

MALAWI

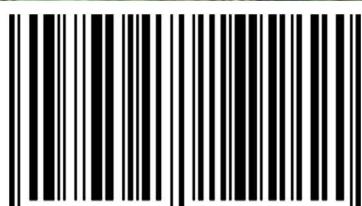
# heritage

30<sup>th</sup> April 2021

Vol. 2 No. 2



CULTURE  
HISTORY  
NATURE



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Zomba City Festival  
Edition



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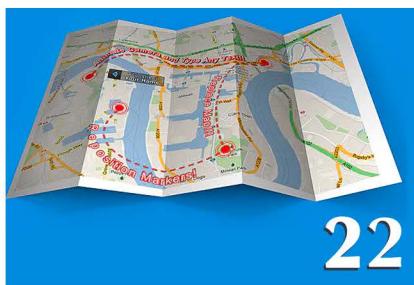


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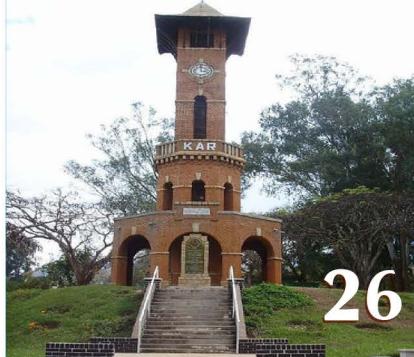
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## ABOUT PUBLISHER

Malawi Heritage Magazine is published by Infinity Media Group, a media firm based in Zomba. The magazine covers cultural, natural and historical issues of Malawi. It aims at promoting the conservation of Malawian cultural and natural heritage.

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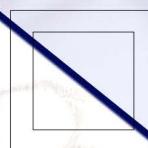
Zomba Arts Platform





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# FOREWORD

Zomba is rich in History, Natural resources and culture which are of economic significance.

Zomba is a lovely District, like we fondly call it, "the warm heart of Malawi." This we say based on three aspects. The first being the culture aspect. Historically, Zomba was inhabited by the Mang'anja people. In the 1860s, the Yaos, Lhomwes came in. Thereafter, it was called the settlers home. The planters came and later the British. When Malawi was declared a British protectorate, Zomba was made an administrative center. That demonstrates that Zomba is multicultural society. Today, you will find the British, Asians and Africans from various countries, living together in Zomba.

Then there is the significance of Zomba due to the heritage that is found in it from the time it was Capital of Malawi and before. We can talk of the old government office, Zomba zero and many more. And lastly Zomba has a lot of natural resource that gives it great significance. The views at the Zomba plateau were declared the best in the British Empire and that still stands. Lake Chirwa was declared a site of international significance because of its biodiversity.

Some say Zomba lost economically when it was stripped of its state as capital city, which is true to some degree. However, the glory of Zomba still remains and it has a lot of potential for growth.

Walter Chikuni



Acting District Commissioner  
Zomba



# INTRODUCTION

Welcome to the Zomba City Festival edition of The Heritage Magazine.

This magazine came about as a collaboration between Infinity Media and Zomba Arts Platform, a not for profit business dedicated to professionalising the arts sector. Zomba Arts Platform was founded last year by Annelies De Bruijne and myself, after a mutual understanding of the needs in the creative industry and a desire to infuse our personal knowledge and experience.

This edition will look and read quite different to the previous editions. Our team has added content about the acts you can expect during the festival, making a career in the creative sector and various initiatives to maintain and enhance Zomba's natural heritage.

Why Zomba City Festival? The festival came about out of love for Zomba, and the arts. Despite Zomba's beauty and various attractions – as you can read in my article Unique Zomba – the old capital struggles to (re)gain interest as a tourist destination.

Zomba's uniqueness and attraction can only be maintained by safeguarding its natural resources, the plateau, the trees, the water. During the festival and indeed, in this magazine, we highlight the importance of tree planting and conservation. We gathered articles by the founders of TREEZ and active WESM members, to showcase what is being done and how you, the public can help. Preserving our natural resources is a task that falls on all of us.

Thank you.

Laura Schuerwegen



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# Arts and Culture



- **Building A Career In The Creative Industry**
- **Painting**
- **Eli Njuchi**
- **The Power of Arts**
- **Are They Tied To Wrappers?**
- **Literary Corner**
- **Fireside Wisdom**



# Building A Career In The Creative Industry

By Annelies Brown

“

A successful career in arts doesn't happen overnight. It takes patience, tenacity, an openness to critique, and even some failure to clarify your goals and make it happen

”

Do you fancy working in an informal environment where fresh ideas are encouraged and rewarded? Chances are you're attracted to creative industries such as TV, publishing, advertising and music.

When I was young, I wanted to become a doctor; I never dreamt of a career in the creative industry, because I did not know it existed. My mum was a volunteer at the Red Cross who gave first-aid training, both my sisters were nurses, so it was only natural I also wanted to work in the health sector. Later I decided on a different path and ended up working in the

creative industry.

The idea formed while working as a volunteer in a cultural centre when I was a student. After that I became the driver - also unpaid - for friends who formed a live band and were performing every weekend in the Netherlands. I was a part-time lecturer about music & event management to pay the bills, but kept on working for no or low wages in the creative industry. When I moved to Malawi, I volunteered at Lake of Stars, Music Crossroads, and worked at Sand festival to build up a network and learn about the music & event industry.

Malawian parents, actually parents all over the world, want to see their child becoming a lawyer, accountant or medical doctor. For older generations this is the road to success, but for creative people other indicators of success might be important, including career achievement, social reputation, entrepreneurial happiness, and capability enhancement. The definition of success can be quite personal.

The creative industry is exciting to work in, because it's constantly changing. You get to work with people who are just as passionate as you are. "Creatives," as employees in the creative industry are called, are in high demand if they are reliable, have a good ear or eye, make or recognise beautiful things, and are not scared to work long hours at times that others rest or party.

You don't have to suffer for your art— at least not when it comes to salary. Especially if you want to share your knowledge through teaching and do some odd jobs on the side to pay the rent, one can survive. It is not always easy and even though it is possible to earn good money with art, it is only for the happy few. In the Netherlands in 2018, a total of 216 million euros were made by exporting music abroad, up from 201 million the year before. In 2021, Banksy's artwork Girl with Balloon realised £1,104,000 at Sotheby's. An entry-level Graphic Designer in the USA with less than 1 year experience can expect to earn an average total compensation of \$39,196

There are some high-paying jobs that will reward your creativity. Take stock of your experience and what makes you different from everyone else. You'll need a carefully crafted pitch that tells who you are and explicitly sheds light on your distinctive combination of skills, experience, and presence.

A successful career in arts doesn't happen overnight. It takes patience, tenacity, an openness to critique, and even some failure to clarify your goals and make it happen.

Creativity is an attitude, it's very difficult to learn to be creative if you are not curious and interested in everything that surrounds you. Do what you love. Don't worry about what other people think. As long as you care about what you do, respect others, and work hard to make a positive impact, you can make it in the creative industry. Networking is important, as well as perseverance, experience and attitude. Deliver good work, on time (!), communicate and do not give up easily. The creative industry is competitive, and many people dream of being a superstar DJ, an actress or famous painter. The challenge is that there is more supply than there is demand; more people who want to sell art than people who want to buy art.

Get as much experience as you can, and as many key connections as you can while you can. Many cultural institutions are always looking for extra hands, which for you is a great way to gain experience and build up your network. There is no prescribed roadmap for how to become successful in the creative industry. There is no guarantee you'll make a certain salary, secure work that lasts a lifetime, or cut a perfect deal that will sustain you and your family. It's best to acknowledge and accept that. But your commitment to succeeding in this business has great potential to make an impact and be satisfying.

You must learn to be agile and comfortable pivoting from opportunity to opportunity, sometimes even needing to take on a non-arts lifeline career so you can provide for yourself and your family. The path followed by the majority of top creatives we know today was not narrow or linear. Like theirs, your path will involve ongoing learning, hustle, and investment in yourself. Build up your CV, attend (network) events, keep pushing and above all, be friendly. Arrogance is not an attractive trait and being nice to people will get you far. You will need other people to become successful, because what is an artist if no-one likes you and nobody wants to buy your work? At the end of the day, your fans define your success. Don't forget who your friends were when you were unknown, and show respect to the people who are willing to invest time and/or money to support your career.

We wish all creatives all the best and we hope you get from life what you want. Don't give up!



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**“Mulunguzi Dam”**  
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**“Bird”**  
Acrylic on canvas



Eli Njuchi

# Eli Njuchi

## From A Ghetto Singer To A Malawi Music Icon

Eli Njuchi is an award-winning Malawian singer/songwriter and performer. Born Chifuniro Magalasi, he hit the airwaves with a bang following the release of his debut song ‘Illuminati’ in which he talked about the different forces affecting the life of an artist. The song made a big impact and had received heavy rotation from radio and DJs, provoking one of Malawi’s top gospel rappers, Suffix to contribute to a remix.

Eli Njuchi went on to release “Zitatu”, confirming his lyrical genius. The success of this song earned him a series of collaborations with major artists, and saw him voted Urban Music Party Best New Artist in 2018. With this now under his belt, further songs such as Kufooka were released, with regular airplay on all major Malawian radio stations and many other media platforms.

In 2020, he released his first collection, titled The Book Of Z featuring hit songs such as Zitaye, Zitheke and Z.

“The first Eli Njuchi song that I listened to

intentionally was “Z” and my mind was blown. I couldn’t fathom how a then 17-year-old could come up with such a song that touched me in the first 20 seconds. I repeated it for hours on end, in headsets and on speakers”, says Kassandra Kutsaira one of Eli Njuchi’s fans.

However, Eli Njuchi didn’t stop there, he caught the industry by the neck in December 2020 with the release of his debut album The Book Of Eli: filling up Robin’s Park in Blantyre with a massive album launch which was dubbed one of the best from Malawi.

The album received massive praise. According to Kassandra, “The album The Book of Eli dropped and I knew from the first song ‘Phone’ that this young man had not disappointed me. The rest of the album has bops like ‘Ghetto Survivor’, ‘Count your blessings’ and familiar favorites like ‘Honest’ and ‘Ma Ine’ that were released before as singles. The album has a song for everyone and has themes of love, grief and general life that may be relatable to most”.

Eli Njuchi grew up in the outskirts of Lilongwe where he started music with his schoolfriends at the age of 13, eventually forming a boy band called NJUCHI.

Over recent months, press and social media have been raving about this young star. But his success has not been overnight; following the 2018 UMP award, his popular appeal landed him a contract with TNM as youth ambassador in December 2020.

The singer/songwriter touches the heart of the crowds through his storytelling, lyricism and the strength of his performances. Eli Njuchi is fast becoming a household name and is set to mesmerize the amazing crowd at Zomba City Festival.



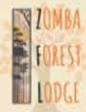
Wildlife  
Environmental  
Society of  
Malawi (Zomba Branche)



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# The Power of Arts

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Art and Global Health Center Africa (also known as ArtGlo) is a Malawian NGO that was established and has grown from its birthplace and home in Zomba, using participatory arts to help communities across Malawi develop fresh solutions to persistent challenges. Participatory arts have the power to change the social narrative for the better, engage people in open conversations on taboo topics, and inspire new forms of action.

ArtGlo has used this approach to empower women through its Make Art for Women's Activism (MAWA) program, which works with grassroots organisations to create local responses tackling the various forms of violence that affect so many women and girls in Malawi. It has advocated for universal health access and community support with its Umunhu programme, which helps people re-examine and combat discrimination against minority groups using a traditional cultural

# The Power of Arts

approach. The Students With Dreams programme is working to transform the stigma around mental health, through the project Zamumtima Sizawekha ('You should not carry your burden alone'). Meanwhile, across Zomba District, ArtGlo is also using participatory arts to build the capacity of Youth-focused Organisations (YFOs) in advocating for Sexual and Reproductive Health Rights (SRHR).

Youth-focused organisations are often best placed to identify challenges faced by other youths from their communities, and to connect with them in developing novel responses that respond to local circumstances. Many Malawian YFOs are passionate about promoting SRHR, and ArtGlo is working with eight Zomba based YFOs to prevent early marriage, unplanned pregnancies and the spread of HIV/AIDs and sexually transmitted infections. We have trained YFO representatives in the use of Human-Centred Design to learn more about the key issues in their communities and develop relevant projects. We've also taught how participatory arts can be used to bring new levels of engagement to ongoing challenges.

"We are grateful for this opportunity and we have learnt quite a lot as an organisation," said Thokozani, the Acting Director of Anxious Youth Organisation (AYO). "We have learnt a great deal about using various art-based approaches like music,

dance and comedy to mobilise people to our events. This is something we will always be using even after our collaboration with ArtGlo."

AYO's community research uncovered a significant lack of knowledge and access to contraceptives in their local area. They have used techniques such as forum theatre (an interactive method where audience members take on the roles of actors) to navigate how best to approach situations - to help young people and others in the community come up with ways to overcome barriers to contraceptive access.

"Last time AYO had an intervention at our school, they talked more about us girls being able to negotiate condom use. I never knew I had a right to do so. After the intervention I was able to negotiate with my boyfriend and now we use condoms," one girl commented on AYO's activities. Many youths in the local area have been testifying to accessing and using condoms unlike before. The local health centre has also seen an increase in demand.

Appreciating the critical role that traditional leaders play in their communities; AYO have also worked closely with them. "It is great to see AYO promote the use of family planning methods among adolescents in this area, there are a lot of girls who have dropped out of school due to unplanned pregnancies, so this will help," said the local Chief.

Youth for Positive Change (YOPOC) is passing the mantle to clubs around Lake Chilwa. After being trained in usage of participatory arts for SRHR by ArtGlo, they decided to use the same model to train various youth clubs in their area.

"We are grateful for this initiative by YOPOC, they have trained us in using forum theatre which we never knew about. We have tried to use this in one of our interventions and the feedback was awesome, audience participation was great," the chairman of Kachere Youth Club said.

Recent times have been difficult for many communities. ArtGlo, and its participatory arts-based interventions will continue to work with them to find new ways to understand these challenges and create lasting solutions.

# Are They Tied To Wrappers?

By Teneth Esther

"My dear, I'm naked if I move around without chitenje (wrapper), besides what would people say about me?" Said the maid.

I overheard the aforementioned statement from an indirect conversation that my housemate had with the maid. At first, I didn't give it much thought but later I had thousand of questions hence I was tempted to think of the issue in a more complex way. It doesn't matter who you are or where you are from; you can't move in the streets of our country without seeing women in their wrappers. There is a deep connection between a wrapper and a woman, so let's reveal it today.

I quote the maid "I'm naked if I move around without a wrapper" the nakedness talked here isn't about total nudity but rather respect. Most women in our country like to put on wrappers but amongst them, married women are more likely to put on wrappers because wrappers are considered as cover-ups for their bodily shape so that they gain the respect they deserve. Married women put on wrappers to avoid other men from adoring them, especially their shape. To avoid being the topic of the day, married women also put on wrappers to reserve their dignity to avoid unnecessary comments and unhealthy hearsays that may make them look like prostitutes.

Culture also has a say on woman's connection with a wrapper. It reveals who really we are, yes our identity. In our local villages, respectable women put on wrappers to exemplify what really culturally defines a woman. In most funerals, women put on wrappers. Among Ngonde's and

Tumbuka's who are found in Karonga, wrappers are wrapped around waists of some deceased members as ngwamba. Among natives, this act is done as a symbol of saying sorry and showing comfort to the affected members. Going beyond, wrappers are fashioned into stylish clothing which are worn by different people, yes both men and women around the globe.

In Tumbuka there's this saying "zgoka chindere kuti ukhute" (be a fool to be fool). This saying carries much weight to a success oriented person. This saying is more of an eye opener advice. We have maids in our societies who have learned to remove some of their wings so that they get what they need in their lives. Maids are subjected to boss orders, so dressing is one of the strict order that is put forth. Most maids are ordered to put on wrappers for respect sake and fear of snatching the man in the house.

Sometimes wearing of wrappers has an oppressive historic view which is politically related to a certain reign that ruled our country many years ago. During that time, women were told how they ought to dress and that was strictly followed, beside some sanctions were given to those who took that lightly. Controlling men also order their women to get tied to wrappers for reasons known to themselves.

You and I can choose to agree with or go against these brought forth points, but the reality is, wrappers will continue to shine while dangling in the waists of most women. Don't be limited, there might be many reasons pertaining to women wrapper dressing, so you can extra dive deep to enhance knowledge about this subject.

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On the side , Adjacent to steers

# Literary corner



# Local translations... with Aubrey Kasunda

## ENGLISH

Person A: How are you?  
Person B: I am fine. How are you?  
Person A: I am also fine.

## FRENCH

Person A: Comment ca va?  
Person B: Je vais bien et toi.  
Person A: Je vais bien.

## CHICHEWA

Person A: Muli bwanji ?  
Person B: Ndili bwino kaya inu.  
Person A: Ndili bwinonso.

## CHIYAO

Person A: Ali uli ?  
Person B: Ndili chenene kwali wajo?  
Person A: Ndili chenene.

## CHILHOMWE

Person A: Mokhalha phama?  
Person B: Nokhalha phama khaya nyuwano?  
Person A: Nokhalha phama.

## CHISENA

Person A: Muli pyadidi?  
Person B: Ndilipysadidi, penumbo imwe?  
Person A: Ndilipysadidi.

## CHITUMBUKA

Person A: Muli uli?  
Person B: Nili makola, kwali mwanyithu.  
Person A: Nili makola,

## CHITONGA

Person A: Mweuli?  
Person B: Teumapha, kwali imwi?  
Person A: Nani ndeumapha,

## CHILAMBYA

Person A: Muli akiza?  
Person B: Ndakiza, kali umwe?  
Person A: Ndakiza,

## CHINGONDE

Person A: Muli bule?  
Person B: Ndi kanunu, kali umwe??  
Person A:Ndikanunu tolo

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and zomba Plastic store (painted red)

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**ZOMBA**  
By Innocent Nyondo

A place of beauty,  
With nature and culture that  
distributes love and unity,  
A place that is filled  
With potential enough to have the  
good things done and fulfilled,  
A city at warm heart,

The custodian of  
A history of the soothing and  
painfully beautiful,  
A keeper of tales of persecution  
of the wise and intelligent  
Of the warriors from the tribe of  
social justice,

A house of love and beauty,  
That appealed and hosted a  
queen,  
Proved the theories of peaceful  
coexistence,  
And made love to multiculturalism,

It is a mini state,  
Its natural state,  
Its historical state,  
Its cultural state,  
Is worth to state

---

**BEAUTY THAT ONCE WAS**  
By Matthews Phiri

The sounds that echo your surfaces  
Tattoo my heart with dances and chills  
Wrapped in your arcs are colours of all collection

Cosmopolitan is a name that truly suits you  
For all the billows of sounds that stroke your  
shaved body

The green that adorned your weary back  
Now stripped bare by the imprudent man  
A slave of misunderstanding fledgling democracy  
That heretofore holds the flag  
But devoid of virtue in the sockets

Your tears dripping on the tattered soil  
Shout out for amnesty but all ears are deaf,  
Corrupt, warped, dented and smashed  
Your voice keeps on echoing back  
As if you are all alone in the cosmos

# Background Echoes

By Matthews Phiri

She kept on having these hallucinations. No, dreams. Every sleep and every nap were currency enough to invite these dreams. They patrolled her once clear and innocent head. They came in different forms.

She could be okay if they were any ordinary dreams. But these took her whole being with their every visitation. They were biting her deeper in her soul. Their recurrence was a constant dread that siphoned vitality from her once adorable frame. She wished them away. Every day. Each second she drew air in and showed it the exit door. However, they kept on coming with new force as if they had a mind to tell that she didn't want their tour in her life. They kept on coming harder every night. Her grip on life and purpose for living began falling apart. She felt the ground under her feet was sinking and falling in a pit. Dark and empty. And without bottom below.

Waking up in those wee hours was after another dreadful night with frightful dreams. Her eyes were stinging. She rubbed them hard. She staggered to the mirror stand and looked at the figure she knew she was. Yes, Bertha Chihepa. It felt queer. She was terrified by the reality. She had shrunk. She weighed unbelievably less, taking from her last stand on a digital scale.

"You know, mom, it was your pride..." He stopped and let his eyes wander in the empty space. He was holding a truncheon in his hand. In her dreams this person and she always met at the same place. And her knowledge of who he was terrified her and left her with constant shame. She couldn't look at him in the eye. "You are not answering me, huh? Mute, playing the Saint Mary attitude." He cut her deep in the soul with his sarcasm. Her intestines twisted in her stomach. The saliva in her mouth felt sour. He told her in previous dreams that she didn't deserve to be called mother. For mothers need to have love. But she didn't have any. And so she was disqualified. He did that. So every time she heard him call her mom, she felt the weight of the irony of it all. She knew he didn't mean it. And she was tortured by every sense of it.

"Who are you and what do you want from

me?" Her voice trembled within her as they found their way through her mouth. She was unsure whether he heard her for he was quiet. His eyes looking down. Then slowly raised them and fixed them on her. She looked away. She felt her eyes boring into her very soul, surgically taking it out of her body, size it up on his scales and found it horribly wanting.

"Height of your ego clogging your memory. And largeness of your pride robbing reason of justice. Can't you remember the very thing that made you nauseate, miss your periods, modify your eating patterns for three months, change your hormonal circles...are you sure you don't know me?" The density of his words were masked in the calmness of his voice. Horror was written all over Bertha's face. She recalled but everything was nebulous. "Do you need sodium amytal which is popularly and mistakenly called truth serum to remember who I am?" Bertha breathed hard. And usually, she could wake up from her sleep at that. She was panting and sweat coursed down her neck. She quickly jumped from her bed and made for the sink. A mighty rush shot forth from her mouth. She felt dizzy. Her own steps frightened her as she made her way back to the bed. When reasons crossed her mind for the umpteenth time, her eyes gave way to a stream of tears. These tears were a chock of a dying soul being strangulated and being shredded into oblivion.

Bertha recalled with lethargy how she lived her youth wild and free. She feared no man. And a swarm of men danced with her in a bed of fornication. She conceived. But was too busy to allow a hurdle of pregnancy standing in her way. No man claimed responsibility. And she knew why. So she decided to terminate it. She did it calmly and beamingly. But that that would be opening a Pandora Box was the last thing she could think of. She murdered her sleep and the joy of her life. She knew she needed help. But she was too proud to admit it. She was caught between the devil and deep blue sea. Before long she was asleep again.

## Myths and Taboos

Zomba Plateau's Chingwe's Hole also nicknamed an abyss of nothingness is a source of rumors, ranging from alleged mentally disturbed people being thrown in to enemies of some ancient chiefs. Some believe the place to be haunted by spirits (mizimu) whose origins are not known and whether they are believed to be ancestral spirits (mizimu yamakolo) or not.

Other Malawians assumed the mentally challenged or disturbed were also thrown down that pit in ancient times just because there is Zomba Mental hospital in the area. It is said that those who have attempted to climb inside, estimate it to be about 10 meters deep although villagers in the area argue that it is estimated to be at 30 meters.

The name Chingwe hall is also argued to have come from the name of a great African king whose rule had had a great impact on the people. It is said that Chingwe was a Great Chief of Central Africa. It was said that the Chief held court on Zomba Plateau and threw all his enemies into a vertical hole in the plateau.

There are other rumors that preach that long ago, the whole was used as a dumpsite for people with leprosy. Such tales give as evidence the existence of a big tree called the leaper tree by the hole. And it is further said, on it are markings carrying the message, "The grave for people who suffered from leprosy in the past." Such evidence might be hard to notice with the passage of time.

The truth behind Chingwe's hole remains a myth. Is it a bottomless pit with evidence of lost human life, or maybe its ancient name really was a great king's name or just a phrase for a rope or string in the vernacular one might need to get himself out of there smoothly? No one really knows.

### Get to Know Proverbs

Kulyera pamoza nkhumanyana mitima  
(Literally meaning eating together is knowing one another's behaviour or soul)

-To know someone better, you have to be close to them.





# How to Make Bottle Gourds from Calabash Fruit



In many African rural homes, the calabash is a very common utensil. It is made from a calabash plant. They are used to clean rice, carry water, and as food containers. Smaller sizes are used as bowls to drink beers and other traditional beverages.

Calabash, also known as bottle gourd white-flowered gourd, long melon, New Guinea bean and Tasmania bean, is a vine grown for its fruit. It can be either harvested young to be consumed as vegetable or harvested mature to be dried and used as a utensil. When it is fresh, the fruit has a light green smooth skin and white flesh.

Calabash fruits have a variety of shapes: they can be huge and rounded, small and bottle-shaped, or slim and serpentine, and they can grow to be over a meter long. Rounder varieties are typically called calabash gourds. Rounder varieties are typically called calabash gourds.

Because bottle gourds are also called “calabashes”, they are sometimes confused with the hard, hollow fruits of the unrelated calabash tree, whose fruits are also used to make utensils, containers, and musical instruments.

Bottle gourds grow very rapidly and their stems can reach a length of 9 m in the summer, so they need a solid support along the stem if they are to climb a pole or trellis. If planted under a tall tree, the vine may grow up to the top of the tree. To obtain more fruit, farmers sometimes cut off the tip of the vine when it has grown to 6–8 feet in length.

As the fruit matures, the outer skins hardens while the inner contents lose water and slowly dry. As they continue to dry, the outer skin becomes more solid and turns brown in color. When the fruit is completely dry, it is removed from the plant. A round hole is made on the fruit and the inside tissues plus seeds are removed. The guard is cleaned and the calabash is ready for use.

# Uniquely Zomba

## Facts About Zomba

By Laura Schuerwegen

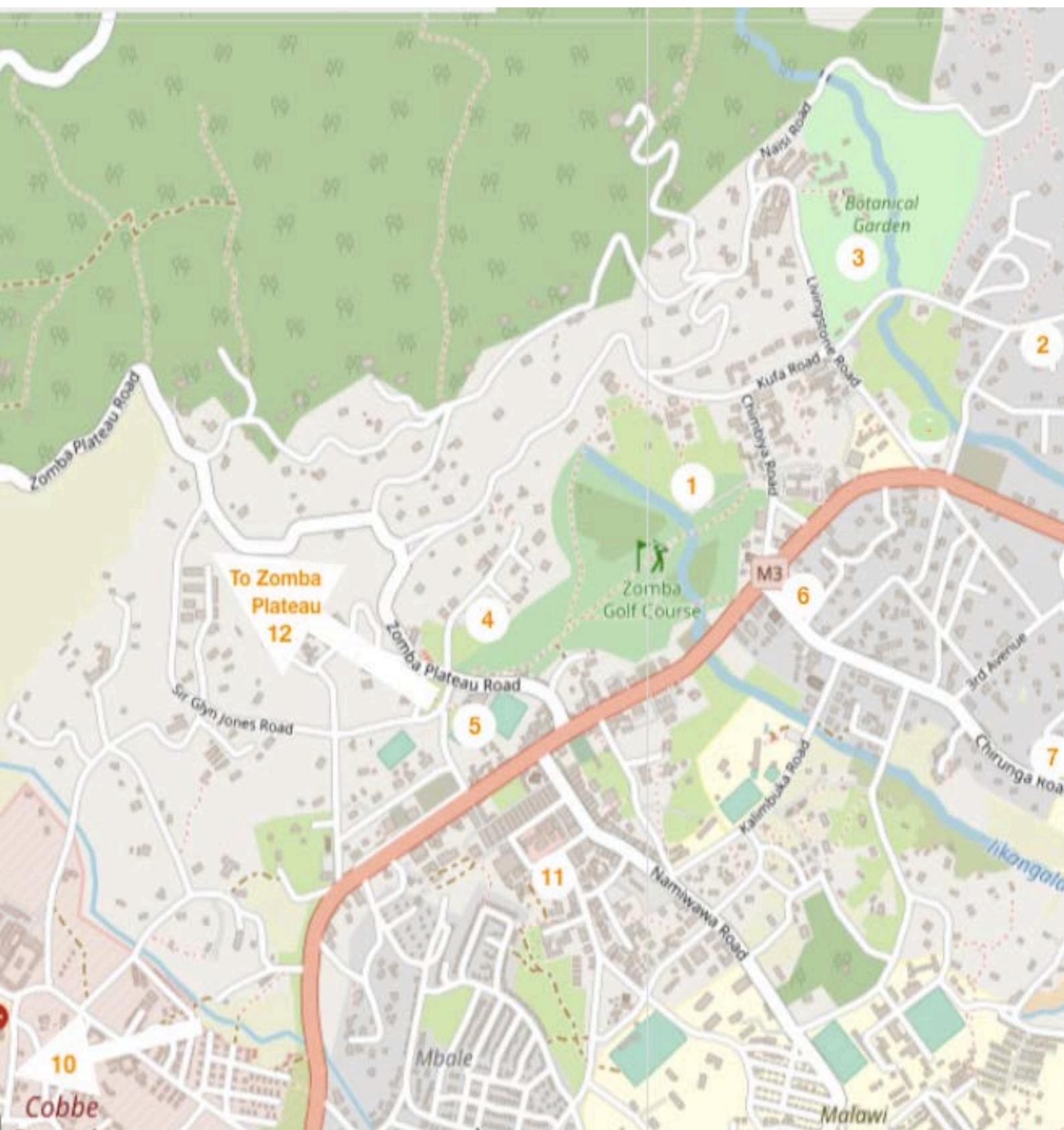
Often overlooked on tourist itineraries, Zomba holds a clear attraction for the traveler in a great many ways. This article wants to highlight the uniqueness of the region. We collected a list of ten facts about Zomba that make it a wonderfully unique city.

1. Within Malawi, the blue monkey is rather rare, occurring only in the Nyika plateau, some few spots on the lakeshore, and in our beautiful Zomba. Less proliferate than the velvets and baboons that roam the city, the blue monkey can be seen by the patient spotter around the botanic gardens and up towards the plateau. It enjoys dense forest and bamboo forest and mostly restricts itself to the canopy.
3. Zomba counts 73 species of ground orchids that can be seen in and around Zomba during the rainy season.
4. The White Winged Apalis is a very unique bird that can be spotted in the Mulunguzi gorge in Zomba and up the plateau near Ku Chawe. The species is believed to have been reduced to only 50 pairs.
5. In colonial times, Zomba was known as the most beautiful capital in all of the British protectorate. Given the vastness of the British territories, this is an impressive claim indeed!
6. Zomba hosts some quite unique butterflies, some, like Charaxes Martini Heli only occur in a very small area (the one mentioned is only to be found at the gorge beneath Chingwe's hole).
7. Zomba was Malawi's first capital and still bears lots of marks of its historic and colonial past. The state house, the historic government buildings and a myriad of colonial private residences dotted around the city bear witness to 150 years of architectural history.
8. Chancellor College, the largest college in Malawi, is a well-known part of Zomba, a great college with spacious grounds and beautiful architecture, it also contributes to Zomba's liveliness and its draw on creative minds.
9. The Malawi Rock Shandy (a non alcoholic cocktail with bitters and sprite) was created in Zomba's own Gymkhana club by barman called Shadrick in the 1960s.
10. Zomba prison is the ONLY maximum security prison in Malawi.

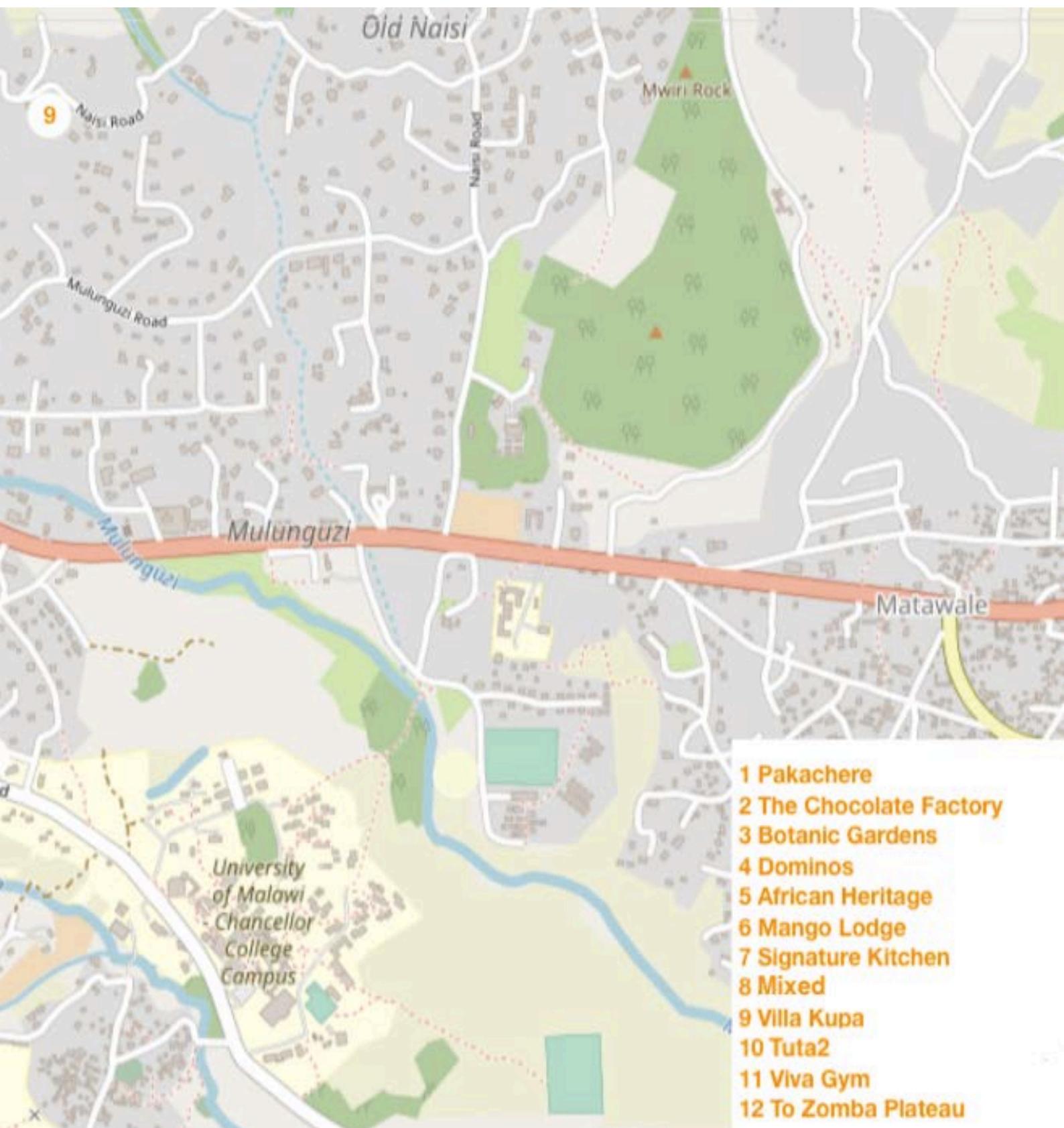




# Festival Map



# of Zomba



# ~ SUNDAY, 02 MAY ~

	ZOMBA PLATEAU	PAKACHERE	CHOCOLATE FACTORY	SIGNATURE KITCHEN	MANGO LODGE	VILLA KUPA	TUTA2
06:00 am	Hike to Plateau						
08:00 am	Treasure Hunt	Yoga	Musical Breakfast				
10:00 am							
12:00 noon							
02:00 pm	Wellness and chill-out zone	Faith Mussa Chill out Zone	Poetry	Car Boot & Plant Sale Children Activities	E-games (FIFA) & table tennis	Bao Tournament	Pool Party
04:00 pm			Theatre				
06:00 pm		Quiz & ArtGlo					
08:00 pm		Karaoke & Dj					
10:00 pm							

# ~ MONDAY, 03 MAY ~

	ZOMBA PLATEAU	PAKACHERE	CHOCOLATE FACTORY	DOMINOS	SIGNATURE KITCHEN	MANGO LODGE
06:00 am	Half day hike to falls & viewpoints with Hiker's Alliance					
08:00 am		Yoga	Historical Walk to Chocolate Factory			
10:00 am				Live Music and Brunch	Sculpture garden, eco market	
12:00 noon						Family Day
02:00 pm		Live Music: Shammah Vocals		Workshops		
04:00 pm						
06:00 pm						
08:00 pm						
10:00 pm						



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# Malawi in History



- Napolo
- Once Upon a Time
- The Legend
- April in History

# The Mystery of Napolو And J. H. Ingram (Ingalamu)

By Madalitso Kachingwe

Storytelling has been of great prominence in the oral history of Malawi from time immemorial up to the contemporary Malawi. It is mostly through this channel that great stories are passed on from one generation to another.

One of such great stories is the mythical NAPOLо. There are many fascinating narratives that paint the imaginary graphical picture of Napolо. It is believed that Napolо is an enormous snake and dwells in the mountains in deep sacred pools and at the places of spirits. It has numerous heads that point in different directions. The place where Napolо is suspected to have its base, is associated with deep waters and the area never runs out of water year in, year out. Whenever Napolо decides to move from point A to point B, the chances of heavy rains are inevitable. Oral history also argues that when Napolо finds its way in the nearest water source, there is a 100% possibility of

super flash floods and the sound of drums that comes right away from the water source.

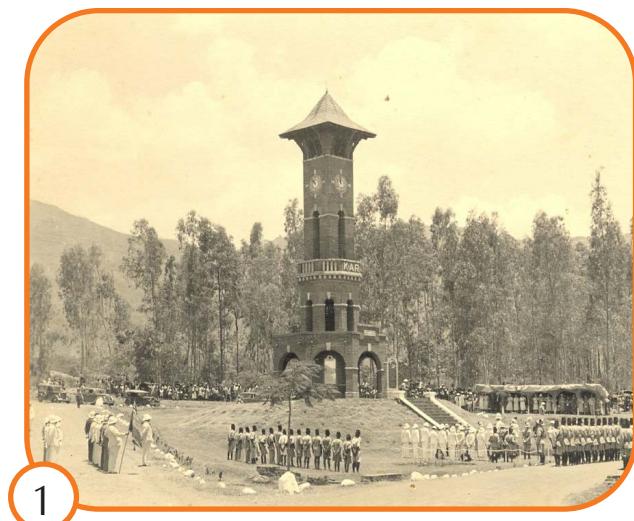
In the 20th century, Napolо became the talk of the town as it was believed to have caused the great damage and destruction in some parts of the southern region of Malawi. For instance, December 1946, it rained for almost two days without ceasing in Zomba district. There was extensive destruction of houses, bridges and property at Ntiya and Chirunga as a result of flash flood that came down the Zomba Mountain after torrential rain on the plateau. Likangala and Mulunguzi were heavily flooded.

The incident prompted Makasu Band, Paseli Brothers and the renowned musician Gidesi Chalamanda, to make a popular Napolо song. The song explains the death of the colonialist, J. H. Ingram (Ingalamu), the Commissioner of Prisons in 1946, when he was trying to cross the flooded Mulunguzi River. All energetic inmates at Zomba Maximum Prison were sent out to search for the body of Commissioner Ingram and finally they found his remains some miles away down the river.

In 1991, Napolо was also responsible for the flash floods that occurred in Phalombe where lots of lives and property were destroyed forcing people to seek refuge in the neighbouring districts.

Napolо remains the focal point in Malawian's oral literature. Its tale is passed on from generation to generation.

## Once Upon a Time



1



2

King African Rifles, Zomba

A portrait of an elderly man with dark hair, wearing glasses and a suit, looking slightly to the left.

LEGEND

# THE RIGHT HON DR JUSTIN CHIMERA MALEWEZI

The Right Hon Dr. Justin Chimera Malewezi (23 December 1943 – 17 April 2021). He was a Malawian politician and a Member of Parliament for Ntchisi North in the Central Region of Malawi. He was Vice-President of Malawi from 1994 to 2004. Malewezi quit the UDF in 2004 and eventually represented the People Progressive Movement in the 2004 general election, in which he garnered 2.5% of the total national vote.

- 1.** He went to Robert Blake Secondary School, popularly known as Kongwe in the Central region district of Dowa, where he received his Cambridge School Certificate.
- 2.** Malewezi advanced from teacher to the position of headmaster and, in 1976, he became chief education officer.
- 3.** Out of the government, he committed his time to private consultancy from the late 1980s to the early 1990s, advising the governments of Tanzania, Ghana and Lesotho on education and public sector development.
- 4.** He also held posts as permanent secretary in various ministries, including education and health. In 1989, he was appointed secretary to the president and cabinet (SPC), becoming former President Ackim Kankhwala Hastings Kamuzu Banda's advisor.
- 5.** He joined a clandestine underground group of mainly former Banda protestors including Elson Bakili Muluzi, Aleke Kadonapachi Banda, Edward Bwanali, Finly Dumbo Leman and journalist Brown Mpinganjira. The underground pressure group later became the UDF under the tutelage of Bakili Muluzi, and dislodged Banda's Malawi Congress Party (MCP) from its 30-year hold on power, in Malawi's first multiparty elections in 1994.
- 6.** Malewezi was President Muluzi's deputy from 1994 to 2004. Having been sidelined by the ruling United Democratic Front (UDF) as the party's presidential candidate, Malewezi decided to quit the party on January 1, 2004.
- 7.** Malewezi later joined forces with the opposition, People's Progressive Movement, where he was elected vice president.
- 8.** After the loss, Malewezi ran as an independent presidential candidate, promising to put the economy back on track and referring to his intelligence and undented background in the campaign.
- 9.** Malewezi died on 17 April 2021, aged 77.



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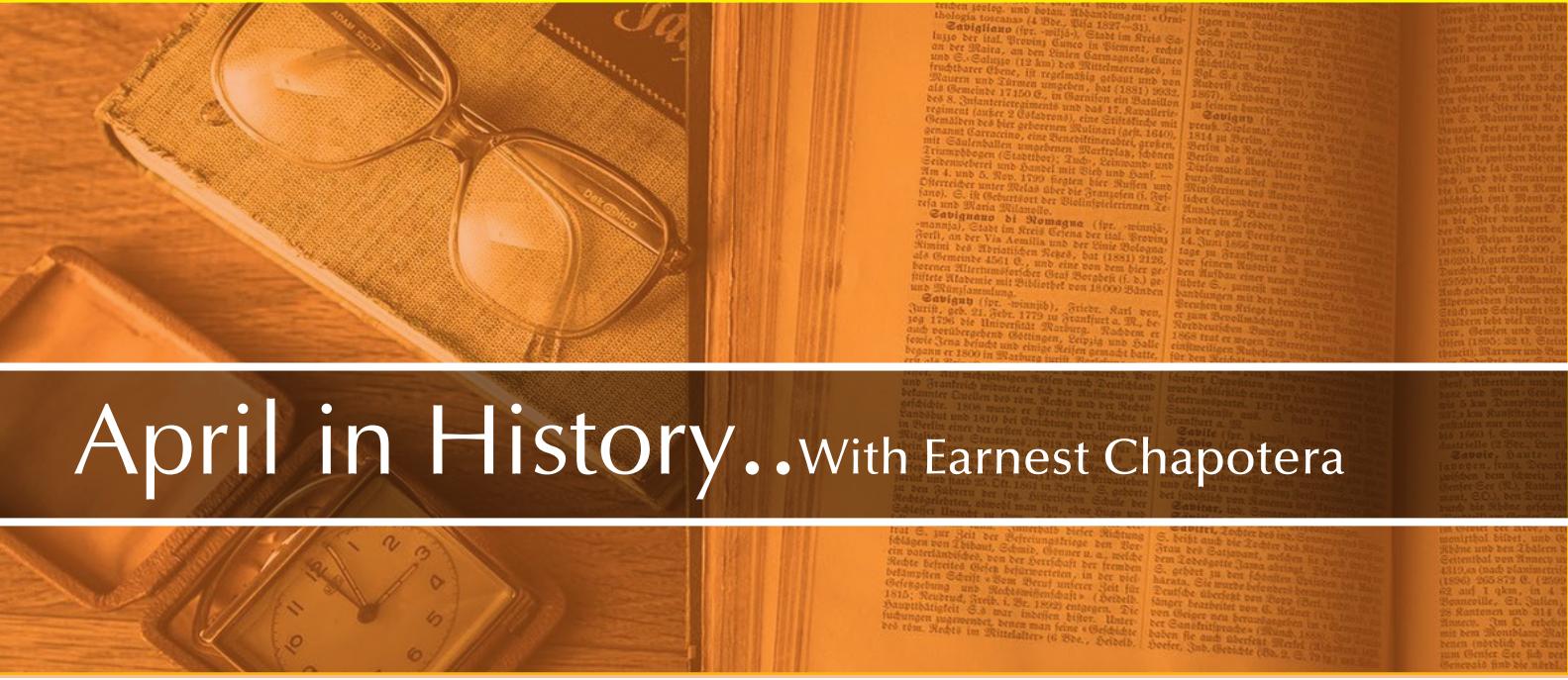
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# April in History...With Ernest Chapotera

**01. 01st April 1960:** On this date, Former Head of State Dr Kamuzu Banda was released from prison.

**02. 05th April 1960:** Orton Chirwa handed over the presidency of the MCP and reverted to the position of executive committee member.

**03. Mid- April 1964:** Kamuzu Banda, then prime minister of Nyasaland makes a speech Zomba debating society on the title “What is communism?”.

**04. 9th April 2021:** Total Malawi unveil the new face of its Total Lake Road service station. Initially opened in 1963.

**05. 30th April 2021:** Zomba Arts Platform organizes Zomba City festival, a three day event aimed at celebrating the beauty found with Zomba.



# MANGO LODGE

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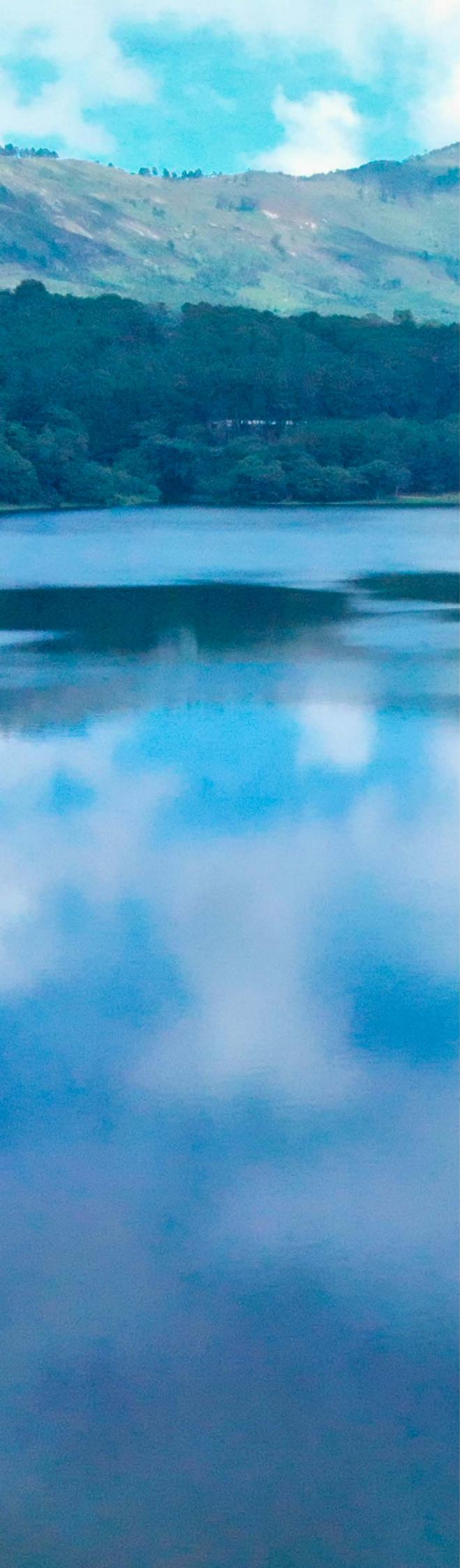
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# Country tour



- The Green City
- Zomba in brief
- Zomba in pictures
- Treez article



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## Zomba, the green city of the Southern Region

By Jeroen Swinkels

WESM, the Wildlife and Environmental Society of Malawi, welcomes you to the beautiful and green city of Zomba. Seated at the slopes of the breath-taking plateau and blessed with the best climate of the country; offering a laid-back escape from the big-city buzz, though still with a vibrant cultural life, Zomba is truly one of the pearls of Malawi. It is in this regard that we are very happy with the Zomba City Festival putting our city on the map as a major destination to visit.

And we need it! It is undeniable that also Zomba has been hurt by the current pandemic. The closing of the University, restaurants, bars, live-venues and nightclubs, and the absence of tourism, international and domestic, did certainly have a huge impact on the usually vibrant social life of Zomba. Fortunately, we are blessed with

our beautiful surroundings, including the Zomba plateau, where we can go for a refreshing walk or a picnic and enjoy the natural diversity, that range from forests with waterfalls on the plateau to reed marshes of Lake Chilwa, both full with all kinds of beautiful creatures that thrive there.

The source of this pandemic seems to be related to the human handling of and impact on the environment.

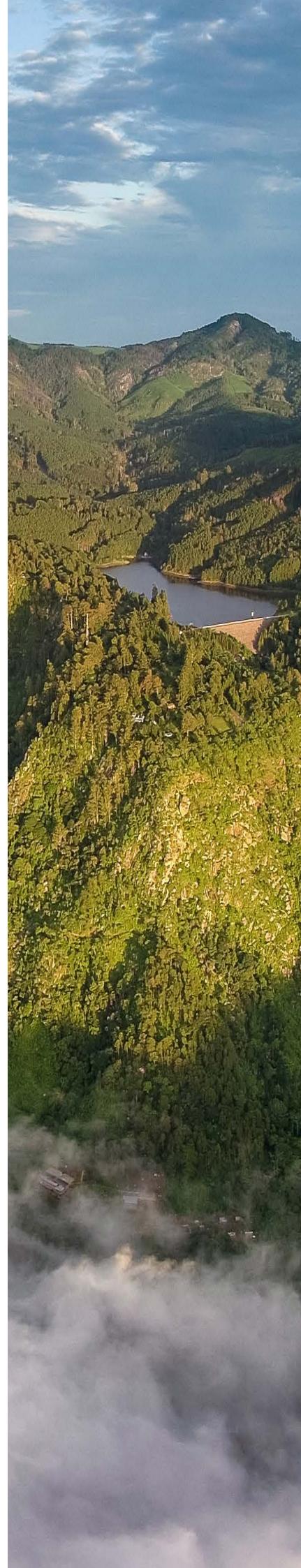
Our ignorance towards and disregard for nature created the perfect conditions for this virus to unleash itself on us. It once again shows our responsibility to respect our environment and that we are part of a well-balanced natural system that has the capacity to humble, suppress and even kill us when we disregard or damage it. It shows us that we need to find a better way to co-exist with our environment.

That is also the case here in Zomba. This year we have seen the most destructive fires in decades, ravaging our mountain. Combined with the on-going, massive logging, legal and illegal, the illegal charcoal burning and brick production, and encroachment for agricultural purposes, the future of our mountain as a haven for natural biodiversity and sustainable resources looks grim. I can't emphasize more the essential role our mountain plays in our own very survival. Zomba is dependent on the mountain for its water supply. Without water, Zomba will cease to exist. All the damage over the years have brought us the lowest water levels we have seen in years in the Mulunguzi dam. It is obvious that our impact on the natural environment of the mountain is slowly becoming a threat to ourselves.

This all shows us the need of increasing our knowledge about the world around us, and our dependency on it. With our limited means, WESM is developing

environmental awareness in our city and communities across the district, while contributing to the conservation and rehabilitation of the Zomba plateau. We support 76 Wildlife Clubs across Zomba District, allowing over 4000 young people to engage with environmental education and activities. With these clubs, and partners such as the Department of Forestry, Emmanuel International and One Acre Fund, we have planted almost 10,000 trees in the recent rainy season. Due to the ongoing commitments of the clubs to monitor the planting sites, we expect a higher survival rate than with many planting initiatives.

I probably don't have to explain that Covid-19 also had its impact on WESM itself. We were and are forced to suspend most of our operations, including direct visits to Wildlife Clubs, clean-up sessions, presentations and nature walks. Because of its outdoors nature, luckily we have been able to continue our tree-planting activities, ensuring strict guidelines were followed.. But we also have been receiving significantly less funding through memberships and donations. That is why I would like to ask your support for WESM in the form of membership and donations, to ensure we can carry on with our work: the conservation of our environment for generations to come. You can support us by transferring your donation through Airtel Money (Make Payments/ Other/Nickname: WESM/ Reference: Your name + ZCF) or become a member. You can also contact us through [jlswinkels@yahoo.com](mailto:jlswinkels@yahoo.com). Your support will be highly appreciated.





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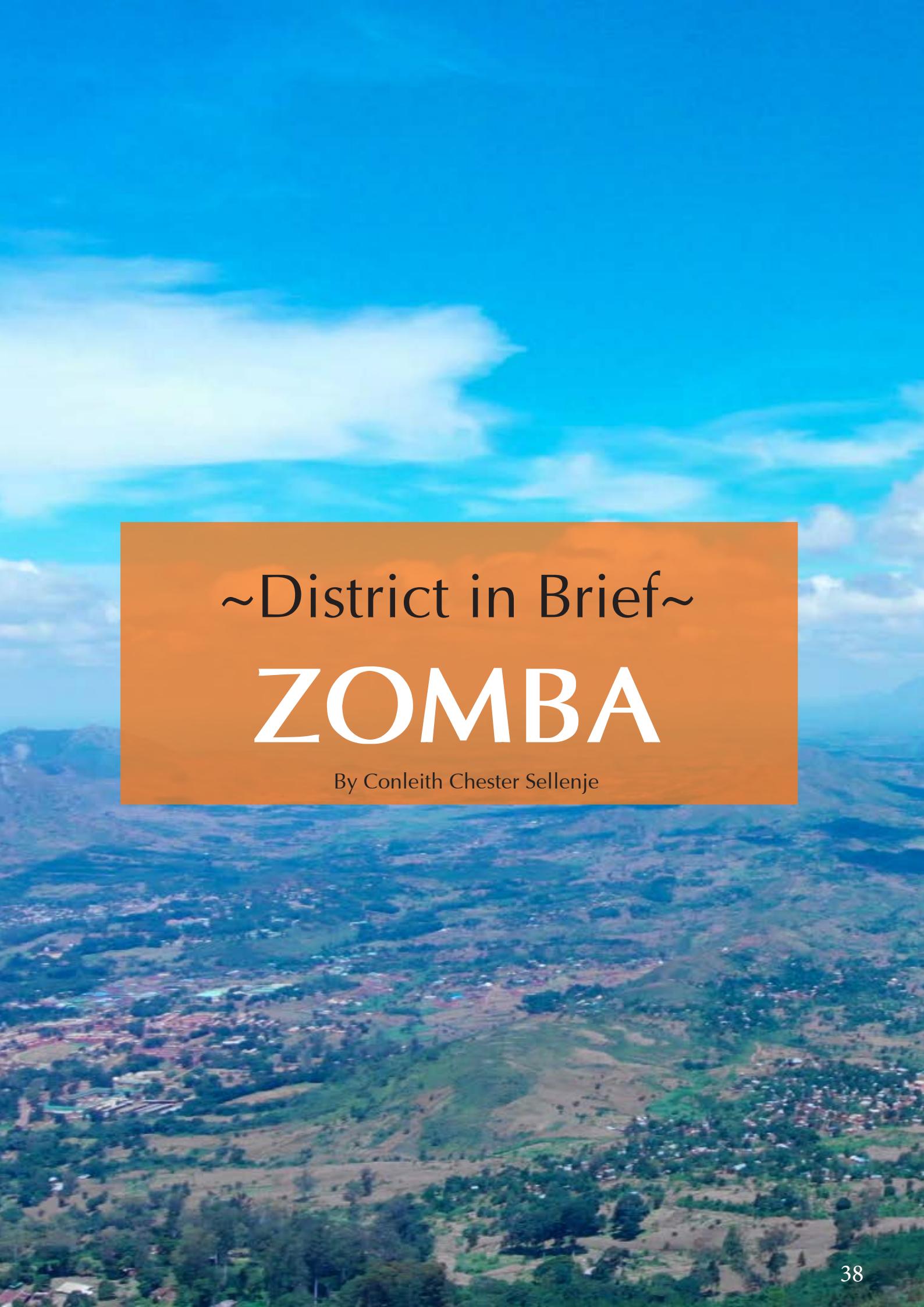


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The background of the image is a wide-angle aerial photograph of a rural landscape. It features rolling green hills and valleys. In the lower-left foreground, there is a cluster of buildings, likely a town or village. The sky above is a clear, pale blue with some wispy white clouds.

# ~District in Brief~

# ZOMBA

By Conleith Chester Sellenje

Old capital cities are said to be homes of a country's heritage. In recent times, old cities have proven to be major tourist attracting centers. While most people are familiar with the new, a lot of them would like to have a feel of what the old was like.

Zomba is praised and talked about by both the locals and foreign tourists. The famous stories of the colonial days and the fight for independence by the young African intellectuals are the center of such attraction.

A city that was once dominated by white people, with beautiful places unavailable to the native Africans. Today, Zomba harbors almost all races who live together in peaceful coexistence, sharing economic and social space.

The colonial capital of Malawi and the first capital of independent Malawi sits about 6847 feet below the towering Zomba Mountain and its plateau.

Trailing along time with Zomba's development is its rich history, more than any other town in Malawi. The city has a living legacy visible to the eye and audible to the ear. A legacy told in myth, fact, archive and through present monuments.

Nature displayed its monopoly in blessing Zomba with rare gifts deficient in most areas of Malawi.

A plateau having an old time hotel( a place where the draft of the historical Ku Chawe Manifesto was written),the famous Emperor's View marking the visit of Haile Selassie, Emperor of Ethiopia, the mystical Chingwe's Hole(a dungeon for adversaries of Chief Chingwe and Lepers), a fresh water dam quenching the thirst of city dwellers and providing sanitation, an inland basin lake named Chilwa to the East with it's aquatic life and wetland, the amazing Chilema tree, swift fresh water

rivers, the botanic garden together with the Consular House designed and planted by John Buchanan around the 1890s,are some of the features history cannot forget.

Zomba is punctuated with historical buildings and monuments, The Colonial Governor's House upgraded to a State House, The House of the Legislative Assembly, The Zomba Central Prison opened as early as 1935, The Cobbe Barracks and Zomba Army Airbase, The Commonwealth War Graves, The Zomba War Memorial Pillar to the honour of heroes who fell during the two World Wars, the Zomba Central Hospital and the Gymkhana Club opened in 1923.

When the capital was shifted from Zomba to Lilongwe around 1975, the glory of the town was not stripped off but it faced an elevation to another level. Zomba became a University Town with a new University Complex, The Chancellor College Chirunga Campus. Intelligentia in different fields have been moulded at the University.

When the Catholics opened their Zomba Catholic Secondary School in 1942, Zomba bred many Secondary Schools ranking one of the highest on record to have many. The Domasi Institute of Education was established to train and equip Educators with the expertise and skill for their profession.

Zomba continues to remain a place of great significance. It is home of the Malawi National Examinations Board, it is where the only maximum prison in Malawi is located, it has several military besides a police training college. In Zomba you also find several institutions of higher learning.

Zomba would suffice as a state on its own.

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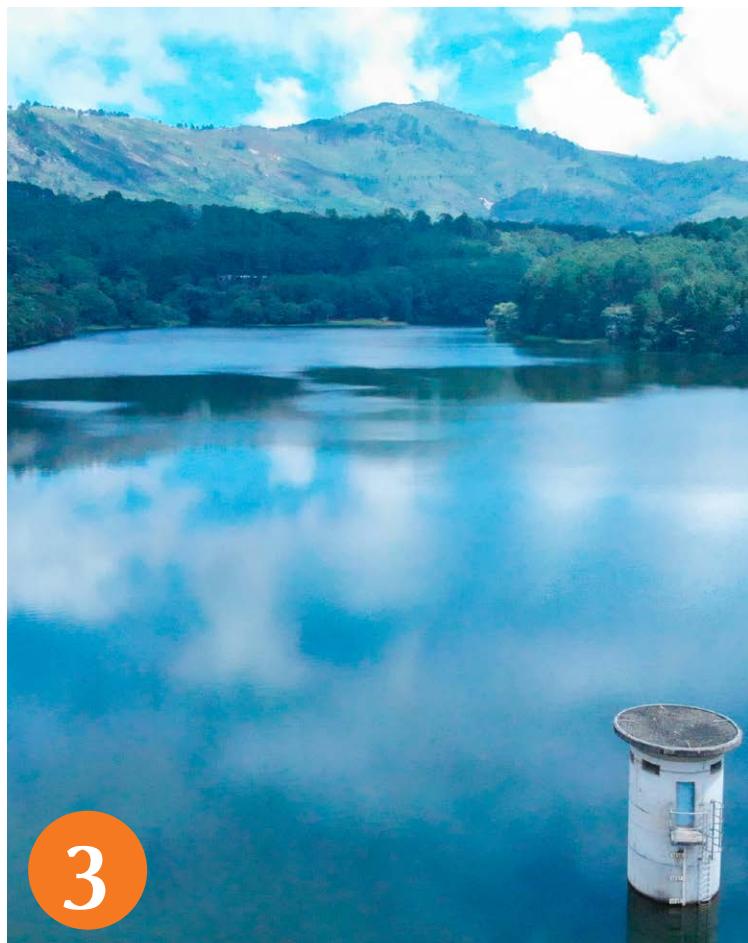
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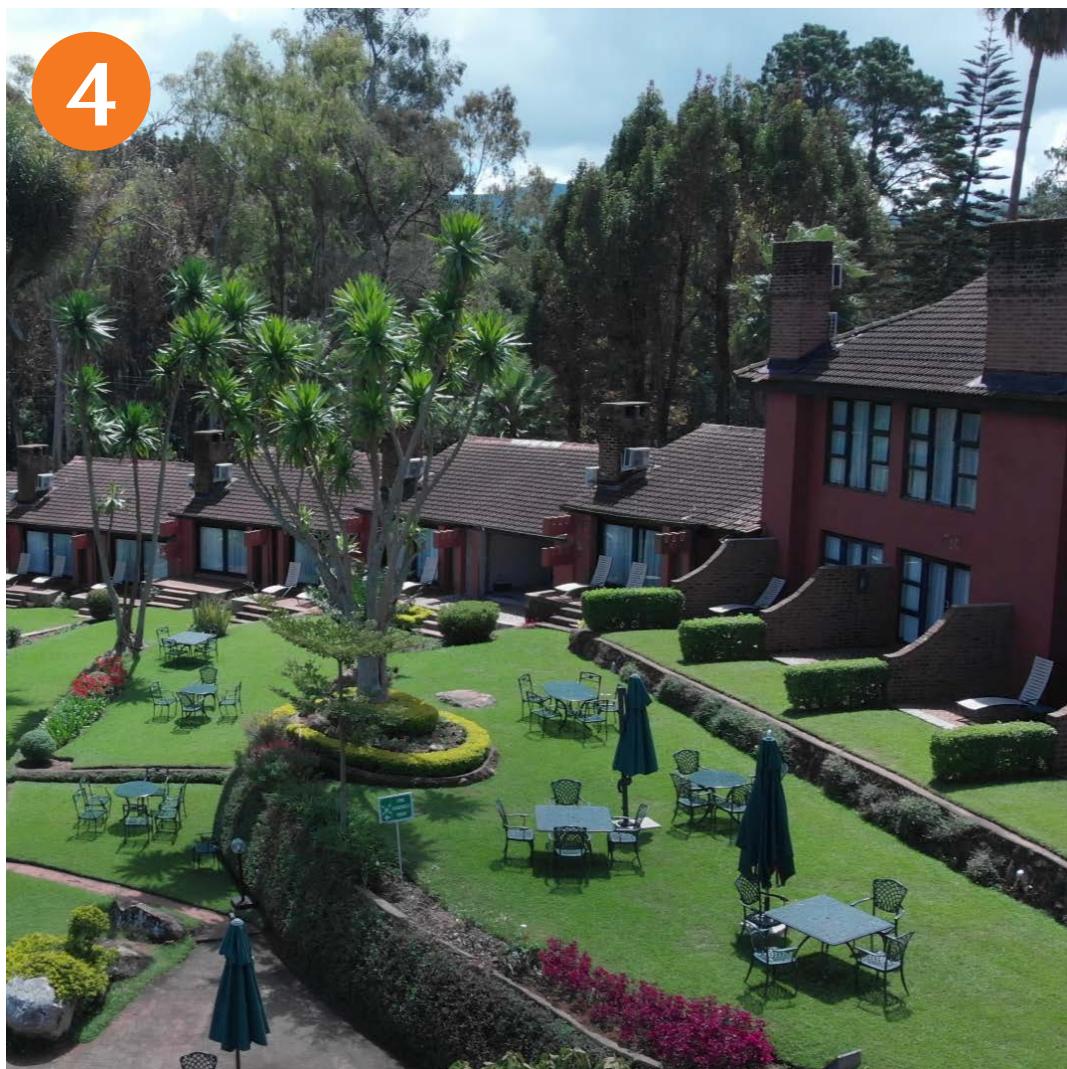


## ZOMBA PLATEAU IN PICTURES

1. Arial View of Zomba Plateau
2. Chingwe's Hole
3. Mulunguzi Dam
4. Sunbird Ku Chawe Inn
5. William Falls

3







# TREEZ(The Reforestation of the Environment and Ecosystem of Zomba)

TREEZ is the conservation project managed by Zomba Forest Lodge. Its goals are the protection, rehabilitation and enhancement of the environment and ecosystem of Zomba Plateau Forest Reserve, working together with the local communities around the Plateau and the Department of Forestry.

## Tree planting and conservation

TREEZ first project was water catchment areas on the south western outer slopes of Zomba Plateau. The aim was to create Water Catchment Conservation Corridors (WCCCs) within, and complementary with, areas of timber plantation. The idea was to develop a workable system of conservation within the Forest Reserve that would protect the vital water sources for the communities surrounding the Plateau.

TREEZ recruited local groups within the communities to help. The species chosen were indigenous and/or fruit trees. Part of the plan was for the communities to see and realise that there were benefits for them in helping conservation. Everyone from the community would have a source of extra nutrition for themselves and their families, and also a potential source of income from the forest that came from protecting trees rather than cutting them. In future, once tree cover is mature enough to support it, we hope to encourage bee-keeping programmes; this again would be both a source of nutrition and income generation.

Each sponsored community group is assigned a specific zone for them to manage. The groups are paid a survival rate each year, for each tree/seedling that has made it through the year. The aim is to give a sense of ownership and responsibility to each group as well as much needed income. Both seedlings and naturally

regenerated trees are counted.

Within the communities themselves TREEZ has introduced tree planting, in order to ease pressure on the Forest Reserve for firewood and illegal timber, and to improve livelihoods within communities. Planting is done in 3 different types:

1. Woodlots (away from water catchments and crops) of pines and eucalyptus, providing legal sources of timber.
2. Fruit trees, which are provided to each household so villages can become their own fruit orchards giving both nutrition and income.
3. Agroforestry trees, planted around maize gardens. Species are selected that help nitrogen enrichment, soil erosion, and with good management (like coppicing) can provide a sustainable source of firewood.

TREEZ also micro-finances the creation and development of seedling nurseries within communities, engendering a sense of ownership and vested interest in conservation and acting as a source of income generation.

TREEZ sponsors the Zomba Tour Guide Association to create and maintain an indigenous tree seedling nursery on top of the Plateau. The seeds are collected from locally growing species and are raised in the correct soils and at the correct altitude and climate. A water catchment conservation area has been planted along the Mulunguzi River, helping to protect the water catchment for Zomba city. A new, additional indigenous

seedling nursery is planned that will be a visitor site and tourist attraction.

### Firefighting and fire prevention

The main threat to any newly planted or existing trees is fire. One fire can destroy years' worth of growth and conservation.

TREEZ sponsors 4 football teams and their netball counterparts from local communities around the Forest Reserve (Malakumu, Nankhunda, and Kasonga). These help with cutting fire breaks, firefighting, and patrolling during the dry season. They are a wonderful way of spreading environmental messages and sensitisation to villagers. During the rainy season they help with tree planting and maintenance of new and young trees. The amount of sponsorship that is given each year is linked to how many trees have been counted in the area they are responsible for.

The Zomba Tour Guide Association as part of their sponsorship help with any fires that might occur.

TREEZ provides tools and equipment to the football and netball teams, community groups, the Tour Guides, as well as the Forestry Department.

The reduction in fires in the area that is covered by the TREEZ community groups, means thousands of indigenous trees are naturally regenerating and slowly forests are being restored.

### Environmental Awareness

In 2018, TREEZ sponsored the first Environmental Awareness concert in the local community. Its aim was to spread environmental awareness messages to the local people who attended the concert. We bring a Malawian Popstar to the community, as well as local musicians, to perform the free concert.

This proved so popular that in 2019 TREEZ ensured school participation as well. 8 schools were requested to write an environmental awareness song that was performed on the day of the concert and judged by famous Malawian artists. Prizes of school equipment were awarded to the first

three places. The winning school was sent a studio to record a track of their song. It was a huge success, one that TREEZ hopes to repeat on an annual basis.

### Environmental programme

### Education

For conservation work to be successful, the communities involved need to understand the reasoning behind the ideas that TREEZ is trying to spread, so on the back of the success of the Environmental Awareness concert, TREEZ put together an environmental education programme to be taught in schools as an extracurricular activity. As an incentive for participation, TREEZ sponsored football and netball tournament between the schools, as well as a knowledge quiz. Sadly, this has been temporarily put on hold due to the current Covid-19 situation.

### Run4Reforestation

Run4Reforestation is an attraction for residents and tourists alike.

In 2018, Zomba Forest Lodge organized the first Run4Reforestation to raise funds for TREEZ and conservation around the Plateau. Over 300 runners came for the first event and nearly 400 for the year after. The success of the event not only helps fund TREEZ but also raises awareness about deforestation and environmental degradation.

In 2019 a Sustainability Fair to coincide with the Run was introduced, this attracted stallholders from all over Malawi promoting sustainable development and products.

The 2020 Run4Reforestation was organised on a virtual basis due to the Covid-19 situation and was a huge success with people participating all over the world and raising the funds towards annual TREEZ activities.

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DRINK GOOD BEER  
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# Health



- **Renew Yourself**



# Take Some Time Off! Renew Yourself

By Lin Mbiri

As human beings, we are drawn to all things beautiful and things that promise beauty. Our love for beautiful things is the foundations of a worldwide industry that's worth billions of dollars and has trends every few months, utmost a year. Beauty in the last two years has been more closely associated with 'self-

'care' and the beauty industry has made it a point to maximize on this new trend overshadowing what self-care is about. But what is self-care really? Is it not equivalent to the things that make us feel relaxed and

special? Should you break your back we needed to start getting creative with trying to self-care the way the internet self-care but also consider certain self-care habits necessities. This is where the requires you to?

Self-care is something we do to make us feel good and sometimes avoid burn-out. From bath-bombs with scented candles, an expensive spa day at a luxury resort, to a quiet day at home. Anything that destresses us as human beings, is considered a form of self-care. Our current media culture however, has limited our perspective on what should be considered self-care lately. The beauty industry has made sure we limit our definition of self-care to skincare, manicure and facials, massages and haircare.

These things, as trivial as they may seem to some, do actually give a form of gratification and calm to most. The people partaking in them feel a sense of tranquility, positive self-image and are less susceptible to depression and stress as self-care increases positive thinking. A skincare routine practiced every morning and night makes you feel like you are taking care of yourself. It feels even better when you start to see visible results after

For us to be functional and at our best, it is paramount we be at our best both mentally and physically. Physically, we NEED to drink enough water, eat healthy and get the right amount of sleep. All these are necessities for our human bodies to function! It's guaranteed that if you're struggling to meet these basic needs of your body, and pedicures to some, is a way to you're definitely going to struggle with A LOT of other things. Problems with health like malnutrition, obesity and poor psychological well-being can be something a person lacking these basic needs may encounter. Therefore the necessities mentioned are NOT optional. Things like therapy, check-ups and preventative healthcare should be considered basic care and therefore crucial to our survival. Unfortunately for us, Malawi being a third world country, these basic care needs can be a luxury that most struggle to attain.

Everything can be considered self-

As the world goes more digital by the day, more and more people are beginning to recognize that mental health (or wellbeing) is very important. The COVID-19 pandemic also opened our eyes to how important a full circle of wellness is; the physical and mental. Lockdowns, quarantines and even the fear and anxiety of us or even our loved ones getting the Corona virus pandemic got us to the points where

care as long as it destressed and relaxes whatever gets you to that level no matter how simple, applies. We all need to take some time off for ourselves to be our best selves. So go and book that appointment, meditate in your garden, go for a long walk, take that bubble bath with a glass of wine or take a nap. There is no such thing as one right way to self-puts strain on a lot of people's mental care. What there is, is the right way for health. In one way or the other, the YOU to self-care. Take care of yourself.



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Heritage Documentaries is a sister brand of Malawi Heritage Magazine. Through this brand Infinity Media Group captures peculiar visual material about Malawian culture, Nature and History.

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A vertical photograph on the left side of the page shows a silhouette of a person hiking. The person is wearing a cap, a backpack, and is using trekking poles. They are walking away from the camera, towards a bright horizon where the sun is setting or rising over rolling hills. The sky is filled with soft, warm colors.

# Sports in History



- **Sporting In Zomba**



## Sporting In Zomba, An Aerial View

By Innocent Nyondo

When people think of sports, they usually think about soccer, netball, volleyball, basketball and other such common sporting games. In Zomba, much as these games do take place from time to time, it is other kinds of sports that take on a center stage.

Common sporting activities besides going to the gym within the city include mountain hiking, morning runs, cycling, long walks and others of a similar kind. It is rare to see people gathered around soccer or netball playing fields to enjoy a soccer or netball game as is common sight in most Malawian cities and districts.

This reality is recent. A look at the past indicates that soccer used to dominate the sporting games in Zomba. Then, games were played at the Zomba community ground which is currently under construction. Then, Zomba had football clubs which competed amongst themselves and popular ones which played in national tournaments. The Cobbe barracks football team is said to have been the most feared.

With passage of time, the stadium lost its state of beauty and its ability to support soccer games. That meant

Zomba no longer had a soccer ground on which games between and amongst teams could be played.

Sources say, from then, it has been uncommon to see people gather to play soccer matches. Soccer matches though continue to be played using play grounds found in select places within the city and other places outside.

On the other hand, the lack of space on which these matches could be quickly arranged saw to a rise in people going into other means of keeping their bodies healthy.

One such move was made by the Seventh Day Adventists, who seeing an opportunity in the topography of the city and the mountain, they started to organize a mountain hiking exercise every Sunday to encourage the members in their church to keep fit.

Since their hiking fell on a Sunday, it meant a challenge for others from other denominations to join them. Due to that, other members started to organize their own days, starting with Saturday at first then any days that they found convenient.

Today, early mornings in Zomba are welcomed by scores of individuals running, walking and cycling in an effort to strengthen their bodies.

At this festival professional tour guides from Hikers alliance and Zomba City tour guides will help you have a formidable hiking experience.

# Quiz

1. Who was the first black Chancellor of the UNIMA in Zomba?
2. Who was the first commissioner of Malawi Prisons?
3. In what year was the gymkhana club in Zomba opened?
4. How many military bases are found in Zomba?
5. In what year did Zomba cease to be a capital city?

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Send your answers to: +265(0) 995007974, +265(0) 888 558 734 (text or whatsapp) or info.heritagemw@gmail.com

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06 JULY, 2021

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