

NRZ exhibits in style at Harare Agricultural Show

National Railways of Zimbabwe (NRZ) used this year's Zimbabwe Agricultural Show to launch the countdown to the 120 years anniversary.

NRZ marks 120 years since the arrival of the first train into the country on November 4 1897.

As the milestone approaches, NRZ organised events to run concurrently with the Zimbabwe Agricultural Show to mark the start of the countdown to the celebrations.

The 120 years anniversary Logo and banner were unveiled amid pomp and ceremony in front of scores of people who passed through the NRZ stand.

Entertainment at the event was provided by drum majorettes from the Eastern Area and a band made of NRZ employees - Dende Rengoma.

Representatives of major customers including Zimbabwe Power Company, Tongaat Hullet and Grain Marketing Board also attended the event to show their solidarity.

Manager Eastern Area Mr Muponde said the future was bright for the company as it embarks on the recapitalisation project.

He said service delivery would improve once recapitalisation was completed.

"We apologise that at times, our service is not up to scratch. We



apologise to our customers for the inconvenience we cause them. We have embarked on a journey of recapitalisation to improve our service. We hope that with time, we will give you enough wagons," he said.

Public Relations Manager Nyasha Maravanyika said 2017 was an important year for the organisation as apart from marking 120 years of existence, it was undertaking the recapitalisation programme.

He said over its long existence, the organisation had safely transported people and goods.

Mr Joseph Katete of the GMB said when moving maize they first think of the NRZ as their preferred transporter.

Engineer Sam Makuva of ZPC

said without NRZ, it would be difficult for his company to survive.

"Most of our critical equipment is carried by rail. Coal to small thermal power stations, diesel to power generators at Hwange," he said.

To liven the mood after the speeches, dance competitions were held for the public and winners walked away with branded @120 years NRZ T Shirts.

Due to the entertainment provided, the NRZ pavilion was among the last to be vacated when the show ended on Saturday with people only leaving when the fireworks started around 8pm.

Wild fires haunt repair siding

By Tinaye Duri

The Fire Brigade must carry out a system wide fire risk assessment of the National Railways of Zimbabwe (NRZ) following a series of fire outbreaks at the Bulawayo Repair Siding.

A fact finding inquiry instituted after the first fire on June 7, 2017, recommended the need to have a fire risk assessment of the organisation to prevent a recurrence of outbreak of fire which could take lives and destroy property.

The Fact Finding Inquiry (FFI) was chaired by Engineer V Mashiri.

According to the FFI report dated 14 July 2017, NRZ lost 18 coaches and 4 wagons, worth US\$289 200.00 to the June, 7 fire.

Just more than a month later, fire erupted at the Repair Siding again, damaging more coaches and wagons on the 13th and 14th of July.

The FFI Committee sus-



A Bulawayo City Council fireman fights a fire engulfing a coach at the Repair Siding

pects that the first fire outbreak was caused by homeless people taking shelter in the coaches, a lit cigarette butt or a dropped lit material. It cannot be overlooked, however, that the existence of grass and bushes in the

yard could have fuelled the spreading of fire.

The FFI said the NRZ was not prepared for the fire outbreak as all fire hydrants in the vicinity had no water except for one which had low pressure and a second one near the main railway station which had erratic pressure.

Lack of water in NRZ fire hydrants caused the fire to engulf more₂ coaches and wagons before it could be stopped.

The Fire Brigade had to connect to a fire hydrant in a premise adjacent to RMS.

To avoid such incidences, the Committee has recommended that a disaster management plan, catering for various emergencies, be efficiently implemented.

Regular weed control in the yards and especially, the Repair Siding should be instigated.

All life-expired water reticulation pipes in the Raylton area and NRZ Workshops should be replaced to ensure adequate water pressure is provided to all fire hydrants.

It also recommended that all levels of NRZ staff undergo training on fire management by the Fire Brigade.

Inter-Rail-Tech launched



NRZ employees who manned the InterRail-Tech stand at Mine Entra

capabilities of our workshops.”

Services offered by Inter-Rail-Tech include rewinding of motors, general machining, pressure and relief valve repairs, hire of mobile compressors and jack hammers and castings among others.

A number of companies showed great interest in doing business with Inter-Rail-Tech and a Steering Committee made up of staff from the workshops has been set up to ensure success of the initiative.

Some of the companies which made inquiries include Ingwebu Breweries, Zimasco, Davies Granite, Nugget Mine, Mimosa, Rubber Products, Acol Chemicals, Pretoria Portland Cement (PPC) and Toppick Investments.

The Inter-Rail-Tech initiative has yielded positive re-

By Bongiwe Dube

The National Railways of Zimbabwe (NRZ) used this year’s Mine Entra to announce the arrival of the Inter-Rail-Tech brand to the market.

Inter-Rail-Tech is the brand adopted by the NRZ for its workshops to market services to outside customers and generate revenue for the organisation.

Inter-Rail-Tech attracted massive interest from visitors at the exhibition.

Stand Manager Engineer Charles Dube said the introduction of Inter-Rail-Tech to the public was a success.

“Interest in the Inter-Rail-Tech brand was very high. We experienced a good response on the kind of services that Inter-Rail-Tech is able to offer. Visitors were interested in a variety of

sults as there have been companies bringing business to the workshops after Mine Entra.

“Since the end of the Mine Entra companies like Davies Granite, Shepco BMA, Shape It Adhesive and Ri-oZim Kadoma have come to the workshops for jobs.

“We have been also made telephonic follow ups what is now outstanding are visits to the various companies and individuals, but so far the future looks promising for Inter-Rail-Tech.”

Mr Dube said the structure of the NRZ was affecting business as it slowed down responses to inquiries from customers.

“A separate office to run the affairs of Inter-Rail-Tech is needed and must be adequately furnished and staffed.

“We have also made recommendations for a customer responsive quotation and costing schedule to be done by the Mechanical Accounts staff which cuts down on the time taken to produce the quote from two days to less than two hours and also the reduction in the exorbitant labour charges and overheads.

Grade 7 pupil averts major disaster

By Bongwiwe Dube

Nozipho Sibanda, a 13-year-old Grade Seven pupil at Sawmills Primary School, averted disaster when she saw a broken railway line on her way to school and immediately reported to the Station Master at Sawmills.

Sawmills Station Master Mr Evaresto Maungwa said that the track was broken, and had it not been reported could have led to derailments.

“Nozipho acted responsibly for a primary school pupil. Had

she not observed the broken track on time, it could have caused derailment.”

He said that this was a recent damage and they had not noticed it prior to being advised by Nozipho.

“We had not noticed that the rail was broken although we have patrol man who patrol every day. It was too early and they had not done their morning patrol. This was a recent damage and we immediately asked the welders to fix the rail.” The National Railways of Zimbabwe (NRZ) has

promised to pay Nozipho’s school fees and has also given her school stationery for her act of responsibility.

Her grandmother, Mrs Evelyne Sibanda, accompanied her to the Public Relations department to meet with the Public Relations Manager Mr Nyasha Maravanyika who presented the token of appreciation.

NRZ successfully hosts new steam train charter

NATIONAL Railways of Zimbabwe's reputation for its steam locomotives continues to attract keen interest from lovers of that by gone era of rail transport.

After years of hosting a single steam train charter every year, a new player has entered the scene.

Far Rail Safaris, a German company, chartered an NRZ steam train

for what was a highly successful week-long excursion which started in Bulawayo and ended in Victoria Falls with stops in between for 29 international tourists.

The tourists were from Germany, United Kingdom, Japan, Austria, China and the United States of America and Australia.

The tourists wanted to experience the NRZ's Garratts, reputed to be the only operational ones in the world in their original condition. For the tour, steam locos 414 and 611 were used and both performed well to the delight of passengers.

Meticulous pre-tour planning by NRZ employees from several

branches ensured success of the run which took place from 10 to 17 July.

Far Rail Safari is the second company this year to charter an NRZ steam train, following on the heels of long term charterer Geoff Cook safaris which until now has been the sole foreign company to run regular steam



safaris on the NRZ network.

Passenger Services Assistant Mr Wonder Mukuyu said NRZ workers put in a commendable effort to ensure success of the run despite most going on the trip without allowances.

He said a few workers even went above the call of duty and deserved by to be given commendation letters by management for their performance although he said some disappointed by refus-

ing to do duties which they said were not theirs.

He singled out Mr Simango, and Mr S Ngwenya from Steam Shed and Mr Nyoni from Train Inspectors saying they went beyond what was expected of them.

"Mr Simango provided top shelf performance. He covered every-

thing to make sure trains departed on time. At one time, he slept for two hours but managed to work for 12 hours the next day on our way to Victoria Falls.

"Mr Nyoni was also brilliant, fine tuning the smoke during run pasts using his experience to meet the demands of the customers.

"Mr Ngwenya, a coal trimmer, worked tirelessly with a lot of dedication for long hours

to make sure coal was readily available for firing the locomotives. They deserve commendation letters together with the other fitters," Mr Mukuyu said.

He said the objective of the tour was achieved with the customer's expectations being exceeded

"The customer was not only satisfied, but delighted."

NRZ in the community

By Tinaye Duri

THE National Railways of Zimbabwe (NRZ) values and prioritises its corporate social responsibility.

This responsibility has helped NRZ to engage, learn from, respect and support the communities and cultures in the nation.

Institutions, which include Jairos Jiri Association (JJA) and Founders High School, have benefited from the warm and kind embrace of the NRZ.

Jairos Jiri Association, located in Matshobana, Bulawayo, receives over 30 tonnes of coal, from Hwan-g-e Colliery Company Limited (HCCL) which lasts four years.

The coal is used to cook and heat bathing water for the handicapped in the rehabilitation centre.

HCCL started donating the dry cobbles since early 1970s up to date.

NRZ then transports these

arms.

On the 11th of July 2017, NRZ handed over 30 tonnes of coal to the Association.

The Public Relations Manager of NRZ, Mr Nyasha Maravanyika, accompanied by the acting Director of Marketing,

Mr Stanley Murenje, expressed NRZ's joy to be of help to Jairos Jiri.

"We are happy to be here as NRZ because we feel that we are part of the community and part of

Jairos Jiri, specifically. Our obligation, as the NRZ, is to be of vital importance to associations like Jairos Jiri.

"As an organisation, it is our mandate to see you content



NRZ Public Relations Manager and Chief Marketing Manager pose with members of the Jairos Jiri board and management

dry cobbles, from Hwan-g-e to Bulawayo station, free of charge.

This year, the kind gesture of these two companies, was again received with open

and well kept.

“This is why we are here to assist you in any kind of way”.

He went on further to mention HCCL’s role in the donation.

“We thank HCCL, in absentia, for their generosity.

“HCCL informed us that they want to donate coal to

Jairos Jiri Association but do not have the means to transport the coal to Bulawayo.

“Therefore, we as NRZ took it upon ourselves to transport this coal by rail, leaving Colbro Company the duty to transport it from the station to the centre by road”.

The Vice Chairperson of the Jairos Jiri Association, Mrs Sanele Mlauzi, expressed the centre’s gratitude for the generosity.

“The Jairos Jiri Association is very proud to be associated with local companies, such as HCCL and NRZ that support the welfare and social rights of people with disabilities.

“We are gathered here to

witness the official handover of a donation of 30 tonnes of dry cobbles by HCCL to Jairos Jiri Vocational Training Centre.

“On behalf of Jairos Jiri Association, I express our sincere gratitude to HCCL as well as the NRZ, and make a promise to you to make good use of the donated dry cobbles”.



Guardroom at Founders High built with labour From the NRZ

Mrs Mlauzi described the importance of coal to the centre.

“This centre runs a kitchen with four 500 litre in-built oil-jacketed pots that use dry cobbles for heating purposes”.

“These pots are big enough to cook and heat bathing water for everyone, hence making them, and the coal, essential in creating a comfortable environment for the children

in the centre”.

The Jairos Jiri Association’s Committee continuously emphasised the pivotal role played by HCCL, NRZ and Colbro Company in the upkeep of the centre.

The NRZ’s Corporate Social Responsibility does not end with Jairos Jiri Association only.

NRZ, together with the School Development Committee (SDC), played a pivotal role in building a guard house for Founders High School.

The SDC donated the material which was used to build the guard house for the school.

The NRZ, upholding its CSR values, provided labour to partner with the SDC in making Founders High School a safe environment, conducive for learning.

NRZ’s obligation, as a bulk and passenger transporter, is not only to move the nation, but also to sustain a symbiotic relationship with the society on whose licence the organisation operates and gets its longevity.

Diabetes Mellitus

It is very possible for a person with diabetes mellitus to live a normal life. It is therefore very necessary for every diabetic patient to know how diabetes mellitus can be managed and controlled.

What is diabetes mellitus?

Diabetes mellitus is a lifelong physical condition caused by lack of insulin or inappropriate action of insulin which leads to high blood sugar levels.

Type 1 diabetes

Also known as insulin dependent diabetes, it normally occurs in children and young adults. It occurs when the body's immune system, destroys the beta cells of the pancreas such that very little or no insulin is produced by the cells.

The patient then develops symptoms which require the use of insulin injections in order to survive

Type 2 diabetes

Common in adults but can also affect people of any age. Here the pancreas may be failing to make enough insulin or the body may be failing to use the insulin it has made.

Gestational diabetes

Pregnant women may develop high blood pressure levels resulting in the inability to use insulin present in the body.

Risk factors of diabetes

- Heredity
- Physical inactivity
- Age (>40)
- Impaired glucose intolerance
- Obesity
- Diabetes during pregnancy
- High blood pressure

Symptoms

- Frequent urination
- Constant fatigue
- Sudden weight gain or loss
- Hunger
- Numbness and tingling in hands and feet
- Erectile dysfunction
- Itching in private parts
- Slow healing of cuts, bruises or wounds
- Blurred vision
- Excessive thirst
- Feeling weak

Treatment

- Insulin injections or tablets
- Regular exercise
- Diet
- Lifestyle changes

Diet Therapy

- Eat small frequent meals
- Eat after every 2-3 hours
- Avoid sugar and all sugar containing foods .e.g. sweets, drinks, cakes etc.
- Eat at least 3 fruits a day and plenty of vegetables
- Reduce intake of fats and oils
- Drink plenty of water

Hypoglycemia

This is when blood sugar levels are too low and the following signs indicate:

- Double vision
- Headache
- Confusion
- Aggression (anger without reason)

What to do:

Take a teaspoon of sugar whilst some food is being prepared. If you do not take sugar or eat some starchy food, you might faint.

Hyperglycemia

This is when blood sugar is too high, maybe due to consumption of large amounts of starchy foods.

Symptoms include: dry tongue, fatigue, thirst, frequent urination, itchy private parts

What to do:

- Drink plenty of water
- Exercise

*check your blood sugar levels regularly at your local pharmacy or purchase a personal glucometer.

Information courtesy of the Ministry of Health and Child Care through the Medical Branch.

Southern Area hosts successful sports day

By Bongiwe Dube

Management has been urged to consider reintroducing the annual General Manager's Sports Gala after a successful fundraising sports day hosted by the Welfare Section, Southern Area.

NRZ employees from various stations including Victoria Falls, Hwange, Dete, Sawmills, Gwayi,

Shangani and Gweru had a chance to mingle informally while competing in different sporting disciplines at Raylton Club in Bulawayo on 19 August 2017.

Long serving workers said the sports day fondly reminded them of days gone by when the organisation used to host the GM Sports Gala. The General Man-

ager's Sports Gala was last held in 2008.

One worker said efforts



Bulawayo and Dete play in the netball finals

should be made to reintroduce the Sports Gala as it provided an opportunity for workers to get to know each other better in an informal setting while also enjoying themselves.

The Southern Area Sports Day saw a massive turn up of teams taking part in Soccer, Netball, Pool, Darts and Tug

of War.

The games were officially launched by Manager Southern Area Mrs Ainah Dube-

Kaguru who said sports was important to the organisation as it helped relieve stress and brought workers together.

She urged the athletes to exhibit true sports-

manship during the games.

Miss Skhangele Ndebele, chairperson of the Southern Area Sports Council, was impressed by the huge turnout of athletes and supporters.

“We received quite a huge turnout for the sports day, especially from Gweru since it was our first time to invite

them. We usually invite teams from Southern Area only, but this time we decided to invite Gweru since it was a fundraising event.”

She said they would like national sports galas to be resurrected.

“We used to go for nationals but due to a number of challenges we have not been doing so, but we plan to do so in the near future. We are aiming higher and money permitting we would love to go for the nationals. We hold tournaments every month. This was just a fundraising so next month on the 25th of September we will be going to Sawmills for a Southern area tournament.”

Miss Ndebele expressed confidence in the revival of all sporting disciplines in the region.

“We are planning on introducing the marathon which used to be one of the sporting disciplines that our teams used to take part in. We will also revive all the other disciplines that were there which

include swimming, volleyball amongst others.”

Winning teams at the Sports Day walked away with token monetary prizes.

Bulawayo emerged winners in most games. They drew first with Dete in Netball, came first in pool and darts and runners-up in Tug of War.

Gweru gave Southern Area teams a run for their money as they took first place in the tag of war and second place in Darts and Pool. Gweru walked away with five dollars, three dollars and three dollars respectively.

RESULTS

NETBALL

First	round
Second Round	
Dete 18;	Sawmills 4
	Westgate 4;
Sawmills 5	
Westgate 3;	Hwange 4
	Gweru 5;
Hwange 2	
Gweru 5;	Vic Falls 10
	Sawmills 1;

BYO 15

BYO 12; Dete 6
Vic Falls 12; Westgate 1

Gweru 4; Dete 8

Semi Finals

BYO 60; Gweru 0 Walkover after Gweru refused to play

Dete 15; Vic Falls 1

Finals

Dete 7; BYO 7.

SOCCER

First	Round
Second round	
Gwayi 0;	Gweru 5
	Hwange 2; Gwayi
BYO 1;	Sawmills 2
	BYO 3; Vic Falls 3
Dete 0;	Vic Falls 2
Gweru 2;	Shangani 3
Shangani 4;	Hwange 1
Sawmills 1;	Vic Falls 2

Third Place Playoff

Gweru 4; Sawmills 1

Finals

Vic Falls 0; Shangani 6

POOL

Doubles

Singles

BYO 3; Gweru 1

BYO 6; Gweru 1

DARTS

Played only singles

BYO 19; Gweru 17

NRZ IN PICTURES



The General Manager Engineer Lewis Mukwada arrives for the launch of the Zimbabwe Traffic Safety Council bicycle training centre in Mpopoma, Bulawayo.



Drum majorettes at the NRZ pavilion at the Harare Agricultural Show.



Members of the NRZ Tug of War team in a jovial mood after the Harare Agricultural Show.

Railroader Digital Edition is your magazine.

Please send feedback on issues you want covered and articles to the Editor.

Email: amutemi@nrz.co.zw or

pubrelooffice@nrz.co.zw



Acting Director Technical Services Engineer Alfred Gunzo being shown the Inter-Rail-Tech stand at Mine Entra.