

Sapitwa

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Official Newsletter of the



member of 



Save the Date!
8 July 2017
Mt Mulanje Porters Race



SAPITWA NEWSLETTER

Introduction: Sapitwa is a quarterly newsletter produced and published by the Mulanje Mountain Conservation Trust (MMCT) through its Environmental Education, Awareness and Communications programme.

The main purpose of the newsletter is for the Trust to share progress of its activities with its partners and interested individuals and also to be a channel of information sharing on environmental issues and developments. The newsletter is distributed free of charge and circulates throughout Malawi and beyond making it one of the mostly read periodicals in the country.

Readers are invited to contribute views, articles, letters and photos for publication on understanding that no payment will be made for such contributions. You are also humbly asked to share this copy with friends, colleagues and relatives as a way of letting the information flow.

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Change of address: In case you have changed address since the last time we sent the newsletter to your organisation, please inform us accordingly.

Editorial, Page-Layout and Design: by Kondwani CHAMWALA, Environmental Education, Awareness and Communications

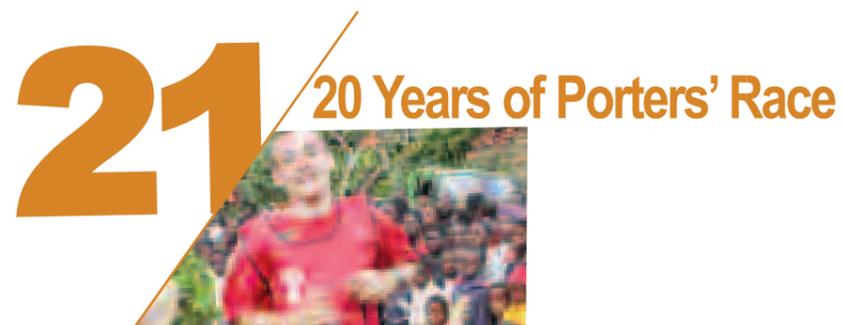
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...main articles IN THIS ISSUE

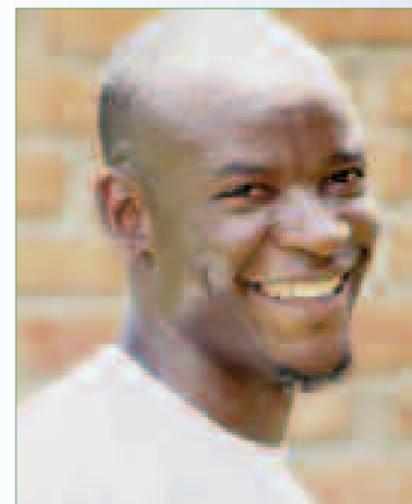


COVER:

Nazikambia Mlanjesis; This is endemic to Mount Mulanje, Malawi and is found in the evergreen forest fragments on moist southern and eastern facing slopes at mid altitude, and in the forest at high altitude on the Lichenya plateau.



Action From the EDITOR



Kondwani H. Chamwala

Happy New Year from Mount Mulanje! A warm welcome to yet another edition of Sapitwa Newsletter full of the much needed information.

In this edition, we are highlighting a new cedar project called Domestication of the Mulanje Cedar for Improved Livelihoods. In a nutshell, the project intends to generate new knowledge to enable cedar to be grown and sold by local people and be able to generate alternative sustainable household income. Just a reminder, Mulanje Cedar is critically endangered due to over exploitation. And this is an exciting project worth following.

With the tree planting right here, the edition has an insight on preparedness of the season and how geared other stakeholders are, for this season.

Again, Bondo Community is in lights through the Bondo Micro Hydro Power Station and the question is whether the power has added any economic value to people of Bondo, we have a report.

Most importantly, the edition takes a closer look to various sporting activities that MMCT supports and or facilitates. Phalombe and Mulanje Football leagues, Netball league, Muonekera League and notably the Mount Mulanje Porter's Race which celebrated the 20th Anniversary in 2016.

Inside this publication is the 2017 calendar to compliment the growing demand of calenders from MMCT.

Sapitwa would like to plead with every individual to be warned or share the warning to family members and friends on the floods which always take place during the rainy season. It is every person's responsibility to be careful, warn children and those that are located along river banks. Our lives are important, and lets protect our valuables too.

Our action for the future generation: Lets plant more trees now! Let us use our natural resources responsibly and think of the next generation.

Lastly, we always appreciate your precious time to go through this publication and most significantly your comments and feedback. It is our hope that you will share the copy with friends and relatives immediately after you finish reading.

Enjoy!

"...Let us use our natural resources responsibly and think of the next generation."

Many thanks to our Contributors

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A word from the EXECUTIVE DIRECTOR



Carl Bruessow

Today, there are an increasing number of natural resource challenges that affect the conservation work of our forests in this country. Sadly, our decreasing forest area and the reduced fuelwood and timber has serious negative impacts on village livelihoods.

At Mt Mulanje the management issues provide extreme difficulties to a variety of local needs. The mountain's resources have been used as the main local coping mechanism following the famines of the past two years that has resulted in a high increase in illegal timber harvesting (especially Mulanje Cedar), charcoal burning and arson set wildfires on the mountain. All these activities have negatively impacted our unique biodiversity.

These threats to the mountain and local livelihoods are increasing! The flash floods in some rivers, landslides and rockslides down some parts of the mountain are clear manifestations that we need the trees to support land conservation from natural disasters. These past and possible future negative impacts call for all of us to work together today, as the current damage along riverine areas and to smallholder crops needs to be reversed. MMCT has assisted the financing of the core management activities on the mountain and also that of the increased law enforcement.

In the quest to protect the Malawi's National Tree – Mulanje Cedar which is critically endangered due to over-exploitation, the Department for International Development through the Darwin Initiative (support to protect biodiversity and natural environment through locally based projects worldwide) awarded the grant of £252,172 to Botanical Gardens Conservation International and MMCT to support the restoration of the Mulanje Cedar in Malawi.

This 'Domestication of the Mulanje Cedar for Improved Livelihoods Project' that has now been started is commonly known as the "Save Our Cedar" project. The Project will generate new knowledge to enable the Cedar to be grown by local community nurseries thereby generating alternative sustainable income to those involved. This will increase awareness of the importance of cedar, make available a substantial number of seedlings and therefore improve conservation of this species.

The project will therefore deliver biodiversity and livelihoods benefits by; defining optimal growing conditions and improving horticultural protocols for cedar restoration on Mulanje and for wider cultivation in Malawi. It will also generate alternative sustainable income sources for poor people through sale and planting of cedar seedlings and significantly reduce unsustainable exploitation and habitat loss of natural stands of cedar.

The Department of Forestry, Forest Research Institute of Malawi, Botanic Gardens Conservation International and Mulanje Mountain Conservation Trust, are all co-implementing this project over the next three years together with the Traditional Authorities and the ten village communities.

Happy New Year! And remember to grow at least one tree!

"These past and possible future negative impacts call for all of us to work together today..."

Like our facebook page: [Mount Mulanje](#)

December to April marks the tree planting season in Malawi. Various Government departments, NGOs, private institutions, communities and individuals render their maximum efforts to see Malawi greener. People surrounding Mount Mulanje and its reserve are planting trees that will assist in protecting the forest reserve. **Kondwani Chamwala** writes;



Many Stakeholders join tree planting

The tree planting season is finally here. Government departments, Non Governmental Organisations, companies, institutions, communities and individuals are busy planting trees in the quest to reforest Malawi.

Stakeholders around Mulanje Mountain Forest Reserve (MMFR) are geared for this season's tree planting to compliment the exercise championed by Department of Forestry .

Speaking in an Interview, Mulanje District Forestry Officer, Lemos Mlaviwa expressed satisfaction with the coming in of various organizations and companies for the tree planting exercise this season.

"Various stakeholders are coming in this year, we believe we will plant many trees both around the reserve and on top of the mountain," said Mlaviwa.

Among notable organizations and companies taking part in the exercise are Blantyre Water Board, Raiply Limited, Mulli Brothers, Eastern Produce and Lujeri Estate. In addition to these, there are also 10 mega community nurseries around the reserve and other 20 small nurseries managed by youths with

assistance from Mulanje Mountain Conservation Trust.

According to MMCT's Programme Officer responsible for Forest Co-Management and Sustainable Livelihoods, Moffat Kayembe the community nurseries were established to empower communities to own seedlings that can be easily accessed in their localities. This assists in saving time to most communities and schools to access free seedlings from MMCT nursery.

An estimate of 2 million seedlings will be planted this season in Mulanje and measures are in place to take care of the planted seedlings.

"We are happy that MASAF 4 will bring in a weeding and firebreak clearance component. This will assist in making sure that there is care for the planted seedlings," added Mlaviwa.

He further said, the impacts of destruction of natural resources are enormous and require joint efforts to overcome some of them.

"Interestingly, tree is a resource that can be renewed. We need to work together to replenish where we destroyed," said Mlaviwa.

For some time now, the commercial city of Malawi – Blantyre, has been experiencing, water shortages. Amongst the resources that the country has, as a solution to the water shortage in Blantyre is Mount Mulanje. **Jacquiline Mpeni** reports;

Mt Mulanje supplies water to Bt

On November 7, President of the Republic of Malawi Professor Arthur Peter Mutharika launched the construction of the new water supply system from Likhubula River in Mulanje to Blantyre water supply area at Likhubula forest ground.

Speaking to people gathered at Pasani Primary school ground after ground breaking ceremony at Likhubula, President Mutharika said the project is important as water systems are being expanded it is part of the bigger plan to develop the country.

The government of Malawi through Blantyre Water Board is spearheading the project, which is intended to benefit both Mulanje and Blantyre.

According to the board chairperson of Blantyre Water Board, James Naphambo, apart from benefiting through the water supply, people surrounding Mulanje Mountain where Likhubula River stems from, they will also have a chance of paid work through afforestation.

"The Blantyre Water board together with other stakeholders, we are planning to plant tree seedlings covering 550 hectares around the mountain and the expectation is that the river will continue supplying water to Blantyre throughout the year, every day," said Naphambo

It is expected that from the source, the water will be treated at Nguludi turn-off 60 kilometers from Mulanje

After being treated, some of it will be supplied to the Malawi University of Science and Technology campus and the rest to Blantyre and surrounding areas.

The whole project is expected to be completed in 18 months starting in 2017.

Imagine what would happen if all of us planted a tree on our Birthday!

*“In June 1984, the Malawi Government declared Mulanje Cedar to be the National Tree of Malawi.” Over 30 years down the line, a lot has happened, the value of the tree coaxed many to harvest it illegally. Cedar is facing extinction but efforts are still there to restore this national icon. **Sam Majamanda** writes;*

Protecting Malawi's Pride

Southern Africa is home to the prestigious *Widdringtonia* which is a genus of coniferous trees in the *Cypressaceae* (Cypress) Family.

This pride comes in four species namely *Widdringtonia Cedarbergensis* (Clan William cypress) endemic to Cedarberg Mountains of South Africa, *Scharzii* (Willowmore cypress) endemic to Baviaanskloof and Kouga in the same country, *Whytei* (Mulanje Cypress) endemic to Mulanje Mountains in Malawi, and *Nodiflora* (Mountain cypress) which is shared across the regions where the first three species are found.

Apart from having its own species endemic to her, Malawi happens to have the best Cypress among the four, as this species is considered most valuable due to its availability in larger sizes than the rest.

It is against this background (and other additional facts) that the Malawi Nation in the year 1984 declared *Widdringtonia Whytei* popularly (and mistakenly) known by the locals as Mulanje cedar the country's pride – its national tree.

By the time Malawi declared this Cypress a national tree, the iconic species overwhelmed Mulanje Mountain; covering a total land size of 1 462 hectares of the Mountain.

On top of that, there are also other places (not documented in Malawi's history of cypresses) where the tree existed even before the end of the country's Colonization such as at Zomba Plateau where the Cypress is believed to have been planted by British Colonialists who sourced its seedlings from its original home; Mulanje Mountain.

However, despite Mulanje Cypress (Cedar) being the national tree for Malawi and having been known to be existent since 1907, citizens of the landlocked Republic continue to live in mysteries over the regeneration of the evergreen creature that acts as home to many other living organisms, while growing to heights of 40-50 meters.

A common belief among locals



Chiefs from Mulanje district taking their turn to plant cedar

especially in Mulanje and Phaloombe (and has always been) that it is God-planted, and no man can succeed in the adventures of trying to replenish it scientifically.

It is common knowledge that has been socially and religiously passed on from generations to generations that even children of the current century do not have the guts to question it, but rather store it safely.

In the year 2013, the valuable species appeared on the International Union for Conservation of Nature (IUCN) red list (of most endangered species): meaning that with no quick measures put in place to protect it, the species could very soon

become extinct.

As of January 2016, information from the IUCN website indicated that due to various factors surrounding lack of protection and abuses, Mulanje Cypress is only a step away from extinction.

The IUCN estimates that *Widdringtonia whytei* covered only 845 hectares of Mulanje Mountain by the last assessment of 2013; adding that while still facing the four main enemies; illegal logging, frequent wild fires, lack of regeneration and exotic pests, the tree is likely to face a decline of more than 80 percent towards extinction as we reach 2030.

In 2014, through a survey Mulanje Mountain Conservation Trust realized that

on the Mountain there were no more Cedar trees that reached the height of 50 meters and diameters of 2 meters as it used to be in the days the tree was declared national, a thing which the organization attributes to premature harvesting of the genus over the past three decades.

“There was a total of 63, 609 standing trees of the Cedar, of which 25, 609 were but dead and dry due to wildfires and other causes of premature death” reads part of the survey results report.

Meanwhile, still believing in the ‘god-replenishment’ theory, citizens continue to put the Cypress at risk with increased cases of illegal logging being filed at the Police and Magistrate Courts and tones of illegally harvested cedar products being confiscated.

This situation in 2015 forced the Malawi Government to engage the Malawi Defense Force to sweep off all harvesters from the Mountain and other hills in the country, in order to arrest deforestation and destruction of the National Pride.

Looking at the broader picture, a big chunk of the Cedar from Mulanje Mountain is legally harvested by a few individuals who have permits to do so, at the expense of the whole Malawian population.

It is believed that some people with strong political backing have full rights to simply harvest too much than they should; especially now at a time the National Tree is striding towards the end of its historical existence.

Is the belief simply a misconception?

Even though a good percentage of Malawians have held on to the belief that Mulanje Cedar cannot be planted by humans, over the years the scientific community and natural resources researchers in the country have gone beyond to unearth what is believed to be evidence of possible human replenishment of the genus at some time in history.

A recent research by the Forest Research Institute of Malawi revealed that a lot of



Save our Cedar meeting at Hapuwanji Village Lodge

plantation of the mystified Cypress was done at Zomba Plateau during the World War II period of 1940 – 1945, significantly quashing fears that only the hand of God replenishes the tree.

Acting Director for FRIM, Tembo Chanyenga argues that on its own the presence of Mulanje Cedar at Zomba Plateau is a conclusive piece of evidence that the tree can be planted by human beings, as it was definitely transferred from its original home (Mulanje Mountain) to the Plateau where it never belonged.

Additionally, seedlings developed in nurseries at FRIM premises in Zomba have proved to grow faster in environments similar to the ones on some parts of the Mulanje Mountain where a lot of Cedar trees used to be seen in the past.

Hands across to save Mulanje Cedar

In 2015 Mulanje Mountain Conservation Trust and Senior Traditional Leaders from Mulanje and Phalombe districts that share the Mountain's boundaries came together to look into a Cedar Management Plan to assist in replenishing the Cypress in a period short as it might be possible.

A year down the line, a partnership for Cedar salvation between MMCT, Forest Institute of Malawi (FRIM) and the Botanic Gardens Conservation International (BGCI) emerged with an initiative called Save our Cedar, which is set to replant at least half the population that is needed for the indigenous tree to step out of the red zone.

According to Kirsty Shaw who is Head of Ecological Restoration & Tree Conservation at BGCI, there is need for at least 500 000 Cypresses to be planted each year on the Mountain for five or more years if the population is to be stabilized.

Said Shaw; “Our partnership is set to plant at least 500 000 seedlings each year for three years and that should replace 1.5 million in the next three years of implementation of the Save our Cedar



The DFO Mr. Mlaviwa (Left) and Prof. Sambo planting cedar

initiative and we will hopefully cover a distance of 5,084.84 hectares with these seedlings.”

The partnership might seem some luck, but facing people's resistance due to their beliefs and the feeling that they are being robbed over the Cedar might just defeat the whole purpose of the save our cedar initiative which is set to save the Malawi Pride.

In Malawi Mulanje Cedar is credited for being a source of valuable products such as soft wood used to make furniture and roofing, Mulanje tar, and currently research is going on with an objective of discovering whether the fragrant tree could be used in the production of perfumes and other sweet scents.

Stakeholders posing after planting cedar





The new Cedar Project on Mt Mulanje

A new project entitled "Domestication of the Mulanje Cedar for Improved Livelihoods" was conceived in Mulanje by the local District authorities and chiefs from Mulanje and Phalombe through a Stakeholders' meeting held at MMCT offices on 8th April, 2016.

The project seeks to restore, Malawi's National Tree, (The Mulanje Cedar) which is critically endangered due to over exploitation. The Project will generate new knowledge to enable the cedar to be grown and sold by local people thereby generating alternative sustainable income. This will lead to raised awareness of the cedar's importance, and improved conservation of this species.

The project will therefore deliver biodiversity and livelihoods benefits by a) defining optimal growing conditions and improving horticultural protocols for cedar restoration on Mulanje and for wider cultivation in Malawi, b) generate alternative sustainable income sources for poor people through sale and planting of cedar seedlings and c) significantly reduce unsustainable exploitation and habitat loss of natural stands of cedar.

This project received funding from The Department for International Development (DFID) through its Darwin

Initiative (a UK government scheme that helps to protect biodiversity and natural environment through locally based projects worldwide). DFID awarded this grant to a tune of £252, 172 to Botanical Gardens Conservation International (BGCI) to support restoration of the Mulanje Cedar on Mulanje Mountain Forest Reserve (MMFR). The project is implemented by an expert partnership of the Mulanje Mountain Conservation Trust (MMCT), Forest Research Institute of Malawi (FRIM) and the Botanical Gardens Conservation International (BGCI)

The cedar project was inaugurated on 8th June 2016 in Mulanje District. Stakeholders present during the launch included all Traditional Authorities (Chiefs) from Phalombe and Mulanje Districts; District Commissioners (Phalombe and Mulanje); A representative of National Herbarium and Botanic Gardens of Malawi; Board Chairman of Mulanje Mountain conservation Trust; Representative of Director of Forestry; Representative from BGCI, District Forestry staff, MMCT staff, representative from academia and different media houses. All stakeholders welcomed the project and promised to support the implementing institutions in order to

realise project objectives.

The project launch reached its climax with planting of cedar trees at Mulanje District Commissioners' Office where each stakeholder had planted a cedar seedling. This was done in order to demonstrate to general public that cedar can be planted and grow into a big tree.

Following the launch, a twelve member steering committee of various disciplines but relevant to natural resources conservation was put in place to provide project monitoring and evaluation for its duration and so far it has met once.

The project hired a consultant from LUANAR to carry out a Socio Economic Baseline Study to inform its implementation. Thereafter, MMCT and FRIM facilitated identification of 10 community nursery sites surrounding the mountain and 150 community members who are willing to manage cedar nurseries and thereafter sell the seedlings to the project.

The nursery care takers have constructed nursery shelters using locally available materials. Six nurseries are in Mulanje and four in Phalombe districts.

MMCT has procured nursery equipment including wheelbarrows, shovels, watering cans, sickles, pangas and polythene tubes to facilitate smooth running of the community nurseries.

The project, through BGCI, brought in international experts on nursery management and have shared noted with FRIM and thereafter will train caretakers in December 2016 before seed sowing. The project expects to raise > 500,000 seedlings per year (50,000 from each nursery) and this will help to significantly contribute towards the targeted number of 1,745,040 (1322 ha.) cedar seedlings to be planned on Mount Mulanje according to 2014- 2019 Mulanje Cedar Management Plan.

Nakhonyo Co-Management group

*Mulanje Cedar/Sida/Nkungudza ndi mtengo omwe umapezeka m'Phiri la Mulanje kokha mdziko la Malawi. Kuchokera ku mtengo umenewu anthu amatha kucheka matabwa abwino komanso olimba, osadyeka ndi chiswe. Umathanso kugwiritsidwa posema ziboliboli. Malingana ndi pulojekiti ya tsopano, anthu mwina nkusimba lokoma komanso kubwezeretsa mtengowu. **Mtolankhani wathu** akufotokoza;*

Nazale za Sida zafika ku mudzi

Phindu la mtengowu lapangitsa kuti anthu azingodula mwachisawawa koteru kuti pano mitengo ya Cedar yatsalamo yochepa kwambiri m'phirimu. Kuwonongeka kwa Cedar ndi mitengo ina kwadzetsa kusowa kwa chuma kwa anthu ozungulira nkhalangoyi kukokoloka kwa nthaka komanso kusefukira kwa madzi chifukwa chakuti madzi amabwera ambiri komanso mothamanga kuchokera m'phirimu nyengo yamvula ikafika.

Mtengowu uli pachiosezo kwambiri. Ngati njira zina zotetezera kapena kubwezeretsa mtengowu sizipezeka, mtengowu udzasoweratu.

Ndondomeko ya ntchito yosamalira Cedaryi, ndi chikonzero chopangidwa mothandizana ndi Nthambi ya za Nkhalango, a za kafukufuku, amabungwe, ndi anthu ozungulira nkhalango ya Phiri Mulanje ndi cholinga chodzalanso ndi kubwezeretsa chiwerengero cha mitengo ya Cedar mu nkhalangoyi. Mgwirizano wa magulu amenewa udzakhala ndi phindu lokhalitsa kwa mtengo wa Cedar komanso anthu ozungulira Phiri la Mulanje.

Malinga ndindondomeko ya ntchitoyi, Phiri lidzayezedwa kuona kuti mitengo ya Cedar ili malo ati komanso kupeza malo abwino oyenera kudzala mitengoyi.

Anthu ozungulira nkhalangoyi adzaphunzitsidwa njira zofesera komanso zopezera phindu ndipo adzathandizidwa kuti nawo apange ma



Limodzi mwa ma gulu omwe ali ndi nazale za cedar ku Phalombe

Nazale awo a mitengoyi.

M'mbuyomu chikonzero chodzala mitengo ya Cedar sichinapindule kwambiri, pa zifukwa zosiyanasiyana komabe mitengo ya Mulanje Cedar imakula bwino mu nkhalango ya Phiri la Mulanje komanso madera ena monga ku Zomba. Mu chikonzero chapano muli akatswiri oona za mitengo yosiyanasiyana kuti athandize kuunikira ndi cholinga choti zotsatira zake zikhale zopambana.

Kuphatikiza pa kubwezeretsa mitengo imeneyi m'Phiri la Mulanje, ntchitoyi ichitikanso m'madera ena kuti Mulanje Cedar azithanso kudzalidwa kumeneko. Ntchito imeneyi ithandizanso kuti mbande za Cedar zikhale ndi msika waukulu komanso kuti chiwerengero cha mtengowu chisatheretu komanso kuti anthu ofesa akhale ndi njira yokhazikika yopezera ndalama.

Kwa nthawi yaitali anthu ambiri

amakhulupilira kuti Mulanje Cedar ndi chozizwa chochokera kwa Chauta. Koteru palibe nzeru ya munthu imene ingathe kuteteza mitengoyi kuti isathe mphiri kaamba kakuti Cedar sadzalidwa.

Koma kafukufuku watsimikiza kuti Cedar wambiri yemwe agwiritsidwa ntchito lero anadzalidwa kalekale. Mwachitsanzo, misitu ina ya Sombani, Chambe, Lichenya ndi Fortlister inachita kudzalidwa.

Cedar wina anakadzalidwanso ku Zomba ndi ku Chikangawa ndipo anachita bwino. Koteru nzotheke kubwedzetsa mtengowu.

Padakali pano magulu khumi ozungulira phiri la Mulanje ali kalikiliki ndi ntchito imeneyi. Maguluwa ndi Nakhonyo, Kazembe, Gambeya, Chole, Makolera, Lomoliwa, Kadewere, Msikita, Gwirima ndi Nessa. Maguluwa athandizidwa ndi zipangizo zogwilira ntchitoyi.

NDEMANGA...

Takulandirani ku nyuzi yanu yokonedwa ya **Sapitwa**. Umundi momwe timamva zochitikachitika zosiyanasiyana zokhunza kusamala chilengedwe komanso kuphunzirapo ziwiri kapena zitatu.

Mau apadera omwe tikumbutsane ndikhuza nyengo imene talowayi, nyengo ya mvula. Zambiri zimachitika ndipo ndichanzeru kuti tigawane zina mwa izo.

Poyamba tikumbukire kuti nyengoyi ndi nyengo imene timabzala mitengo yomwe imatiteteza mu njira zosiyanasiyana. Ndipo ubwino wa mitengo ku umoyo wathu wa tsiku ndi tsiku sitisowanso kukumbusana. Komabe nkofunika kwambiri kuti tibzale mitengo pakhomo pathu komanso mphepete mwa mitsinje.

Koposaposa tikumbukire kuyisamala mitengoyo tikabzala. Tiypalire, tiyiteteze ku moto olusa ndinso ziweto.

Chachiwiri komanso chofunika ndi kupewa ngozi zimene zimabwera kaamba kakusefukira kwa madzi. Nzosabitsa kuti mmadera ambiri, mitengo yomwe inali mphepete mwa mitsinje komanso mapiri tinaononga pofuna kupeza ndalama mwansangansanga. Lero tilibe chitetezo chilichonse kuchokera ku madzi osefukira. Mapeto ake minda yathu, ziweto zathu, katundu wathu akumakokoloka ndipo mwinanso mpaka ena kuluza miyoyo kumene.

Mmene nyengoyi yafika tipemphe onse omwe nyumba zawo zili mphepete mwa mitsinje kuti akhale tcheru kapenanso kusuntha kumene popewa ngozi.

Tiyeni tikhalenso tcheru pamene tili ku ntsinje poti mvula ikumatha kugwa kuphiri kokha, ntsinje nkudzadza mpaka kukokolora anthu omwe anali kungsi kwa ntsinje.

Tisaleme kuchenjedza ana athu kuti nyengo ino siyosewera ku ntsinje komanso ngati apeza ntsinje wadzadza, akuyenera kudikira.

Miyoyo yathu njofunika zedi tiyeni tipewe ngozi zodza mwadzidzidzi munyengo ino ya mvula.

Pomaliza, **SAPITWA** akufunirani Khilisimisi ndi Chaka cha tsopano chopambana.

Zikomo

MKONZI

Zambiri mwa nkunu zathu zimachokera ku mitengo yomwe ya mbiri ndi yachilengedwe. Pamene chiwelengero cha anthu chikuchulukirabe, kufunika kwa nkuni kukukhalanso kochuluka. **Mtolankhani wathu akufotokoza za**

Chitetezo MBAULA



Limodzi mwa magulu opanga Mbaula kuonetsa luso lawo

Pamene dziko likugwebana ndikusintha kwanyengo komanso kusoloka kwa mitengo, magulu ena a ku Mulanje ndi Phalombe ali kaliliki kufuna kuchepetsa chiwelengero cha nkuni zomwe maanja amagwiritsa ntchito pophika.

Kupyolera mu upangira ochokera ku Mulanje Mountain Conservation Trust (MMCT), magulu awiri ochokera mmidzi ya Khamcha, ku Phalombe komanso Naluso, ku Mulanje ndi akatswiri opanga Mbaula za makono zotchedwa Chitetedzo Mbaula.

Ataphunzitsidwa bwino mwaukadaulo ndi thandizo lochokera ku Malawi Environmental Endowment Trust (MEET) maguluwa ali pa muyeso opanganso phindu lalikulu kudzera mu luso lawoli.

Modzi mwa alangizi a Mbaulazi anatsindika pa phindu lomwe maguluwa azipeza pogulitsa mbaulazi.

“Mbaulazi ndi zadongo, zolimba komanso zosavuta kunyamula, pamene akuwumba mbaulazi, maguluwa azitha kumagulitsa ku madera kwao komanso ku misika ina yokhazikika, ndipo maguluwa akhonza kukhala ndi chuma chambiri” adatero Kaliza

Malingana ndi alangiziwa, kupatula kuphikira nkuni zochepe, palinso ubwino a nkhaninkhani.

“Kuonjezera apo, mbaulazi sizimatututsa wambiri ndipo kutha kuphikira mapesi kapena mitengo ya nandolo,” adaonjeza motero Kaliza.

Kudzera mu zionetsero zomwe maguluwa anachita mbuyomu, zaonekera poyera kuti maguluwa ngolimbikira ndinso a khama pa ntchito yawo.

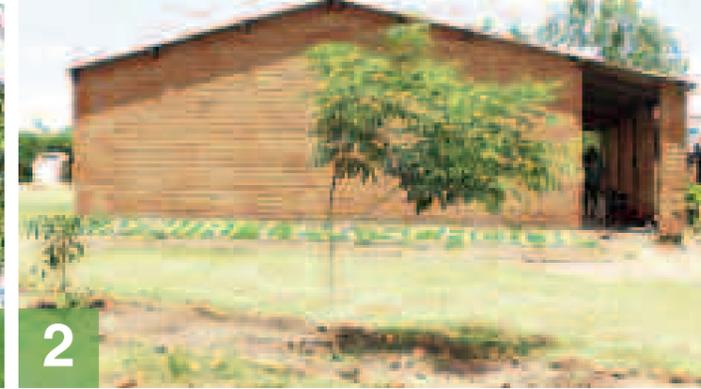
Malingana ndi chikonzero, pokwana mmathero a mwezi wa December 2016, maguluwa akuyenera kukhala ataumba komanso kugulitsa mbaula zoposera 4000.

Pamene mwafika mmidzi ya Khamcha ku Phalombe komanso Naluso ku Mulanje, ziwani kuti mwapedza Chitetedzo Mbaula pa mtengo wosabowoola nthumba.

Sapitwa kudzera mu Zinthunzi



1



2



3



4



5



6



7



8

- 1 Mfumu Nantali (pakati) kuchokera ku Phalombe inalandilira mphoto kuchokera ku MBC kaamba koti pamodzi ndi anthu ake amayetsesa kusamalira nkhalango ya phiri la Mulanje yomwe ili mdera mwake.
- 2 Mtengo wa chaka chimodzi pa sukulu ya Kaphiri.
- 3 Pa chikondwelero cha Mulhako wa Alhomwe panali chionetsero cha zina mwa zipatso zopezeka mmaboma ozungulira Phiri la Mulanje
- 4-5 Wina mwa katundu wolandidwa kaamba kosowa ziilolezo.
- 6 Osewera mpira wa Ntchemberembaye kutenga mbali podzala mitengo
- 7 Ophunzira a sukulu ya ukachenjedje ya Polytechnic kujambulitsa ku Dziwe la Nkhalamba
- 8 Ophunzira kudzala mtengo mothandizidwa ndi modzi wa akuluakulu a oyang'anira nkhalango

Sabitwa Newsletter

Chisepo hut on Mount Mulanje near Sapatwa Peak

JANUARY

M	T	W	T	F	S	S	M	T	W	T	F	S	S
30	31					1	6	7	8	13	14	15	22
2	3	4	5	6	7	8	13	14	15	16	17	18	19
9	10	11	12	13	14	15	20	21	22	23	24	25	26
16	17	18	19	20	21	22	27	28	29				
23	24	25	26	27	28	29							

FEBRUARY

M	T	W	T	F	S	S
		1	2	3	4	5
		8	9	10	11	12
		15	16	17	18	19
		22	23	24	25	26
		28				

MARCH

M	T	W	T	F	S	S
		1	2	3	4	5
		8	9	10	11	12
		15	16	17	18	19
		22	23	24	25	26
		29	30	31		

APRIL

M	T	W	T	F	S	S
					1	2
		5	6	7	8	9
		12	13	14	15	16
		19	20	21	22	23
		26	27	28	29	30

MAY

M	T	W	T	F	S	S
		1	2	3	4	5
		8	9	10	11	12
		15	16	17	18	19
		22	23	24	25	26
		29	30	31		

JUNE

M	T	W	T	F	S	S
					5	12
		6	7	8	9	10
		13	14	15	16	17
		20	21	22	23	24
		27	28	29	30	

*5 - World Environment Day

JULY

M	T	W	T	F	S	S
					1	2
		4	5	6	7	8
		11	12	13	14	15
		18	19	20	21	22
		25	26	27	28	29

AUGUST

M	T	W	T	F	S	S
		1	2	3	4	5
		8	9	10	11	12
		15	16	17	18	19
		22	23	24	25	26
		29	30	31		

SEPTEMBER

M	T	W	T	F	S	S
					1	2
		4	5	6	7	8
		11	12	13	14	15
		18	19	20	21	22
		25	26	27	28	29

*8 - Mount Mulanje Porters Race

OCTOBER

M	T	W	T	F	S	S
					1	8
		3	4	5	6	7
		10	11	12	13	14
		17	18	19	20	21
		24	25	26	27	28

NOVEMBER

M	T	W	T	F	S	S
		1	2	3	4	5
		8	9	10	11	12
		15	16	17	18	19
		22	23	24	25	26
		29	30			

DECEMBER

M	T	W	T	F	S	S
					1	2
		4	5	6	7	8
		11	12	13	14	15
		18	19	20	21	22
		25	26	27	28	29

Kwa zaka zambiri mbuyomu, dziko la Malawi lakhala likukumana ndi mavuto ochuluka ndipo ena mwa mavutowa ndikusintha kwa nyengo, chilala ndi madzi osefukira, zomwe zapangitsa dziko la Malawi kukhala m'mavuto osaneneka, koma kodi ntchitoyi njandani? Mtolankhani wathu walembe motere;

Ntchito yobwezeretsa chilengedwe njatonse

Malinga ndi kafukufuku yemwe bungwe la achinyamata la Tigwilane Manja Youth Club lakhala likuchita waonetsa poyera kuti mavuto akusintha kwa nyengowa akunka pa tsogolo kamba ka m'nchitidwe odula mitengo mosasamala omwe wakhadzikika m'madera osiyanasiyana.

Kudzera mukafukufuku zasonyezanso kuti a Malawi ambili alibe udindo oyang'anira ndi kuteteza chilengedwe m'madera awo koteru anthu ochuluka omwe akadatha kukhala pa tsogolo posamala ndikuteteza zachilengedwe ndi omwense ali kalikiliki kudula ndi kugulitsa mitengo yomwe imapezeka m'mapiri ndi malo osiyanasiyana muno M'Malawi.

Tsono funso mkumati a Malawi kodi tingabwezeletse bwanji chilengedwe m'dziko muno ngati sitikusiya m'chitidwe odula mitengo chisawawa m'malo m'mene muli mitengo monga m'mapiri ndi nkhalango zosiyanasiyana kuno kwathu.

Mzachiziwikire kuti ntchito yobwezeletsa chilengedwe ingathe kuthala nyimbo chabe ngati mabungwe ndi atsogoleri komanso a Malawi eni sakutha kuzindikira za udindo wawo maka pa nkhani yokhuzana ndi chilengedwe kuno kwathu.

Popherezela mawu okuti kutola nkhubwe ndi m'mawa nkofunika a Malawi eni, tikhale ndi chidwi chachikulu poonetsetsa kuti mitengo ndi zachilengedwe zina zomwe zilipo zithe kuyang'aniridwa komanso kutetezedwa bwino lomwe ndi cholinga choti tsogolo la dziko la Malawi maka pa nkhani yazachilengedwe lidzakhale lowala. Mu mau ake Bright Masamba yemwense ndi



tsogoleri wa bungwe la Tigwilane manja Youth Club ku Mulanje adati: ngati m'modzi mwa achinyamata m'dziko muno yemwe nkhanu yakusintha kwa nyengo yamukhuza, ali okonzeka kulimbikitsa ndi kulondolera achinyamata zina mwa njira zomwe akuyenera kutsata pa nkhanu yobwezeletsa ndi kuteteza za chilengedwe muno m'Malawi.

Iye anatinso masiku ano pomwe mavuto a zanyengo akupita patsogolo ndibwino kuti achinyamata akhale ndi magulu osiyanasiyana m'madera awo omwe akhale pa tsogolo kuonetsetsa kuti chilengedwe cha m'madera mwawo chikusamalidwa ndinso kutetezedwa posadikira boma kuti lichitepo kanthu. Masamba anati izi zithandiza kwambiri pa ntchito yolimbana ndi kusintha kwa nyengo muno M'Malawi. Mukafukufuku wa achinyamata a bungweli waonetsa kuti chiwelengelo cha a Malawi dziko muno ndichochuluka koma udindo otenga nawo mbali pankhani zachilengedwe ndi wa anthu ochepa okha zimene zikupangitsa kuti a Malawi ambiri akhale asakudziwa kufunika koyang'anira ndikusamalira za chilengedwe.

Ndipo polankhulapo a Kondwani Chamwala adathokoza a chinyamata a bungwe la Tigwilane manja Youth Club pa mfundo zomwe anyamatawa akutsata poonetsetsa kuti chilengedwe chikubwezeletsedwa muno M'Malawi komanso mu nkhalango ya phiri la Mulanje.

Iwo anati ngati achinyamata akhala patsogolo kuyang'anira ndikuteteza zachilengedwe mposavuta mabungwe ndi boma kulimbikitsa achinyamata oterewa kuti ntchito zawo zithe kupindulira dziko la Malawi maka pa mfundo yobwezeletsa ndi kusamalira komanso kuteteza zachilengedwe. Chamwala adapemphanso achinyamata kuti akhale ololerana ndipo agwilane manja monga mwa dzina lawo kuti ntchito yomwe adayiyamba mzaka za m'buyomu ipite pa tsogolo ndi kupindulira M'Malawi aliyense.

Ndipo potsiliza mawu awo achinyamata a Tigwilane Manja Youth Club adati iwo ndi okonzeka kugwira ntchito ndi mabungwe osiyanasiyana muno M'Malawi ndicholinga choonetsetsa kuti khumbo lawo lobwezeletsa chilengedwe likwanilitsidwe.

Mlakatuli wa Chilengedwe

Mlakatuli **Maxwell Bowman**

MBIRI YA PHIRI LA MULANJE

Ndagoma nawe Mulanje
Kuoneka kwako ngati ku ulaya kuja
Kwandibweretsera chisangalalo
Nchitenji ine.

Ndiyani sadziwa za iwe?
Msupa yonga iwe Mulanje
Ndi maluwa anji sadamere pa iwe?
Ntheradi ndakutayira kamtengo.

Nziwe lanji linasamba nkhalamba
Monga iwe ziwe la nkhalamba
Kuulaya achitanawe nthumazi
Mbambadi udabadwa.

Mtengo otani sunamere pa iwe?
Nanga bwanji amakutchula kuti Mulanje Sida.
Bwanji sakutchula kuti Kirimanjalo Sida
Ndi iwe wekha basi Mulanje.

Chenjezo lanji longi iwe Sapitwa
Yense ofuntha amaona mazangazime.
Pomusina khutu umvekere: chowawa salawa.
Unalengedwadi Mulanje.

Ndzauza dziko kuti ligwadire iwe
Chifukwa palibe ndi modzi yemwe.
Adatchuka kuposa iwe, ngakhale pulesidenti ndiwe
wekha Mulanje.

Zimakhala motani iwe Mulanje?
Zomati angelezi akabwera ku Malawi
Ngati sanapondepo phiri la Mulanje
Amvekere ku Malawi sitidapitetso
Tabwelera panjira
Ndazizwa nawe Mulanje.



Mlakatuli **Kenneth Mulera**

MUZAKWERE

Tanthwe lazipumi-zipumi mpaka kuzungulira
Pabeseni la Chambe chilumba cha mmalere
Muzakwere maka mchilimwe dwale lisanamere ndele
Pokonza kapansi kuti phirili politsika
Azakhale atakwanira anu mano mkamwa.

Mphwayi sikanthu zokumva kupweteketsa mutu
Ndinamera miyendo poopa kumvera za mmaluwa
Pamwambapo ndiye ndakafikapo ine
Ndimaso anga osavalawa, ndidazona mbalame zosangalatsa
Zomandimwetulira ngati ndazibaibisa.

Ndipamwamba zedi kuntozo kwa Mulanje
Kuchimake kwa cheu chikhupule cha nsapato
Chilele cha tsache la mnyumba chikunga kapinga
Ndipamuonekera wa Nyanja ya mchere ku apwitikizi.

Muzakwere, nkofatsa ngati chipinda chamayeso
Manebo wayenera atapangako makalasitala
Abwiribwisi, nkono, ntchentche ndi uzuzu ikoko ndiapongozi
Kwazala chinyontho, madzi siwofunsa ngati kuchipululu
Kuti igwe mvula azimu sachita kumwela tsabola
Mukamabwera mugule manja ndi lunzi zishango kuchisanu.

Sikolira nsuko kapena filiji
Madzi ndiosukunuka ngati firizesi
Dzuwa ndilowotha ngati wakanyera mu Okotobala
Kusintha kwa nyengo ndikwawamba ngati ulendo wabirimankhwe
Naye kadansana wachifunga kumeneko samakatako
Wandiweyani mdima uzagwa dzuwa lowonawona
Posakhalitsa kuzawala ndi chimphepo cha tsekula ndichape mdiso
Pena mukayenda mutakulungidwa m'mitambo
Kukamawala mdima kwathuko mpamene sapitwa alandira dzuwa.

Kawapenyeni akasupe achifunga sinkhambakamwa
Omwense ndimagwero a misinje ku mulanje
Ndichotani zidakwera ngombe ndi thalakitale ine sindidziwa
Musalemedwe ndi mapoto, mbale ndi mafoloko
Mukapeza nthochizo mphiri ndi mana idyani
Kuno ndikumpana kalibu chakwanu leka chakudya samaitanira
Ndikunaminisa kuno ungazaone zomwe adaona munyapa.

Ndiye chinandichina nkhanu ndikamyamata
Kukwera mmwamba kwambiri ambirife ndi mumtengo wa mango basi
Mwayi wa ndege udatilaka zawayanja amfira chikopa
Komabe ulipo mwayi wokwera mwamba wopezekeratu
Nzongolira mphamvu ndinso za a zimu ndondomeko kuzitsata

Zakweleni pachisepo muonekera wa phalombe ndi madzi a chirwa
Muzikaonera pansu ankhungubwe ndi mahelikopitala
Muzapezeka m'malere zedi ngati eliya pa galeta la moto
Mwabwinomo muzikayenda ndi kuseri kwa phazi
Mudzikamva kukoma pamodzi ndi nkawa zija
Yanditsika bwanji.



Mfumu Kaponda kupeleka mbande Kunyadira Chikho cha MMCT atapambana Mayi Mpanga kupeleka Mphoto

Kwa nthawi yaitali, bungwe la Mulanje Mountain Conservation Trust lankhla likuthandiza masewera a mpira mu ligi ku Mulanje ndi ku Phalombe. Bungweli lakweza masewera a mpira mmaboma awirawa. **Mtolankhani wathu** walembe motere;

Ayamikira MMCT kamba kothandiza masewero

Anthu osiyanasiyana ayamikira bungwe la Mulanje Mountain Conservation Trust kaamba kolimbikitsa masewera ku Mulanje ndi ku Phalombe.

Phungu wad era la Mulanje-Limbuli, Olemekezeka a Daudi Chida ndiyemwe anayamba kuyamikira bungweli pamwambo watsirizitsa masewero a Mulanje League omwe anachitikira pa bwalo la Nsuwazi.

“Tithokoze a Trust kuti pambali potsogolera ntchito yosamala ndi kubwezeretsa chilengedwe, mulinso patsogolo kuthandiza masewera a mpira mboma lino,” anatero Chida.

Chida anathokozanso MMCT komanso Mulanje pachikonzero choti ndime yomaliza ya masewero a mpira wa miyendowa achitikire ku Nsuwazi.

“Onani khwimbi la anthu liri pano, izi zikosonyeza kuti anthu kuno amakonda mpira komanso chaka ndi chaka amamanidwa mauthenga a

zachilengedwe,” anatero Chida.

Timu ya Lujeri ndi yomwe inatenga chikho cha Mulanje District Football league komanso MMCT Top 8 itagonjetsa Lujeri FESH kudzera mma penate.

Kuchokera ku Phalombe - South, Olemekezeka Mayi Mary Mpanga, anayamikira chisanzo chabwino chimene Bungwe la MMCT limaonetsa pothandiza boma la Phalombe kudzera mmasewero a mpira.

“Ndikuthokoza powatangwanitsa anyamatawa ndi masewera ngati awa, akumapewa zambari, ndipo ndi komwe akumamvako komanso kuphunzira za kasamalidwe ka nkhalango zathu,” anatero Mpanga pa masewero omwe **Migowi inagonjetsa Mpsa Adra.**

Nayenso Khasala wa dera la Likhubula ku Mulanje a Chezani Lameck, anayankhulapo pa zomwe thandizo la MMCT ku zamasewero likuchita pamene anali mlendo Olemekezeka pa ndime yomaliza ya masewero a

ntchemberembaye ku Mulanje.

“Kudzera mu ligi ya MMCT, tikuyembekezera atsungwana ena kuti akatiyimilire ku national team, tikatero ndiye kuti Mulanje ali pa map,” adatero Lameck.

Pakutha pa mpikisanowu, timu ya Chitakale Sisters inagonjetsa Happy Queens kuti atenge chikho.

Pothilira mang’ombe Mfumu Nnessa yomwe inali mlendo wolemekezeka pa masewero a ligi ya Muonekera Conservation group, inati kudzera mmasewera uthenga osamalira za chilengedwe ukumafalitsidwa.

“Mmene masewerawa amachitika, gulu la Muonekera limakhala likugawa uthenga komanso mbande za mitengo kuti anthu abwezeletse chilengedwe,” anatero Mfumu Nnessa.

Pamasewerowa timu ya Napolo inasambiza chokweza timu ya Kaponda kuti itenge chikho cha Muonekera conservation group.

The first customer got connected in 2013 and people couldn't imagine their dream was coming into reality upon seeing Bondo health centre had light. Energy is the driving force of social economic status of a society. The Bondo MicroHydro Power Station has breathed a new economic life to Bondo Community, **Arnold Kaziponye** writes,

Bondo Micro Hydro improves community economic status

Many people from Bondo community are investing in having their own houses wired just to forget using the hazardous kerosene to some clean energy. Those already connected, have nothing but excitement as they are enjoying electricity from their own river supported with their own efforts.

The Proprietor of Chuma ndi Anthu Grocery, B. Godfrey is excited upon seeing the fruits of their hard work despite some ups and downs.

“When this initiative was brought into our village, I didn't think I will live to witness the use of electricity in our village, let alone in my house and my shop. There was a time we lost hope, that this is not possible, the project was just trying to experiment on us and that it was becoming difficult for the implementers to concede failure looking at the long time it was taking and the information that we earlier had. This brought much desperation,” said Godfrey

He further explained how he is benefiting from the electricity.

“And now that I am one of the beneficiaries to this as I do have electricity that I am using to light my house, my electric kettle is used to make hot water within the shortest possible time as opposed to when we had to light fire using firewood. Imagine I have now procured a refrigerator which I am stocking cold drinks for sale.”

The coming of electricity in the Bondo area has witnessed the mushrooming of different business enterprises Grocery / Shop with a refrigerator and selling cold



Young people are also becoming business persons in Bondo

drinks, bulbs; Freezers (using a home refrigerator to sell freezes / sweet beer (thobwa); Video Showing; Barber Shops; Phone Charging; Battery Charge; Tailoring; Fresh Fish (Kalapao); Bar (opaque and bottled beer); and Burning audio disks.

It is interesting to note that housewives have also ventured into entrepreneurial activities such as selling freezes in homesteads, which is a move towards economic empowerment and Linny Mangani, aged 57 from Kalamwa village is one of them.

“Kale ndikangodikira bambo a m'nyumba andipatse ndalama ndikagule masamba, koma tsopano pano ndikutenga ndalama yanga mkuthamangira pamsika ndekha (Before starting selling freezes, I used to wait for my husband to give me money to buy vegetables, but now I can decide to go to the market as I do have money),” said Mangani.

Mulanje Energy Generation Agency (MEGA) is Malawi's first licensed Independent Power Producer and currently generates 60kW hydro generation and connects 280 customers, 2 schools namely Kabichi Primary School with an enrolment of 1505 pupils and

Power connection at Bondo Health Centre

Kabichi Community Day Secondary School with an intake of 220 day scholars and 194 night scholars under the Open Distance Learning Initiative being implemented by the Malawi Government. The construction works started in 2008 and one can note that it took over 7 years to see power generated and this to some extent brought a mix of despair caused by long waiting and excitement after seeing to it that indeed it is possible to have electricity generated within their local catchment area from the same river found in their village.

People surrounding the Bondo area drawn from villages Kalamwa, Nkundi, Nkhulambe, Bondo, Bondo II, Kashoni, Naimbele and Naluwade contributed to the works in kind through provision of labour and sand to ensure they get electricity.

Bondo Micro Hydro Scheme Project works to improve the economic status and livelihoods of the local community in area through advancement of economic benefits in utilizing and optimizing opportunities and access to locally generated hydropower electricity in the area. MEGA also has a strong interest in the increased electricity consumption and revenue from business customers.





Young people have a vital in environmental Conservation

*The younger generation has a vital role to play in making the world a better place to live in, as it is said that the youth are the leaders of tomorrow they have today to perfect tomorrow so conserving the environment is one of the most important sectors of which the youth have to take part in as everyone needs a perfect environment for a better living. **Jessica Lameck** writes;*

Sustainable Development Goal number 13 is climate action. It urges people to take urgent action to combat climate change and its impacts, the younger generation needs to take the first urgent action in conserving the environment so as to combat climate change.

Chililitso Kasipa- Community and Extension Officer for African Parks says the young people being a group which has high percentage in the country should take a leading role in making the nation environmental friendly.

“Young people including students should demonstrate and implement conservation activities, have time to practice what they theoretically teach others and coordinate environmental conservation activities with other

stakeholders. These activities may include tree planting and campaigns on wate management,” said Kasipa

Concurring with Kasipa, Maureen Mpinga, teacher at Nansato School says it is paramount to fo young people to actively participate in environmental conservation.

“Students need to be taught how to civic educate others that are not aware of conserving the environment and they should also act as role models and be the first ones to conserve the environment,” states Maureen Mpinga.

If young people learn to take the leading role in conserving the environment then they will have a better tomorrow because they will teach the other generations the same great ways of living for he who learns teaches.

Poem By **Isaac Chigwale**
OUR FATE

Dear leaders of tomorrow
I write this to express my deepest sorrow.
We have destroyed without thinking of tomorrow
Deprived you of your chance to utilize natural
extracts
Instead, we listened to experts
Men who destroyed in the name of experiments.
Experiments, that led to the cutting down of trees.
Trees that alters the Hydro Cycle.

The importance of Mulanje Cedar was told
The message fell on deaf ears
Deforestation is part of our life for many years
Men cutting down cedar to earn a living
Forgetting trees purify the air that we're breathing
Talking of medicine, binding soil to prevent erosion

Before you sneak into Mt Mulanje again
I need you to feel the pain
Imagine future effects of what you're doing
Already, you crying of global warming.
Which has resulted in rain dodging.
However its just a story that some narrates
This is a result of what we failed to arrest

Meanwhile, its NOT too late
We can learn and make it by fate
Lets join hands in eradicating Charcoal trade
Many ways of getting your daily bread
Shaving Mt Mulanje, is digging your own grave



*In most circumstances, students learn environment and natural resources issues without enough experience on the same. Mountain Club of Malawi decided to give wildlife club students the mountain experience as well as learning moments. **George Kalumo Jnr and Timothy Banda** accompanied Mulanje Mission CDSS students on their 3-day trip to Chambe. They write;*

MCM supports educational visit on Mount Mulanje

Mountain Club of Malawi provided an opportunity for 20 students from Mulanje Mission Community Day Secondary School (CDSS) Wildlife Club to experience and share the enjoyment of mountain environment on 30 September 2016.

Mulanje Mission CDSS Wildlife Club Patron, Mr. Manyozo cited that the trip was very beneficial both academically and physical well being of students.

“The trip offered chance to students to gain a knowledge and see the features they learn in class, yes an opportunity to appreciate these natural resources such as trees and rivers that are found on the Mount Mulanje,” said Manyozo

It took 3 hours through Skyline path. It was challenging at the same time an interesting and memorable journey while passing the rocks where the Mount Mulanje Porters Race runners pass through.

Students were challenged to collect all the plastic papers they found and were not disposed off properly. This was against the background that plastics contribute negatively environmental conservation, as they are non-biodegradable.

The team arrived around 4pm and stayed at Francis Cottage for two nights. The following day the team challenged one of the smallest peaks on the mountain called Naming'azi peak. The hike started at around 9 am and reached the peak at around 12noon.

Pictures were taken and also appreciat-



A pose at Naming'azi peak

ing of how some of the paths look from the peak, the guide also had a time of explain the historical features and rivers that are found on the mountain and the date which Naming'azi peak was discovered which was 23rd September 1963.

Around 3pm the team descended after experiencing some of the features such as small rivers that are flowing abundantly with water through out the year. Back at Francis Cottage, the students had an opportunity to learn more about cedar tree at the nursery, and also about the illegal harvesting going on the mountain.

On Sunday morning at around 8am after taking breakfast, it was time to

descend the mountain. Students had time to learn about the Skyline and how it was used to transport timber and other materials. The students also passed through Dziwe la Nkhalamba where they benefited historically as well as geographically.

With plenty time and excitement, the students finally visited the beautiful sceneries of Likhubula pools.

The trip offered a wide range of learning moments, interaction and fun. It challenged the students to real issues of environment affecting Mount Mulanje.

MCM is optimistic to continue supporting such kind of trips for the students to learn so much from experience.

New Clubs Coordinator at Mj-WESM

The Wildlife Environmental Society of Malawi (WESM)- Mulanje Branch has a new Clubs Coordinator, Jordan Sontho. The coordinator will help in supporting the wildlife clubs and community youth clubs through environmental education, wildlife and environmental conservation activities, educational visits to mention few.

The Branch is calling upon 2017 affiliation of Wildlife Clubs and Individual membership, the affiliation fee for clubs is K500 and for individual is K2000. This is to ensure that those running WESM-Mulanje Branch affairs are committed members.

Join the conservation family, become a member of WESM- Mulanje Branch.

For more Info: Clubs' Cordinator: 0888 475 208





Runners have their mental dexterity, physical fitness and agile footwork seriously tasked by Mt Mulanje... The entire course demands an attentive eye and goat-like agility to avoid tumbling off the path. The year 2016, marks the 20th Anniversary, **Tawonga Mtambo & Kondwani Chamwala** followed the event;

Celebrating 20 Years of Porters' Race Leo, Doris Champs

Determination and hard work induced Leo Chikhwaza to win the Mount Mulanje Porters Race in its 20th Anniversary.

The 2016 Mount Mulanje Porters Race took place on 9th July with potential runners from all around the world over the age of 16 registering to battle it out in the gruesome 22Km race.

Leo, braved the chilly weather and the slippery rocks on Mount Mulanje up to 2000m above sea level, where the weather merciless before beating other 419 runners to clinch the championship in 2hours, 8minutes and 2seconds.

"It feels good, I have waiting for this moment for so long. I am happy I am now the champion of this race," said Chikhwaza who was on third position last year.

Some 2 minutes, 4 seconds behind Leo was the four-time winner Charles Musowa and another Mt Mulanje icon Evance Nyazule completed the marathon in 2hours 13 minutes 40seconds.

In the female category of the Africa's ultimate challenge, Doris Fisher crossed the finishing line in 2hours, 40minutes and 57 seconds for the second time in a row and register as the women champion for the sixth time.

Trailing Doris were Dorothy Gawani and Violet Joza who completed the race in 2 hours, 56 minutes and 18 seconds and 3 hours and 57 seconds hitting second and third position respectively.

Winners went away with cash prizes from Malawi Gaming Board on positions 1 to 5 in both the male and female categories. First positions got K150 000, second positions pocketed K100 000, third position K 75 000, fourth position K50

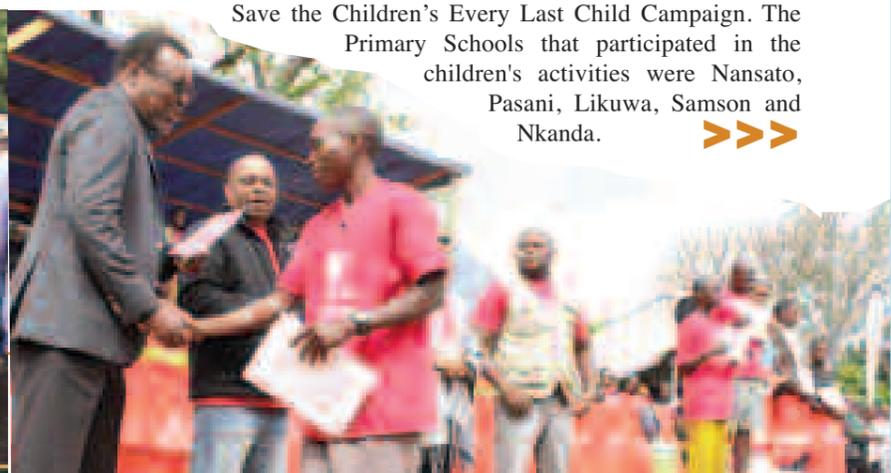
000 and K40 000 fifth position. Kara O Mula Country Lodge spiced it up with K20 000 to each winner in both categories as part of the 20 years celebration.

Other winners in both male and female categories got Water filters from Arkay Plastics who also promised to install big Water Filters in the five schools that participated in children activities.

The ultimate endurance run, race up Mt. Mulanje from the Likhubula Valleys to Chambe Basin, across the mountain shelf in the shadow of the highest peaks, turning at the Lichenya Plateau edge and speedily scramble back down the rough steep track through the cheering crowds to the finish line.

The 20th Anniversary of the Mount Mulanje Porters Race materialized with support from Save the Children - Every Last Child campaign aimed at increasing dialogue and action towards uplifting the lives of children often excluded or limited from reaching their full potential.

Seventy five children participated in the children's activities that were aimed at sending out different messages pertaining to Save the Children's Every Last Child Campaign. The Primary Schools that participated in the children's activities were Nansato, Pasani, Likuwa, Samson and Nkanda. >>>



Mulanje has been without a proper sports infrastructure for quite sometime. Mulanje District Park is no longer the same, but the stadium. **Kondwani Chamwala** joined a media tour and had a Quick Chat with **Rita Rino, Mulanje District Sports Officer**;



Here comes the stadium

KC: The stadium is finally here, what message do you have for the users?

RR: My humble request to all the people coming to the stadium either to watch soccer games or athletics events or any other events, should help in managing the facility to improve quality of sports and recreation. The biggest plea is they should avoid vandalism, this is the resource we have been crying for sometime, now its here. Let us all take good care of it.

KC: What value will the stadium add stadium to Mulanje district sports?

RR: The stadium will boost participation in sporting activities that will lead to improved health of individuals and communities in the district as whole, since they will be some competitions that will be hosted in the stadium, that will be open to every one who is willing to participate.

The stadium will improve the economic status of the district, as some big clubs will be playing in Mulanje with a multitude of supporters. They will be spending their money right here to even local community member who will be selling their stuff.

In addition, these big clubs will motivate young players after seeing their heroes very close.

Furthermore, talent identification will be enhanced especially with athletics. As you are aware that is on the map as far as athletics is concerned. The stadium has a running track which ca host regional or national competitions. For Mulanje athletes this will be the training field for them to qualify for national competitions.

KC: Do you have an idea of an estimated capacity of the stadium and how did the stadium found itself here?

RR: The capacity is estimated at 15,000 to 20,000 and Local Development Fund (LDF) sourced funding for the construction of the stadium from Germany International Development Agency known as KFW through the Urban Window Financing Arrangement



LuLu, Lawi rock in Likhubula

<<< The children also competed a distance of less than 100m symbolizing various challenges that children face to achieve their goals.

A total of 419 runners participated in the race in which 113 were females and a total of 79 were potential international runners from over 10 countries.

The race attracted over 5000 spectators both Malawians and Internationals was spiced up by the Island in the Sky / Finish line concert powered by Mibawa Studios. Lawi and Mango Band shared the stage with Lulu and the Mathumera Band. They put up

an outstanding performance that left the audience dancing and singing along to the beautiful songs after the race.

The 2016 race also attracted support from Lake of Stars, Mountain Club of Malawi and Africa Wild Truck.

The Mount Mulanje Porters Race started in 1996 limited to porters and guides for Mount Mulanje tourists. It then turned out to be an annual event attracting other participants such as local and international athletes. Over the years it has become a big event that attracts hundreds of participants and it fall on every second week of July.



Save the Date! Mt Mulanje Porters Race - 8 July 2017



School Children Activity

Hello School Children,
Welcome back to your lovely quiz after missing quite a number of editions. You must be worried!

At least now you can afford a smile; here is activities to shake your brain.



Identify this place on the picture to your right and list any 5 points you know about this place.

Send your answers to:

The Editor,
Sapitwa Newsletter,
P.O. Box 139, Mulanje

or E-mail:
sapitwa@mountmulanje.org.mw

RECEIVE MY THANKS, MMCT

Poem By Madalitso Lawrence

Tears have caressed my cheeks for so long
Not of joy but agony
Day in day out
Hungry pangas and axes ate my shield
Making me a playing ground

Everyone gave me a blind eye
Echoes of agony still haunt me
What wrong have I done?
That was my daily song
People's ears were too deaf to hear me

I cannot believe what I am seeing now
Well dressed; in green
Though here and there my clothes are tattered
A Messiah has come for my redemption
I know most of you are not happy with him

My Messiah,
Mulanje Mountain Conservation Trust
To you I salute
You are really a loving and caring parent
Please, continue teaching them
How to take care of me
Receive my thanks, MMCT.

Quote of the edition

“If you love a tree you will be more beautiful than before!”

- Amit Ray

Caption Competition

All you have to do is to try to come up with the best environmental caption for the picture below.

E-mail the caption to sapitwa@mountmulanje.org.mw with the title Environ Caption



Did you know?

EL NINO & LA NINA

El Nino means *The Little Boy* and La Nina means *The Little Girl* in Spanish.

Both are complex weather patterns resulting from variations in ocean temperatures in the Equatorial Pacific.

El Nino is the warmer phase and La Nina is the cold phase of the El Nino-Southern Oscillation (ENSO).

El Nino and La Nina events are a natural part of the global climate system.

Languages

English	Chichewa	Lhomwe
Banana	Nthochi	Eninga
Hoe	Khasu	Ehipa
War	Nkhondo	Ekhoto
Bicycle	Njinga	Echinga
Water	Madzi	Maadhi
Learning	Kuphonzira	Ohudhera
Speaking	Kulankhula	Olhota
Sleeping	Kugona	Okona
Giving	Kupatsa	Ovaha
Riding	Kukwera	Owelha

Sentence
Lhomwe: Mwapwanya munlo okharaka mukokholhani, thamakani mwachiipihe. Munlo woweeta dhi wowopiha nave onnowonga dheko.

Chichewa: Ngati mutaona moto munkhalango tiyeni tikathimitse. Moto olusa ndi oopsa ndipo umaononga.

English: Let us stop forests fires. Wild fire is destructive.



infoMulanje Updates

Accommodation

CCAP Likhubula House
Chididi Motel
Chikumbe Motel – at the border
Haest Lodge – Phalombe
Hapuwani Village Lodge
Kara ‘O’ Mula Country Lodge
Kokotowa Executive Lodge
Likhubula Forestry Lodge
Limhani Lodge
Madalo Guest House
Mulanje Golf Club – Camping site
Mulanje View Motel
Mulanje Motel
Mulodza Executive Lodge
Ndangopuma Resthouse
Tikondane Resthouse
Thuchila Tourist Lodge – Phalombe

Where to eat

Curry Pot Restaurant - Chitakale
Delicious Foods - Chitakale
Mulanje Pepper - Chitakale
Nancy's Dream – Likhubula
Real Tasty - Mulanje Boma
Rob & Wills - Chitakale

Leisure & Entertainment

Chris Corner
New Savanna
Rob & Wills
Small Ville

Tour Operators

Africa Wildtruck
Mulanje Outdoors Adventures
Mulanje Hikers
Mulanje Outlook Travel

Ten Mountain Safety Tips

- 1 Never climb alone. A party of four is ideal.
- 2 Choose a route according to the experience, ability and fitness of the group.
- 3 Use a guidebook or go with someone who genuinely knows the way.
- 4 Ensure that the least one member of the group has a fully charged cellphone.
- 5 Always go prepared for bad weather.
- 6 Tell someone where you are going and stick to the plan.
- 7 Travel at the pace of the slowest member of the group.
- 8 Never split up and go in different directions
- 9 Don't push on into the unknown. If you get lost retrace your steps.
- 10 If you are unsure of what to do, find shelter especially from the wind and stay put.

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Keep our future GREEN!
Use natural resources WISELY!

