

January 16<sup>th</sup>, 2003

Greetings from Harare!

This comes to you with incredible gratitude for your part in the Nhimbe wheel of Progress. As I stand here on this soil I realize how you too, have dreamed this up, having a desire to help others in need, and that, with that, you have given Cosmas, myself, and those here, the ability to move forward with your vision. We are co-creating, you from there and now we from here, in the implementing phase for 2003.

I have spent the last months there in Oregon, preparing for this journey, taking every ounce of clarity to perfect my intention. My goal was twofold. One, knowing that once here, the adjustments to the unfamiliar take much attention, so I wanted to have all the appropriate energy in motion for manifesting quickly. Two, knowing that I am fully responsible for everything created in my life, I wanted to have worked through any misalignment of thought, so that my heart and actions are really reflecting that which I want to attract. Now, that the preparation phase is over and I am here, desiring to carry out your requests, I am feeling so much appreciation for your help, very much at home in my role to work out the program details, and certain of our success now, even in these most difficult times.

I feel also, that I must reassure the many of you, who worried with me coming. I feel safer than ever. Please reach inside and recall your most deep, profound, and beautiful thoughts about this place - the people, the music, the nature. Now, visualize that I'm being held in the heart of all that. Hold that thought; there are no others. You will help us all with that as your focus.

## FOOD AVAILABILITY

Similar to last January, staples are missing from the store shelves. Although oil, sugar, wheat flour and bread are not easily found, maize is nearly non-existent. People are queuing for bread and mealie-meal (whole grain corn flour). Wheat is found in some homes in the villages and so we are having some home made bread here, but that is due to our family's good fortune in farming. I am finally a resource for meal planning, since my meals are never based on sadza, and I eat a variety of things, which are available here. What are all the things you can do with pasta, potatoes,

wheat and rice? What an adjustment and challenge for the families!

The store in Highlands that carries the unusual, and some creature comforts for me, has maybe 75% of what I have seen before on their shelves. I was able to get everything on my shopping list (100% juice, cheese, chapatis, mustard, peaches, herbs and spices). My family here would never consider going there to shop, as the prices are much higher and the transport costly. This is the picture in the city.

## FOOD RELIEF

Flying in from Johannesburg to Harare, I was seated in a perfect seat, I thought...it had all the amenities...you know, the leg room you get in the first row seat right behind the business class, on the aisle with no one at all next to me. I felt like this was my reward for surviving the rather bumpy 15-hour overnighter from Atlanta with 1 person to 1 seat, and learning to sleep sitting up. After a few moments of reveling in this place of abundance, people began wanting to change all that. Within a short time, 4 people later, and 2 seat changes, I found myself sitting next to Paul Fernades, the head of Afri-Link, (yes, the Head), the main company that is bringing food into Africa for the use of assistance organizations like us, and has been for over 20 years. So, he immediately helped me figure out some steps to take, the numbers to crunch, and who to contact to figure out our food program. I guess I shouldn't have been surprised, as all things come to those who wait, but the impact of the enormity of it all came into clear focus as I sat and spoke with him about the challenges in our villages. I had done nothing other than pray for help from our Spiritual Hierarchy, to ready myself for this part of our work here. Since then I've been able to do a little research.

We have found that Catholic Relief Services (CRS) is intending to provide relief staples to our region. We visited our villagers last weekend for a brief stay. We found that most everyone there has registered for the WFP food distribution through CRS. Only those who meet the following criteria will be allocated food on a monthly basis (10 kg maize, 2 kg beans, 350 ml oil, per person):

- Female or child headed households, or households headed by terminally or chronically ill persons without means of support, widows, widowers, orphans, the elderly or disabled.
- No or low food crop

- No or low cash crop harvest
- Livestock less than a defined number
- No fixed or temporary salaried employment
- No petty trading or small business
- No or low remittances from RSA (or UK) or other neighboring countries

We plan to meet with our 7 village headmen using the WFP criteria to compare the CRS registration results. This way we can make sure no one is slipping through the cracks. CRS is open to our intervention.

There is no doubt the people are hungry. No, this is not Ethiopia. But this is hunger, malnutrition, and I am sure some starvation. Many villagers attended our first general meeting, and most everyone looks well, but leaner, with a tired survival tension under the surface. All are finding it hard to feed their family as the drought has seriously affected their crops. Those who are getting by due to fortunate stores from the last harvest, send a sack of maize into town for relatives. The crop planted now is sparsely growing and the likelihood of a partial harvest in July is looking dim. Most relief organizations are preparing to help for more than the next 6 months. It rained the day I arrived, bringing the Oregon weather, but not since, nor for many days before. There has been 4 days of rain in Harare since the rainy season normally begins in late October. The heat is intense. Some say the weather patterns are not normal and something has been altered in it. This is the same story I heard in Peru last year, and is why the Inca communities there in the high Andes are also suffering. People who live close to the land pay the highest price first when weather patterns are manipulated.

Cosmas and I are still formulating our definite plan but expect to supplement what CRS is doing, since it is minimal and is only bare subsistence. The Nhimbe village representatives completed our survey interviews with the villagers, as we request every year. This gives us an idea of the size and texture of the needs of the Nhimbe people. We asked 2 new questions: How many children are 12 and under, and how many are 13 and over? With our limited budget, Cosmas and I decided to supplement the 12 and under children with Mahewu, the traditional corn drink. This is now manufactured by Paul's company and is being provided in a convenient form, so we will order from him. He offered to help arrange transport too, since we are such a grassroots organization. It was obvious to him as well, that Spirit had much to do with putting us next to each other on the plane.

This Mahewu is the drink, that previously, we were having made from scratch by Cosmas' mother for the preschool. The government provided our preschool, since we are officially registered with the Ministry of Education, with an allocation of this commercial form of Mahewu in November/December in their efforts to help. We now expect to be able to provide this nutritional drink to not just the preschool children, but also to all the village children under 12. thanks to your donations for food relief! More to come as we move into working out the details of actual delivery and distribution to families.

## SCHOOL UNIFORMS

We haven't yet been to our 5 schools, nor do we have exact numbers registering for this year, but we wanted to look into the school uniform fabrics' availability right away. After last year's challenge not finding some fabrics, I knew we had better get on that path soon. We went to our regular supplier, an East Indian family who has been a key connection for us (last year he helped us find cement and sugar, as well). We took in our calculations based on last year's sponsored children. We found that they had only half of the fabric we needed; the other half we came up with substitutes. There were 3 of the contrast prints for the girl's dresses, which have been totally unavailable, so we got 3 samples of other fabrics to take to the Headmaster. We are hoping they might consider changing the uniform. We went ahead and placed the order to have them reserve our fabrics, since within a week, it could be gone. There is no replacement fabric available to the retailer from the manufacturer, since they need foreign currency to buy the inks and dyes, and there are none, so fabric production is limited now.

Usually, a child wears the uniform to school Monday through Wednesday, then washes it for the remaining days of the week. This is our part of building their self-esteem since these poorest children have so little, as well as helping them to follow the government regulations, and not get chased away from school by the teachers, or teased by others. Since Nhimbe has been buying the fabric and the Nhimbe Sewing Cooperative has been sewing the uniform for money or barter with the parent, the children could all be in new uniforms. But with the recent turn in events, the children have not been coming for their uniforms. I hear that they have to choose now between food on their table, and a uniform. Also, because it is so dry, there is no fieldwork for barter. If you weed now, the heat will destroy the crop.

During these times, we decided that Nhimbe will pay 2/3 of the seamstress' price for her work. This will amount to little USD per child. This will give the children an outfit to wear, the women in the cooperative a continuing job, and leave more money for feeding their family. We want to leave some part for the family to pay, as we want them to be self-sufficient and not look to Nhimbe like a welfare system. It is so difficult to keep revising our policies in the face of these hardships, as Cosmas and I both feel so strongly that we want to offer the fishing pole and not the fish, so drawing these lines in the sand is very complex.

## PETROL AVAILABILITY

There are again queues for petrol which cover city blocks. Cosmas has been buying on the black market for \$500 per liter to make sure we have enough for Nhimbe work as well as the family need. Our brother-in-law has an automotive shop at a service station location, so he has his finger on the pulse of petrol delivery, helping tremendously. The sidewalks are filled with people either looking to hitch a ride, walking to their destination, or queuing for the buses. There are still cars on the road but not nearly as many. Its actually possible now to get across the street with out worrying quite so much about being struck, since it's the pedestrian's job to stay out of the way. The direction of traffic is reversed, so I have to think constantly about looking the correct way for oncoming vehicles!

## MEDICAL

The Nhimbe vision has always held health as a priority but it had not been made clear how to move forward. As many doctors and nurses as we've talked to, none have offered to help set up our Medical Station program. I just kept waiting for the right timing.

The latest development opened up due to studies I undertook late summer for personal and family healing, as well as being a community practitioner in the foothills of the Cascades, where we live in Oregon. I began studying and practicing Neuro-Modulation Technique (NMT - see [www.neuromodulationtechnique.com](http://www.neuromodulationtechnique.com)). It is the latest breakthrough in intentional healing and is having profound results. It is a key part of the paradigm shift in the world of energetic medicine today, dramatically rippling across allopathic and naturopathic lines. This appears to be the

medical doorway, for which we were waiting. I am counting on my NMT colleagues. If one or more can answer the call for help here where every second person is in immediate need in some way or another, then my prayers will be answered.

My first NMT work here was with Baba Magaya, Cosmas' father. He fell in early December and fractured his hip. The surgery followed a week or so later, as it took time for Cosmas to locate an insertion pin in Harare and the hospital has queues of people waiting. Here the hospital provides some services, but not products. Baba was released, and then returned to Mhondoro and has been tended there by the young men with great care. Baba is alive because Cosmas has US funds to convert from his teaching, performing and book research in the states, and also because Joshua is a medium, and is given great attention as a sacred key in the community.

Shortly after his return to Mhondoro he began experiencing pain, and unusual sounds in his hip. The wound wasn't completely healed when I arrived. They wanted another opinion to make a decision on what to do. It seemed clear to me that the pin had moved and the alignment was faulty. We returned with Joshua to the city on Monday a.m. Thank God, I had been a CNA at one time, and knew how to use a transfer sheet to move him; this isn't common knowledge unless maybe you've been through a 1st aid course. Getting him into the canopy covered truck and then in and out of x-ray was challenging, but much easier using the sheet. Luckily too, I had a small amount of codeine in my travel kit to make it less painful.

We arrived at the surgeons with the x-ray in hand. He could see that the pin was sticking out at an angle towards the outside of the leg - obviously needing more surgery. Unfortunately, the doctors get one day in the hospital every 2 weeks, and he had seen his day, last week. He did give a prescription for some pain medicines, which is more than was received the first time. So Cosmas drove Joshua back to Mhondoro (1 hour) the same day, after filling the prescription.

We will return to the city with him in over a week from our first trip, for the surgeons day will be next Tuesday. I cannot begin to tell you how difficult it is to accept the nature of the medical situation here. Facing it. Blatantly living it. Hurting about it. I am pushing to have him at the front of the queue on Tuesday...we shall see.

We have spent many hours together in various ways, primarily with me actively as his practitioner. In the past, it had always been mainly with him teaching me his healing methods. This time has included vitamin, mineral, and herb supplementation, simply sending him energy through prayerful intent, and the NMT work. All has been appreciated. The NMT treatments have had great results. My intention has been to clear infections, allergies and other pain-producing phenomena. Removing his discomfort on many levels is apparently the most important approach, since healing the wound at this point is impossible as it continues to be irritated. He has been feeling so much better due to these treatments, as I hear from him, and many others he tells. My medical focus in preparing to come this time, was to work with mom, since NMT has been showing very impressive results in clearing rheumatoid arthritis, but now the focus has changed, and she is waiting.

I can't change that the first surgery failed. I can't change that the hospital won't do the second surgery sooner. I can't predict the outcome for this next surgery, but I can certainly hold the intention, as can you, for perfect work by all involved, right now and in the future. Hopefully, I will have adequate time here to help establish good after surgery procedures, a rehabilitative exercise program, and more NMT treatments. (Thank you Helen, Jerome and Les!)

As some of you know, Joshua is a well known and loved healer here and has served his community for years, taking care of others. He says its very hard to have all so much attention being paid to his needs when he is used to it being the other way around...doctors often have the most difficulty being patients. But also, the hardest part too, in the body parts being so broken, is not being able to move, to see outside the 4 corners or the room, or to get fresh air.

Baba plays a very necessary role in Nhimbe, as he manages important decisions when Cosmas is working in the states. Everyone here will be making adjustments as he recuperates. We have a plan for some Nhimbe positions to take any burden off him. He still has the key foresight and wisdom to think outside of the box, that the project needs, but we hope to create a less demanding role for him.

Another type of NMT treatment worth mentioning are eye infections at home in Mhondoro. We did treatments with 2 people one evening, and in the a.m. both

were much improved. We left for town that morning, so I will be very interested to see how things are now, after some days. We had heard on the TV and radio that there is an infection of this sort spreading. I took many people aside to explain the ramifications of this type of infection. It was difficult to get through that eye infections are very contagious and spread easily. There are so many children running around. How to explain the hygiene factor here is critical.

## CONCLUSION

Just like each trip in coming to work here, there continues to be the unexpected, the adaptability to the unfamiliar, and the uncertainty of tomorrow. With the parallel market exchange changing each day, the bank rate staying the same, the food and petrol availability continuing in shortfall, and the weather not giving an inch, people here are forced to look inside themselves and to their Creator for stability, as they will not find it outside of themselves. In the midst of all this, their vibrant, hardworking, and kind dispositions continue to penetrate the crisis in which they find themselves. I continue to learn many important life lessons, develop deeper relationships with my family and friends here, and most importantly pray for the guidance to do what is right for now, and for the future of Nhimbe children's children. Thank you for helping in all the ways that you do. Your choice to make Nhimbe a priority is being felt by many more than you can know.

Peace...be talking to you next week.

Jaiaen

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