

Z is for Zimbabwe



Z is **ZIMBABWE**,
the great **"House of Stone,"**
Where **ZEBRAS**, giraffes
and elephants roam.





Mbira
(Thumb Piano)

Here you can hear
the **MBIRA'S** soft sounds [em-BEER-rah]

Calling the ancestors
out of the ground.



Victoria Falls
"Mosi oa Tunya"

Here **VICTORIA FALLS**

from the river Zambezi, [zam-BEE-zee]

And across the plateau,
the weather is easy.



Stone Sculpture

Here men find great **SCULPTURES**

hidden in stones,
Near fields where tobacco
and cotton are grown.



Cotton

But their food is from corn
served with sauce (just like pasta) –

For breakfast there's **bota**,
for dinner there's **SADZA**.



Bota

Once a colony British
called **Southern Rhodesia**,

This nation was founded
on historic **AMNESIA**



Sadza



Cecil Rhodes
Rhodesia's Founder



Bird Sculpture from
Great Zimbabwe



Robert Mugabe,
Zimbabwe's First Prime
Minister

Brits believed civilization
arrived with the **WHITES**,
Who soon took the best land
and had all the rights.

They couldn't believe
GREAT ZIMBABWE had been
Constructed by locals –
by those with black skin.

This fortress in ruins
from medieval times
Had been city and home
to a culture refined.

White settlers built cities
and farms in this place,
And blacks became second class
due to their race.

But in **1980**,
democratic elections
allowed the majority
to make their selection.



Great Zimbabwe



Great Zimbabwe



Harare

A new nation was born
and Zimbabwe was named
For a glorious past
when the ancestors reigned.



Statue to
Unknown Soldiers

Now from bustling cities –
Bulawayo, **HARARE** – [bu-la-WAY-yo, ha-RAR-ree]
To villages tiny,
you'll meet dear **shamwari**. [sham-WAH-ree, friends]

They will say “**Makadee!**” [mah-kah-DEE]
while clapping their hands,
To mean “How are you?”
come enjoy our great land!



Clapping Hands in
Greeting



***Makadee** is a Shona greeting. **Salibonani!** [sah-lee-boh-NAH-nee], means “Hello!” in Sindebele.



← **Zimbabwe's flag** was adopted in 1980 when the country gained internationally recognized independence and majority rule by black Zimbabweans. The bird pictured on the mast was part of the ruins found at Great Zimbabwe, an African kingdom that ruled here long before the arrival of Europeans in the 1880s. Beneath the bird is a star, which symbolizes the movement and struggle for independence. The white triangle represents peace. The green stripes represent Zimbabwe's abundant farm land, the yellow, its mineral wealth. The red stripes stand for the blood shed in their struggle for independence and the black stripe represents Zimbabwe's rule by its black majority.

ZIMBABWE got its name from **Great Zimbabwe**, the ruin of a medieval kingdom that was built with tall stone walls. Its discovery by archaeologists proved the existence of an advanced civilization here long before the arrival of white colonists. Zimbabwe means "house of stone" or "venerated houses" in Shona language.



Zimbabwe in Southern Africa

Official Name:

Republic of Zimbabwe

Population: 13.8 million

Capital: Harare

Largest Cities: Harare, Bulawayo, Chitungwiza (a suburb of Harare), Mutare

Comparative Size:

Slightly larger than Montana, and a bit larger than Germany

Ethnicity: Shona 82%, Ndebele 14%, other African 2%, mixed and Asian 1%, white <1%

Language: English, Shona, Sindebele

Religion: Christian 87%, syncretic (Christian and traditional) 50%, traditional 4% none 8%,

Currency: Zimbabwean dollar

Important Industry: Mining

Top Export: Platinum

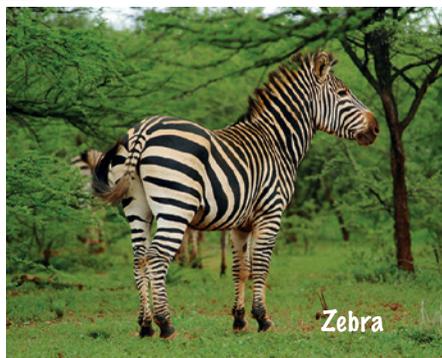


Where in the World is Zimbabwe?

GEOGRAPHICAL NOTES

⊙ Though Zimbabwe is in the tropics, it sits on a high plateau, far above sea level. The high altitude makes the temperatures very moderate. In the capital, Harare, the temperature generally gets as low as the mid 40s°F (6°C) in June and as high as the mid 80s°F (29°C) in October. The rainy season is November–March, when there are heavy rain showers in the afternoons.

SEE ZIMBABWE!



Zebra

← There are many national parks in Zimbabwe, and within the parks abundant wildlife roams, including zebras, giraffes, elephants, cheetahs, lions and hippos. Outside of parks, there are fewer wild animals, but elephants are known for sometimes getting into farms and eating the crops. →



Giraffe



Elephant

The **mbira** or thumb piano is a popular → instrument in Zimbabwean music, particularly that of the Shona people. The Shona use the mbira in ceremonies to call back the spirits of ancestors.



Mbira



Hippopotamus



← The Ndebele people have a similar belief in contacting the ancestors, but use drums to call their spirits during a traditional fall festival.



Cotton

← Zimbabwe has rich farmland and regularly exports tobacco, **cotton** and sugar. Commercial agriculture and mining are their two largest industries.



Sculptor with Her Work

← Zimbabwe is famous for its many **stone sculptors**, and their work is found in art museums around the world. Each sculptor has a unique style of carving, but a popular theme is semi-abstract depictions of human relationships. ↓



Sculpture



Victoria Falls

↑ **Victoria Falls** is locally known as *Mosi Oa Tunya*, or the “Smoke that Thunders,” which describes the roaring sound and the cloud of mist it produces. It is the world’s largest waterfall, as measured by the size of its curtain of water. The waterfall is over 5,000 ft (1524 m) across and 350 ft (107 m) tall. Victoria Falls is part of the Zambezi River and lies just on the border of Zimbabwe and Zambia.



Bota

Bota and sadza are both made from *mealie meal*, the Zimbabwean term for corn meal.

← **Bota**, eaten for breakfast, is a type of corn porridge similar to American grits. It is usually seasoned with peanut butter, milk, butter or jam.

Sadza is thicker than bota, and it is eaten for → lunch and dinner along with sauces made from vegetables, meats or beans. It looks similar to mashed potatoes, but sadza is stiffer and can actually be picked up, rolled into a ball and then dipped into sauces. It is eaten using only the right hand.

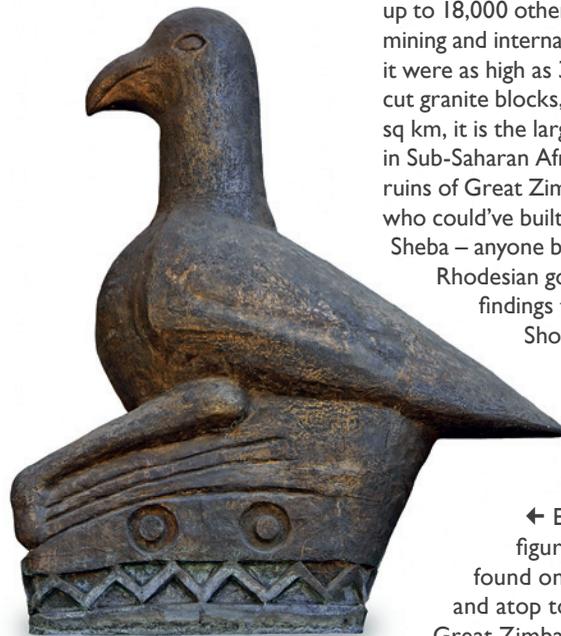


Sadza

Southern Rhodesian stamps featuring Cecil Rhodes and the colonial ideal of “civilizing the natives” – see the figures under 1890 and 1940.



↑ Prior to their independence, → Zimbabwe was known as **Southern Rhodesia**. Both it and Northern Rhodesia (present day Zambia) were named for the British empire-maker Cecil Rhodes. **Cecil Rhodes** was born in England but went on to make his fortune in the diamond business in South Africa. He founded De Beers, a company that still dominates the diamond mining industry. He helped to spread British mining rights north to present-day Zambia and Zimbabwe, eventually founding a colony there in 1890, which people called “Rhodesia” in his honor. Rhodes was a believer that British colonialism was a gift to the world. If the British Empire could spread round the world, it would bring “civilization” everywhere. This belief in the benevolence of British rule was widespread in Britain at that time.



Great Zimbabwe Bird



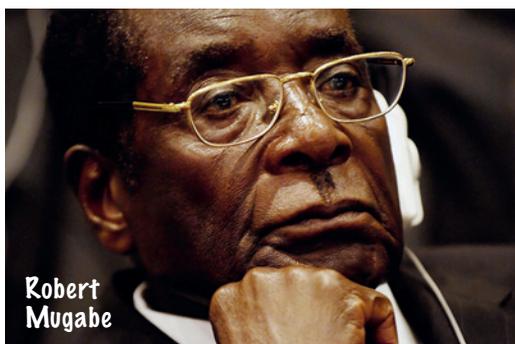
Great Zimbabwe Wall

Great Zimbabwe is a ruin of a city built from stone ↑ during the 11th to 14th centuries CE. It was the capital of the **Monomotapa Empire** and home to the king, his court and up to 18,000 others. Great Zimbabwe was a center for gold mining and international trade in its time. The walls surrounding it were as high as 36 ft (11 m) and were built using precisely cut granite blocks, stacked with no mortar. Covering over 7 sq km, it is the largest historical structure that has been found in Sub-Saharan Africa. When white colonists first saw the ruins of Great Zimbabwe, they developed many theories as to who could’ve built it: Arabs, Phoenicians, even the Queen of Sheba – anyone but the ancestors of the local population. The Rhodesian government even suppressed archaeological findings that suggest it was built by ancestors of the Shona. They wanted to maintain the myth that civilization only arrived with Europeans. For the new nation, Great Zimbabwe became a symbol of black rule and indigenous civilization. ↓

← Eight **bird** figurines were found on walls and atop totems at Great Zimbabwe. The bird, which is an African fishing eagle, may have been an emblem of the king and has now become another symbol of Zimbabwe, appearing on the flag and on coins.

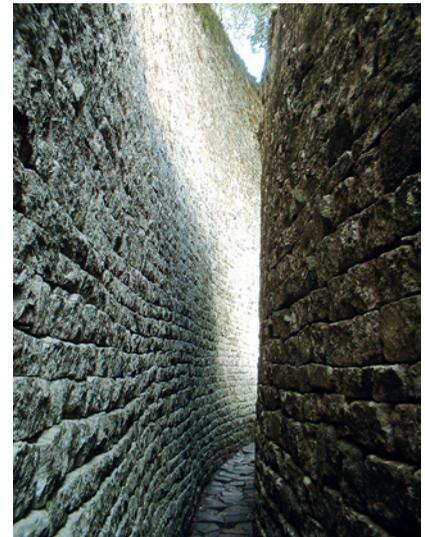


Close-ups of the mortarless granite walls, which → still stand due to the precision of the stone cutting. ↓



Robert Mugabe

↑ **Robert Mugabe** was Zimbabwe’s first prime minister. After being a leader in the struggle for majority rule and becoming a national hero, he was elected in 1980. Ruling Zimbabwe for more than three decades, he has never been willing to leave office. Critics claim his unwillingness to let go of power has made the country a quasi-dictatorship. His reputed human rights abuses and oppression of opposition groups has damaged his reputation as a liberator of Zimbabwe. A new constitution has set term limits for all future presidents.



 SEE ZIMBABWE!

Harare is Zimbabwe's capital and largest city. It is home to the National Gallery of Zimbabwe, the University of Zimbabwe, the Zimbabwe Stock Exchange, the Harare International Airport and the National Sports Stadium. During the Rhodesian era, Harare was called Salisbury. ↓



Harare



Anglican Priest

← Eighty-seven percent of Zimbabweans are **Christian**, and the Anglican Church is the largest denomination in Zimbabwe. Though largely Christian, traditional healers called **N'angas** are still popular. N'angas use herbs, traditional medicines and spiritual advice to treat people. They also tell fortunes. N'angas may send people to regular doctors and hospitals for emergencies and complaints they can't cure. ↓

N'angas have been important in Zimbabwe's history. N'angas were leaders in the first *Chimurenga* (independence movement) and advisors in beginning the second *Chimurenga*. N'angas communicate with the spirits of the ancestors and dispel bad spirits. Shona believe that the ancestors still reside at Great Zimbabwe and helped in the fight for independence. →



N'anga

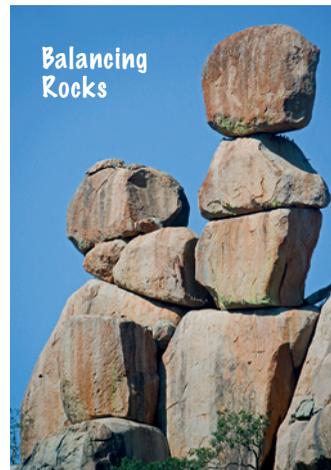
Clapping while greeting is a mark of respect among Shona people. They also clap before receiving a gift. Clapping is soft, slow and uses cupped hands. Men clap their palms parallel to one another, while women clap with palms crossed. Hand clapping is more frequently used in homes, rural areas and in traditional situations. Shaking hands is common everywhere and is the usual greeting among Ndebele people. →



Clapping



← Zimbabwe has the world's second-largest store of **platinum** (after South Africa). Mining is very important to the Zimbabwean economy, and the country is rich in mineral resources including platinum, gold, diamonds, copper, nickel, coal and tin.



Balancing Rocks

← **Balancing rocks** can be seen in many areas of Zimbabwe. These stacks of enormous boulders appear as the softer rocks surrounding them erode over thousands of years – swept away by wind and water. This one, found in Matobo National Park, is called "Mother and Child." Balancing rocks have become a symbol of Zimbabwe and are even shown on their currency. ↓

The **Big Tree** → is a Baobab tree that is over 1,000 years old and is a tourist attraction located not too far from Victoria Falls. Baobab trees can live many thousands of years and grow in dry, tropical soils in Africa and Australia. They are exceptionally slow growing and drought resistant. *If this tree is over 1,000 year old, what year do you think it was planted?*

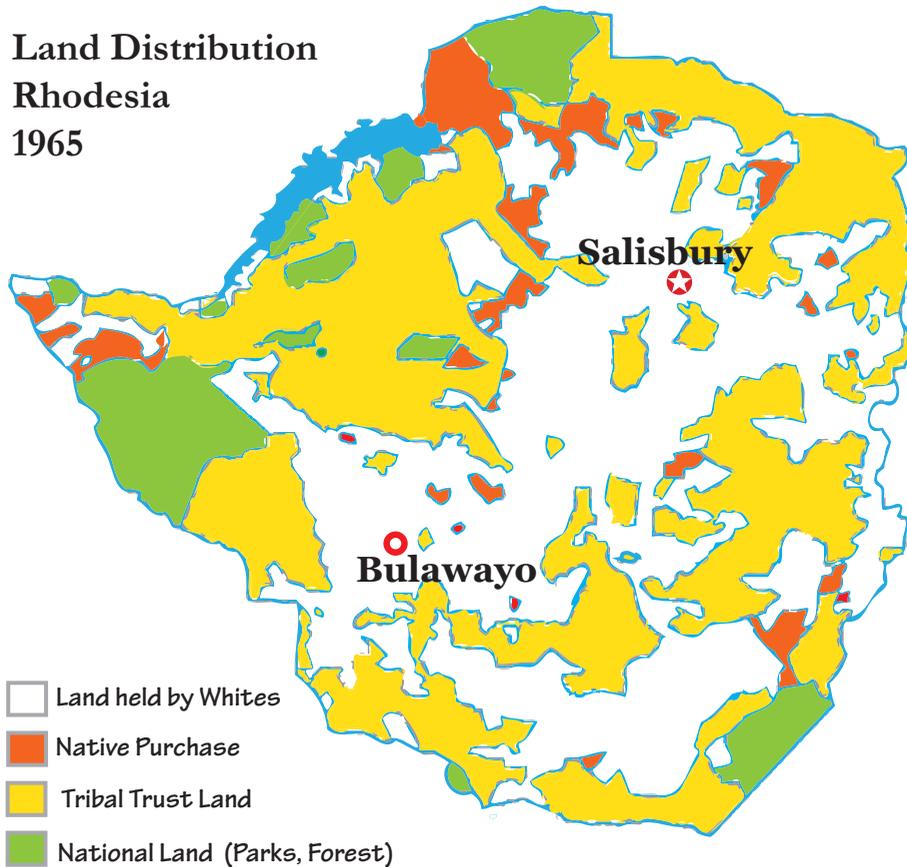


Big Tree



↑ Zimbabwe's currency, the Zim dollar, experienced skyrocketing **inflation** in the 2000s. It became worth so little that the government started to issue 100 trillion dollar bills. After their currency collapsed, they began using the US dollar, the Botswanan pula and South African rand instead.

Land Distribution Rhodesia 1965



Who should own the land in Zimbabwe?

Reforming land distribution has been one of the most difficult issues facing Zimbabwe since its independence. Though whites never made up more than 5% of the population of Rhodesia, they held the majority of the most fertile farm lands in the central plateau. They were very successful at commercial farming techniques. Meanwhile, blacks farmed on small plots using traditional methods in the typically drier, less fertile soils available to them. While whites became wealthy through farming and mining in Southern Rhodesia, blacks were comparatively poor and reaped little benefit from the wealth of their nation's soil. Whites felt that as they brought the know-how to extract wealth from Rhodesia's soil and worked hard to do so, they had the full claim to that wealth. Blacks felt that whites had invaded their land and now exploited it to make themselves wealthy, while ruling over the much larger black population. Even independence and majority rule did not solve the land distribution problem. With whites still holding the most profitable parcels of land in Zimbabwe 20 years after independence, President Robert Mugabe started forcibly taking farms from white Zimbabweans in 2000 to give to blacks, particularly his supporters. This abrupt and sometimes violent "land reform" caused farm production to drop dramatically, which had a cataclysmic effect on Zimbabwe's economy – resulting in a severe food shortage and skyrocketing inflation. This created extreme hardship for the average Zimbabwean, causing many to flee the country to survive. In the long term, Zimbabwe hopes that most of its wealth will again be going to black Zimbabweans, who make up 98% of the population. Zimbabwe's economy, however, is still recovering from land reform.



Black Zimbabweans did not feel that they were fully free from Rhodesia's inequality when whites still owned much of Zimbabwe's wealth.

What is **CHIMURENGA**?

Chimurenga is a Shona word that means "struggle," and both of Zimbabwe's independence movements were called Chimurenga. The first unsuccessful Chimurenga was in 1896, soon after white settlers arrived in the region to found Rhodesia. The second Chimurenga was 1964–1979. Zimbabwe (then known as Southern Rhodesia) had a struggle for independence that was much more long, difficult and bloody than other African nations because white Rhodesians refused to give up their governing power. In 1960, the British Empire committed itself to a peaceful transition of power to local governance in all its colonies across the African continent. But they said that independence could only come after free and fair elections gave power to the black majority. The local white Rhodesians held political power and a disproportionate amount of the nation's land and did not want to give that up. Rather than give in to British demands for fair elections, Rhodesia declared its unilateral independence in 1965, claiming the British had no right to further meddle in Rhodesia's affairs. The Chimurenga armed struggle continued with two main rebel groups coming from the Shona and Ndebele engaging in guerilla warfare. Eventually white Rhodesians tried to give blacks a much greater role in government and to make the government more representative of them and responsive to their needs. But by this point, black Rhodesians wanted the full control of their government that majority rule would give. Eventually, violence and the armed struggle came to such a point that white Rhodesians effectively gave governing power back to Britain in 1979 for the British to hold elections and officially grant Rhodesia its independence. Robert Mugabe was the winner of those first elections, and the nation was then renamed Zimbabwe.

 EXPERIENCE ZIMBABWE!

**Listen to the
SOUNDS
of ZIMBABWE**
Mbira Music

The mbira or thumb piano is played by plucking it with both thumbs. Frequently the mbira is played within a calabash half in order to amplify the sound.

YOUTUBE SEARCH: mbira


Thomas Mapfumo

Known as the “Lion of Zimbabwe,” he and Oliver Mtukudzi are the most famous Zimbabwean musicians internationally. He is known in particular for his “Chimurenga” or “struggle” music, which conveys political protests. Prior to independence, he was one of the first popular musicians to write his lyrics in Shona, and his electric guitar playing mimicked the rhythms of the mbira. After becoming disappointed with Robert Mugabe’s government, he put out an album called “Corruption.” Try his songs, “Shumba,” “Tombi Wachena,” “Hanzvadi” and “Pidigori.” **YOUTUBE SEARCH:** Mapfumo Shumba, Hanzvadi, Tombi Wachena, Pidigori

Oliver Mtukudzi

A different sound from Mapfumo’s, yet still distinctly Zimbabwean, his fans call it “tuku” music. Try “Neria,” “Hear Me, Lord” and “Tozeza.”

YOUTUBE SEARCH: Mtukudzi + song name

Other Song Recommendations:

- “Chachimurenga” by **Stella Chiweshe**
- “Hatisi Tose” by the **Bhundu Boys**
- “Umoya Wami” by **Lovemore Majaivana**
- “Banolila” by **Solomon Skuza**
- “Train of Freedom” by **Ramadu**
- “Chimoko” by **Alick Macheso**
- “Handeyi Kumberi” by **Somandla Ndebele and Tongai Moyo** (two musical stars of Sungera, Zimbabwean pop)
- “Idya Banana” by **Joseph Garakara**
- “Chauta” by **Simon Chimbetu**
- “Mawere Kongonya” by **Andy Brown**
- “Urombo” by **Chiwoniso Maraire and Adam Chisvo**

Chiwoniso Maraire spent the first seven years of her life in the United States before her family moved back to Zimbabwe. She became a world-famous Zimbabwean musician and mbira player. →


READ:

Mufaro’s Beautiful Daughters by John Steptoe.

A beautiful imagining of Great Zimbabwe in this traditional folktale. Although the tale is actually from the Xhosa of South Africa, the setting and architecture are all from Great Zimbabwe. Ages 4 & up.

Where Are You Going Manyoni? by Catherine Stock.

Follow Manyoni across gorgeous illustrations of the Zimbabwean countryside to her destination. Ages 5 & up.

Folk Tales from Zimbabwe: Short Stories by V. T.

Kandimba. Four charmingly told stories, illustrated with photographs. Ages 6 & up.

Nelson Mandela’s Favorite African Tales

Featuring two stories from Zimbabwe, the book also comes in an award-winning audiobook. Ages 6 & up.

The Girl Who Married a Lion And Other Folktales from Africa

by Alexander McCall Smith. Filled with traditional tales collected from Botswana and Zimbabwe. Ages 12 & up.

Far from Home by Na’ima B. Roberts. Two girls, one

white and one black, deal with their family’s land being taken from them during two eras of Zimbabwean history.

Their stories, woven together, give a striking portrait of Zimbabwe’s complex history. Ages 13 & up.


**DON'T MISS
WATCHING
(online)**

Tour Great Zimbabwe Learn about the history of Great Zimbabwe, a medieval city that had the same population as medieval London. The BBC’s “Lost Kingdoms of Africa” has an episode dedicated to Great Zimbabwe and there are other great documentaries about Great Zimbabwe. Check your local library and see clips online. **YOUTUBE SEARCH:** Great Zimbabwe, Great Zimbabwe Ancient City

See the Zambezi and the “Smoke that Thunders”

The BBC has another beautiful documentary on the Zambezi river and *Mosi oa Tunya* or the “Smoke that Thunders,” also known as Victoria Falls.

YOUTUBE SEARCH: Victoria Falls smoke thunders

Matopo Hills Rock Art See paintings dating from the Stone Age in Zimbabwe’s southern Matopo Hills.

YOUTUBE SEARCH: Matopo Hills Rock Art



MAKE ZIMBABWEAN Muriwo Unedovi (Greens)

So very delicious, you will have a hard time believing it's leafy greens. Peanut butter, greens, tomatoes and onions make an unlikely but heavenly combination. In Zimbabwe, the greens they use for this recipe are similar to collard greens. This recipe uses spinach to make it a quicker and easier dish. If you'd like to use collard greens, see the substitution section below.

1. In a large skillet, sauté onion in oil until onion is translucent.
2. Add diced tomatoes, salt and chili and allow to simmer for about 5 minutes.
3. Add spinach to the pan, just enough to mostly fill the skillet. Stir, putting tomato-onion mixture on top of spinach to weigh it down. As the spinach wilts and shrinks, add more spinach to the pan, again pulling the tomatoes, onion and cooked spinach from the bottom and placing in on top. Continue until all the spinach is added but not fully cooked.
4. Add peanut butter to pan, and gently stir it in as it melts into the mixture.
5. Taste and add black pepper if you think it needs a bigger kick and more peanut butter if you would like for it to be creamier.
6. Serve as a side dish, or as a main dish with sadza or rice. It can also be an appetizer, served as a dip with crackers or pita chips.

Make with collard greens

Using well-washed collard greens, chop the greens, removing tough stems.

Put greens in a covered pot with one cup water and boil until they have softened but are not fully cooked.

Drain, reserving the remaining liquid, and then use greens in the above recipe. Cook with onions and tomatoes until done, using reserved liquid as needed for more moisture. Add peanut butter and taste test, just as in original recipe.



- 1 medium yellow onion**, chopped
- 1 tablespoon oil**
- 4–6 tomatoes**, diced and drained
or 1 can of diced tomatoes drained
- 1 teaspoon salt**
- 1 green chili**, minced (optional)
- 1 bag washed spinach** (12–14 oz.)
- 2 spoonfuls of peanut butter**
- ¼ teaspoon black pepper** (to taste)

SPEAK SHONA!

Makadii Hi! How are you? *mah-kah-DEE*
(To be respectful, clap softly while saying this, hands in prayer position if you're male, palms crossed in an X for females.)

Ndiripo. I'm fine. *ndee-REE-poh*

Ndiripo, Makadiwo?
Fine, and you? *mah-kah-DEE-woh*

Kanjan? How's it going? *KAHN-jahn*
(informal, to someone your age)

Mushel Fine. *MU-sheh*

Masvita Thank you *mas-VEE-tah*
(formal, to an adult)

Ndatenda Thanks *ndah-TAYN-dah*
(informal)

Ehe Yes *EH-heh*

Aiw No *EYE-W*

Shamwari Friend *sham-WAH-ree*

LEARN SHONA PROVERBS!

Kupa Kuturika. To give is to save up.
Giving to others is an investment as they in turn will give to you.

Chinogova ruoko, muromo haugovi.
What gives is the hand, not the mouth.
Actions, not words, are what count.

Rambakuudzwa akaizoonekwa, nembonje pahuna.
Headstrong was found with a head wound.
Being too stubborn to listen to advice is likely to get you hurt.

Chada mwoyo hachikoni, mwoyo ndishe.
What the heart wants is not impossible, the heart is chief.

SPEAK NDEBELE!

Salibonani! Hello! *sah-lee-boh-NAH-nee*

Yebo. (response to hello) *YEH-bo*

Unjani? How are you? *oon-JAH-nee*

Ngiyaphila. I'm fine. *nee-ya-PEE-lah*

Yebo Yes *YEH-bo*

Hayi No *HAH-yee*

Ngiyabonga Thank you *nee-ya-BON-gah*



CARVE A SOAP SCULPTURE!



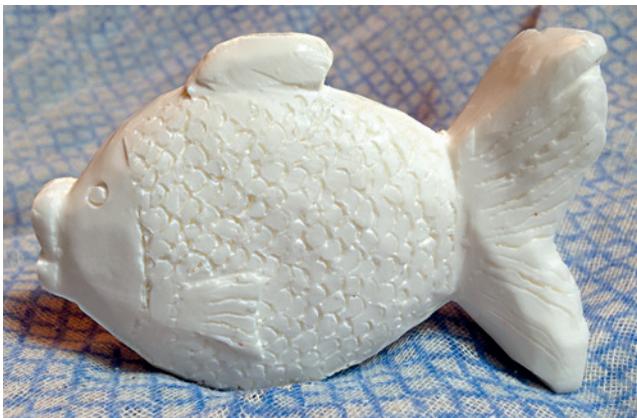
Carving in soap is a wonderful introduction to the type of sculpture made by Zimbabwean artists. There are even some Zimbabwean sculptures made from a very soft rock called “soapstone.” This activity allows you to design a sculpture and make it take shape by removing the negative space around it. *Look at examples of Zimbabwean sculptures online before you start for inspiration.*

GATHERING TOOLS & MATERIALS:

SOAP: Ivory soap works well and can be bought in inexpensive multi packs. Almost any soap will work, but use a less scented one to avoid getting a headache – carving soap releases a lot of scent.

DULL KNIFE: A dull knife is the best tool, not just for safety reasons, but to avoid cutting too deeply into the soap. Ideally use a non-serrated knife that’s sharp enough to cut cheese but not your fingers. A very dull paring knife works, or a butter knife or table knife. The knife isn’t used to cut the soap, but shave off flakes of it.

TOOTHPICK: A toothpick can be used as a “detailer,” to draw details on the sculpture. An unbent paper clip, nail, or any other small pointed instrument will also work.



- MATERIALS:** 1 bar soap
1 dull knife (butter/cheese knife)
1 toothpick

How to Carve a Soap Sculpture

1. Pick a shape.

Start with something basic for your first sculpture. Save difficult shapes and skinny legs for future designs.

2. Outline shape on your soap.

Use your knife and a toothpick to make a basic outline on one side of your soap. It doesn’t have to be precise, but do make it as big as it can be, coming close to touching the soap edges. This fish is almost the length and width of a soap bar.



3. Gently shave off soap outside of your outlined shape.

Bit by bit, remove the soap outside of your shape in small shavings. As you get closer to the shape you outlined, your skill with your knife will improve.

4. Continue shaving to add contours and smooth.

After you get to a basic outline, continue to gently shave off edges to contour the shape to be as round or pointed, thick or thin as you like. Once you get your basic shape, continue very gently shaving off thin slivers to smooth the shape out.

5. Polish, then use your toothpick to add fine details.

Once you have a smoother surface, rub with your warm fingers to polish. Once smooth, draw in details with your finer point. You can also use other household tools to make shapes on the soap. A plastic pen top was used to make the round eye on this fish.

6. Make a stand for your sculpture. (Optional)

If your sculpture doesn’t stand on its own, or if you simply want to add more details below, consider attaching it to a second bar of soap. This fish could have a half toothpick carefully inserted a few centimeters in its underside and then the other end gently eased into predrilled hole in a second bar below. The stand could be carved in advance to resemble a setting like water or waves.