



PAMOZA



Malawi

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Pamoza News

January - April 2017

Breaking the Cycle of Hunger



The Goli Botha family is one of the persistently food-insecure households supported by Pamoza

Imagine if you had to grow your own food to survive. How would you do it? What if you had to do it all by hand with no fancy equipment? Would you be able to grow enough to feed your entire family for a year? Probably not.

For most Malawians, farming is essential for survival. If you don't grow enough, you don't eat. It's that simple. Unfortunately, up to 40% of the families Pamoza serves only grow enough to last 6 months of the year. After that, they engage in *ganyu*, piece

work they do for others, getting paid in food or income they use to buy food. However, *ganyu* takes time away from their own farm work, leading to a cyclical process where they don't grow enough the following year. We call this the cycle of hunger.

In order to stop this cycle of hunger, Pamoza, with the support and initiative of some students from Eastern University, has begun a food security initiative targeting persistently food

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Change Makers—Sew What?

Last year, the women from Springton Lake Presbyterian Church approached Pamoza with a common request we hear from our partners: "what can we do to help?" They wanted to engage in a project that would help women in Malawi. Here's what happened.

We asked them to pray for the women in Malawi and as they prayed, they noticed the women were struggling with providing the most basic essentials for their children, including school uniforms. Sherry Hall, one of the ladies of SLPC, was particularly moved when she found out how difficult it was for some children to attend school because their families couldn't afford uniforms.

"When my mother's heart heard that; it had such a huge impact on me. The women have so many needs in Malawi, but a sewing machine was something we could provide to make a difference. We could do something about this." And so began the **Sew What? project**.

With the leadership of Becki Marshall and Sherry Hall, the ladies at SLPC facilitated a mini health retreat in March. The goal of the mini retreat was "women helping women near and far". Local experts were brought in to talk about health issues affecting women, but the event also highlighted the needs of women in Malawi and encouraged those in

attendance to donate money towards sewing machines. A sewing machine costs approximately \$70 in Malawi. The members of SLPC successfully collected over \$2,000 towards the project!

Sew What? Now What?

We know families in rural Malawi have a difficult time affording school uniforms. Now we are going to engage the schools and the community in thinking of the best way to address this problem in a manner that uplifts the community, supports women, and can be sustained by the individuals benefiting from it. Stay tuned as this project progresses.



Sherry Hall encouraging people to donate money for sewing machines

("Breaking the Cycle of Hunger"...Continued from page 1)

insecure households. We gave these families temporary food relief combined with training, fertilizer, seed, and monitoring in an effort to help them grow enough food for their families and extra to give back to the program so that Pamoza can help additional families. All it takes is \$200 to supply one family with the inputs and training required to break the cycle of hunger.

We have started with 50 families like the Botha family (pictured on front page). They only grew 300 lbs of food last year and started running out of food only after a few months. Contrast that with the fact that the average American family of four *throws away* over 1,000 pounds of food per year (National Geographic, 2014). That's a stark difference.

Our program is already changing lives. We started by providing food relief to food insecure households so they can focus on working on their own farms. Emma, one of our beneficiaries says, ***"For the first time since I married my husband, we are now able to have two meals per day."*** For that, she is thankful but we know we can do better. So over the next few years, we will continue to monitor and support food insecure households so that they can permanently break the cycle of hunger and support their own families with enough food.

You can help. A donation of \$200 is enough to supply fertilizer, seed, training, and support to help food insecure families grow enough food. Go to www.pamoza.org to support us.

Program Updates

Education

We started adult literacy classes in each of the 4 communities we serve. We currently have 87 adult learners! Thus far, we are already seeing positive results. Many of our learners didn't know how to read and write anything when they started classes; now many of them can read and write their own names.



An adult literacy class in session

Christian Outreach

We reached over 3,000 people with the Gospel and have now started fellowships at our weekly clinics. We are continuing to offer home-based Bible study groups led by community members who finished Bible study training.

Entrepreneurship

Over 400 people are saving money through our village savings and loans association (VSLA) program. They've collectively saved over 2 million Malawi Kwacha (about \$3,000)! The goal of the savings program is to enable people to save money as a group so that they have capital for their various business ideas. Members of the group take loans out to start their businesses. Pamoza supports the members with business training, monitoring, and networking.



Members of the VSLA leadership team

Medical Services

Over 1,000 people were treated at our weekly clinic over the last 4 months. The most common illnesses were malaria, pneumonia, and AIDS. Our campaign to get more people tested for HIV/AIDS has been effective. We are seeing an increase in the number of people willing to get tested and to also admit they are positive. This was not the case in the past.

We also started offering prenatal services at our clinic. We currently have 13 pregnant women who come for regular check-ups. Previously, they had to walk 5 miles to the nearest hospital for this service.

Agriculture & Food Security

In April, we identified 20 people living with HIV/AIDS and provided them with fruit tree seedlings so they can grow fruit. The hope is that the fruit will give them additional nutrition and also be a source of income if they can sell some of the fruit.



Steve has been living with AIDS for years.
He's pictured here with a papaya tree seedling he received from us

We are helping 50 families break the cycle of hunger and also helped 565 families with temporary food relief so they wouldn't go hungry during the lean period, typically February - April, which is when people start running out of food because the new harvest is not yet ready. Pamoza does not believe in handouts; therefore, the maize we distributed for food relief was sold to community members at a reduced rate and the funds will be used for food relief needs in the future thereby creating a revolving fund.

Want to Join Us for a Mission Trip to Malawi?



You have the opportunity to join Pamoza International on a mission trip to Malawi, Africa. Pamoza occasionally takes teams to Malawi so they can observe our work and partner with the communities we serve by helping them with specific projects. We usually partner with specific churches for mission trips but in 2018, we are opening it up to any of our supporters.

PRELIMINARY MISSION TRIP DETAILS

- **Dates:** June 24—July 15, 2018*
- **Cost:** \$3,500 per person (includes airfare, food, and accommodation)
- **Eligibility Criteria:**
 - Complete online application at www.pamoza.org/missions-trip
 - Attend missions preparation workshops hosted by Pamoza
 - Have funds raised by January 2018
 - Have valid passport and proper vaccinations prior to travel
 - Pass Pamoza screening

*Trip will be 2 weeks or 3 weeks depending on availability of team members.
Cost will be \$4,000 for 3 week trip.

Get Ready to Run! Pamoza 5K—October 29, 2017

On Sunday, **October 29, 2017** at **9 am**, Pamoza will be participating in a multi-charity 5K fundraiser event at the Philadelphia Art Museum. The 5K event will provide an opportunity to raise awareness and fund for our work.

Our goal is to show that we are **one body, many parts**. To that end, we are inviting YOU to start a team or participate as an individual. Please visit www.generosityseries.com/pamoza To register for the event. If you want to find out how to start a team, please send an e-mail to nichelle@pamoza.org or call 267-422-2837.



Prayer Corner

We welcome your prayers for the people of Malawi and for Pamoza's programs and services. We specifically ask that you pray for:

- The people we serve. Pray that their hearts will be transformed.
- That more men will participate in our adult literacy classes (we currently have 87 learners and only 5 of them are men).
- The village headmen and chiefs: that they will exhibit good leadership to their people and continue to work with Pamoza.
- Our partnerships both within and outside of Malawi.
- Our Board, our staff, our volunteers, and the many people who sacrifice their time, money, and energy for Pamoza.
- A successful harvest for all the food-insecure households in our food security program
- The 2018 mission trip—recruitment, preparation, wisdom, and discernment as we prepare.



"I was influenced by my peers to get married at a young age. I learned the hard way that you can't enter marriage unprepared. Now I want to get educated and become a nurse. Thank you Pamoza for encouraging me."

Tasiyana

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INTERNATIONAL**

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*Together transforming the
lives of children and families*

Meet Tasiyana

A Model Mom

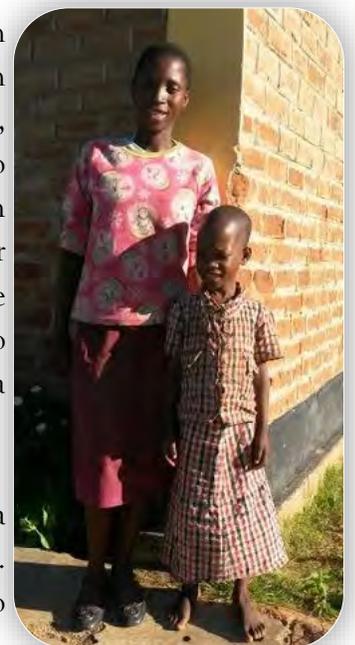
It's ironic that Tasiyana's name means separation because separation led to the most challenging situation in her life, but separation also gave her a new opportunity.

Tasiyana is 24 and like many women in her community, she dropped out of school at a young age and got married. She was 19. **"I was influenced by my peers to get married. I learned the hard way that you can't enter marriage unprepared."**

Before long, Tasiyana had two children. Her husband, seeing the lack of opportunity to make money in the village, went to South Africa to look for work. That was in 2015. He never returned. He never sent money for Tasiyana and the children. She was left to fend for herself. Many women find themselves in Tasiyana's situation, waiting on empty promises from husbands who leave for South Africa and never return. Tasiyana decided to move on.

Tasiyana dropped out at 6th grade but education remained important to her. When Pamoza began recruiting students for adult literacy classes, Tasiyana volunteered. Soon after, she decided to return to school full time. She is now in the 6th grade, attending the same school as her daughter Naomi, who is in the 2nd grade. Tasiyana might be the oldest student in the 6th grade, but she's also one of the most determined. She wants to be a nurse.

The separation that was so painful for Tasiyana forced her to address her education needs. Tasiyana has not only become a student, she is also a model mom for her daughter and other women in the community.



Tasiyana and her daughter Naomi now attend the same school

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***Pamoza means "together". We work together with the people we serve, and with people like you, to transform lives in Malawi.
Want to be removed from our mailing list? Please call (267) 422-2837 or send an e-mail to info@pamoza.org***