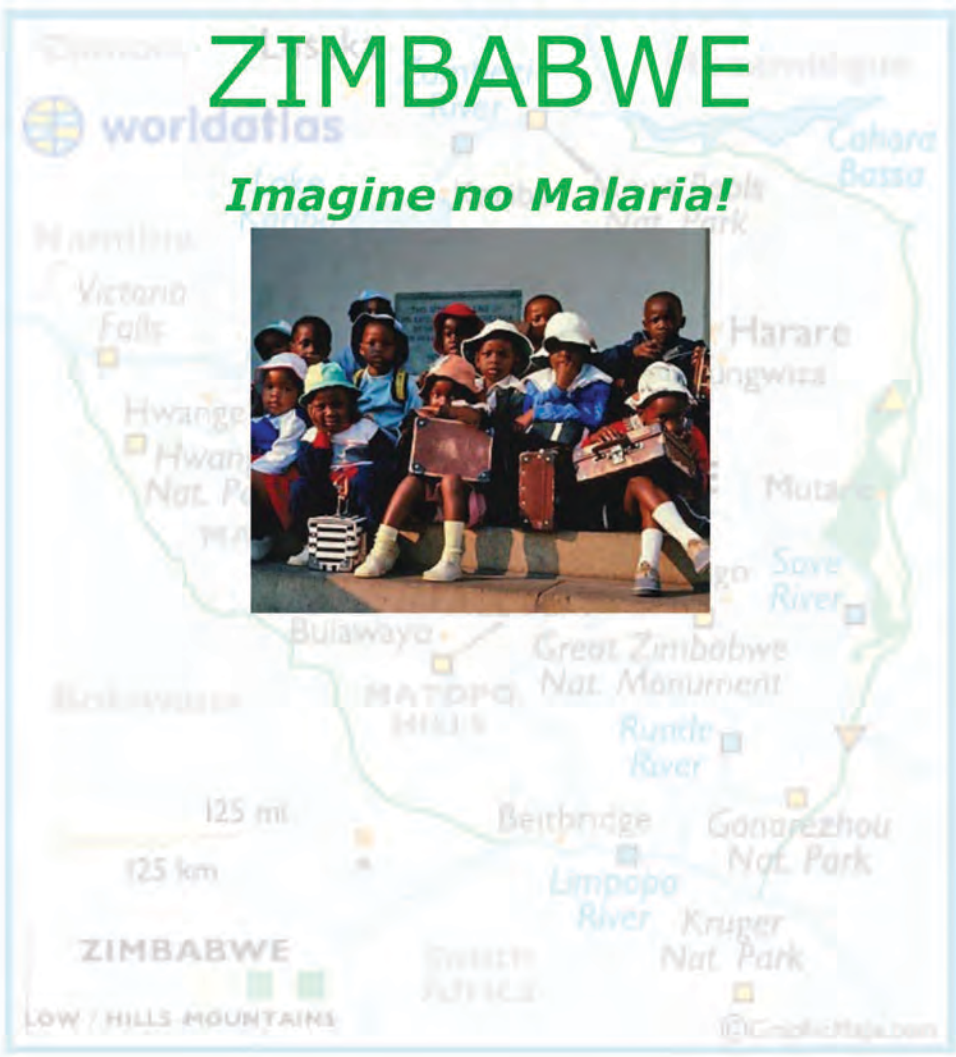


WALK TO ZIMBABWE

Imagine no Malaria!



Zimbabwe



Formerly the British Crown colony of Southern Rhodesia, Zimbabwe's earliest inhabitants are traced back to the 5th Century. In the 1900's it evolved into a "white man's country" orchestrated by the British, with almost 300,000 resident Europeans within its borders. This takeover of sorts prompted national pride and local guerrilla wars that soon became a major civil war, one that eventually began the change to a black-majority rule and its independence from the United Kingdom in 1980. Once it gained its freedom, it called itself Zimbabwe, a name meaning "house of the chief."

Since Independence Day, Robert Mugabe, the nation's first prime minister, has dominated the country's political system. At the start of his administration he established a one-party socialist institution. During his long term in office, his reputation as a champion of the anti-colonial movement has changed (*for the worse*) to an authoritarian ruler responsible for ruining the country's economy and for egregious human rights abuses.

In the March 2008 elections, Mugabe was defeated by Morgan Tsvangirai. Mugabe, however, refused to step down, saying the vote count was incomplete. When results were finally released, Tsvangirai had the majority of the votes, but not the required 50%, causing a runoff election.

In the runoff in June, Mugabe was elected to a sixth term. However, the opposition party elected Lovemore Moyo to the post of speaker of Parliament - the first time a member of the opposition held the post since 1980. Due to opposition's win, Mugabe and Tsvangirai have agreed to a power-sharing deal where they will share executive authority. Tsvangirai will serve as prime minister and Mugabe will continue as president.

In 2008, a major cholera outbreak killed over 500 and infected over 12,000. The inflation had increased by 7,000% since 2007, unemployment was 80% and the dollar was basically worthless.

However, the platinum mining sector is lucrative along with other mineral exports and tourism is growing, adding to the earning capabilities of Zimbabwe. Zimbabwe is currently the biggest trading partner of South Africa.

Fast Facts

- Official Name: Republic of Zimbabwe
- Population: 12,462,879
- Capital City: Harare (pop. 1,600,000)
- Currency: Zimbabwean Dollar (ZWD)
- Languages:
 - English (official)
 - Shona
 - Sindebele
 - numerous tribal dialects
- National Day: April 18
- Religions:
 - Syncretic (50%)
 - Christian (25%)
 - others
- Country Dialing Code: 263
- Electricity: 220 volts AC (50 Hz)
- Land Area: 390,624 sq km (150,820 sq miles)
- Coastline: 0 (landlocked)
- Highest Point Inyangani at 8,503 ft. (2,592 m)
- Lowest Point: Intersection of the Runde and Save Rivers - 531 ft. (162m)
- Land Divisions: eight provinces:
 - Manicaland
 - Mashonaland Central
 - Mashonaland East
 - Mashonaland West
 - Masvingo
 - Matabeleland North
 - Matabeleland South
 - Midlands
- Two Provincial cities:
 - Bulawayo
 - Harare

Geography

Located south of the Equator on the southern edge of the tropics, Zimbabwe is in both the eastern and southern hemispheres. This landlocked country is positioned in southern Africa, and bordered by the countries of Botswana, Namibia, Zambia, Mozambique and South Africa. The Inyanga and Udizi Mountains stretch along Zimbabwe's eastern border with Mozambique, and the country's highest point and lowest point are both found there. The Mafungabusa Plateau (*or Veld*) covers the majority of land, central and east; the average elevation here is near 4,500 ft. The Matobo Hills and Chizarira Hills anchor that plateau, north and south.



Major bodies of water include Lake Kariba on the western border with Zambia and Victoria Falls on the far western border with Zambia. Important river systems include the Zambezi, Limpopo, Runde and Save and their numerous tributaries.

Additional landforms include escarpments (*steep slopes*) along the Zambezi River and deep river valleys within the central plateau. In addition, savanna grasslands cover the southern reaches, while evergreen forests are common central and east, especially in the mountain areas.

From www.worldatlas.com



The Walk to Zimbabwe

Goals:

1. To walk 8,000 miles (the distance from Sharon PA to Harare Zimbabwe) to raise awareness about efforts to end suffering and death caused by malaria, specifically the *Imagine No Malaria* Campaign. (To determine the number of miles from your church to Harare Zimbabwe, go to www.indo.com and click on *Tools* and then *Distance Calculator*).
2. To improve our own physical and spiritual health.
3. To provide an opportunity to include others in the mission of the church.

How-To's:

1. Register with your church as a walker (biking, running, and/or other forms of moderate exercise included. 20 minutes of exercise=1 mile).
2. Use the daily guide for prayer, learning, and record keeping.
3. Record your miles on the team board at church
4. Invite others to walk with you!
5. Churches turn the total miles walked by your congregation in to your District Office no later than 1 week after the program is completed. (See Report Form). Please encourage your pastor to participate along with you. Be sure to record the pastor's miles on the report form for clergy physical activity credit.

*This project is guided by the words of Scripture, the whole-person/wellness tradition of the church, the thoughtful consideration of reason, and the experience of the Holy Spirit alive in our midst.

*And when was it we saw you... "Truly I tell you, just as you have done it to one of the least of these who are members of my family, you did it to me" (Matthew: 25:40)

*The facts and prayer concerns woven throughout this guide all relate to the disease of malaria, the *Imagine No Malaria* campaign, the Zimbabwe Partnership or the Nyadire Connection

The Walk to Zimbabwe Daily Guide and Log

Day 1

Fact: Every 30 seconds a child in Africa dies of malaria.

Prayer: Children with malaria and their caregivers.

Miles:___ Friend Miles:___

Day 2

Fact: Malaria is a preventable and treatable disease.

Prayer: All persons working for a cure.

Miles:___ Friend Miles:___

Day 3

Fact: *Imagine No Malaria* is the United Methodist Church's comprehensive effort to end death and suffering from malaria.

Prayer: The success of the *Imagine No Malaria* campaign

Miles:___ Friend Miles:___

Day 4

Fact: One million people die a year from Malaria. More than 90 percent of these deaths occur in sub-Saharan Africa.

Prayer: The continent of Africa Miles:___ Friend Miles:___

Day 5

Fact: The UMC has been operating hospitals and clinics across Africa for more than 160 years. Because of this we have the unique ability to reach the most remote areas, providing care and treatment where people need it most.

Prayer: United Methodist hospitals and clinics across Africa

Miles:___ Friend Miles:___

Day 6

Fact: Churches in the Western Pa Annual Conference have a special relationship with the Nyadire United Methodist Mission in Zimbabwe. Nyadire is in northeastern Zimbabwe, about 100 miles from the capital city of Harare.

Prayer: The Nyadire Methodist Mission

Miles:___ Friend Miles:___

Day 7

Fact: Malaria is both the cause and result of poverty. For many African families, earnings that might be spent on food are diverted to pay for treatment and travel to clinics. When lost productivity is factored in, malaria's impact on vulnerable populations amounts to an estimated \$12 billion annually.

Prayer: Adults unable to work and provide for their families because of malaria related health issues

Miles:___ Friend Miles:___

WEEK ONE TOTAL:___

Day 8

Fact: Ten years ago, there was no hope for a malaria vaccine. Now, new vaccines are being developed and tested every day. Never before have anti-malarial scientific and operational breakthroughs coincided so powerfully, and with so much promise.

Prayer: Researchers and pharmaceutical companies working on vaccines

Miles:___ Friend Miles:___

Day 9

Fact: *Imagine No Malaria* is a United Methodist campaign to raise \$75 million to help make possible critical malaria-fighting tools like rapid diagnostic tests, anti-malaria campaigns in schools, new research, and infrastructure improvements-vastly increasing delivery of life-saving care.

Prayer: For cooperation and coordination among researchers, health care providers, companies, government leaders, and church leaders.

Miles:___ Friend Miles:___

Day 10

Fact: One bite from an infected mosquito can transmit a tiny parasite (plasmodium) into a person's bloodstream. The onset of symptoms may take days or weeks, but the fever, chills, vomiting, and severe pain of full-blown malaria are debilitating. Without a complete course of the proper treatment-and quickly-malaria can lead to anemia, convulsions, organ failure and death.

Prayer: Those persons infected by malaria in places without health care

Miles:___ Friend Miles:___

Day 11

Fact: The Nyadire United Methodist Mission includes a hospital, educational facilities for children, teachers and nurses, a library, and an orphanage. All of these receive support through the WPA based Nyadire Connection.

Prayer: The students and teachers in the Nyadire schools

Miles:___ Friend Miles:___

Day 12

Fact: As a founding partner of *Nothing But Nets*, the UMC has provided insecticide-treated bed nets, protecting millions of people from malaria. Our partnership with NBN continues and is strengthened through the INM campaign.

Prayer: The continued work of Nothing But Nets

Miles:___ Friend Miles:___

Day 13

Fact: One in five African children dies before their fifth birthday as a result of malaria.

Prayer: All grieving parents

Miles:___ Friend Miles:___

Day 14

Fact: Malaria is a devastating disease in Africa. It consumes 40 percent of public health funds and is responsible for 60 percent of outpatient clinic visits.

Prayer: Doctors and nurses treating those infected by malaria

Miles:___ Friend Miles:___

WEEK TWO TOTAL: ____ WALK TOTAL: ____

Day 15

Fact: A Volunteer in Mission (VIM) trip to the Nyadire Mission is underway this month. Work is being done at the hospital, the orphanage, the school and the library as well as in the local churches.

Prayer: Sara Dickey and the other members of the Nyadire VIM trip

Miles: ____ Friend Miles: ____

Day 16

Fact: As recently as the 1950's, malaria was a health issue in the United States. We now have an opportunity to collaborate in the effort to overcome malaria worldwide.

Prayer: The commitment to a cure

Miles: ____ Friend Miles: ____

Day 17

Fact: With more than 11.5 million members, the United Methodist Church has the opportunity to engage many people in small ways to make a big impact.

Prayer: All United Methodists world wide

Miles: ____ Friend Miles: ____

Day 18

Fact: In 2008, the General Conference of the UMC adopted global health as one of its four focus areas for the entire denomination.

Prayer: The UMC General Conference leaders

Miles: ____ Friend Miles: ____

Day 19

Fact: Zimbabwe is a nation about the size of the state of Montana, is located in southeastern Africa.

Prayer: The nation of Zimbabwe and its neighbors

Miles: ____ Friend Miles: ____

Day 20

Fact: Zimbabwe is home to over 12.5 million people.

Prayer: The people of Zimbabwe and their government

Miles: ___ Friend Miles: ___

Day 21

Fact: The Western Pennsylvania Annual Conference of the United Methodist Church has entered into a partnership with the United Methodist Church in Zimbabwe with the desire to strengthen one another's ministry with the shared goal of making disciples of Jesus Christ for the transformation of the world.

Prayer: The Zimbabwe Partnership

Miles: ___ Friend Miles: ___

WEEK THREE TOTAL: ___ WALK TOTAL: ___

Day 22

Fact: Our bishop, Bishop Thomas Bickerton, is the chairperson of the denominational Global Health Initiative.

Prayer: Bishop Thomas Bickerton

Miles: ___ Friend Miles: ___

Day 23

Fact: The United Methodist Church was the first faith-based partner to join with the United Nations Foundation, The Bill and Melinda Gates Foundation, and the Global Fund in addressing the elimination of death and suffering due to malaria.

Prayer: The United Nations Foundation and the Bill and Melinda Gates Foundation

Miles: ___ Friend Miles: ___

Day 24

Fact: Because of the positive history of faith-based health clinics in Africa, the people of Africa know they can depend on the church.

Prayer: The faithful witness of the church

Miles: ___ Friend Miles: ___

Day 25

Fact: Since 2006, United Methodist giving to the Nothing But Nets campaign has topped \$27 million. Over two million nets have been distributed to families at risk for contracting malaria.

Prayer: Families waiting for bed nets

Miles:___ Friend Miles:___

Day 26

Fact: The *Imagine No Malaria* campaign will provide funding to continue with the distribution of bed nets but also funding to address the issue of standing water in communities that provide breeding ground for malaria infected mosquitoes.

Prayer: Persons involved with solving sanitation and drainage issues

Miles:___ Friend Miles:___

Day 27

Fact: The colors of the Zimbabwean flag are green, yellow, red and black. The motto of the nation is “Unity, Freedom, and Work”.

Prayer: Unity, freedom and work for all the people of Zimbabwe

Miles:___ Friend Miles:___

Day 28

Fact: The Home of Hope is the orphanage at the Nyadire Mission and the home of 25 children with no parent or family member to take care of them .

Prayer: All the children and workers at the Home of Hope.

Miles:___ Friend Miles:___

WEEK FOUR TOTAL:___ WALK TOTAL:___

Day 29

Fact: Dr. Tshiani is the chief doctor at the Nyadire hospital and the coordinator of medical supplies and services to the area.

Prayer: Dr. Tshiani

Miles:___ Friend Miles:___

Day 30

Fact: 85% of the population of Zimbabwe is Christian.

Prayer: The Christian church in Zimbabwe

Miles:___ Friend Miles:___

Day 31

Fact: Zimbabwe is also the home of Africa University, the first private international university in Zimbabwe. This university was started and funded by United Methodists around the world.

Prayer: The Students, faculty, and staff of Africa University

Miles:___ Friend Miles:___

Day 32

Fact: Bishop Eben Nhwatiwa, the bishop of the Zimbabwe Area Annual Conference, will be at the WPA Annual Conference in June to sign the partnership agreement.

Prayer: Bishop Nhwatiwa

Miles:___ Friend Miles:___

Day 33

Fact: Laura Meengs, the field coordinator for Imagine No Malaria, is in western Pennsylvania for 4 months to help churches understand the crisis and commit themselves to a solution.

Prayer: INM field coordinator Laura Meengs

Miles:___ Friend Miles:___

Day 34

Fact: In May, the United Methodist Church in Zimbabwe will be establishing a health board. This board will be the body responsible for identifying specific health needs in the nation and allocating funding to meet these needs.

Prayer: The selection of health board members

Miles:___ Friend Miles:___

Day 35

Fact: One of the major goals of the *Imagine No Malaria* campaign is to support funding to eliminate malaria while building the capacity of the church in Africa to address a much wider range of health initiatives: combating HIV/AIDS and tuberculosis, lowering maternal mortality rates, and preparing community health workers.

Prayer: The strengthening of leadership in the church of Africa

Miles:___ Friend Miles:___

WEEK FIVE TOTAL:___ WALK TOTAL:___

Day 36

Fact: The Nyadire Connection has three more VIM trips to Nyadire Zimbabwe scheduled for 2010: July 15-August 1, July 29-August 15th and September 23-October 15th. These trips will include work with computer installation, organization of the library, farm work, and children's programming.

Prayer: Those planning on and considering a Zimbabwe VIM trip

Miles:___ Friend Miles:___

Day 37

Fact: Rev. P Razo is the district superintendent of the UM district surrounding Nyadire. Twenty-nine ministers serve this very remote rural area.

Prayer: Rev. P Razo and the twenty-nine ministers serving the Nyadire region

Miles:___ Friend Miles:___

Day 38

Fact: Malaria can be transmitted to people of all ages. About 3.3 billion people-half of the world's population-are at risk of malaria.

Prayer: Persons outside of Africa at risk for malaria

Miles:___ Friend Miles:___

Day 39

Fact: Early diagnosis and prompt treatment are two basic elements of malaria control. Early and effective treatment of malaria can shorten the duration of the infection and prevent further complications including most deaths.

Prayer: Researchers developing more effective diagnostic and treatment for malaria

Miles:___ Friend Miles:___

Day 40

Fact: In the past, misuse of anti-malarial drugs increased the resistance of the malaria parasite. New anti-malarials-known as artemisinin-based combination therapies-have brought renewed hope in the fight against malaria.

Prayer: Researchers developing new anti-malarials.

Miles:___ Friend Miles:___

Day 41

Fact: Insecticide-treated bed nets provide personal protection to risk groups, especially young children and pregnant women. When communities have high enough coverage (more than 80 percent covered), the nets help reduce malaria rates throughout the entire community. With proper use, nets can be effective for three to five years.

Prayer: Companies making insecticide-treated bed nets

Miles:___ Friend Miles:___

Day 42

Fact: Indoor residual spraying is the most effective, quickest means of reducing mosquito density. Its full potential is obtained when at least 80 percent of premises with malaria vectors are sprayed. Indoor spraying is effective for 3 to 6 months.

Prayer: Prudent and effective use of insecticides

Miles:___ Friend Miles:___

WEEK SIX TOTAL:___ WALK TOTAL:___

Day 43

Fact: Malaria puts pregnant women at risk of death, spontaneous abortion, premature delivery or stillbirth. Malaria contributes to the deaths of up to 10,000 pregnant women and 200,000 infants each year in Africa alone.

Prayer: All pregnant women and infants

Miles:___ Friend Miles:___

Day 44

Fact: The Hospital Revitalization Program assists United Methodist and Methodist hospitals in sub-Saharan Africa. The program assesses the needs of health-care facilities so that these centers can provide quality care to the many patients in need.

Prayer: The Hospital Revitalization Program

Miles:___ Friend Miles:___

Day 45

Fact: The Central Conference Communications Initiative of the UMC is building communications infrastructure in treat countries across Africa and trainings people to use it in order that lifesaving, life changing information can be communicated.

Prayer: The Central Conference Communications Initiative

Miles:___ Friend Miles:___

Day 46

Fact: Pharmaceuticals/Medical Assistance Program (MAP) is a program of the Nyadire Connection that helps the Nyadire United Methodist Hospital Pharmacy obtain drugs and supplies they desperately need.

Prayer: MAP

Miles:___ Friend Miles:___

Day 47

Fact: Home of Hope Outreach Program (HOHO) enables approximately 150 vulnerable children in the Nyadire region remain in school by connecting them with sponsors to help cover their school fees and supplies.

Prayer: HOHO

Miles:___ Friend Miles:___

Day 48

Fact: The *Imagine No Malaria Campaign* is a response to the United Methodist Church's decision to make a difference for God's most at risk children.

Prayer: All those participating in and benefiting from the *Imagine No Malaria Campaign*.

Miles:___ Friend Miles:___

Day 49

Fact: During this 50 day walk, over 144,000 children have died of malaria.

Prayer: Every person who has lost a loved one to malaria

Miles:___ Friend Miles:___

WEEK SEVEN TOTAL:___ WALK TOTAL:___

DAY 50!!!

FACT: Malaria is preventable, treatable, and beatable. Let's not only Imagine No Malaria. Let's make that a reality!

PRAYER: For an end to the suffering and death caused by malaria by 2015

Miles:___ Friend Miles:___

50 DAY WALK TOTAL:_____

Individually we could not have done it but together WITH GOD ALL THINGS ARE POSSIBLE! TOGETHER WE WALKED TO ZIMBABWE!

Walk to Zimbabwe conceived by the Rev. Sarah Roncolato, New Horizons UM Charge