



ANCIENT WAYS
PO Box 346 Scio OR 97374 USA



NHIMBE FOR PROGRESS
PO Box 118 Mubaira Mhondoro Chegutu Zimbabwe

***AMAZING WORK ACCOMPLISHED BY ANCIENT WAYS AND NHIMBE FOR PROGRESS
SINCE 2000***

Published October 2018

BACKGROUND

In 1998, Cosmas Magaya, master mbira player and teacher, came to America where he met Jaiaen Beck, founder and Executive Director of Ancient Ways, a charitable non-profit. With an avid interest in Shona tradition, and being a marimba music teacher herself, she introduced him to her family and community. Their initial discussions of music and healing approaches led to thoughts of a humanitarian project between their rural areas.

When Cosmas returned to the US on The Soul of Mbira tour in 1999, they resumed their conversation and decided to dedicate \$10 to each of the 6 core villages in Chief Nherera's region. This \$60 symbolized their mutual commitment to a vision of future humanitarian work in the area. It was on this particular day, November 25, 1999, that Cosmas and Jaiaen received word of the passing of Dumisani Maraire, who was the pioneer bringing Zimbabwean marimba music to the US, and Jaiaen's first Shona teacher. This was a potent sign marking the beginning of their pledge together.

Three months later, in March 2000, Jaiaen found herself in Zimbabwe, ready to start this journey with the Magaya family. During February, Cyclone Eline had just destroyed many huts, so the rebuilding of huts was added to their list of concerns. Within the first 3 days of Jaiaen's arrival, Joyce, Cosmas' wife, passed on, and so was unable to fulfill her dream of being part of the project team. The dire lack of medical supplies was heart-breaking, as the family drove to many local pharmacies seeking saline solution to provide to the hospital, which had none. The family's week of mourning solidified Cosmas' and Jaiaen's agreement and they continued to move forward.

The remaining days of Jaiaen's trip established the framework for the project thus choosing the name Nhimbe for Progress, meaning working together to achieve a common goal. Twenty-one children were sponsored at the local schools and the re-building of the huts began. Since then, Cosmas and Jaiaen have worked together during some of Zimbabwe's most difficult times, through economic hardships, famines, and the meltdown of the medical institutions, consequently living through the loss of many loved ones. They have also weathered the storm during the international financial challenges radically affecting the US. There have been numerous vital improvements to uplift the communities in rural Zimbabwe during these last 19 years, which you will read about in the following pages.

OVERVIEW

Nhimbe has undertaken many projects in the area of education, health, building, and community activities, with a special focus on the youth and vulnerable populations, and a goal to improve sub-standard living

conditions. Much time and attention has been given to creating an infrastructure with high standards for accountability, transparency and fairness.

Ancient Ways and Nhimbe have always appreciated the support of Chief Nherera and work hand-in-hand with him, as well as with local councillors. The continuing gratitude for their ongoing encouragement, as well as the U.S. donors, is enormous.

Cosmas and Jaiaen decided to reach out to the village heads to be involved in the decisions of who were to be the recipients of the Nhimbe services. A council was formed with the village heads, who then assigned representatives to be liaisons, since headmen have many responsibilities. The representatives continue to act on behalf of the headmen so for example, Jaiaen and Cosmas make no decisions about the next family to receive a well, or which child receives school sponsorship.

EDUCATION

The following highlights the Nhimbe EDUCATION ACHIEVEMENTS since 2000:

- Thousands of children have been able to attend school through sponsorships that paid tuition, since school is not free. Some of the many benefits have included uniform fabrics, school supplies, tutoring, and the paying of examination fees. The families would sew the uniform to contribute.
- School sponsorships have been provided for primary, secondary, A Level, and degreed programs for university and technical colleges.
- Nhimbe graduates are among Zimbabwe's lawyers, nurses, accountants, managers, clerks, teachers, mechanics, builders and carpenters, etc.
- A Nhimbe preschool was established in 2002 and has run consecutively since then, providing a substantial healthy meal every day, academic preparation for first grade, as well as music, dance, and basic skills appropriate for early childhood development.
- Nhimbe Staff are volunteers who are recognized for their time, and are also provided with uniforms and supplies. This includes teachers, security guards, cooks, grounds and house keepers.
- The preschool has a large amount of learning tools, toys, and chairs. Due to a Zimbabwean NGO partnership, the playground was built-up to be substantial and capable of sharing with the local Nhimbe youth.
- An outside covered kitchen has been equipped with cooking utensils and pots, where the Nhimbe cooks provide the daily meals. The Nhimbe orchard and garden contributes to the overall health of the meal plan. The parents in the community contribute some wood to keep the fires burning for cooking. This kitchen has also supported other community and youth events over many years.
- A library began in 2001 with near 80 books, primarily Shona, which has now grown to house over 2,400 books in English including many curriculum texts and reference books. These are accessible to all ages, families, and community members, some of whom come from quite a distance to read.
- Music programs have engaged marimba and mbira teachers, producing student performing groups of contemporary and traditional songs and dances.

BUILDING

The following highlights the Nhimbe BUILDING ACHIEVEMENTS since 2000:

- Over 40 huts were rebuilt, which had collapsed due to inclement weather. The families provided the door and window frames to do their part.
- Over 45 fuel-efficient, smokeless, wood stoves, nicknamed 'tsotso' stoves, were built from 2001 onward, using an Aprevecho design. Nhimbe has provided the materials and the women built the stoves to do their part.
- Around 10 toilets have been built using the Blair rural pit-style design. Some of these are being used at the local Matarutse primary school, our Nhimbe preschool, the homes of local residents, as well as two toilets in two other regions of Zimbabwe (Tendai's and Dewedzo). Nhimbe provides the materials and builder, and the recipients dig the hole to do their part.

- With the completion of wells in 2018, over 115 wells will have been built for Nhimbe residents and the preschool. An NGO partnered with Nhimbe to provide a water pump on the preschool well. All wells have been certified by the local health technician/inspector. Nhimbe provides the materials and builder, and the families dig the hole to do their part.
- A water tank was built for a school in Dewedzo to provide a decent water supply for the children and resident teachers through our Jangano project.
- The Nhimbe Community Center was established in 2000 by leasing a new stand. Multiple huts have been built, utilized, and maintained over the years to provide classrooms, storage inventory space, a library, a health station, the outside kitchen, and an annex used for a variety of purposes.
- The Community Center has been wired with solar lights in multiple areas.

HEALTH

The following highlights the Nhimbe HEALTH ACHIEVEMENTS since 2000:

- Nhimbe organized training in soap manufacture and produced bar and liquid soap.
- Nhimbe provided training for a Senior Nurse and a Village Health Worker who offered their services to the community in a variety of ways for several years. This included specialized training in complementary alternative and integrative medicine as well as allopathic approaches.
- Many materials and supplies have been given freely to villagers in need, without charge, no matter where they lived. Treatments for bilharzia, scabies, pain, heart burn, as well as betadine and bandages have been made available even during times when local clinics had nothing, not even the basic saline solution to offer for wound care. These activities operated under the name Donhodzo.
- A water purification program was implemented in partnership with the SODIS program to help those without a pure water well.
- Hearing aids have been provided to children in need, and reading glasses supplied to the adults. Young deaf girls have been sponsored to attend a deaf camp in Mutare, to learn how to handle life on their own.
- Home-based care supplies were provided to Chief Nherera for his area to include betadine, bandages, and maize.
- More than one approach to help with HIV/AIDS has been delivered. Twice Nhimbe provided HIV weekend workshops through The Centre, and also partnered with The New Start program to offer testing and counseling for HIV/AIDS.
- Pre/Post-natal services were provided to include fresh fruits and vegetables, and supplies for the babies, etc.
- Hospital costs have been paid for staff families including miscarriage and cancer treatments.
- Maternity leave, medical exams and training have been provided for volunteer staff over these years.
- An Herbalist program was organized to share information amongst village residents from two regions in Zimbabwe. Herbs were studied, grown and harvested for use in cooking and healing. The idea has spread to a local school.

COMMUNITY ACTIVITIES

The following highlights the Nhimbe COMMUNITY ACTIVITY ACHIEVEMENTS since 2000:

- Marimbas were built in 2000 and a marimba, song and dance learning program provided for all.
- A Community Center garden and orchard was established in the beginning which now continues to thrive and provide the preschool with fresh fruits and vegetables. The staff was given a permaculture workshop to assist them in maintenance of the garden in an organic way.
- Sewing uniforms for sponsored children, as well as sewing crafts for export, have been organized.
- Nhimbe has sponsored several varieties of craft-making enterprises and the exporting of these crafts, which generated significant revenue to help the project self-sustain.
- A peanut butter cooperative was assisted with a loan to get started. The preschool was a primary customer for the *dovi* (peanut butter).

- A tree planting project was supplied with orange trees for multiple families.
- Certified maize seed has been provided to community members and staff.
- Staff loans were given with soft interest so that they could take on building projects or pay off hospital debts. A special training was provided to help residents understand loans.
- Mining exploration was begun, finding carnelian and petrified wood limbs as a natural resource in the immediate area. Four mining licenses were purchased and a continued evaluation is planned.
- Nhimbe represents a group of people with diverse religious points of view, who are able to work together. A special program day was designed for each religious group to share their unique beliefs.

YOUTH

The following highlights the Nhimbe YOUTH ACHIEVEMENTS since 2000:

- Girl Guides has been a formal way of bringing the girls together for many years. T-shirts and banners provide a sense of community. Many activities are offered after-school or on weekends. Three times a year, a three-day camp is provided.
- Boys have also been provided with similar activities, although not as extensively.
- Traditional dance and singing is a key component of the youth activities, including marimba music.
- Mhandara Monthly Care (MMC) is a rich and deep program providing maturing girls of all ages with a sense of connectedness as well as information about their gender.
- MMC provides underwear, a bucket and monthly soap, as well as re-useable washable monthly supplies for any girl able to attend weekly meetings, where they learn about their bodies, hygiene, premarital activity, predators, and common sense.
- An MMC sewing group has been established to regularly manufacture the re-useable washable supplies, which last approximately three years.
- The MMC program started small with the girls from the six villages who were attending the Nhimbe Girl Guides Camps held during the holidays. In 2018 the number increased from 74 to 235 attending the camp and receiving the MMC program services.

ADMINISTRATION

The following highlights the Nhimbe ADMINISTRATION ACHIEVEMENTS since 2000:

- A Trust was established in 2008 that helps identify the mission of the organization and provided the governmental registration with the Ministry of Social Welfare.
- There are two administrative structures supporting all decisions and activities – one based in the US as an Ancient Ways Board of Directors and one in Zimbabwe as the Nhimbe team. Jaiyen and Cosmas are the hubs of these two wheels.
- Ancient Ways and Nhimbe for Progress are both apolitical and secular organizations, and focused on humanitarian and educational purposes.
- Nhimbe has provided computers, a printer, cell phones, and bicycles in an effort to help create an infrastructure for the organization, which is based in the rural area of Mhondoro, operating without electricity and internet. A generator and the solar system is used to support the electrical needs.
- In 2006 two key volunteers were sent to Kenya to receive training in best business practices and administration of a humanitarian project such as Nhimbe for Progress.
- In 2010, Kristen Magis, Phd., facilitated both the Ancient Ways board, and the Nhimbe team's leadership development, individually and in group. In Social Sustainability, published by Routledge in 2013, Kristen and Jaiyen authored Social Sustainability in Zimbabwe: Kuenda Mberi— Our Path Forward, which portrays the results of the research on Shona community resilience. The cultural traditions and faith were highlighted as major contributors to their strength and ability to withstand multiple long-term hardships. With the introduction of the Ancient Ways-Nhimbe for Progress collaboration, critical needs have been addressed, reducing the stress on the community thereby further adding to their vitality, supporting and celebrating the Shona people's rich heritage and endurance.