

Our Children Your Children In Zimbabwe



Letter from the Executive Director, Jaiaen Beck

December 2016

Zimbabwean Girls in 2017

My godmother used to say, "There, but for the grace of God, go I." It's with heart-breaking clarity that we can see what protection and a few more resources can do for a child! I also hear in my head, that if it's within my power to do something, then I must.

We, at Ancient Ways, are all ready to respond, as we have been since 1994, to the heart-beat of a child's life. Children everywhere teach us what we must do, how we must take action, to make a better world. How can we not?

Ancient Ways is again committing this year to the sponsoring of girls throughout Zimbabwe, to include our Nhimbe for Progress children (50 miles s. of Harare), those in Jangano (90 miles e. of Harare), as well as potentially those in Tese Zvoita (90 miles w. of Harare), with resources and protection for their maturing years.

See inside stories for more about Monthly Care, Care Camps, as well as Education. Please collaborate with us in these 3 focused efforts of intervention in the lives of the young girls we know!

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Returnables!

1 BAG of returnable bottles dropped off at a Bottle Drop location (primarily located along the I-5 corridor Portland south towards Ashland and east to Bend and Redmond) **BUYS 2 GIRLS, 3 PAIR OF PANTIES!**

When you set up your Bottle Drop account you can choose to donate to our work in Zimbabwe rather than cash in your bottles. Check out the Oregon's Bottle Drop site at www.bottledropcenters.com.

If you don't have a Bottle Drop near you, please consider saving your returnable cans and bottles for our efforts!



*It's such an easy way to help ...
1-2-3!*

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Monthly Care for Over There

Thank you for your help in being able to reach more teens who are in need of supplies. Our approach is so basic, and yet so personal. It comes at a time that girls tend to feel isolated and alone as they mature, so it's an important puzzle piece. These girls from Jangano share their excitement as they began receiving Monthly Care supplies.

O	CLICK 1	"Tatenda Chaizvo" Thank you, We are going to thank you for the rest of our lives!
N	CLICK 2	"Ve Jangano" We Jangano have come to you now . People with a good message, a good word of hope, cultural and personal freedom.
L	CLICK 3	"Sekuru Vaenda" Now that grandpa has passed on, I am left alone. playing the drum of our traditions. Who else can I be with, in order to sustain this tradition?
I	CLICK 4	"Chaminuka Ndi Mambo" Chaminuka is King, a Vigilant man, likened to a lion which stays alone in a thick jungle with no fear or worry. (Before colonization Chaminuka was a warrior, spiritual leader and prophet for the people.)
N		
E		

Supplies (bucket, monthly soap, underwear, reusable washable pads) cost under \$15 per girl and will last for years! Please join us in making the basic difference!

One Girl's Life

Vanessa, whose name has been changed here, was 3 years old when she was molested by an uncle, then at 5 years by a neighbor. When she was 8, she went to live with a different uncle and was raped nearly nightly by her cousin, until she asked her mom to bring her home. At 18, she was raped by a nephew and is raising a 5 year-old daughter from that encounter.

Vanessa comes from a family of 8 siblings, 3 of whom have died, and all of whom have HIV, except for herself. She, her daughter, her mom, one of her sisters and her 3 children, all stay together in the high-density suburbs (a township) of a large city, 90 miles west of the capital Harare. They have a 2 room home. That is not a 2-bedroom home...it is 1 bedroom and 1 kitchen...2 rooms. While in college she stays in another town with a roommate for school, while her mother takes care of her daughter. Her father died when she was 3.

Vanessa has been sponsored to go to the University in Zimbabwe. She is completing her 3rd year, which is a time to work in the world. She started as a receptionist for a well-known hotel and has been promoted to manager recently. Students are not paid for their 40 hour work-week but instead earn college credit. She often has difficulty having enough time to earn any money.

Vanessa's daughter is now ready to enroll in 1st grade. The placements for the 1st term of 2017 were to be paid by the end of November. She did not have the \$76 for first term, and they wouldn't allow her to pay part. We thought her daughter would not be at the school in 2017, but a donor from Ancient Ways paid her fee for that term only.

Vanessa confides in me that she has sometimes done "evil things" to pay for her daughter's school fees or buy the family food. She says that older men have more money, are generous, and she has slept with them so her daughter can stay in school or also to have food to eat. But, she explains further, it makes her sick, mentally/emotionally and then physically. She didn't have the funding for preschool by the deadline, so I have to assume that



Vanessa's Daughter— Are you able to sponsor her for 1st Grade?

this time she did not take the body-selling path, but it was certainly on her radar of considerations. I guess it becomes, what is the path of least resistance?

Vanessa has so much deep shame from all of the abuse, but can't quite figure out how to heal. She explains that her only hope out of this life, is to graduate, get a degree, and then she can leave her home in Zimbabwe with her daughter. She says the city is corrupt and there are no simple answers.

As Vanessa continues her 4th year of college, her dissertation assignment is to write a book about a project she started. She has chosen to reach out to young girls and do what she can to help them. **The way out is through, and she is finding her own path to healing.** Some might say, but how can she help them when she is in it? And yet, I wonder, who would better understand?

Her Path to Healing

Ancient Ways sponsored her registration with the local city council so that she represents a bonafide community organization now. She can move about without fear of operating outside the law. Depending upon her progress, we may be able to assist her in her mission of "assisting females in the surrounding areas with education, counseling services and well-being activities to guarantee a brighter future for all."

Vanessa has named her project "*Tese Zvoita*!" meaning, "Together We Can!" Her vision is to "Build a society, which is sexual abuse free, where people of all ages are educated with the opportunity to grow and heal together." I'm *in* for that!

With just two meetings under their belt, there are 15 girls so far from primary to college level wanting to participate. Vanessa's brother is a traditional music and dance teacher and he is offering to help her. Her sister is an unemployed counselor and also is participating in the meetings and idea pool.

This is one girl's life in Zimbabwe, potentially affecting many with great hope, and healing. ***Can you help us help them?***

Deaf Girls

Since the era when Mary Ann Tarr, a hearing specialist, was an Ancient Ways board member, we have had a keener awareness and interest in the deaf children in Zimbabwe. We have facilitated hearing tests and hearing aids for multiple children.

With girls so heavily on our radar now, and through partnerships with Portland Oregon's Sister City in Mutare, we found an organization that is providing a 2 week camp for deaf girls with similar emphasis as our own. We are thrilled to facilitate transport to this camp.

Just Transportation!

We hope to sponsor 8 girls from our various communities. We need to provide them round-trip bus fare with a chaperone from their rural area. **Depending upon the area, the buses cost \$25 to \$50.** The organization has the same dedicated concerns to help the girls, and its completely free!

Please sponsor these deaf girls, who otherwise live in an isolated world as they are so rapidly maturing.

Education

It is critical that girls continue in their education. From preschool to University, they benefit greatly from going to school. Studies have shown that the HIV rate falls by half when girls finish primary school. Please join us as we do what we can, to deal with the ever-rising school fees. Even with careful management the costs of the Nhimbe preschool continue to go up for food and supplies. Due to the escalating costs, the compensation for the volunteers is below others in the region.



**2016 August Weekend Teen Care Camp at Nhimbe Community Center
89 Girls fed, housed, nurtured, educated for the weekend!**

Hurukuro Natete - Teen Care Camps

89 girls attended the August 2016 winter camp! Your donations helped provide 2 nights and 3 days of food and activities, as well as roaring fires to keep the brownies, rangers and guides warm (sunbeams are too young). **With your support we hope to offer these camps 3 times a year.** Our food budget included beef, chicken, rice, potatoes, tomatoes, tea, oil, salt, sugar, beverage and biscuits. The girls get involved with the food's preparation and campfire cooking, as well as clean up (yes, all with no running water).

Of great importance is that they will have some special time in *hurukuro natete* which is a unique session where the girls get to talk to the female elders (the *tetes* or aunts) about all of those personal and intimate things they are not supposed to discuss with parents. Culturally it's inappropriate to bring certain information to your parents, like questions about your sexuality, boys, dating, including monthly concerns.

Research Has Shown that play is a critical way to assist children who are suffering the trauma of war, excess relocation, and economic collapse, etc. Our camps are serving a huge need. Nature walks, sewing, gardening, songs and games are all ways to find and gain balance.

Our goal is to provide an opportunity to run these 3 Care Camps each year during the break, when school is out for 6 weeks. Ideally we can offer this service to not just Nhimbe for Progress, but also to the Jangano's Kiwirirana girls, and maybe the new Tese Zvoita girls as well. **\$5-10 a camp per girl**, depending upon the region, makes a huge difference in their lives. ***Thank you for your help with this!***

Education is something that will change their life forever. Let us know how you can help to sponsor a girl to attend school!

W.A.T.E.R! Wells And Toilets - Everyone's Right!

You most likely grew up taking water from a tap for granted. It takes a few days of camping or traveling in a remote area to really gain an appreciation for water pouring out of the faucet.

The people we work with aren't able to enjoy this privilege. Only 1 in 10 has a pure water well in the Jangano area, 4 in 10 at Nhimbe. It takes about 1,000-1,200 bricks to line a deep hole, that stays put with 5-6 bags of cement. One bag of cement is used for the top to create a lid that prevents groundwater, which carries pathogens and water-borne disease, from flowing into the pure water. After a rain it's particularly critical to have this lid.

These wells cost \$250-\$350, depending upon the region. We have built over 90 wells in the Nhimbe for Progress region where 4 in 10 people have no well. This year we want to provide clean water to Jangano too, but because of the rocky soil of the Dewedzo Mountains, it will take an extra \$100.

Why Build A Well?

Not only does clean water reduce disease, but think about how much easier it would be to have pure water to wash your clothes and dishes, as well as your body. A well provides the only access to clear clean water, *and* also makes it possible to irrigate.

Prosperity from gardening then becomes a life-saver. Nutritionally, your family eats better, has more variety of vegetables and fruits, and your entire community gets the benefits of your growing expertise. These wells last for generations and serve the extended family, from infants to grandparents, and siblings, living at home due to unemployment (*now estimated at a rate of around 95%.*)

How about it? Please join us in partnering with them as they build wells in 2017!



Recent repainting of wells helped to create that link between you and the family, because your name is painted on the well cap. Gratitude is immense for your help!

Mbira Lessons

Since 2013 we have been providing mbira lessons after school twice a week at the Jangano St. Bedes primary school. The teacher,



Gift Jemwa is 59 years old and a well-known musician in the region and is great with the kids.

By partnering with the non-profit MBIRA, who provided the instruments, we are supporting not only the children in learning mbira music, but also **Gift, his wife Catherine, and their family.** The youngest of their four boys is now moving into Form 4, which is the last year of secondary school. Gift is very grateful to share the music while being able to make life better for his family.

A Music Lover

By helping us provide these lessons, the traditional music continues to inspire and teach the young about their culture, and a child is offered the chance to play a musical instrument, a potential life-long passion.

\$20 makes sure one student is given lessons all year long! Let's keep music growing into 2017!

Our Children Your Children In Zimbabwe



From the Office

After several years with us, Colette Smith was promoted in her part-time job elsewhere, which opened the door for **Becky Hiller to join us each week with her bookkeeping skills.** She is learning the ropes here. We want to welcome Becky, and encourage you to write her with any questions at info@ancient-ways.org.

Please keep us in your loop! Help us stay in touch through your current email, address and phone number changes. **It is only because of you that we can do anything to make a difference. Making it easy to contact you, helps us so much. Thanks!**

Consider a recurring donation by credit card or bank draft. Even \$10 a month makes a difference. Call the office at 541-259-HOPE or 877-TATENDA to provide the information or include it on your mailed-in response.

All donations are fully tax-deductible. Always feel free to call me at the above numbers, with questions, concerns, or ideas.

Thank you for your kind words, wise words, and years of continued support!



Care Camps allow them to be a girl *and* climb a tree! Teen Care Camps are designed to bring leadership skills, teenage counsel, and creative options to each.

February-March Visit to Zimbabwe

After 5 years, I was able to travel to Zimbabwe and stay for 4 weeks in 2016. Political concerns for their safety and my husband's passing had kept me stateside. Finally, returning to the soil there, was kinesthetically satisfying. Being able to do training, healing work, and have conversations of depth, were all great achievements. Daily texting, although very helpful, is not like a real human voice or touch of a hand!

We Learned Much By Being "On the Ground"

We saw first-hand the things that could not be imagined. We could see the sludge build-up at the bottom of the current well. **Thanks to your donations,** a much needed well-deepening at the preschool was completed this year. This year's drought was staring me in the face the entire time, seeing the browning maize plants that should have been luscious green and loaded with succulent kernels. We also were able to find out more about the preschool roof that leaks. **Thanks to your tremendous support we will be able to repair it! It was thrilling to get instant responses to my emailed pleas for help from the hut.**

Girls Were the Priority

on this trip, building the relationship between our leaders and the young girls. Because of our Girl Guides program we are gratefully intervening on behalf of these maturing girls, to make available the basics. These supplies assure that not only do the girls have healthy and practical options for their menses but also that they have a closer community of peers as well as trusted adults to confide in, regarding their reproductive health and sexual activity.

Our goal is a reduction in five of the threats to teens: pregnancy, HIV, STD transmission, child abuse, and child marriage. During these tender years, we want to share more knowledge about how to navigate hormones, stay focused on school, and engage their creative spirit in their native songs. **Sewing has also become a new past-time,**



Learning how to chain-stitch

as they learned to make monthly care bags for their supplies and a larger patchwork tote for school. **Three cheers for hand-sewing skills! Seeing the Girl's Program success was worth the whole trip!**

Preschoolers

continue to be the heart of Nhimbe, receiving a critical meal that we provide. Many types of education are taking place with academics and music. And, also the 1st year students need training to use BLAIR toilets because at their homes they use "the bush". They aren't sure what to do in those "little rooms" we use.

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3 of our 36 Nhimbe Preschool Graduates for 2016!

More Easy Ways To Help!

SMILE – SMILE.AMAZON.com allows you to choose us as the charity that receives Amazon's donation on every purchase you make. This adds up and can make a big difference. Let your shopping experiences contribute to the lives of those in Zimbabwe.

It's an Easy Way to help - Smile!

IGive - IGIVE.com helps you set up an account so that all of the online shopping you do through their retailers can donate a percentage to our efforts. Up to 26% is offered, depending upon the retailer. Any percentage is helpful and the corporate sponsors are happy to be part of charitable giving. If you enjoy online shopping consider being an Igive member today. **It's an Easy Way to Help - IGive!**

Your Circle Thank you for all the times you tell your family, friends, church group or band about us. Let us know if you need materials to share what we are doing on the planet. We have professional DVD documentaries and a great slide show, which is entertaining for all ages. Thank you for sharing the story! You are the grassroots of Ancient Ways.

It's an Easy Way to Help - You make the difference!

Employer Matching Funds are great ways to double your impact. Ask your employer if they have this program.

It's an Easy Way to Help - Matching Funds!



120 Children Enrolled at the Nhimbe Preschool during 2016

Note from the President Jan Six

As you can see, the stories in this year's letter help illustrate the commitments and ongoing work Ancient Ways is engaged in to help alleviate some of the extremely difficult conditions facing the Zimbabwean people. Jaiaen's recent visit to Zimbabwe allowed her to observe, first-hand, the "on-the-ground" operations of our various programs and to provide valuable training and guidance in the management and oversight of our programs. This was a very worthwhile, timely and necessary visit.

We are continuing our work in constructing wells, sponsoring preschool and other levels of education, and providing monthly care supplies, teen Care Camps, all of which provide needed resources and opportunities for the children and families in these areas. We are asking again for your help supporting our programs and you can see how even a small donation from bottle and can recycling make a difference. Every act of kindness whether financial, donations of time, or words of encouragement and prayers, has profoundly helped and is appreciated.

Please also consider becoming a member of Ancient Ways. Your commitment inspires us when things get tough, but also helps to make ends meet! We are now entering our 18th year working in partnership with our counterparts in Zimbabwe, and, as you can see in the reading of our letter, we are supporting a variety of projects throughout Zimbabwe and none of this would be possible without your help each year!

Please join us in alleviating humanity's suffering and helping us, help others. Thank you! We appreciate your commitment!

ONLINE GO TO

Ancient-Ways.org