiya sukulu panjira chifukwa makolo ake sanakwanitse kumulipirira ndalama zamayeso. Tamala anakhonza mayeso ndipo anasankhidwa kukapitiliza maphunziro ku sukulu ya sekondale.

Pakutha pa miyezi 4, maukwati a ana achichepere okwana 5 anathesedwa ndikuwalora onse, mamuna komanso mkazi, kuti abwerere ku sukulu. Zonsezi zinatheka chifukwa cha upangiri wa gulu la uneneri wakumudzi pa nkhani za kusintha kwa nyengo omwe anaphunzitsidwa mwapadela kuchokera mu ntchito yothana ndi kusintha kwanyengo ya CCPM.

Gulu la Uneneri la kwa Kathebwe likugwira ntchito zochuluka kwambiri kumbali zosiyanasiyana monga chakudya, kusintha kwa nyengo, kugwiritsa ntchito ana achichepere, zaumoyo wabwino ndi zina zambiri limodzi ndi alangizi a boma komanso alangizi a bungwe la CADECOM.

Tamala ndi agogo ake panyumba yao mmudzi wa Kathebwe

Tamala Chafikana akupita ku sukulu atatsala pang'ono kulemba mayeso omaliza a ku pulayimale a sitadande 8

10. “Chilichonse Ndichotheka Makamaka Tikapanda Kudzionera Pansi..”

Kusowa kwa ntchito zopezera ndalama zothandizira kupeza zosowa pakhomo la munthu kumachititsa anthu kuonga zachilengedwe kuti apeze ndalamazi. Ena amadula mitengo enaso amawedza nsomba mosaona nyengo. Pamene nyengo ikupitirira kusintha, nawo mavuto odza kamba ka kusintha kwa nyengoyi akunka nakulira kulira. Kapezedwe ka ndalama nako kukakhalaso kovuta.

Bungwe la CADECOM ku Zomba likuyendetsa ntchito yothana ndi kusintha kwa nyengo m’boma la Zomba. Izi zikuchitika kudzera mu pulojekiti ya Climate Challenge Programme Malawi (CCPM).

Mbali imodzi imene ntchito yothana ndi kusintha kwa nyengo ikugwira ndikuthandiza kapezedwe ka zachuma mmakomo mwa anthu ndicholinga chothandizila kuthana ndi mavuto omwe amadza chifukwa cha kusintha kwa nyengo. Ichi ndichifukwa chake gulu la Tiyanjane linakhazikitsidwa mmudzi mwa Kaleso mdera la Gulupu Kathebwe kuti lizigwiritsa ntchito mphamvu zochokera ku dzuwa pochita malonda osiyanasiyana monga kuunikira, kutchaja mafoni ndi kugulitsa zakumwa zozizilitsa kukhosi kuti azipeza ndalama zothandizira mmakomo mwawo.

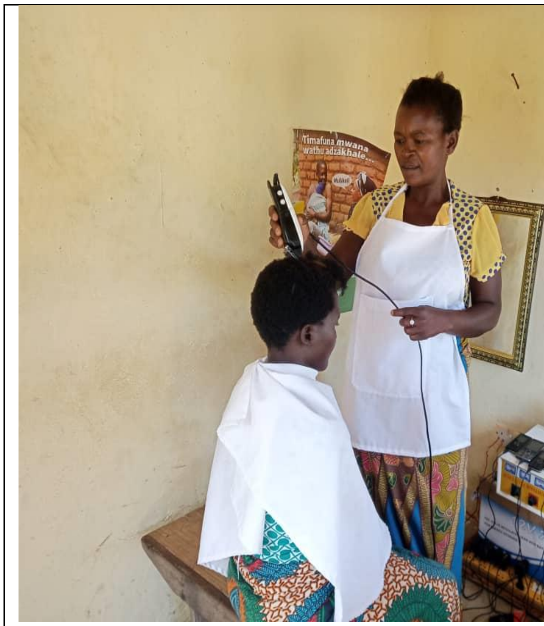
Mary Pitala yemwe ndi mayi wa zaka 46 ali ana 5 koma banja lake linatha amakhala ndi ana ake amuna awiri, akazi atatu ndipo amachokera mmudzi mwa Chinkhwangwa. Iye ndi mmodzi mwa amayi 27 kuchokera mmudzi mwa Kaleso amene amapindula ndi ku gulu la Tiyanjane lomwe limayendetsa ma bizinezi osiyanasiyana kuchokera ku Magetsi ochokera kuphamvu ya dzuwa.

Mary analowa nawo mu gululi ndi cholinga chofuna kuchulukitsa mwayi opeza zachuma pakhomo pake. Atalowa mu gululi anaonetsa chidwi chophunzira kugwiritsa ntchito chometera tsitsi chamagetsi chomwe gululi linagula komanso kutchaja mafoni ndi zina zambiri zomwe gululi limachita. Pano Mary anatchuka dela lonse chifukwa cha luso lake lamametedwe apamwamba ngakhale kuti ntchitoyi imatengedwa ngati ya amuna okha.

> “Ndimangokhala kunyumba nkumasilira azanga akugwira ntchito zosiyanasiyana zopezera ndalama. Pano ndine wachimwemwe chifukwa ndimapeza zonse zosowekera za pakhomo panga,” anatero Mary poyankhulapo za gulu la Tiyanjane.

Chifukwa chaluso la mametedwe la Mary, anthu ambiri akukhamukira kumaloku kuzametetsa ndipo pachifukwachi akumapanga ndalama zochuluka. Kudzera mu maphunziro apadela a za bizinezi, Mary anamvetsetsa kuti iye atha kugwira ntchito ina iliyonse ngakhale kuti iye ali mzimayi.

"Chilichonse ndichotheka makamaka tikapanda kudzionera pansi ndi kulimbikira. Pano ndine wachitsanzo mu guilu langa chifukwa ndinalimbikira kuphunzira zinthu zambiri mpakana ndinadziwa kumeta, ntchito yomwe imatengedwa kuti ndiya abambo okha, adafotokoza Mary monyadira"

	
Mary pita akumeta mzimayi mzake	*Mary pita akumeta ndevu za bambo*

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