WEEKEND NATION
LOWERUKA, NOVEMBER 19, 2022

Nkhalango ya Nyamadzere ku Nsanje

Awapempha asamalire nkhalango ya Nyamadzere

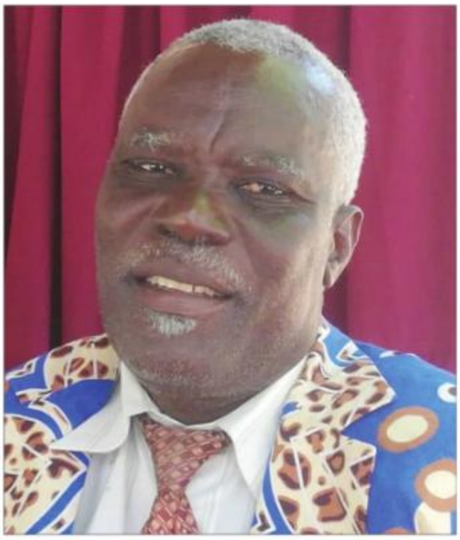
WOLEMBA:
MARTIN GELA

Anthu omwe amakhala paboma la Nsanje awapempha kuti asamalire nkhalango ya Nyamadzere pofuna kuti apewe ngozi ya madzi wosefukira.

T/A Malemia anati nkhalango ya Nyamadzere yomwe inakhazikitsidwa zaka 50 zapitazo yakhala ikukumana ndi chiopsezo popeza ambiri alowelera ndi kumangamo nyumba.

A Malemia adati: "Ndawauza magulupu anga ngati Mtemangawa, Malemia, Nthukuso komanso Mazowe kuti akhale maso kusamalira nkhalangoyi ndipo awonetsetse kuti wina aliyense sakulowelera ndikumangamo nyumba."

Iwo adathokoza nthambi yaboma yoona ngozi zogwa mwadzidzi ya Department of Disaster Management Affairs (DoDMA) pofukula mtsinje wa Nyamadzere omwe chaka chatha unasefukira kuchititsa kuti anthu akwa gulupu Malemia, Therere, Ndenguma, Nthukuso ndi Nthole asautsike ndi madziwa.



ZITHUNZI: MARTIN GELA

Agulupu a Ndenguma: Gombe anatimvetsa kuwawa

Agulupu a Ndenguma anati ndi zomwe anakumana nazo ndi anthu awo pa 15 February chaka chino madzi a Gombe sangaike dzino pamtunda posekelera anthu womwe angaononge nkhalangoyi.

Iwo adati:

"Tikukambirana ndi akuluakulu a zankhalango m'bomali kuti atibweretsere chitukuko chaulimi wa njuchi zomwe sizionga china chilichonse kwinaku tikusamalira nkhalango yathu ndikumapeza phindu mkumasalira mabanja athu.

"Madzi osefukira a Cyclone Gombe adandiphunzitsa kufunikira kwa mitengo mbali mwa mitsinje zomwe nthawi zina zimamveka ngati nthano yonenedwa ndi agogo akuotha moto ndi zidzukulu madzulo usiku."

Mkulu woona za nkhalango m'bomalo a Noel Moyo anati nkhaniyi ndi yabwino chifukwa akuyambitsa ndi mafumu ndi cholinga chofuna kukhala ndi nkhalango yabwino ya Nyamadzere komanso iziwateteza ku ngozi za madzi wosefukira.

A Moyo ati ayesetsa kuwapezera woti awathandizire paulimi wa njuchi omwe bungwe la Shire Valley Transformation Program (SVTP) likulimbikitsa m'chilinganizo chosamalira za chilengedwe ndi thandizo la ndalama zokwana £5.6 miliyoni (pafupifupi K7.8 biliyoni) kuchokera ku Global Environmental Facility.

Ku Nsanje kuli nkhalango zodziwika monga Matandwe, Mwabvi komanso Masenjere, mwa zina, zomwe boma m'ndondomeko zachitukuko ya Malawi 2063 akufunitsitsa kuti zidzakhale zovalira bwino zomwe zimapereka chiyembekezo chanyengo komanso mvula yabwino yopanda madzi wosefukira. ■

BWALO LA ULIMI

WOLEMBA: ANDREW SAUKANI

Nsomba zakunja

Chambo, kampango, chisawasawa, utaka, bombe, usipa komanso ncheni ndi ina mwa mitundu ya nsomba yodziwika pakati pa Amalawi moti kudya imodzi mwa mitunduyi sizachilendonso.

Kupezeka kwa mitundu ya nsombayi kamakhala kosiyanasiyana potengera ndi madera komanso zida zimene zikugwiritsidwa ntchito komanso kuchuluka kwa anthu amene akuzifuna. Masiku ano nsomba zazing'onozing'ono ndi zimene zikudyedwa kwambiri kusiyana ndi zazikulu zimene zikutsimikiza kuti thanzi ndi chuma zagona mu nsomba zazing'onozing'ono.

Kapezekedwe ka nsomba zazikuluzikulu kakumakhala kovutirapo komanso zikapezeka zikumakhala zokwera mtengo. Ena amakhulupilira kuti nsomba yabwino ndi imene ili ndi mnofu monga chambo, kampango ndi bombe motero akamadya azitha kuunjika mafupa ndi minga kusiyana ndi nsomba zazing'onozing'ono zimene zimadyedwa yonse pakamodzi.

Akatswiri pamadyedwe abwino akuti nsomba zazing'onozingono n'zopindulitsa kwambiri pa thanzi la munthu chifukwa cha michere monga calcium, zink, iodine ndi ina imapezeka m'mafupa ake kusiyana ndi nsomba zina zimene anthu amataya minga ndi mafupa.

M'dziko muno mukumabweranso mitundu ina ya nsomba zochokera ku maiko ena monga markel, kapenta, daaga, salmon ndi zina zimeme zambiri mwa izo zimaphedwa m'nyanja zamchere.

Nsombazi zimakhala kuti zili m'guru la zakudya zopezeka m'nyanja monga nkhono, octopus, prawns ndi zina zotero. Mitundu ya nsomba zakunjazi zikugulitsidwa m'madera ambiri ndipo izi zathandiza pakapezekedwe kosavuta kwa nsomba polingalira kuti nsomba za m'dziko muno sizingakwanire kudyetsa mtundu onse.

Ngakhale zili chonchi kakomedwe ka nsomba zakunjazi n'kosiyana kwambiri ndi nsomba zimene zimaphedwa m'dziko muno. Nsomba za m'dziko muno zili ndi kakomedwe komanso fungo labwino losonyeza kuti n'zapamwamba kwambiri.

Tangolingalirani fungo loutsa mudyo limene limatuluka chambo cha m'nyanja ya Malawi chikamaotechedwa pamoto kapena kukazingidwa m'mafuta. Kumtimaku umachita kumva kulyolyopera kuti kudya koma uku. Kubwera kwa mitundu ya nsomba zakumaiko akunja kutipangitse kuganizira zifukwa zimene zikupangitsa kuti nyanja za m'dziko muno sizilephera kutulutsa nsomba zokwanira malingana ndi m'mene tikanafunira kutero.

Kupha nsomba ndi njira zosavomerezeka kwachulukira komanso dziko la Malawi silinachilimike kwambiri pa ulimi wa nsomba chifukwa zina mwa nsomba zochokera ku maiko akunjazi zimawetedwa m'madamu ndi m'makeji.

Ngakhale kakomedwe ka nsomba za kumaiko ena n'kosachita kupatsa mudyo ngati chambo ndi nsomba zina za m'dziko muno koma anthu akugulabe chifukwa ndi zotsika mtengo polingalira kuti kumaiko akwaoko zipangizo pa ulimi wa nsomba nzotsika mtengo.

Izi sizitanthauza kuti nsombazi zingafanane makomedwe ndi zakwathu kuno chifukwa nsomba za kunjazi zimakhala kuti agwiritsa ntchito mankhwala wokulitsira komanso zatenga miyezi yambiri zikanasungidwa m'mafiliji kotero pamene zizidzaphikidwa ngakhale mutathira zokometsera kumakhala ngati mukudya mapepala. ■

Mafunso: saukaniandrew@gmail.com