



Something African



Masau Special Launch with The Sunday Express: Inside

The Sunday Express

The **Sunday** Express

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Meta Is Where People Will Go Inside Internet, Instead Of Just Looking On Screen



How Mark Zuckerberg Seeks To Reach A Billion People With Meta-Verse



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The Week That Was With Sheilla Mapani



This week we are sharing the great moments of the Jit experience as Jit Television took part in the Ingoma Awards, an amazing event which started with a red carpet experience - deep in leafy Johannesburg.

Getting to know the new feel of the experience Jit TV with the aid of Jit TV Gospel Oasis presenters Falon Fafa and Audrey Chiware took to the red carpet as they presented the Ingoma 8th Independent Gospel Music Awards held at the House of Treasures Ministries in Johannesburg.

The elegantly dressed and beautiful Jit TV presenters had the chance to meet nominees, guests as well as the organizers of the event, as they took turns to express their feelings about the event, showcasing their different fashion and looks.

Also interviewed on the Red carpet was Ayanda Shange, who collaborated with Chelsea Mguni on the song Tinoti Mwari Variko which was released early this year and he sent a special shoutout to all his fans in Zimbabwe saying, "To all my fans in Zimbabwe, I love you and I can't wait to be back home for a killer show soon."

Part of the performers for the night were Dumisani Mkokstad, Bucy Radebe, Takie Ndou



Return Of Live Events As Glitz And Glamour Marks High Profile Show At Ingoma Awards



as well as Jumbo and the night also showcased new and upcoming gospel artists including Phindi P, Ayande Shange, Keneilwe Hope and

many more.

However, CEO Dan Raseluma expressed his confidence in the success of the event as

it went out to be a blast with musicians shining and showcasing their variety of talents and beautiful vocal projections.

The blooming night saw the 8th Ingoma song of the year award going to Puleng March who used to sing with Joyous Celebration and has a shona song that will feature on her next album. Bucy Radebe also won the same award while Pretty Mhlongo won best live recorded cd with Melisa GotGrace winning best rap orhiphop song just to name the least.

Spicing up the night, during the event, Hlengiwe Mhlaba was honoured with the Lifetime Achievement Award called the Chairperson's Award, Pastor Strike Manganyi was honoured with the Humanitarian Award for his contributions to the community and Bishop Nhlapo from God Never Fails Ministries received the Five-Fold Ministries

Audrey Andi presented the awards and also some of the nominees for this addition include Canaan Nyathi, Xolly Mncwango, Paul K, Pretty Mhlongo, Teboho Moloji and Go Explo just to mention a few.

The Ingoma Foundation has once again partnered with Trace Gospel for the 8th INGOMAs and this partnership is based on the shared developmental visions for the gospel music industry by both Trace Gospel and the Ingoma Foundation.

However, the ceremony was once postponed from the initial date of 28 August 2021 due to the then National Lockdown Level 3 restrictions which did not permit any gatherings.

As law-abiding citizens, the INGOMA Foundation ensured that all health protocols as per the Covid-19 regulations, which includes wearing masks, sanitizing and maintaining social distances, were adhered to during the event.

Stay Connected

Sweet moment as wild fruits are turned into a beverage at distillery in Krugersdorp – with a promise to packaging the warm spirit of Africa

The Sunday Express

This week brand Masau launched in style west of Johannesburg – opening up its diverse collection of beverages with a country-style drive-through in the quiet of Muldersdrift – joined by sommeliers, connoisseurs, distillers, experts of wines, spirits, brewing – and fans to witness the launch of the brand.

It's a good story to tell this week as news on the Digital Sunday Express is that an architect, an accountant, a project manager, and a former banking and finance specialist – have teamed up to produce various brands of liquor targeted initially for the (local) Southern African regional market – but meant for markets throughout the world – for anyone with a taste for bitter sweet.

The three leading entrepreneurs – Lameck D Garonga (CEO and Master Distiller), Bongwiwe Mokhemisa (Sales and Marketing) and Blessed Magagada (CFO) told the Sunday Express that they had struck the sweet spot with Masau and they are on course to produce a genuine African whisky by 2027.

Sales and marketing manager – former banker Mokhemisa said the company had successfully applied traditional recipes and hand-crafted techniques into modernist commercial brewing.

“The Masau spirits business idea made sense as it encompassed our very rich and similar traditions as Southern Africans. I am Zulu and traditional fermentation of umqombothi and distillation of alcohol plays – a big part in our traditional ceremonies.

“Here we have just modernised and packaged the spirit and warmth of the people of Southern Africa into a bottle to maintain our heritage and culture for genera-



Masau Craft Distillery Opens Plant In Krugersdorp – And Aims To Go Global

tions to come. Garonga said throughout his childhood he had virtually grown up with traditional brewing in the family – and what started as a hobby while watching and assisting his parents to brew traditional Zimbabwean beer – this had become a natural training ground for him in fermentation, management of yeast and knowing about concentrates, acid, chemicals and brewing.

Masau – *ziziphus mauritiana* – and without a common English name – grow wild in Zimbabwe – and valued for its sweet fruity taste – and has been a food source commodity for locals – now valued for its nutritional content and commercial potential as a wild harvest cash crop.

The masau itself looks like a date – and is found mainly in the Southern Africa and the proponents of the project chose the name Masau to keep the original name of the fruit as it is known in Zimbabwe and the region to become the brand name.

Garonga and Magagada – both connoisseurs – said they had undertaken eye-opening trips to Scotland whisky

festivals – learning a lot about how brewing traditions had been preserved for generations in that part of the world – into global brands – and it was time to take such pride in African brands and traditions as well.

On location – Masau Craft Distillery (MCD) is a medium size batch craft distillery that uses new techniques to distill new flavours – unique to Southern Africa and marketed online and distributed to local, regional and international consumers.

“Our spirits will not be available in retail shops anytime soon. e strongly believe in social distancing and saving lives and we encourage

responsible drinking of our alcoholic beverages whilst we isolate, with friends and family,” Garonga said – adding that anyone could now order Online – and they deliver.

MCD's product range includes Masau Vodka, Masau Golden Gin, Masau Golden Liqueur, Masau Wooded Spirit Aperitif and Masau Tonic Water.

MCD is fully owned by family and very close associates, with the founding director being the Master Distiller and chief executive of the company.

The distillery is run by the Pofera family who settled in Zimbabwe from Mozam-

bique where they fermented and distilled masau to make alcoholic spirits used for family functions and traditional ceremonies.

Upon moving to Zimbabwe and working in the Mines and Farms the family continued to distill this spirit for the enjoyment of close family and friends.

This family legacy of hand-crafting and distillation by the Pofera Family is now in the third generation who has now turned this family pastime into a craft distillery in South Africa.

The fourth generation is being trained from grassroots levels of farming masau fruit trees which will begin to bear fruit in five years' time when Masau aims to launch their first Whisky to the World in 2027.

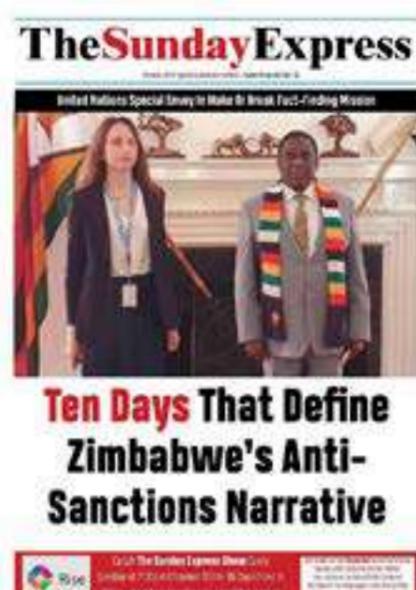
The Masau Wooded Brandy was awarded two prestigious bronze medals in the brandy category and the New Brand Launch and the Design & Packaging Awards – at the UK International Spirits Challenge 2020. The accolade followed a rigorous judging process that saw more than 50 category experts gather for an intense blind tasting session.

Masau Wooded Brandy excelled throughout this comprehensive judging process and garnered praise from some of the most deeply respected spirits experts in the world. Every winter in the African Southern Hemisphere, the masau tree naturally and faithfully bears much fruit for our enjoyment.

Carefully chosen and hand-picked the cyclical process that brings masau to the world begins. At MCD we provide you a unique range of Handcrafted African Spirits of premium quality.

For more details you can visit their Website : www.somethingafrican.com or you can follow them on Social Media platforms, Twitter, Facebook, Instagram and YouTube on their handle @masauspirits. Read the full report on www.zimbabwedigitalexpress.com





The Sunday Express



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It is a pilot project to be rolled out throughout what remains of October, and right through November and during the whole festive season.

The complete subscriber value pack will be consolidated in February 2022 – so worry not – we will guide you every step of the way in which The Sunday Express will unlock all the value that has been in the Sunday Express thus far – and hand it over to you (the reader) on a silver platter.

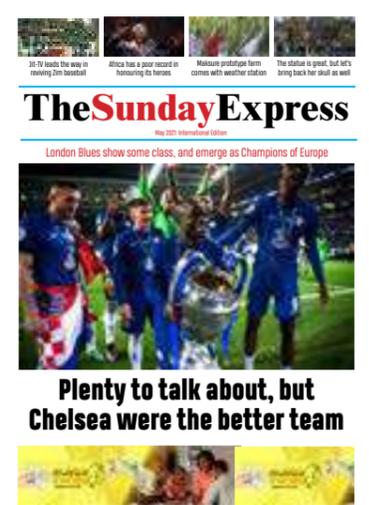
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This week we begin the process of selling The Sunday Express to the many people – writers, strategists, commentators, analysts, decision-makers, opinion leaders – and all those who dare to See News Differently – every week.

The Sunday Express owes a lot to all those who assist our readers, followers, fans, stakeholders and subscribers – and the time has come for us to give back to the news communities who shape, engage and set the agenda on the digital newspaper – and on the Zim-SA communities throughout the world.

Ours has been a quasi-public mandate to inform, educate and entertain – and as such we are selling – this newspaper – yes: selling as in saying; henceforth: The Sunday Express – all four editions – will now be sold as a premium product that you can buy, pay for, and do whatever you want with your newspaper.



Thinks of the Metaverse As The Internet Brought To Life - In 3D



Inside Zuckerberg Rebrand, And What **Metaverse** Means For You

Facebook CEO Mark Zuckerberg said his company is rebranding itself as Meta in an effort to encompass its virtual-reality vision for the future, what Zuckerberg calls the “metaverse.”

Skeptics point out that it also appears to be an attempt to change the subject from the Facebook Papers, a leaked document trove.

Many of these documents, first described by former Facebook employee-turned-whistleblower Frances Haugen, have revealed how Facebook ignored or downplayed internal warnings of the negative and often harmful consequences its algorithms wreaked across the world.

“Facebook is the world’s social media platform and they are being accused of creating something that is harmful to people and society,” said marketing consultant Laura Ries.

She compared the name Meta to when BP rebranded to “Beyond Petroleum” to escape criticism that it harmed the environment. “They can’t walk away from the social network with a new corporate name and talk of a future metaverse.”

What is the metaverse?

Think of it as the internet brought to life, or at least rendered in 3D. Zuckerberg has described it as a “virtual environment” you can go inside of — instead of just looking at on a screen. Essentially, it’s

a world of endless, interconnected virtual communities where people can meet, work and play, using virtual reality headsets, augmented reality glasses, smartphone apps or other devices.

It also will incorporate other aspects of online life such as shopping and social media, according to Victoria Petrock, an analyst who follows emerging technologies.

Zuckerberg says he expects the metaverse to reach a billion people within the next decade.

It will be a place people will be able to interact, work and create products and content in what he hopes will be a new ecosystem that creates

millions of jobs for creators. The announcement comes amid an existential crisis for Facebook. It faces heightened legislative and regulatory scrutiny in many parts of the world following revelations in the Facebook Papers.

Some of Facebook’s biggest critics seemed unimpressed.

The Real Facebook Oversight Board, a watchdog group focused on the company, announced that it will keep its own name.

In explaining the rebrand, Zuckerberg said the name “Facebook” just doesn’t encompass everything the company does any more. In addition to its primary social network, that now includes

Instagram, Messenger, its Quest VR headset, its Horizon VR platform and more.

“Today we are seen as a social media company,” Zuckerberg said. “But in our DNA we are a company that builds technology to connect people.”

Facebook the app, along with Instagram, WhatsApp and Messenger, are here to stay; the company’s corporate structure also won’t change. But on Dec. 1, its shares will start trading under a new ticker symbol, “MVR.S.”

Metaverse, he said, is the new way. Zuckerberg, who is a fan of classics, explained that the word “meta” comes from the Greek word “beyond.” - *The Independent*



Predisposing factors to dementia are a wide range of mental disorders that have gone unresolved throughout life

By Psychotherapist Mertha Mo Nyamande

This week on The Sunday Express the topic is dementia. The word: Dementia is an umbrella term for brain diseases that cause physical damage to the organ and therefore a cluster of symptoms, especially in old age but recently, dementias have been detected in younger age groups not previously known to have dementia.

The damage caused depends on the nature and activities of the individual.

The elderly often struggle with various health problems, but in particular the problems associated with dementia affect the following areas: Orientation: Registration Attention and calculation Recall Language, in particular poor short-term memory, concentration, mobility, and coordination.

The brain is also the main organ in the human body that secretes critical hormones and when this is damaged, the implications are extensive.

A person with dementia can have different parts of their brain affected, while others remain intact, but over time, the damage tends to spread to other brain centres.

There are different types of dementias:

- Creutzfeldt-Jakob Disease
- Lewy Body Dementia
- Down Syndrome and Alzheimer's Disease
- Frontotemporal Dementia
- Huntington's Disease
- Mixed Dementia
- Normal Pressure Hydro-

- cephalus
- Posterior Cortical Atrophy
- Parkinson's Disease Dementia
- Vascular Dementia
- Korsakoff Syndrome
- HIV/AIDS Dementia

Key components of dementia are Memory, Disorientation, Confusion, and Pain. The Statistics show that dementia cases are on the rise, mirroring the increase of mental health presentations and disability.

Causes

There are various causes for the brain damage in respective types of dementia that include, alcohol misuse, aneurysms caused by the weakening of veins and or blockages on the veins in the brain by fatty tissue or blood clot that cause mini strokes.

Prolonged neglect of the brain organ and not taking time to address mental health issues throughout life also contributes to the decline.

While the individuals may have managed to successfully distract themselves with work and whatever other activities.

In old age, these opportunities are limited and minimised, thereby leaving the individuals with a lot of time to ruminate over the unresolved issues.

This leads to hypertension that causes bursts in the veins in the brains, known as aneurysms.

The more one has these, the more they struggle and the quicker they deteriorate.

Predisposing factors to dementia are a wide range of mental disorders that have gone unresolved throughout life. The long-term effects of the abuse or misuse of the organ over time is the core contributor to dementias.

This is especially where they have not been explored extensively through psychosocial interventions, but sought to numb the pain through substances, either prescribed or illicit over time.



Mental Health Series With Monya-Mental: Dementia

Essentially, dementia is a product of systematic damage of the brain organ and tissue over time. It is unclear as to the emergence of dementia in younger age groups for the most part, further research is required in this area.

Human cells are naturally able to replicate and self-repair in the youths, but these processes are much slower in old age.

Implications

Poor understanding of dementias lead to poor care of those made vulnerable by this disease, as it increases risk of harm/ exploitation from others also associated with accusations of witchcraft and persecution in the African communities due to held beliefs and extensive superstition in the occult.

COVID-19 is also known to have had a severe impact on this vulnerable group where the isolation and their already volatile immune systems increased their vulnerability.

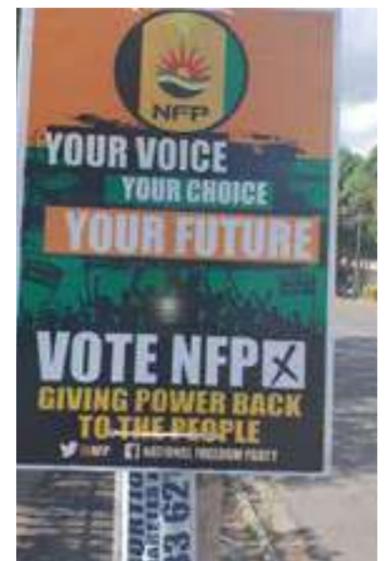
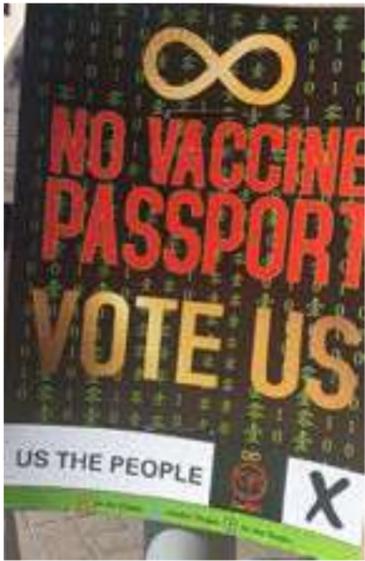
The associated confusion causes those with dementia to be vulnerable to abuse, where they may make ill-informed decisions due to poor concentration and limited mental capacity that is found in most people with dementia. The core symptoms of dementia lead to falls and injuries and infections as most become unable to communicate to express their needs due to the confusion caused by this disease.

This also affects the passing down of historic information between generations. co-ordination and communication.

Remedies and recommendations

Dementia is NOT a normal part of aging. Prevention is always better than cure, and for dementias, knowing the causes and addressing mental issues throughout life is crucial, alongside utilising neurorehabilitation for any head traumas. If one already has dementia, crucial intervention includes having people around that understand dementia and have the patience and expertise to support the individual.

Psychotherapist Mertha Mo Nyamande @ www.i-well-being.weebly.com. Contact him at Insightwellbeing.mo@gmail.com. Read the full article on www.zimbabwedigitalexpress.com



It Is A Close Call In The 2021 South African Local Government Elections: But The EFF is the winner

By Trust Sibanda

The decision day penciled for the 1st of November will leave many political parties with an egg on the face while Economic Freedom Fighters (EFF) will have its political grip increase by about 13 to 15% compared to their last performance in the show of the same nature. They will not benefit from the new voters alone but from disgruntled ANC and DA members. Pro-test vote.

As I read through my predictions I see DA diluting itself because of their poor public relations evident from their posters. The phoenix posters that condoned racism were not only mischievous but also a tension breeder in the already volatile political landscape.

The campaign message on Television by the DA leader shows pure lack of marketing skills. The man was not supposed to tell voters not to vote EFF or ANC. He was just supposed to give the election promises he has than to dictate action which voters must take. You cannot court a new lover by bad-mouthing their current partner. Lack of wisdom is seen on the part of



DA.

The mistake of DA is not only PR but leadership error as well. The combination of Helen Zille, Maimane and Lindiwe Mazibuko over the years created a strong adhesive for the party which glued structures from different races together. It will not come as a surprise that DA will lose a lot of seats which will fall into the EFF plate as leftovers that will help to satisfy their appetite for growth.

ANC on the other hand it is in a very thick soup and as a fly, it is trapped between voter's impatience and lack of probity to arrest corruption.

They may swim themselves out of grip loss in this election but it is too late for them to backstroke into the 1994 shores where they emerged

a people's favorite. This time there are stuck in the thick soup of empty promises they made over the years and lies have short legs it is time they are reminded of the promises of the near past. They gave a very short timeline to deal with labor brokers and the notorious e-Toll system of Gauteng. As if the calendar has been pushed forward here we are-same old same old.

ANC is promising jobs and has been promising jobs this has become part of their Jerusalem song. People as now used to the echoes of the same lines. ANC will never make any gains in this election. Just like DA they have frustrated their followers into the home of the EFF whose leader seems to appeal with both rural and urban voters. He has given hope to the youths. ANC is at its weakest due to factional wars defined by the President in a moment of madness as racial wars.

To cut the story short ANC will not remain stagnant it will lose votes and a number of councils. Their survival will be based on the decisions of EFF when it comes to issues of a coalition. EFF come Tuesday will be holding the decider.

I will not talk of small and regional parties but my focus is on EFF which I call the race decider. They have the final say when it comes to who runs council. There are ready to provide their numbers to give the majority to those who need a political top up. In the past there were not popular in Kwa Zulu Natal and Eastern Cape.

Julius Malema pulled a shocker when he went to embattled Zuma for a coffee and cookies. The occasion stole the hearts of Zuma die hards normally found in KZN. The EFF no doubt it will make inroads in KZN and pull the rug on the feet of ANC. There are no more red carpets for ANC in KZN.

EFF will spoil the broth. The next person who would want to run Municipalities in KZN will have to run to EFF to beg for a coalition which is likely to be granted on EFF terms.

EFF charmed the Abathembu in Eastern Cape. The Abathembu King could not hold back his excitement. King Buyelekhaya Dalindyebo will tell his subjects that EFF is a new home. This places EFF on a better comparison to the

disadvantage of the dominant ANC. The simple summary is that ANC and DA are heading towards downward mobility while EFF has predicted gains that will go to a smart figure of closer to 15%.

This therefore means that EFF would not deserve to be called a small party anymore. It will move into a league that will make it seat on a high table. The EFF message is very simple. It resonates with the poor and the oppressed. It is an African message that seeks economic emancipation as opposed to emaciation. EFF carries a message of patriotism and nation-building.

There are for the nation-building. Their political growth can be ignored at one's peril. My intelligent prediction forces me to send a congratulatory message to team red even before the election date.

Trust Sibanda is a businessman. He writes in his personal capacity. The views expressed are his own and do not represent the Editorial Policy of Digital Sunday Express.

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Let's Talk About Health Matters: How To Deal With Mental Disorders



All In 4 Health:
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wareness

Dr TW Ngwenya
 Changamire

This week on the **Digital Sunday Express** Mental health is about our emotional, psychological and social wellbeing and mental disorders affect how we think, how we feel and how we act.

Mental disorders affect children, adolescents and adults.

Certain mental disorders are more common in a particular age group when compared to the other age groups. This is determined by their biological, social and psychological exposures that are age specific.

When an individual is exposed to stress and does not have adequate coping mechanisms their mental health is now at risk. Remember mental disorders do not result from a single stress factor. Multiple factors come into play.

Common factors include; family history of mental illness, traumatic life events like sexual abuse, child abuse, violence, cultural, environmental and political environments that place a lot of stress on individuals, chronic medi-

cal conditions like cancer and diabetes, use of substances like alcohol, marijuana and illicit drugs, and feelings of inadequacy, fearfulness, lack of self-worth or loneliness and a lack of social support system.

Mental disorders come and go, they may present over a short period of time or longer and some are permanent. Many people shy away from mental health evaluation for fear of being diagnosed with permanent mental disorder and being labelled as a Mental Health Care User.

A common myth is that once a person has been diagnosed with a mental disorder it means they will have the mental disorder for life.

Another myth is that people suffering from mental disorders are all psychotic. It is important to mention that some mental disorders are likely going to be long term diagnoses but some are short term and some are periodic. Not all mental disorders are psychotic conditions, the following disorders are the most common conditions.

Common mental disorders are grouped into;
 Anxiety disorders
 Post-traumatic stress disor-

ders
 Mood disorders
 Substance use disorders
 Psychotic disorders
 Dementia
 Developmental disorders including autism
 This list only indicates common disorders!

Anxiety disorders
 Anxiety disorder is characterised by an exaggerated or non-appropriate response to a stimulus. The person fails to control the response and they also develop physical signs of anxiety like sweating, palpitations and difficulty breathing. Anxiety disorders include panic disorders, phobias and generalized anxiety disorders. Treatment includes psychotherapy and if need be anti-anxiety or antidepressant medication is prescribed.

Post-traumatic stress disorders

This condition occurs after a traumatic life event like death of a friend or family member, sexual assault, physical assault or natural disaster. Again psychotherapy is crucial.

Mood disorders

Mood disorders include Depression and Bipolar disorders. Depression is a very common mental disorder. Globally more women are af-

ected compared to men. Depression if left untreated may lead to suicide. It is important to recognise the symptoms and seek intervention early.

Depression may present as difficulty in sleeping, tiredness, loss of appetite, loss of interest in the things previously enjoyed, feelings of worthlessness, poor concentration ability which may affect productivity at work or at school and failure to cope in activities of daily living. Treatment of depression will include addressing the psychosocial factors and may also require treatment with medication that we refer to as antidepressants.

Mild to moderate depression is often treated by psychotherapy by psychologists with success. Moderate to Severe depression requires adding medication.

Medication is not the first line of treatment for mild to moderate depression. Antidepressants are also not advised for use in children and adolescents so in this group psychologists play a huge role in treatment of depression. Bipolar disorder is a condition where an individual experiences the extreme end of being happy which is referred to as Mania and they also

experience the depression. These two extremes are separated by a period of normal mood. Manic episode presents as elevated or irritable mood, reckless high risk behaviour, inability to sleeping, hyperactive, talkative, high self-esteem. Depressive symptoms have been discussed. Bipolar disorder is treated with medication known as mood stabilisers.

Substance use disorder

This occurs when a person's use of alcohol or drug (prescription or illicit) leads to health issues or problems at work, school or home. Disorders include intoxication, withdrawal and substance induced mental disorder.

Criteria used for diagnosis of substance abuse includes taking the substance in excess of what was initially desired, attempting to cut down, spending a lot time getting, using or recovering from drug use, experiencing cravings, failing to be productive at work, school or home because of substance use, withdrawal symptoms, needing more each time to get desired effect, continuing to use even when you know its damaging to your health and relationships. Psychotherapy is a mainstay of substance abuse treatment for many people.

Psychotic disorders

Schizophrenia falls under this group. Schizophrenia is a mental disorder where an individual loses their sense of perception. It commonly affects men and presents early on in life from the age of 20.

Contact All In 4 Health - Dr TW Ngwenya Changamire – for General Medical Consultation, Health Screening, Medical Check-up, Health Education and Promotion. The Glen Marais Shopping Centre, 57 Veld Street, Glen Marais, Kempton park 1619



Fiction Writing With Nhamo Muchagumisa

Bleeding stories of the abuse of women were a torture to Tsimba's conscience, especially as they were accompanied by pictures and videos

By Nhamo Muchagumisa

When his employer told him that there was going to be workshops on gender issues in relation to the workplace, Tsimba realised that the time to treat gender related issues as a transient wind had expired. Mr Rude had always treated gender issues with disdain, saying the whole thing sprang from the "misguided" school of feminism.

"You know Elina, sweetheart, I am going to be attending workshops on gender issues from Monday next week to Friday," Tsimba told his wife as he slumped into a sofa after a tiring workday.

"You will find the workshops enlightening Dear," Elina responded, excited. "I beg to differ, but I assure you I am going to enjoy the free food and beverages. Most of all it will be five days off duty."

Elina stood up from where she was sitting and walked across the carpet and planted herself next to him. She presented him with the hand that wore his ring and he did the same and the contact of their rings seemed to be a ritual that transported husband and wife into a world in which they would forever be young.

For a few moments they sat quietly oblivious of the TV in front of them, lost in the realm of love without words, love free of the sweet and tender lies of the shameless tongue.

Elina finally spoke. "You do not know how every married woman treasures the title she acquires after the exchange of matrimonial vows. Just being called Mrs X or Mrs Y is a great pride to a woman." Elina paused.

"Go on, I am listening," Tsimba said, recovering from the magic of their wordless communication.

"After the five day workshop, you will see more value in me and in our relationship than you do now. You will learn to enjoy the role of being a daughter's father than you do today," Elina continued, thinking of their daughter's fourth birthday two days away.

Bleeding stories of the abuse of women were a torture to Tsimba's conscience, especially as they were accompanied by pictures and videos. At the end of the first session of the series of workshops, Tsimba vowed that he would ever be a good husband and father.

Throughout the week, he gave his wife detailed feedback of the lessons men still had to learn. It was only on the fifth day that the chief facilitator treated his audience to a tiny story that he thought had gained great magnitude in the narrative of gender abuse.

The facilitator distributed coloured photocopies of a story that he felt had touched him more than the rest of the stories he had shared with his audience.

The story was of a sixteen year old girl whose widowed mother had saved her from gender based abuse.



The Transient Wind, Even Only When It Lasted For A Short Time

Her mother had contested her suspension in court, with the help of a human rights lawyer and the school had lost the case.

"So you see how society can be unfair to the girl child," the facilitator had said after his audience had read the story.

But Tsimba's face was burn-

ing. How could Elina be involved in such a vice? The sight of her pictures, wearing clothes that scantily covered her body infuriated him. The beauty pageant was dubbed "The Face of Tomorrow", but it was more about parading the nudity of girls than the charm of their faces. Elina had won the title and had collected a fortune in cash and kind.

When he arrived back home, Tsimba got into the house through the kitchen door. He passed Elina silently as she stood in the kitchen, preparing the evening meal. This was unlike him, Elina thought. Whenever the first thing that greeted him back home was her presence in the kitchen, he would hold her until she complained, "Hey, set me free. My pot is burning."

Elina switched off the electric stove, left the kitchen and walked into the sitting room. Tsimba was not there. She proceeded to the bedroom, the tapping of her heels on the tiles echoing ominously in the ceiling of the mansion.

When she came to the bedroom door, she noticed that it was locked. She passed by Priscila's room and saw her sitting on her bed, playing games on the computer. Had it not been for her daughter, she would have stopped preparing the evening meal.

Tsimba never opened the door for his woman that night, so she had to move in with Priscila. He spent the whole night seriously considering how he would confront her about The Face of Tomorrow scandal. The whole thing had, like a colossal smudge, blotted out any affection he had felt for her.

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By Jeffrey Moyo

Domiciled in Harare, the Zimbabwean capital, just at the beginning of the year, 39-year-old Denford Ngirazi drove his Mercedes Benz straight into a litany of pot-holes, instantly damaging all his tires and shock absorbers.

As if that was not enough, his three-year-old son, Dan, died after he fell seriously sick when he contracted dysentery after reportedly drinking contaminated tap water.

Ngirazi claimed that his son fell sick moments after he drank water from the tap.

Across Zimbabwe's towns and cities, the dilapidation of roads, buildings, water infrastructure, or even recreational facilities, has become the order of the day.

Yet, the dilapidation mounts amid commemorations of World Cities Day, an annual UN observance held annually on Oct. 31.

The global observance first held in 2014, is organized by the United Nations Human Settlements Programme in coordination with each year's selected host city to emphasize the world's urban challenges and engage the international community toward the New Urban Agenda.

As many like Ngirazi bear the brunt of the country's dilapidated infrastructure, Harare for instance has for the past few years dreaming of becoming a world-class city by 2025.

But to development experts like Vandirai Chihota in Harare, this is a pipe dream.

"It's impossible for Harare to achieve world-class city status by the year 2025. We are just about three years away from 2025 and just look at the level of dilapidation in towns and cities. It's just disgusting everywhere," Chihota told Anadolu Agency.

Yet, with high hopes and excitement about the city's



Dilapidation Fast Gripping Zimbabwean Buildings, Towns And Cities

dream a few years ago, Harare City Council spokesperson Michael Chideme took to Twitter, bubbling with confidence. "Harare to achieve a world-class city status by 2025," said Chideme on Twitter on June 16, 2015.

But more than five years later, as poor service delivery turns progressively nastier across Zimbabwe, officials like Chideme are having their dreams quashed as the reality of mounting dilapidation sinks.

Even architects who have drawn up plans for houses and other city buildings stand in awe as the country's towns and cities also face infrastructural chaos.

"This is certainly not what architectures like myself have laid down in our planning as we contributed to the rise of some of the structures we see today. There are residential areas that are from start to finish characterized by disorder, dirty and chaos, meaning

even their planning was never done professionally," Hilton Bheura, an architect in Harare told Anadolu Agency.

Even as many like Bheura remain pessimistic, government officials have for long cast hopes higher and higher for more world-class development. "That's the beauty of my position. I see roads in Zimbabwe as well as other world-class roads elsewhere. It places me in a great position for comparative judgment," government spokesman Nick Mangwana said on Twitter.

Demand for new political order

Opposition political activists such as Elvis Mugari from the Movement for Democratic Change Alliance apparently see dark and gloom as the situation in Zimbabwe worsens.

"There is no development to talk about in our towns and cities. The era before independence was way better.

Everything is falling apart in terms of infrastructure, be it roads, water or buildings. There is no order. We demand a new political order to bring change," Mugari told reporters.

For Nigel Muzara, who has a degree in Development Studies from the Midlands State University in Zimbabwe, the urban situation has over the years turned out to be the worst in the region.

"Towns and cities here have continued to fall in standards. Instead of advancing, they are falling back to the dark ages of zero development," Muzara told Anadolu Agency.

As a result, Reuben Akili, Program Manager for the Combined Harare Residents Trust said, "one of the major challenges which our cities have been facing for a long time is unfunded mandates especially on roads and health delivery."

But as many urban dwellers

like Ngirazi are having expensive vehicles damaged by poor roads, Akili pinned blame on the government.

"The takeover of vehicle licensing from local authorities by the central government through the Zimbabwe National Road Administration left local authorities without funding to finance road maintenance, rehabilitation, and construction," Akili told reporters.

Consequently, to Akili, "local authorities remain with a mandate, but without a source of revenue."

That is not the only problem faced by Zimbabwe's local authorities, according to Precious Shumba, director of the Harare Residents Trust.

"Zimbabwe's local authorities lack leadership at both technical and policy-making. The residents are on their own without adequate representation," Shumba told Anadolu Agency.

The 10 Most Wealthiest Countries In Africa - On GDP In 2021

By Luis Monzon

Spanning 54 countries, Africa is a powerhouse in the world of natural resources and innovation. Resources like diamonds, sugar, gold, uranium, silver, oil, and petroleum famously make Africa and investments in Africa very lucrative.



Oil being an invaluable commodity, its production puts countries like Nigeria and Egypt at the top in terms of Gross Domestic Product (GDP).

Despite the social and political issues the continent faces, there's no doubt that it's on track to see an abundance of opportunities to grow in the coming years.

Here are the top 10 wealthiest countries in Africa ranked by their GDP in 2021:

10. Angola – \$66.49-billion

Angola drops to 10th place from 7th place in 2020.

Since the end of the Angolan Civil War in 2002, the country has been making strides into political and structural reforms to help stabilise its economy which is mostly built on oil. More than a third of its GDP in 2020, and 90% of its export revenues that same year were derived from crude oil sales.

9. Cote d'Ivoire – \$70.99-billion

For the first time ever, the Ivory Coast is considered one of the ten wealthiest countries in Africa according to GDP, having joined the list at number 9.

The country's services, industry and agriculture sectors are considered its strongest and make up for most of the country's steady growth even after facing two civil wars in the last 20 years.

8. Ghana – \$74.26-billion

Ghana is one of Africa's dark horses in terms of economies and has quietly solidified its efforts in growing its GDP from \$67,077-billion to \$74.26-billion in 2021, moving up a spot on the list.

Ghana mainly exports resources such as cocoa, crude oil, gold and timber. The country experienced an economic expansion of 6.7% in the 1st quarter of 2019, with non-oil growth at 6%.

7. Ethiopia – \$93.97-billion

Ethiopia takes Angola's

place from last year's list as the latter fell to the bottom of Africa's wealthiest countries ranked by GDP.

Lately, the Ethiopian government has opened up its famously hard-fastened economy to international investors through deals in Ethio Telecom and other state-owned entities.

However, the country's government and its Prime Minister have come under international scrutiny as of late after perceived inaction in the face of alleged war crimes being conducted in the Tigray region of the country.

6. Kenya – \$106.04-billion

Considered one of Africa's fastest-growing economies, Kenya maintains its spot on the list from last year after being battered by the COVID-19 pandemic, which cost the country over 700,000 jobs and forced it into its first economic recession since 1992. Recent investments and focuses have helped Kenya's economy in recent years and have solidified it as one of Africa's futurist states, but the country is still heavily dependant on

its agriculture sector to keep it afloat.

5. Morocco – \$124-billion

Morocco remains unmoved since last year's list, maintaining the middle ground amongst Africa's wealthiest countries.

4. Algeria – \$151.46-billion

Maintaining its place from last year's list is Algeria. The majority of the North African country's GDP, more than 70%, is generated through its hydrocarbons industry.

By sector, commercial services, industrial, construction and public works, and agriculture sectors continue to drive non-hydrocarbon growth. However recent hostilities with Morocco and France, including the closing of a lucrative gas pipeline, could affect its economy over the next year.

3. South Africa – \$329.53-billion

South Africa lost its spot as Africa's second wealthiest country in terms of GDP, now moving to third

on the list.

In 2020, South Africa went into a recession after 2 consecutive quarters of negative GDP growth. Its economy was battered by the COVID-19 pandemic and subsequent lockdowns, and constant power outages from ageing operations at its main power producer, Eskom, has been noted to be a contributor to its shrinking economy which was once the leader on the continent.

2. Egypt – \$394.28-billion

Egypt becomes Africa's second wealthiest state according to GDP in 2021, beating out South Africa from the lauded number two spot.

By sector, gas extractives, tourism, wholesale and retail trade, real estate and construction have been the main drivers of growth for Egypt's GDP, and together with economic reform programmes and increased levels of employment, the country continues to be a great example of an African powerhouse nation.

1. Nigeria – \$514.05-billion

Nigeria has been Africa's wealthiest and largest economy in terms of GDP since we first marked their leadership in the continent in 2018. The country managed to increase its GDP from \$446,543-billion to \$514.04-billion even amid the challenges of the COVID-19 pandemic. - Statista.com.



The French Alps With Mumba Travel: Book Now

Financial Services Provider Diversifies Product Range With Roll-Out Of Travel Agency

The Sunday Express

This week the travel page comes to the newspaper – and **Mumba Travel** shared its flights, holidays and vacations package – the latest product range from the centre of Harare.

This is in the same season

that **Mumba Travel** was appointed as the designated booking agent for African Bush Camps – meaning that you – our multitudes of readers, followers – can now experience a whole Middle East excursion – including Sharjah, Dubai, Abu Dhabi, Qatar, and Bahrain.

More top destinations are loading – but Paris ranked top of the press statement sent to the newspaper this week, showing that the **Mon-**

ey Transfer company had diversified its portfolio – from remittances to insurance, and now African Safaris, and worldwide travel.

“The beauty of travel now is that we are emerging from Covid-16, and there is a huge exhibition now in Dubai – which is running for six months. There is a lot of business there.

“But the whole middle eastern package in the United Arab

Emirates is massive – and it is a trip that we have opened up to the Sunday Express, and to the Zim diaspora at large

Europe is loading, we have just added Paris to the package, London is loading, as well as China and the Far East. So the brand is growing and only those who dare to dream, come to Mumba Travel,” the statement said.

In August **Mumba Travel** rolled out the beauty of African safari at preferential rates if one is booking through Mumba Money.

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History of South Africa's Racial Past Plays Out Through Quinton De Kock's Stance On Taking The Knee

Time was, and not so very long ago, when a South African national side's ideas about team-bonding involved forcing the players to stand naked in foxholes and sing the national anthem while they had buckets of cold water poured over their heads

By Andy Bull

Times change. In August 2020, the South African cricket squad got together for a "culture camp" in the Kruger National Park where, according to a statement released afterwards by Cricket South Africa (CSA), they spent a week working on their "soft skills" by learning to "feel their way through conversations by using the concepts of storytelling, guided conversation and first-person narrative".

At the end of week they agreed three new "pillars" for the team, "respect, empathy and belonging", which, the statement explained, meant: "All teammates must be

allowed to be themselves in a team environment and not worry about having concerns of being judged." So, a year later, how's that working out?

Quinton de Kock's decision to walk out on the team after CSA ordered the players to take the knee before their game against West Indies suggests they have a way to go yet. Either the team have failed to agree on exactly what they mean by taking the knee, or De Kock objects to it so strongly that he would rather give up his international career.

According to reports, de Kock is planning to release a statement explaining why he did it. And while he is not obliged to explain, he ought to, because his silence isn't

achieving anything.

Right now whatever point he is making is lost and left open for misinterpretation and misappropriation.

The last time de Kock spoke about his refusal to take the knee, in the West Indies, he said: "My reason? I'll keep it to myself. It's my own, personal opinion. It's everyone's decision; no one's forced to do anything, not in life. That's the way I see things."

He will need to expand on that now. On Wednesday morning CSA said de Kock was still working out what he wanted to say. South Africa's captain, Temba Bavuma, did speak, brilliantly. It's easy to tease, but Bavuma gave a fine example of exactly those

"soft skills" the team have apparently been working on developing. "Quinton is an adult, a man in his own shoes, we respect his decision, we respect his convictions, and I know he will be standing behind the decision he has taken," Bavuma said.

"As much as you have the choice to decide what you want to do, you can't escape the consequences of the choices and decisions we make."

It has been reported that de Kock's gesture was aimed at CSA, which, if that is correct, might explain why the governing body's statement is taking so long. Its decision to insist players take the knee feels like an admission of its own failure, as if unable to persuade the players to agree

to line up behind this cause, CSA had to push them into doing it. In a statement on Tuesday the board said it is "imperative for the team to be seen taking a united and consistent stand". The statement mentioned "South Africa's history", but really this is as much about their present-day problems as their past ones.

In July CSA launched a series of social justice and nation building hearings into racial discrimination in cricket.

There are a lot of good South African journalists who have covered both the crisis at Cricket South Africa and the SJN hearings in depth, and if you're interested in understanding the background to the de Kock incident, it is worth taking the time to read their work and listen to their words.

The headlines coming out of the SJN hearings have made for painful reading, as witness after witness after witness has come forward to talk about their experiences of racial discrimination in South African cricket. - *The Irish Times*

The Six Conclusions From Manchester United's Win In London

Matthew Stead

Lads, it's Tottenham. Nuno's Tottenham. But Manchester United deserve credit and so, too, does Ole Gunnar Solskjaer, even if questions remain.

1) The one thing that game needed was a decisive result. A definitive winner and a doomed loser. Water sprayed at one dumpster fire and petrol poured on the other. One crisis averted and another aggravated. Tottenham or Manchester United? Either would suffice but a draw was the anticlimactic grey area most expected and feared after a week of gripping storylines from north London and Old Trafford.

It was difficult to watch the majority of those 90 minutes and not feel as though the poison has already set in at both clubs, with a change in coach the only possible instant antidote. But while Manchester United might labour on under the pretence that this was a meaningful long-term step forward, the toxicity at Tottenham might now be impossible for the hierarchy to ignore.

2) A home atmosphere that started out supportive and boisterous was transformed within the hour. The removal of Lucas Moura felt like a watershed moment, the point at which the social media bile filtered through into the stands. No manager or player in world football is safe from keyboard warriors but once those paying supporters in the stadium turn, it is a matter of time until something has to give.

Tottenham's deficit was doubled within ten minutes. Bergwijn had 18 touches, was



The Six Takeout Points From Red Devils Win At London White

fouled three times and neither shot nor created a chance in an anonymous 37 minutes. Even at 5-0 down to their most bitter rivals last week, Old Trafford never reacted to a Solskjaer decision like that. Perhaps that underlines how little anyone wants Nuno at Tottenham anymore, including the man himself.

3) The fans roundly booed the decision to replace Lucas, perhaps Tottenham's most effective forward by then, for Steven Bergwijn. It was greeted with a chorus of "you don't know what you're doing," although those six words could have been dubbed over almost any moment in this game and not felt out of place. Both teams were so nervous, so fearful for the first hour, inhibited by how much they

had to lose rather than what they stood to potentially win.

An exceptional exception to that rule came just before half-time with Cristiano Ronaldo's exquisite goal, but only when the Portuguese played in Edinson Cavani to make it 2-0 did Manchester United look in any way truly comfortable. That is incredibly damning of Spurs, who welcomed a wounded animal to their home, nursed it back to full health and feigned surprise when it eventually mustered up the strength to bite their collective face off. This was a surrender to their own reputation in the most stark terms.

4) Manchester United, to their credit, grew in confidence as Tottenham surrendered theirs. Contrary to the

cliche, despite their humbling against Liverpool last week, the performance was actually far more important than any eventual result in north London. A shaky one-goal victory with a Fred shot deflecting in off Eric Dier's arse and Harry Kane missing ten chances would have been entirely useless. Three points had to be delivered as part of a coherent plan hatched by the manager and enacted by his players. There had to be a clear improvement in that torturous six-day break.

It was not perfect but it was a significant rectification of those many wrongs less than a week prior. All three goals were comprised of excellent individual components, but they were tied together as part of well-organised team moves. Tottenham had a

couple of presentable opportunities yet nothing glaring and no shots on target. Manchester United's first half an hour was about stability, then they gradually became more ruthless in attack and unfor-giving in defence from that platform. The challenge now is to build something truly sustainable from there. The jury will remain unconvinced.

5) This was a victory for Solskjaer on two fronts. In the immediate term, his tactical gamble paid ultimate dividends. The switch to a back three felt like one last throw of the dice, a desperate final attempt to resuscitate a corpse Liverpool left twitching at Old Trafford. Manchester United had not used that formation since the 3-2 Champions League defeat to RB Leipzig in which individual mistakes completely undermined them; more defenders does not necessarily correlate with better defending.

Solskjaer spoke before the game of the need to "put a few more experienced players in there, to have that experience and solid foundation". Victor Lindelof, Raphael Varane and Harry Maguire gave little away and few strikeforces are quite as accomplished or battle-scarred. The Norwegian cannot have named many starting XIs with an average age of 28.3 yet they vindicated his selection and tactics, with the effectiveness of his substitutions an added bonus.

6) The other win for Solskjaer was in the response from his players to adversity. He has retained their support, kept their respect and not lost their backing. There are inevitable leaks from obvious sources but the dressing room is generally still in his favour. Loose balls were retrieved, lost causes found and battles won in his name by players who knew another surrendered would have fallen on his head, not theirs. - *Football 365.com*

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