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# NEHANDA GUARDIAN

**Covering Mashonaland Central & Yonder**

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# Residents resort to wells as council fails

**By Staff Reporters**

FAMILIES in Bindura's high-density suburbs of Chipadze, Aerodrome and Chiwaridzo, who have gone for nearly the whole month without accessing tap water, are depending on wells.

Areas such as ZESA in Chipadze, Mupandenyama in Chiwaridzo and Aerodrome high-density have clocked weeks without council water, putting ratepayers at health problems risks.

The effects of lack of council water extends to sanitary and hygiene issues. Households in Chipadze, Aerodrome and Chiwaridzo are surviving on wells for the precious liquid and the backlash to this is that residents have threatened to stop paying council.

Ratepayers speaking on Residents of Bindura Association (RABI) WhatsApp group platform on Tuesday said they saw no reason for paying council for water services.

"It's better we pay those with wells from where we are getting the water," fumed one resident.

Water problems persist in Bindura despite it being the middle of the rainy season.

But council sources say that ratepayers have to scrutinise themselves first before blaming the council.

"People are not paying their bills. One wonders how then do they expect efficient services?"

"The Town Clerk or mayor do not fund council business. They are

also workers, who are looking forward to be paid. We must all play, religiously our roles."

According to Mayor Brian Kembo, ratepayers owe in excess of a million dollars in unpaid bills.

Aware of the never ending problems that the council is facing in providing regular potable water suppliers to residents, Freda Rebecca and Trojan Mines have been assisting with procurement of water treatment chemicals, for the council to provide safe drinking water and donation of bins and fuel as well as roads rehabilitation.

Mayor Brian Kembo acknowledged the assistance that the council has received from companies such as Trojan and Freda Rebecca Mines.

"We really appreciate these organisations for assisting the council in carrying its baggage. Freda Rebecca and Trojan Mine have also been pivotal in the extension of the stadium, which is to be ready before Independence Day celebrations as we will be hosting this year's National Youth Day celebrations.

Mayor Kembo also acknowledged Eureka Mine, which is assisting with borehole drilling at the same stadium, as well as other business personalities who have pledged to assist Bindura Municipality.

The mayor also thanked the Government for funding schemes through ZINARA and under the Devolution Fund.



"Government iri kutitsigira zvakanyanya," he said. He said that despite having many challenges, they were able to ap-

proach 2023 on a clean slate, after clearing backlogs and paying bonuses to its employees.

"We faced many challenges be-

cause most people were not paying their bills, but we were able to accomplish some of our routine duties," he explained.

# SOS donates to peasant farmers

By Marsha Sengwe

SCORES of farmers from 10 selected wards in Shamva District took possession of multi-purpose maize shellers at Madziwa Township on Wednesday from SOS Children's Village Zimbabwe.

Nyarai Majoni, SOS Bindura Location Manager handed over the shellers to the Minister of State for Provincial Affairs and Devolution, Dr Monica Mavhunga, who in turn then handed them over to the beneficiaries.

The farmers are from wards in both Shamva South and North political constituencies.

In her appreciation, Dr Mavhunga commended SOS for the gesture, saying NGO's like SOS Children's Village were good examples of organisations the leadership was pleased to work with.

She called other NGO's to focus on their licensed roles and avoid meddling in politics.

Majoni said they decided to hand over the 17 shellers to the farmers

after noticing that most peasant farmers in the district have been doing well in their farming business but were facing post-harvest problems that include losing a lot of the grain whilst shelling as well as incurring costs by hiring shellers.

She said the traditional processes were time-consuming and labourious as well as unproductive compared to mechanised processes.

Unlike the traditional shelling

methods, the maize shellers minimise or eliminate damaged maize seeds during shelling.

Traditionally, maize is shelled manually, which however takes a lot of time and requires more labour, but it also comes with pain, and sometimes body injuries

Virginia Chidembo, a renowned peasant farmer in Ward 9 in Chidembo community, where one of the shellers was donated, hailed the NGO for its gesture.

She said she was optimistic that

she would be able to shell and pack her maize on time this year.

"I am a big peasant farmer, producing in excess of 20 tonnes of maize every year. My problem usually came post-harvest. We were shelling using traditional means all along but, now that we have the sheller closer, we expect changes," she said.

Besides shelling maize, the same shellers can also work on soya beans, millet and sorghum as well as ground nuts.

## Man in court for unlawful possession of ammunition

By Staff Reporter

TWENTY-FIVE year-old Charles Munyaradzi Zhoya, of Manhenga, Bindura landed himself in trouble with the law for contravening the Firearms Act.

He appeared recently before Bindura Magistrates' Court, facing charges of contravening section 4(1) of the Firearms Act chapter 10:09, after he was found in possession of 15x38 special live rounds and 41x22 live rounds of ammunition last week.

The accused person, Charles

Munyaradzi Zhoya of House number 33 Manhenga, Bindura pleaded guilty when he appeared before Bindura Magistrate Samantha Dhlamini.

Prosecutor Shiela Maribha told the court that in the afternoon of 11 January, detectives arrested Tatenda Gatsi for possession of ammunition without a valid firearm's licence.

Upon being interrogated he led detectives to Zhoya as the one who had given him one .38 special live round.

On 25 January Zhoya was arrested. He then led the detectives to his place of residence, leading to the recovery of 15x38 special live rounds and 41x22 live rounds of ammunition, hidden in his room.

Detectives asked Zhoya to produce a licence authorising him to be in possession of the ammunition but failed. The recovered live rounds of ammunition were sent to ballistics for forensic examination.

## Man assaults wife, hangs self

By Samantha Sumani

POLICE are investigating a case of suspected suicide involving a 42-year-old Bindura man who reportedly assaulted his wife before hanging himself on 27 January 2023.

Allegations are that Wilbert Chikwanha assaulted his wife Privilege Moyo (28) on the day of the tragedy after they had an altercation at their homestead in Woodbrooke.

On the same day around 7am Moyo reported a case of physical abuse at ZRP Chiwaridzo, who attended the scene but could not locate Chikwanha.

An hour later on the same day,

Roney Mashinge, who was on his way to work saw Chikwanha's body hanging from a tree branch at Atherstone Farm, near Garikai stands.

Mashinge reported the matter at ZRP Chiwaridzo, who attended the scene together with CID Bindura and the body was taken to Bindura Hospital mortuary.

The Police provincial spokesperson for Mashonaland Central, Inspector Milton Mundembe, pleaded with members of the public to always seek counselling from the elders or the police so that they can reach an amicable solution to their problems.

# NAC targets men in HIV fighting

By Marsha Sengwe

THE National AIDS Council (NAC) is roping in men in its fight to end HIV as a public health threat by 2030, amid indications that men are bad at seeking health services thereby threatening the vision.

The council has since launched a campaign to involve them with immediate effect.

Mashonaland Central Minister of State for Provincial Affairs and Devolution, Dr Monica Mavhunga, launched the campaign in Bindura on Wednesday.

Speaking at the launch, she said: "We need to engage men and boys in all their diversity, as partners in the fight of the scourge, as policy makers as well as beneficiaries to an HIV/AIDS-free nation."

Epidemiology and social data show that men are increasingly at risk and vulnerable to HIV/AIDS. It also shows that there are low HIV/AIDS testing rates amongst the same group, male circumcision and, low condom usage as well as lack of comprehensive knowledge on HIV and ART enrolment whilst ART retention is also low.

Edgar Muzulu, the NAC Provincial Manager for Mashonaland Central,

said the low uptake of HIV services by men had significant impact on their mortality and morbidity, especially those living with HIV.

Men are equally the key drivers of multiple and concurrent partners, sex work, gender-based violence and inter-generational sex among others.

The focus of the HIV response in the past has mainly been on women and girls who are often viewed as victims, forgetting that men too are in danger.

Women are usually exposed to HIV due to a number of factors amongst them; biological and cultural, their reduced autonomy, men's sexual power and privilege over them.

This belief has led HIV and AIDS prevention and treatment to focus on women, ignoring boys and men. As a result also, men have received very little attention, compounded with their reluctance to seek health services, they have been dying.

"It is important to realise that men and boys have multiple roles to play in achieving better health outcomes for themselves and for women and girls, including but, not limited to their roles as partners, change

agents, role models, service users as well as decision makers," said Muzulu.

Studies show that HIV testing conducted away from clinics and health facilities, including mobile testing, home-based testing and the recently launched self-testing are more popular with men hence the council will emphasise on them.

In all its endeavour, the council is not leaving out traditional and community leaders, who are expected to lead in male involvement in the fight against the epidemic.

The Government is looking forward to the strategy's success and according to Minister Mavhunga, they are looking out to its successful implementation in the province and country.

This will result in the scaling up of interventions and efforts to reach men and boys effectively, as Zimbabwe moves towards ending AIDS by 2030, whilst involving everyone, and leaving no one behind.

The council, working together with the Ministry of Health and Child Care with funding from the UN and supported by different Civil Society Organizations crafted the strategy.

NAC has also introduced a Gender Assessment Report that provides a comprehensive review of the HIV burden and its drivers, evidence based actionable recommendations on HIV and sexual reproductive health, gender equality priorities and interventions that are transformative especially for women and girls, key vulnerable population, in order to address gaps and guide policy makers.

It provides a solid base for designing solutions and interventions to address the epidemic using a gender lens in order to achieve epidemic control with zero discrimination, new HIV infections and zero AIDS deaths.

A report on available help lines to HIV positive people, gender based violence victims and rape victims was also disseminated during the programme.

The Call Centre Assessment Report furnishes victims with information about available civil society organizations and government departments from where they can get help after their rights have been violated, where they can get certain help types, doctors, nearby clinics. Service seekers have either to walk

to these centres, call or text to get assistance.

The report highlights available help lines, which harness technology to respond to our social and health needs even in emergency situations.

The Government has encouraged and hailed different organizations running the helplines and encouraged them to invest in strengthening referral pathways so that clients do not struggle to access services they would have been referred for.

It has recommended investing in quality improvement with focus on service provision, case follow ups as well services monitoring.

This will result in improved service delivery for people in remote communities of the province and country.

Speaking on behalf of people living with HIV, Moreni Masanzu, of the Zimbabwe National Network of People living with HIV, commended the availability of the call centres.

She said that a number of the network's members had received tremendous support through these call centres, including their Kutabila Platform, a call centre controlled by the network.



# Social Welfare supporting needy cases

By Samantha Sumani

The Department of Social Welfare in collaboration with the Ministry of Primary and Secondary Education continues to enrol vulnerable children into schools under the Basic Education and Assistance Module (BEAM).

This is in line with President Emmerson Mnangagwa's desire of "not leaving anyone and any place behind"

Speaking to Nehanda Guardian recently, the Provincial Social Welfare Officer in the Ministry of Pub-

lic Service, Labour and Social Welfare, Godwin Bongwe, said they were in the process of identifying more children under the scheme.

The number of Basic Education and Assistance Module beneficiaries in both primary and secondary stood at 178 583 in the province.

Education is a human right in Zimbabwe and the Government has been, ever since Independence trying to make sure that everyone, everywhere despite colour or creed, age or ability accesses basic

education. Mashonaland Central Province for both primary and secondary education.

Among these beneficiaries, the total number of children being assisted by BEAM in Bindura District at primary level is 8 792, in Rushinga 6 168, Mt Darwin 15 301, Shamva 8 086 whilst in Mbire it's 25 606.

At Secondary level, the total number of children being aided by BEAM in Bindura district is 1654, In Mazowe its 11 908, Guruve 3

508, Centenary 2 271 whilst in Rushinga it's 4 646.

On the other hand, the social development department is also assisting vulnerable members of the community with medical services through a programme dubbed Assisted Medical Treatment Order (AMTO)

Across the province, the programme catered for at least 3 500 people last year.

However, according Bongwe, the programme's uptake is a bit low and needs to be increased.

Meanwhile, BEAM is a national programme that operates in both urban and rural areas and is implemented in all 63 districts in Zimbabwe.

Its primary goal is to provide educational assistance to orphans and other vulnerable children aged 6 to 19.

The AMTO is a medical aid scheme established by the Department of Social Services to assist the poor and vulnerable following the discontinuation of ESAP.



## Charged for stealing street lights

By Delight Dokotera

LUCK ran out for one of the three suspected Crystal Methyl smokers arrested a fortnight ago for stealing solar powered street lights in Chipidze, intending to rob pedestrians in the area under the cover of darkness.

The three appeared at the Bindura Magistrates' Court on Tuesday accused of stealing six by 600w (6x600w) street lights valued over US\$500.

For state, Chipi Chinoda alleged that on an unknown specific date but during the period extending from 1 to 2 January, Funny Musengi (22), Kelvin Chipiro (23) and Shadreck Tazviringa (22) teamed

up together during the night with the intention of stealing the street lights.

The state confirmed that Musengi took advantage of being an ex-soldier and climbed the poles using his trained tactics to reach where the lights were.

He dismantled the solar street lights and carefully threw them to Chipiro and Tazviringa, who were acting as the look out.

Provincial Magistrate Florence Nago, sentenced Musengi and Chipiro to 16 months imprisonment before suspending two months on good behaviour for the next five years.

Of the remaining 14 months, she

suspended four months on condition that the two accused persons retribute Stanley Kangore, the complainant representing Ward 5, Chipidze, with a sum of ZWL\$24 304. Ten months were further suspended on condition that the accused persons perform 350hours community service at the Bindura Criminal Court in 11 weeks.

Tazviringa was sentenced to 14 months behind bars, with four months suspended on condition that he retributes the complainant ZWL\$24 304. Two months were further suspended for good behaviour, meaning he will effectively serve eight months.

## Farmers urged to insure their crops

By Delight Dokotera and David Adin

TOBACCO farmers should insure their crop in order to safeguard themselves in the event of disasters.

The advice comes after a number of tobacco farmers in Bindura's Ward 1 lost nearly 21hectares of the crop to a hailstorm a fortnight ago.

The hailstorm also destroyed two hectares of soya beans in the Matepatepa area.

Ellias Mudyanemba, Bindura District Extension Officer, told Nehanda Guardian that insurance was the only source of comfort in times of such disasters.

He encouraged farmers, regardless of their different sizes and speciality to insure their crops every season.

The 37 affected farmers are at Chihumbiri, Lilstock and Briton Farms.

The two hectares of soya beans belonged to a single farmer.

"It is very unfortunate that such incidents are occurring during this rainy season. This is a great loss to our farmers and the nation. Tobacco is one of our main sources of foreign currency."

Meanwhile, farmers at Chiwaridza Farm that

"In return, excess moisture has contributed greatly to stunted growth of the green leaf.

"We are urging tobacco farmers to plant their crop earlier to avert leaching. The crop being affected by leaching was planted a bit late."

He also urged farmers to make use of their area extension officers and learn from them as well as notify them of any pests they see on their crops.

Agricultural extension workers are urged to report all areas that are being affected in the province.



## Farmers urged to apply good agronomic practices for better harvests

By Sharon Shayanewako

Harare- With cereals and traditional grains featuring prominently in Pfumvudza/Intwasa inputs package, the Government has urged farmers to follow all principles of good agronomy, as they produce their crops to achieve household and national food security.

The move is meant to ensure the country successfully produces crops to boost food as well as avail raw

materials that will allow industries to start operating to capacity in line with Vision 2030 of becoming an upper-middle-income economy.

The Pfumvudza/Intwasa programme is set to benefit small-scale farmers, A1, communal, old resettlement and urban farmers in the production of cereals, oilseeds and legumes.

In a telephone interview, crops specialist in the Ministry of Ag-

riculture under Agronomy Crops Department, Miss Jacqueline Chikarate said the adoption of good agronomic practices was the hallmark of ensuring bumper harvests.

"Good agronomic practices for traditional grains such as soil fertility management, weed management, scouting, pests management should be done religiously," she said.

Miss Chikarate also encouraged farmers to apply good agronomic

practices in the production of traditional grains such as sorghum, millet, cowpeas, saying they were climate-proofing crops that would also ensure food security and nutrition variability at household level. Crucially, traditional grains are drought tolerant crops which have the potential of surviving even in the midst of dry spells.

"Traditional grains such as sorghum, pearl millet, finger millet are

short season, taking 80 days to 110 days. Even in case of mid-season dry spell, traditional grains still mature to give high yields," explained Miss Chikarate.

National food self-sufficiency is vital to the Government's economic development tool- the National Development Strategy 1(NDS1), which identifies food and nutrition security as key drivers of economic revival.



## OUR VIEW

### Don't leave men behind in HIV response

ZIMBABWE has made significant gains in the response to HIV as it has recorded reductions in maternal mortality, AIDS related deaths and new HIV infections.

About 1.3 million people aged 15-64 years are living with HIV in Zimbabwe.

In Zimbabwe, new HIV infections have declined by more than 80 percent since the late 1990s in a context of continuous build-up of a combination prevention response – a process that started with the scale-up of HIV prevention communications emphasising risk reduction and of condom programming.

Nevertheless, Zimbabwe is one of a handful of African countries that reached the UNAIDS's 90-90-90 targets in 2020 and is now aiming to reach the 95-95-95 and this can be achieved through the engagement and participation of men and boys in the national HIV, SRHR and GBV responses.

The 95-95-95 targets must be reached by 2025 in order to end AIDS by 2030.

The goal is to ensure 95 percent of all people living with HIV know their status, 95 percent of all people diagnosed with HIV infection receive sustained anti-retroviral therapy (ART) and 95 percent of all people receiving ART have viral suppression by 2025.

In the 95-95-95 targets, men are lagging behind compared to women, hence the strategy to involve men for equity and effective HIV epidemic control.

Men are increasingly at risk and vulnerable to HIV and AIDS due to low rates of HIV testing, male circumcision, condom use, and comprehensive knowledge of HIV and enrolment on Anti-Retroviral Therapy.

No men should be left behind in Sexual and Reproductive Health and Rights (SRHR) programmes.

SRHR programming should directly target men, calling them to change dangerous sexual practices such as having multiple sexual partners and under-utilizing condoms whilst also encouraging them to become involved in the maternal and neonatal health of partners and children.

The other key population which should not be left behind is that of men who have sex with men (MSM) experience a higher rate of HIV. It is illegal for men to have sex with men. We have noted that testing for HIV is lower among men and young people.

It is a known fact that women are almost twice as likely to get HIV as men, and adolescent girls and young women are particularly vulnerable, but there is need for authorities to prioritize high-impact prevention interventions, including condom programming, injection and blood safety, behaviour change communication and male circumcision.

The effective engagement of men and boys in the fight against HIV and AIDS is key in ending the epidemic. Of late HIV and AIDS public health prevention and treatment campaigns have largely focused on women and girls.

The launch of the Zimbabwe Male Engagement Strategy for HIV, Sexual Reproductive Health and Rights (SRHR) and Gender Based Violence (GBV) by the National AIDS Council, will help strengthen efforts towards increased engagement and participation of men and boys in the national HIV, SRHR and GBV responses.



## Communication vital to avert youth challenges

By Percival Kushure.

Throughout history parents have been depicted as the key figures in their children's developmental outcomes. Early theories have suggested that the basic training of children begins at home with parents teaching their children acceptable behaviour through certain parenting practices. The old adage says, "Charity begins at home", thus parenting is hinged on parent-child communication. The lines of communication between parents and their children should be open and without restrictions. It is within these confinements of communication where parents and their children can discuss anything. Parent-child communication (PCC) becomes vital for inculcation of good morals in children.

In the contemporary era, the need for vigorous approach to parent-child communication is cardinal given the rise in youth problems. Juvenile delinquencies have become the "in-thing" for many young people due to lack of guidance caused by poor or non-existence of parent-child communication in families.

Early sexual debut or early sexual activity among young people from as early as 12 years of age has become the major issue, which has given rise to more sophisticated challenges of teenage pregnancies and child marriages.

Drug and alcohol use among young people both boys and girls is the talk of the day at the moment in many locations.

The so called Poshtos (points were young people congregate to use drugs and substances) have proliferated, such places are known in Bindura high-density suburbs in Mashonaland Central Province.

It is not rare to see a once decent young man or woman in an obnoxious demeanour not due to attention-seeking behaviour but due to drug-related psychosis mainly Guka

Makafella (Mutoriro) as it is popularly known.

It pains to see such a drastic negative transformations of human behaviours among young people in the community.

It is, however, sad to note that many parents today have neglected this very important role that they should be performing. Perhaps it's due to changing cultures as some might assume or cultural erosion through enculturation fuelled by globalisation.

Research in Zimbabwe has found out that good parent-child communication around issues that affect young people such as sexuality, drug and alcohol use has many positive effects for children, including helping them to protect their own sexual health. Good parent-child communication leads to lower sexual risk behaviours.

Parents need, therefore, to initiate communication with their children on issues relating to sexuality, drug and alcohol use, to mention a few.

Many parents face challenges when it comes to communicating about issues to do with sexuality. Parents find themselves without adequate information and tools for the dialogue and often have limited knowledge of adolescent sexual and reproductive health. The question many parents ask is how can we communicate with our children?

Parents can apply a number of things that they can do to improve communication with their children, here are a few things to do. When possible, making use of casual chats is very important, research has also found out that most teenagers are more apt to open up while doing chores or while riding in the car, when they are side to side with their parents rather than face to face.

So, parents can make use of this time to initiate a discussion, perhaps by saying, "How was your day at school?" Or, even indirectly asking something you had always wanted to figure out

about your child such as relationships, viewpoints on drug and alcohol use.

Keeping the discussion brief is an important factor to consider when talking to children you do not have to argue every issue to the bitter end. Instead, make your point and then stop. Most of your message will be "heard" by your teenager later, when he's alone and can ponder over what you've said. Give him a chance to do so.

Parents need to listen and be flexible, during conversations. Listen carefully without interrupting so that you can get the full scope of the problem. When replying, be reasonable. If you rigidly adhere to rules, your teen will be tempted to look for loopholes. This is when kids live two lives.

During a conversation a parent can easily become provoked, especially when in disagreement. Rather than overreact, say something that "mirrors" your teen's feelings. For example, instead of saying, "That's nothing to worry about!" say, "I can see how much this bothers you."

To the extent possible, guide, don't dictate. Your teen's abstract thinking skills are like muscles that need to be developed. So when he faces a dilemma, do not do his "exercising" for him. As you discuss the matter, give him a chance to come up with some solutions of his own. Then, after you have brainstormed a few options, you could say: "Those are a few possibilities. Think them over for a day or two, and then we can get together again to talk about which solution you prefer and why?"

The benefits yielded through good parent-child communication extend beyond the family environment to the community and country as a whole by providing for healthier, more stable social fabric of our communities.

It is incumbent upon parents and children to embrace parent-child communication programmes as they come through government and development partners.

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# Embrace family planning methods - ZNFPC

By Marsha Sengwe

A year after reaching out to the visually impaired people with family planning information in Braille language, the Zimbabwe National Family Planning Council has again introduced province-wide community WhatsApp groups in which it continues to spread best family planning practices aiming to reach out to remote communities.

According to Percival Kushure, Zimbabwe National Family Planning Council publicist, they are going to reach out to as many people as they can through the WhatsApp groups.

"We also have Community Based (family planning services) Distributors (CBDs) across the province, who carry out door-to-door campaigns by word of mouth and through pamphlets in different languages in our bid to control birth rates.

"On braille, we introduced it after noticing that the group was being left out, yet our goal is to have the information and services being accessed and availed by everyone," Kushure said.

Asked if the move was not necessitated by the number of children born of visually impaired persons, who are seen on the streets every day, Kushure said, the council had

not yet conducted a study of trends of child births by the visually impaired.

He, however, said: "If you just go around town you will see that the blind will be having a lot of kids, almost of the same age.

They, therefore, also need family planning information in a language they understand."

The council has also gone a step further by ensuring that all its provincial staff understand sign language for the benefit of the speech impaired persons.

So far, all their facilities are manned by persons who are conversant in Sign Language. These facilities include their offices, clinics and youth friendly corners dotted across the province.

Practising family planning is healthy and beneficial to both men (fathers), women (mothers) and children.

For mothers, family planning enables them to regain their health after delivery, whilst also giving them enough time to take care of the child and husband.

It again gives her more time for her family and personal advancement and when having some form of illness, it gives her enough time for treatment and recovery.

For children family planning by

their parents means they will also get enough time and space to be nurtured and loved and protected.

For fathers, family planning lightens their burden on family support whilst enabling them to give their children their basic needs such as food, education, shelter and a better future.

It also gives them space for advancement.

The Zimbabwe National Family Planning Council in its bid to control births has different forms of contraceptives on offer across the province.

These include long lasting contraceptives in the form of implants like Jadelle, loop and Depo Provera. Also available are condoms and pills.

The council has been training nurses to insert the implants across the province and most rural clinics have someone trained to insert them.

The trainings are ongoing since due to attrition, those that are being trained are leaving for greener pastures, hence the need for continuous training of these "special" nurses.

Family planning is the practice of managing, controlling and planning the number of children an individual or couple has.

The planning includes the manage-

ment of intervals between having children.

There are many types of family planning that can be used.

Several factors need to be taken into consideration when selecting the right type of family planning; there is no one-size-fits-all option.

The methods in brief include, Injection contraception, patches, oral tablets, intra-uterine contraceptive devices as well as implants.

On injections, a progesterone only injection can be given every eight or 12 weeks. The progesterone prevents the release of the egg each month (Ovulation) and also thickens the cervical mucus, making it difficult for the sperm to move through the cervix.

There can be a delay in getting back to fertility after stopping the injection.

Patches; a hormonal patch is applied to the abdomen, buttock or upper arm once a week, starting on the first day of one's menstrual cycle.

After every three weeks you will be patch-free for one week to allow menstruation. The patch releases oestrogen and progesterone to prevent pregnancy.

There are various oral contraceptive combinations and depending on your individual needs and circum-

stances, I will advise which will be most suited to you.

Oral contraceptives work by releasing synthetic oestrogen and progesterone in order to prevent ovulation while thickening cervical mucous in order to obstruct the sperm's pathway towards the ovaries.

The intrauterine device is a small t-shaped device. Plastic IUDs release the hormones required to prevent egg implantation and copper IUDs release ions which kill sperm. Copper IUDs do not release any hormones and therefore have no hormonal side-effects. Once removed, one will be able to conceive immediately.

The contraceptive implant is a tiny, thin rod that contains the hormone progesterone that is inserted under the skin in the upper arm.

It stays in for three to five years, after which it will be removed and replaced, if required.

Emergency family planning pills are usually on demand in Bindura when universities are open.

However of late, they are on demand from youths taking mutiro, crystal methyl who are having gang sexual escapades at drug bases.

Both youths are more scared of being pregnant than getting STI's or related diseases.

## Ministry reports increase in Covid-19 cases

THE Health and Child Care Ministry has reported an increase in Covid-19 cases after 146 people tested positive out of the tests conducted last week.

No deaths were recorded.

According to the Covid-19 daily Situational Report, out of the 1 771 tests conducted on Wednesday, the country recorded 146 new cases, bringing the cumulative total to 262 709 cases.

Nearly all provinces recorded new cases, save for Midlands which had zero cases. Matabeleland South and Midlands have the lowest incidence of COVID per capita.

Mashonaland East, which is second province with the highest number of Covid-19 cases after Harare, recorded 40 new cases on Wednesday and was followed by Masvingo (27) and Manicaland (24).

Though the national recovery rate stands at 97 percent, active cases have risen to 1 260.

A total of 5 658 people have succumbed to the deadly virus since the onset of the pandemic in March 2020.

Meanwhile, 877 received the first dose on Wednesday bringing the cumulative to 6 600 478 who have been vaccinated. A total of 639 received

their second dose bringing cumulative to 4 963 049 while 1 449 received their third dose bringing cumulative for the booster shot to 1 304 636.

"The COVID-19 vaccination which was introduced in March 2021 is still continuing until all eligible people are vaccinated and protected.

"The service remains available at all health facilities when there are no mass vaccination campaigns. From time to time the Ministry of Health and Child Care conducts mass vaccination campaigns in different communities," said the Health Ministry.

## Mayor calls for better health facilities

By David Adin

BINDURA Mayor, Brian Kembo says that there is need to enhance and expand health care facilities in the town to ensure that the main hospital does not end up being overwhelmed with patients.

Mayor Kembo said that the health of the town was the responsibility of the city therefore health facilities like Chipadze and Chiwaridzo clinics must be

upgraded and modernised.

He also said that most patients, who were being referred to Bindura Provincial Hospital could be treated at council clinics only if there were better health care facilities and if they were adequately staffed.

"We have to establish our more modernised health care institutions," said Kembo.

"It is everyone's duty to ensure that we improve our health care system in Bindura and province.

Our council clinics are adequately staffed, however, our patients are encountering challenges of not getting enough medicines sometimes and we end up referring them to private hospitals."

The council was looking for a place to construct a poly clinic to ensure that patients do not flood Bindura Provincial Hospital. Health, said the Mayor, was critical for a city to develop, so Bindura community should have enough clinics.

## Guruve men arrested for stock theft

By Delight Dokotera

THE Zimbabwe Republic Police is urging farmers to prioritise branding their cattle for easy identification in the event of them being stolen.

This comes after two Guruve farmers lost their beasts sometime last year.

The beasts have, however, since been recovered after the farmers managed to identify them by their brands at a farm in Mvurwi.

Inspector Milton Mundembe, confirmed the incident on Monday saying the beasts were found at a farm in Mvurwi and the rustlers were nabbed whilst their other accomplices are still on the run.

He identified the rustlers as Tafirenyika Muzinde (49) and Digital Muzinde (24) of Dzvukamanja Village, Admire Chitauru (19), Luke Chitauru (22) and Trymore Zvaraya (28) of Kelstone Farm, Mvurwi.

He said that on 25 October 2022 in the morning Brain Mupinyuri (37) and Aleck Mupinyuri (52) of Mupinyuri Village, Chief Chipuro, Guruve, left their cattle grazing unattended in the pastures in their village.

At around 5pm they went back to the pastures to collect their cattle for penning and discovered that two black oxen were missing.

The complainants searched for the cattle in nearby villages but to no avail.

On 23 January 2023, ZRP Guruve received a tip-off of the issue and heard that the Chitauru(s) and Zvaraya were in possession of the stolen beasts at their plots in Kelstone Farm.

A team of police officers comprising of Sergeants Gomo, Ncube, Mapona and Constable Chivige headed to Kelstone Farm in the company of the two complainants.

Upon arrival at the Chitauru's homesteads, the complainants positively identified their cattle tied to a tree.

Both accused persons were interviewed and confirmed that they received the animals from Tafirenyika and Digital Muzinde, leading to their arrest and recovery of the stolen cattle.

The accused persons also confirmed that Zvaraya was also keeping the two other oxen at his homestead.

They led the officers to his homestead, where they found him in possession of the two mentioned black oxen.

Communities are supposed to join anti-stock theft committees to help police in fighting livestock theft.



# A call for free or subsidized sanitary wear

By Chido R Svatwa

New Ziana - THE Government should ensure that sanitary wear is given for free or is highly subsidised, women have suggested.

The call comes at a time when women are generally finding it difficult to buy sanitary wear while most of them and girls in rural areas are reportedly using unhygienic methods that could have adverse effects on their health.

Failure to acquire appropriate sanitary wear results in loss of time for many women, which time could have been used productively as women are forced to go into seclusion until their menstrual periods are over, costing the girl child many hours in her education.

A shop owner, Tanaka Chikotore, said sanitary wear is unaffordable for most women and should be heavily subsidised or given out for free.

She said that monthly periods were natural, and they come whether women like it or not.

“We don’t choose to go for periods tinongoenda. Every single month uchida usingade. Why should the health sector favour people having sex over us women?”

“Condoms are being given for free for people choosing to have sex, why won’t the health sector do the same with sanitary wear?” she asked.

Many women were resorting to using other alternative such as old clothes, tissues, while some women in the rural areas even go to the extreme of using cow dung during their periods, which is unhygienic.

Dr Grace Gomera, said people were failing to use the reusable pads and the cloths properly which resulted in yeast infections like vaginal candidiasis and bacterial vaginosis.

“Cow dung causes skin irritation which ends up causing rashes graduating into ulcers and yeast bacterial vaginosis,” she said.

“That area needs special handling and therefore the cloths that people

use, should be completely dry and they should be ironed before use so as to kill bacteria that may cause infections. But, most people fail to handle them properly and end up having vaginal candidiasis, yeast infections and sometimes cancers.” Dr Gomera said there was an alternative that the Government could give to women if it’s unable to give free sanitary wear.

“If the Government is finding it expensive to buy sanitary wear for women and give it for free, they should at least give women cotton wool at least.

“Cotton wool is breathable, and comfortable to use. Since we are a farming nation, it shouldn’t be hard for them to give women cotton wool for sanitary use,” she said.

Dorothy Nechiora recalled a project that was once initiated to help girls and women in rural areas, who were failing to afford sanitary wear. However, the project failed to reach everyone although it helped some of the school children and the less



privileged.

“Those fleece pads that were sewn are actually very suitable for menstrual use. They absorb moisture well and also buys time for girls and women before it starts leaking. “Cotton wool yega ndiyo isinga toamboite manje because it absorbs moisture very fast and ends up

leaking within a very short period of time. It needs constant checking which sometime people don’t really have time for, they need a guarantee that at least after two hours ndopandichaendawo for recess and change my pad, but with cotton rinenge rarasa kudhara,” she said.

## Forbes Border Post expansion, upgrade on the cards

By Sharon Chigeza

FORBES BORDER POST- Government is set to embark on a comprehensive overhaul of its ports of entry given the rising appetite and increase in traffic volume and commercial activities along the Beira-Zimbabwe corridor as the trade route is proving viable for countries in the North as they access eastern markets.

Mashonaland Central also borders with Mozambique with most traffic using the Nyamapanda Border Post in Mashonaland East which is also used as a get way to Malawi.

Following a tour by the Deputy Minister of Finance and Economic Development, Clemence Chiduwa last week, Government together with the Zimbabwe Revenue Authority (ZIMRA) will increase security surveillance while plans to expand Forbes Border Post linking Zimbabwe and Mozambique are afoot.

“From the Government’s perspective and in terms of what we have done for the 2023 plans, we are looking at upgrading infrastructure at Forbes and Chirundu. So this is where we are going and we have already done our consultations and announcements are going to be made in due course,” said Minister Chiduwa.

He acknowledged the need for this upgrade saying that there has been a surge on the traffic using this route as it had become a preferred choice due to the short distance between Beira in Mozambique and the Chirundu One Stop Border Post, with countries in the north now tending to prefer Forbes Border Post for their exports and imports.



“Forbes Border Post as compared to Beitbridge Border Post is recording more traffic on a daily basis than the latter and this calls for an improvement of the infrastructure for efficiency of travel. Unlike other border posts, Forbes does not have commercial vehicle parking facilities where trucks can park while awaiting clearance of their cargo calling for its expansion and setting up of a dry port nearby,” added Minister Chiduwa.

Recently calls have been made and submitted to ZIMRA for the extension of operating hours at the border posts to 24 hours as part of efforts to improve efficiency and ease the congestion currently experienced at the port of entry. Currently, Forbes Border Post which handles about 600 vehicles a day operates between 6am and

8pm daily, at times leaving some truck drivers stranded on either the Zimbabwean or Mozambican side of the border.

Government is also reported to be considering setting up three new ports of entry along the Zimbabwe-Mozambique border to aid decongest Forbes border post.

A comprehensive plan to overhaul the country’s ports of entry and refurbish major highways connecting Zimbabwe to the region is currently in the works with Government set to facilitate the refurbishment of three major border posts and cement the country’s status as a preferred gateway for north-south bound traffic.

Zimbabwe shares the longest border with Mozambique measuring up to 1,423km.



## POTRAZ engages ZESA on power cuts

By Sharon Chimanya

IN a bid to ensure that consumers get value for their money without the interruptions caused by power cuts, the Postal, and Telecommunications Regulatory Authority of Zimbabwe (POTRAZ) is engaging the Zimbabwe Electricity Supply Authority (ZESA) for guaranteed power supply.

Speaking on the sidelines of the launch of the National E-learning Strategy at Mushandike High School in Masvingo, POTRAZ Director-General, Dr Gift Machengete, said POTRAZ was in communication with ZESA to ensure that the power utility dealt with the power situation.

“We are in communication with ZESA so that ZESA can deal with the issues to do with energy and I think of late ZESA has come out very clearly that they are even going to solarise villages and even schools. So, they will be going to solar as well where they cannot provide electricity. So, we hope that will happen and we will forget about the power problem,” he said. The load-shedding that is being experienced in the most parts of the country has interrupted the network

and internet connectivity for many consumers, making it difficult to relay and access information.

Meanwhile, the authority has so far this year distributed Information and Communication Technology (ICT) gadgets to at least 45 schools and is targeting to get to over 400 laboratories by the end of the year, giving 30 computers at each school.

Dr Machengete urged the beneficiaries to take care of the gadgets that they would get as the authority would not be in a position to replace the stolen equipment as it strives to reach out to all schools in the country.

“To all the schools that have received computers, make sure to safe guard them because if they are stolen we will not come back with other computers. There are a lot of schools that are yet to receive the computers. Last year we connected 1 117 schools and distributed 186 gadgets,” he said.

“We are targeting even more; we hope to get to over 400 because already we have done 45 in one month. So, if we continue with this trajectory we are likely to do over 400.”



# Drama as man bashes wife over love messages

**By Staff Reporter**

A 25-year-old Bindura man has recently appeared before Bindura Magistrate Court for assaulting his wife. This was after he had confronted her about love messages from another man that he found in her phone.

Terrence Jacob of Muchapondwa Village, under Chief Musana pleaded guilty to physical abuse as defined in Section 04, as read with Section 03 (1)(a) of the Domestic Violence Act, when he appeared before Bindura Magistrate Samantha Dhlamini, who remanded him to 10 February.

Prosecutor Sheila Maribha, told the court that on 24 January in the morning at Muchapondwa Village, Jacob took his wife's phone and went through texts messages while the two were in their bedroom.

Jacob put an application which hides his wife's messages even if the messages were deleted. He went through all the messages.

A misunderstanding arose between the two after Jacob accused his wife of having an extra-marital affair with someone called Proud Nhau, who lives in Harare.

Around 10am the same day, Jacob closed the door from inside and

started assaulting his wife several times all over her body with a broom stick and a belt.

The wife screamed for help and neighbours attempted to rescue her, but failed since the door was locked from inside.

Jacob continued to assault his wife and only stopped four hours later, after she collapsed and become unconscious.

The wife sustained injuries all over the body, had swollen wounds and could not walk by herself. Jacob was later arrested after a police report was lodged.



## Man found with 45g of dagga

**By Samantha Sumani**

Steven Gore, aged 44 from Chipadze, escaped jail by a whisker after a Bindura magistrate, who had sentenced to him to three months, suspended the sentence on condition that he pays state RTGS\$30 000.

Gore appeared before Ms Samantha Dhlamini after being found in possession of 45g of marijuana.

According to a Bindura court, CID Bindura officers on deployment on Friday approached Gore's house after receiving information that he was in possession of dagga.

According to Sheila Maribha, for

the State, the detectives entered Gore's house through an open door, found him, and introduced themselves while he was holding a plastic container with a yellow lid.

Detective Constable Chuma, who was among the detectives, then searched the accused and discovered nine sachets of marijuana in the container he was holding.

Gore was asked to produce a permit or licence to justify his possession, but failed, resulting in his arrest.

The recovered Dagga was weighed at the Bindura post office and weighed 45 grams.

# 20 years for rape

**By Delight Dokotera**

A 33-year-old Mt Darwin man was recently sentenced to 20 years behind bars for raping a woman thrice.

Appearing before Magistrate Amos Mubobo at the Bindura Provincial Magistrates' Court, Tsungirirai Kakondo, later faced 16 years in jail after the suspension of four years of good behaviour and not committing a similar offence.

Prosecutor Tracy Dube, for the state, confirmed that sometime in April 2022, Kakondo bought 210 empty bags of cement from the woman on credit.

On 16 May 2022, Kakondo telephoned the woman inviting her to meet at Chihuri bus stop so that she could collect

her money.

The two later met at the bus stop at around 5pm but Kakondo told the complainant that the money he intended to give her was at his home at Arcadia Village in Mt Darwin.

They agreed to go and collect the money at Kakondo's homestead. Whilst on their way, Kakondo suddenly started demanding sexual intercourse with the complainant. The accused allegedly held the woman's hand but she pushed him away and escaped.

Kakondo chased after her and caught up with her and slapped her twice on the face. He tackled her to the ground and forcefully undressed her and had sexual intercourse

without her consent.

After this act, Kakondo dragged the woman to his house about 20metres from the road.

Kakondo repeated again to have sexual intercourse with the woman and continued to drag her to his house.

Upon arrival, he pushed her into his bedroom, locked the door and went to bed leaving the complainant sitting on the sofa.

The complainant then exploited the opportunity by texting Detective Assistant Inspector Mutyambizi reporting the matter, who in turn informed other inspectors and teamed up to the accused's house leading to the complainant's rescue and Kakondo's arrest.

## Ambulance driver in court

**By Samantha Sumani**

Edward Moffat (35), a Bindura Hospital Ambulance driver appeared at the Bindura Magistrates' Court, recently facing allegations of assaulting a nine-year-old boy last month.

Prosecutor Sheila Maribha, for the State, said on 24 January 2023 around 4pm the complainant was playing with a friend when Moffat approached him and clapped him once on the face before hitting him twice on the head with a fist.

Moffat was doing this in retaliation of a misunderstanding that had occurred between the complainant and his son.

The nine-year-old sustained a painful face and head as a result of the assault.

The juvenile reported to his mother, who filed a police report.

Moffat pleaded not guilty before Magistrate Samantha Dhlamini and he was remanded out of custody to 17 February 2023.

# In trouble for raping stepdaughter

**By David Adin**

A 54-year-old Shamva man allegedly took advantage of his wife's absence from home and raped his 14-year-old stepdaughter.

Trackson Chipere of Ponde Farm in Shamva, pleaded guilty when he appeared before Bindura

Magistrate Amos Mubhobho, who slapped him with a 16-year custodial sentence before suspending two years on condition of good behaviour for the next five years.

Appearing for the State, Tracy Dube submitted that sometime in No-

vember last year just after midnight, the complainant was asleep in her bedroom together with her two younger sisters, aged nine and six. Their mother was admitted in hospital.

Chipere entered the children's bedroom as

the door was not locked. While inside, Chipere realised that the girl's young sisters were fast asleep.

Chipere forcibly took off the complainant's clothes before ordering her to keep quiet threatening to beat or kill her.

After removing her pant,

Chipere fondled her breasts and caressed her privates before removing his shorts and raped her once.

The matter came to light when complainant told her aunt about the incident.

This led to his arrest.

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# Nakamba completes switch to Luton Town

Warriors star Marvelous Nakamba has officially joined Championship side Luton Town.

Luton announced the deal in a statement: "We are delighted to announce the loan signing of Aston Villa midfielder Marvelous Nakamba for the remainder of the season!"

Speaking after finalising his medical at The Brache, Nakamba said: "I'm very happy to be here at Luton Town. I know Henri Lansbury from Aston Villa and Ethan Horvath because I played with him at Club Brugge, so it's a good feeling to

see them again.

"I spoke with the gaffer and he told me about the project of the club and I told him my situation, that it was interesting for me to come over here.

"I think it's good for the club, great for me and I love the ambition at the club. I'm looking forward to contributing to help the team."

The Warriors international's switch follows after Villa coach Unai Emery told him to leave after falling out of favour.

The 29-year-old hasn't played a competitive game this season.



## Muskwe links up with Nakamba after return to Luton

Luton Town have recalled Admiral Muskwe from his loan spell at English League One side Fleetwood Town.

Muskwe spent the last six months away and was supposed to return to Luton at the end of the season. After some squad changes which saw striker Harry Cornick mov-

ing to Bristol City, the club has the Warriors international.

A statement released on Tuesday reads: "We can confirm that forward Admiral Muskwe has been recalled following his loan spell at Sky Bet League One side Fleetwood Town.

"The 24-year-old made a total of

17 appearances during his time at Highbury Stadium, scoring three times."

Muskwe will link up with fellow countryman Marvelous Nakamba, who joined Luton on a six-month loan deal from Aston Villa.

## Combat sport to benefit from Devolution funds

By Bathel Shuro

CHINHOYI - NEGLECTED sports in the province, especially combat sports, are set to improve as an injection of funds from Devolution funds is set to revive them, starting with boxing, wrestling and mixed martial arts.

In an interview with the Zimbabwe National Boxing and Wrestling Board Provincial Co-ordinator for Mashonaland West, Kefasi Chisango, said that the board was set to improve combat sport in the province, making it a professional sport that would breed international champions.

"We are aiming to take the sport to the grassroots. There are funds coming in from the Government and specifically budgeted for the development of combat sport in general." The Boxing and Wrestling Board has been effective in the province since September last year.

In accordance with the national devolution agenda, there has been restructuring to provincial levels and Mashonaland West and Mashonaland Central were the last to have structures at provincial level.

"But, we are now here and there is no need to go to Harare to access information or take up as a fighter," he said.

Chisango also emphasised that while boxing, wrestling and mixed martial arts were the most popular, the board is also regulating other disciplines like Extreme Fighting Championships (EFC) and Ultimate Fighting Championship (UFC).

"This is the fastest growing sport in the world and there is serious money involved."

These opportunities are not limited to athletes only. The board is not leaving no place and no-one behind as they create employment for all.