



# Our Children Your Children In Zimbabwe

Jaiaen Beck,  
Executive Director

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## Special Points of Interest

- MMC MHANDARA MONTHLY CARE is reaching the maturing girls with reusable washable supplies as well as mentoring!
- IT WAS HEARING THE SWEET MUSIC FROM ZIMBABWE that first captivated us in 1990. We continue with Shona music study, classes and performances. We also continue to reach into our depths to bridge the cultural diversity amongst us all, making building community "the priority and final frontier".

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As always, I write you with enormous gratitude for the ways you continue to reach out to our Zimbabwean neighbors. The coalesced energy from a truly fantastic collaboration is moving everything towards these great humanitarian goals. Sometimes I experience a sense of flying, as if the dynamics of this huge partnership cause us to sail through the air. I realize this sounds a bit abstract, but it feels that by jointly putting our powerful strands of thought, emotion, and feeling together, we intentionally create a strong and unbreakable woven rope, which carries our combined hearts' momentum. The confidence built by overcoming each of the many hurdles from the past, gives me so much hope for the future!

The Nhimbe for Progress team efforts truly amaze me. They work against such great odds to accomplish the littlest things in

life (you know, no running water, electricity, conveniences), and then they surpass the project milestones with diligence, tenacity, and great endurance. They have a polish that outshines everything else, as they put their hand to the plow seeking to do their best... our team there is incredible, I must say!

Some highlights for this year include: 1) we built 25 wells, 2) we successfully brought 150 *new* girls into the Mhandara Monthly Care program, 3) on a personal note, Lillian passed all of her university exams even though her mother Hilda, part of our MMC manufacturing program, unexpectedly passed away as Lillian was preparing for final's week, and 4) the library program grew up suddenly and sprouted wings, like a 20-year sleeper just waking up. It's been quite an extraordinary unfolding!

This year is unique too, as it is leading us into two big anniversaries. Ancient Ways the non-profit was established in 1994, and so we are heading into our 25<sup>th</sup> year! Nhimbe for Progress

was born in 1999 and so we are heading into our 20<sup>th</sup> year of working internationally in Mhondoro! Please join us in 2019 as we celebrate these successes all year long! Watch for ways to get involved. I've always been fond of parties, pre-party parties, kiddie parades, and paradigm shifts. Let's do it!

The Ministry of Social Services in our region requested that Cosmas show them a list of things that we had achieved since our inception. If you are reading this digitally you can link to the summary and see for yourself the remarkable accomplishments over the last 20 years, found on the website 2019's Focus page. Please indulge yourself in the reading, as it's only because of you, that we have managed all of this.

Really, we may have inspiration to blow on the embers, but your influence, as finances donated, time contributed, and words of encouragement, put the coal in that furnace!

*Tatenda Chaizvo* (thank you very much) from all of us – from the residents of Mhondoro, from the team there, from the team here, from the bottom of our hearts!

## ~ W.A.T.E.R! ... YAY!...WE BUILT 25 WELLS! ~

We had our annual plan for the construction of 15 wells, and worked hard to put that together. But then, we got excited with the prospect of enough time to build more, and so chewed on that as it was quite an outlay of money. It was true grist for the mill, touch and go for a week or so, as the cement prices skyrocketed for unknown reasons. But Patricia, our commander-in-chief there, with Cosmas visiting the states, found a super deal with reasonable prices, so the cement only cost us

an extra \$12 per well. She is an amazing woman. That sealed the deal. We could do another 10 wells without duress.

### \$300 Makes The Difference

The teams were hot and ready to go, and loving the income too, since this is the only season for their specialized talents to be used. November rains held off just long enough so that we were able to build all 25. What an astounding

effort was made by all...we are all super impressed!

This helped us to catch up on our well building goals, and so almost all of you will have pictures of your personal well very soon. We have been given great film of building a well...[check it out online.](#)

We also have been able to repair 8 wells which had been damaged due to the earth shifting, cracking the cement. Everyone is so happy to have their clear clean supply of abundant water back online.

*"She is an amazing woman. That sealed the deal. We could do another 10 wells without duress."*

## ~ RETURNABLES CAN HELP! ~

Can BottleDrop be an easy way for you to donate? One BAG of returnables BUYS TWICE AS MUCH AS LAST YEAR in Oregon! Even water bottles generate funds! For instance, here is what just ONE bag can help us buy:

- ♦ 3 Girls SOAP for 1 year
- ♦ 4 Girls 3 pair of panties

Check out  
[www.bottledropcenters.com](http://www.bottledropcenters.com)

*If you don't have BottleDrop near you, please consider saving your cans and bottles refund for our efforts! THANKS MUCH!*



## ~ CDs \$15 ~

Our Online Shop lets you listen to the tracks on our incredible [Mwoyochena kuZimbabwe CDs](#), all donated by the best musicians in the world. If you don't have a copy, you should! The song selections are exquisite. Listen in for yourself!

*Mwoyochena kuZimbabwe*



## ~ LET'S BE SHINGA SHINGA GUYS! ~

Your contributions to our efforts complete us! Do you ever ask how can you make more of a difference in the world? Whether you enjoy giving through your finances, or your time, or your special skills, we

are an answer to that question. It's a marriage. We as a large community, here, and there, must have a *shinga moyo* or determined heart.

Lets be *shinga shinga* guys and overcome all adversity! Be strong. Be determined. Be passionate. And, get 'r done!

Thank you for taking time out of your busy lives to check in with us and see how things are doing. They do have a momentum of their own, but without donations, we can't move. Tatenda Chaizvo!





## ~ MUSIC, OUR SOUL'S LANGUAGE ~

*"These children in Zimbabwe are blessed with this music innately in their bones, coursing through their veins, and yes, it's their shared language of the heart too."*

Most of us found an interest in Zimbabwe because of the incredibly sweet and uplifting music of marimba or mbira; music that would take us on a voyage in our heart or mind and give us a change of perspective, a chance to transform our feelings, and touch new places inside of ourselves. Wow...and, to share that with our community! And, meet strangers who then become newfound like-minded souls on this same planet seeking the same thing. What a joy!

These children in Zimbabwe are blessed with this music innately in their bones, coursing through their veins, and yes, it's their shared language of the heart too.

Please assist us as we assist them in being able to study this music and share it with each other, as well as their communities.

The Dewedzo after-school mbira program is going strong. Consider making a donation on their behalf. They have mbiras, students, free classroom space and a great teacher. We just need to pay for his services.

The Nhimbe MMC girls program is getting a new lease on life. We ran marimba, song and dance programs for many years as part of the after school program. A combination of the instruments failing to be repair-

able, and losing our children's teacher, forced a hiatus. A new set of marimbas is now available through [Humwe, thanks to a ZCDP grant](#), and we are excited to be able to bring our girls on board with a new marimba teacher.

We will need to raise over \$1,000 for this program, but believe that it is incredibly important for these girls to experience themselves in a non-coed opportunity for development. I've watched for too many years as many become very shy and don't step up. Please consider this girl's music program as you would for your own daughters.

Thank you for your help!



*"All in attendance relish the singing, dancing and music time, which is woven through the three days..."*



**All Ages Allowed**

Two days after the 30 hours of travel from the states, we embarked on the Mhandara Monthly Care (MMC) expansion mission to visit new schools before their closing for the term. We had two days to visit six schools. We were so well received by all of them it was mind-boggling. Of course, the lack of sleep was also mesmerizing. Read the full story online in [2018 Field Reports](#).

We followed up with an MMC orientation meeting, then, in a week or so, we held our April camp, and 235 girls participated, where normally there had been 75!

We held another camp in August, had great attendance at weekly meetings all year long, and manufactured the supplies so that all new girls could receive the [Mhandara Monthly Care start-up kits](#). The start-up kit contains reusable washable supplies which normally last about 3 years. It also in-

cludes a bucket for soaking, 3 pair of underwear, as well as monthly soap.

Through the [Teen Care Camps](#), which are held three times a year, the girls gather together and share their genuine selves with each other and their mentors. You can't get much more intimate than this.



Photo credit Jess Kindly

They are able to talk about pregnancy, HIV/AIDS, predators, and a myriad of very personal topics. There are a few girls who take "life pills" (ARVs to manage HIV+, possibly from mom)

and need to be reminded to take them since the camp is a sleepover. They get to go hiking and spend time learning traditions from the elders, all while running the camp. The adults oversee that things go smoothly, but the girls take care of much of the camp operations. Thank you all for making this excellent program a priority! We have never received so much praise from the local residents as with this program!

All in attendance relish the singing, dancing and music time, which is woven through the three days, morning, noon and night. A half-mile away, nestled in my little hut in the darkness, I hear the girls singing around a bon fire with a power you can't quite imagine. I always have profound dreams from how they sing me to sleep. The nighttime Savannah comes alive in many ways. The sweet sounds of music unobtrusively stimulate my dreamtime senses.



## ~ THE NHIMBE LIBRARY SPROUTED WINGS! ~

We have been blessed by many hundreds of donations of well thought out and personally chosen books since 2001, as well as hundreds of dollars of the much-needed postage to get these selections to Zimbabwe. There are many steps, from you picking your favorite childhood book, to packing and shipping, then receiving these in Harare via our wonderful accountant, passing them on to Patricia to deliver to the Community Center where the books are inventoried. The residents in Mhondoro are ever so grateful, children and adults alike. There is nothing quite like our humble little library hut. It's not much to look at and yet, its continued evolution has everyone particularly delighted. People have been coming from all over to share in the wealth of opportunity and knowledge found there for many years.



diligently been hand-written in the well-worn 18-year register. We are very excited to have it online now on the Library page of the website. If you want to see if the special books you want to donate are already there, you can search the excel contents (using Find) and voila! There you have it! Check out the Library for instructions! We are elated that so many people

The most recent effort to record all the books into an excel sheet has manifested! The titles and authors had

helped to put this together. There is a volunteer arm also updating it as new material is sent. For instance, a box just left in November. How exciting! Thank you all!

## ~ OUR PRESCHOOL GRADUATES 30 CHILDREN! ~



We operate a full school with 3 teachers, 2 cooks, 2 guards, a groundskeeper and a housekeeper. We had a total of 64 children enrolled for 2018 and 30 of them just graduated, growing into their academic world journey!

Each year enrollment fluctuates and so we never know how many children will be attending in 2019. One year it was over 130! So we just need to be prepared. Thank you for the long standing support of this very special school, referred to by the Ministry of Education as a model preschool!

Even though we run on a shoestring budget, we see such great results.

We applaud all of the volunteers that make this happen! And, thank you for the continued assistance!



Photo credit Jess Kindly

The parents in our region are so appreciative for the continued support of their Nhimbe preschool! It is truly the heart of Nhimbe. Matilda, Cosmas' mother, was a key supporter, explaining that the *crèche* was a focal point for all families. They inherently know that their future is based on the children's needs being well met. They haven't lost sight of this critical time of early childhood learning, and development of the brain, from both great stimulation as well as nourishing and sufficient foods. Please see the website for more details about our work with the children since 2002.

As part of their graduation ritual they recite "head and shoulders, knees and toes", as well as demonstrate knowledge of colors in English and a subtraction song.

It's quite a ceremony to see them dressed in their graduation full-length gowns receiving a certificate.

**DAILY, A HEALTHY MEAL**

# Zimbabwe