

Exciting & Revealing

THE MIDWEEK

SUN

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P8.00

MOB ATTACKS RAPE SUSPECT

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LOCKDOWN RELAXED

Little hope for smokers and drinkers

Church services to begin

Rent subsidy to be decided July

Relief fund for migrant sex workers

**LOCKDOWN
PREGNANCIES
UP**

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**Women reject
menstrual
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FIFTY OR MORE

Church rejects 10 people per service

BY TLOTLO MBAZO

The church welcomes amendments to the Emergency Powers that mandated churches to meet once a week with only 10 people in attendance.

Debating the amendments during the emergency parliamentary meeting on Wednesday, Member of Parliament for Francistown South, Winter Mmolotsi proposed that churches be allowed to meet twice a week and 50 people be allowed to meet per service.

“If children are allowed to go to school, why can’t mature adults be allowed in church,” he asked. Mmolotsi added that pastors should be allowed to be essential service personnel and granted permits for exceptional travel so that their congregants can access spiritual support. MP for Serowe North, Baratiwa Mathoothe concurred that church attendants be increased from 10 to 50. “Right now we are more than 50 in Parliament, I believe some churches have appropriate facilities that can accommodate even more than 50,” Mathoothe said, adding that assessment can be done to determine capacity and if all is well, 50 and more should be allowed to meet. Member of Parliament for Mahalapye East, Yandani Boko said the nation needs God more during this time. “*Maloba ha re le ko Avani kwa, ke mongwe wa batho ba ba neng ba eletsa gore moruti wame oka tla ha go nna, a bua le nna, a nthapella, a mpolelela gore go tla siama, ka ke ene a tlhaloganyang dilo tsa tumelo go gaisa nna,*” Boko said in Parlia-



HOPEFUL: EFB President Moffat Lubinda

ment.

The Evangelical Fellowship of Botswana (EFB) concurs that the number be increased from 10 to 50, just as such numbers are allowed in shops, banks and other places of business. EFB President Reverend Moffat Lubinda said in an interview that the number might even be higher depending on assessments that will be done.

“Churches have different capacities, assessments by the Director of Health will determine whether more

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Hope for drinkers and smokers under amended lockdown regulations

BY SUN REPORTER

There is hope in the horizon for smokers and drinkers under the revised regulations governing the extended extreme social distancing period, which were expected to be endorsed by Parliament Wednesday night.

The emergency Parliament meeting convened at Boipuso Hall in Gaborone on Wednesday to discuss Emergency Powers (Covid-19) (Amendment No. 4) Regulations, 2020, heard from Leader of the House, Vice President Slumber Tsogwane that Liquor and Tobacco outlets will remain closed “until further notice.” This is a clear departure from the initial regulations which had restricted the closure of these outlets to the six-month period of the State of Emergency (SOE). Consequently, sale of alcohol and cigarettes or tobacco products was prohibited.

Burdened by such circumstances, some people had resorted to illegal imports of cigarettes and liquor from neighbouring countries, which contraband was impounded by the police.

President Dr Mokgweetsi Masisi, speaking as an MP on Wednesday told Parliament that under the second phase of lockdown, which starts on Friday May 8th 2020, an incremental

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LOCKDOWN DOWNSIDE

Vat en set affairs crumble under restrictions



THERE IS HOPE: Those being denied permits will be happy that Members of Parliament are now debating towards easing lockdown restrictions

BY EDWARD BULE

Only a month since the start of Covid-19 lockdown regulations, many women in *vat en set* (cohabitation) relationships in Francistown want out of the union.

District Commissioner Chabongwa Matseka told this publication in an interview that the Francistown District Emergency Centre housed at Ntsho House continues to receive lots of complaints from women whose men – mostly working in the informal sector – were no longer bringing food into the household.

“Cohabitation is a problem,” she said, adding that they were inundated with permit requests from women who have been cohabiting with boyfriends but now want to move away after ending things with the men. The trouble is, lockdown regulations do not allow for permits to other parts of the country but the women have a problem returning to the boyfriends

with whom they have ended their relationships. Most of the affected relationships are of men working in the informal sector and some of these women complain that the boyfriends cannot provide for them as they are no longer able to do any ‘piece jobs’ because of the Covid-19 lockdown regulations. In one instance, according to Matseka, a woman complained that because she was the only one working, with her man unable to bring any food to the table, it was difficult to sustain him alongside the children. “Thus she wanted to leave and came here to secure a permit to go out and look for alternative accommodation,” said Matseka.

Francistown District Emergency Centre team is tasked with issuing permits in order to monitor the movement of people so that should they get infected with Covid-19, it should be possible to know where they have been to. Matseka explained

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Health officials’ secrecy only fuels Covid-19 stigma

BY IRENE SHONE

HIV activist, Bonosi Segadimo says although a sacrosanct medical principle, confidentiality serves only to fuel stigma in situations like the current Covid-19 pandemic.

She adds that were she to be diagnosed as positive of Corona Virus, she would be the first person to disclose her status, as this could help save thousands of lives and curb the spread of the virus. Her fear is that Covid-19 seems to spread quickly and unexpectedly and if people don’t know if one has it, the small population of Botswana risks perishing for fear of stigma, just like it happened with HIV/AIDS. “If I ever I contract Covid-19, I will confidently disclose to the public so that people around me or those that I have been in contact with can easily get help too, before they could transmit the virus to other people unknowingly,” she said. She would voluntarily do this so that people could be aware of her status and support her in her condition instead of them mocking or fearing that she wants to infect them. “I want to avoid the ‘ga ke battle go swa kele nosi’ mantra that people used during the sad times of HIV/AIDS,” she said. Segadimo says that human psychology plays a role in the fight of a pandemic, and so it is always best for people to know who is infected. “Most of the time, it really takes more time for people to fully digest information spread about a particular pandemic, so I think coming out to reveal one’s Covid-19 status is essential. The more something is published and publicly discussed, the more people embrace it positively and find ways to adapt; but hiding it only creates a feeling of shame on those affected, thus creating a secret weapon which will silently kill in large numbers,” lamented Segadimo.

She was speaking on the backdrop of the position taken by the health officials who insist that information on those infected be kept a secret to avoid stigma. Segadimo argues that on the contrary, stigma will be come from this secrecy.

SEX WORKERS' WOES

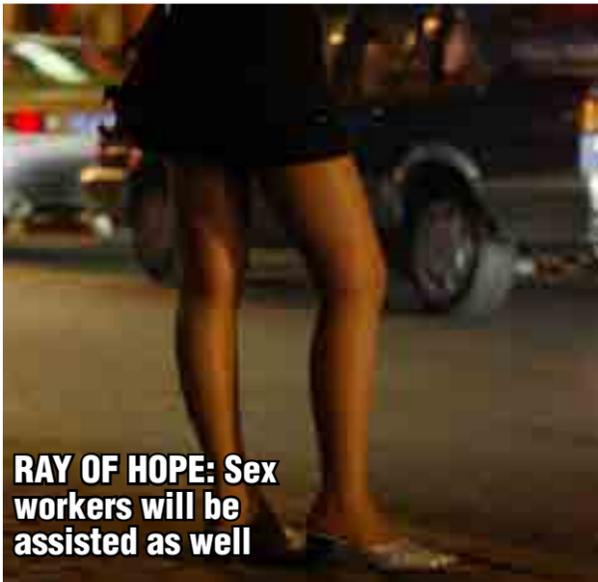
Covid-19 emergency fund for migrant sex workers set up

● Violence among sex workers high since lockdown

Sisonke Botswana - an organisation working with sex workers - has established a Covid-19 emergency fund for migrant sex workers to at least buy food and other essentials.

Founder of Sisonke Botswana, Tosh Beka, told this publication that since government does not assist foreign sex workers, "we have established the emergency fund to help them where possible." She said they also advise local sex workers to get in touch with social workers to benefit from the Covid-19 fund food relief.

The organisation has several sex workers from Zimbabwe, Mozambique, Zambia and a few South Africans under their care. She said these sex workers operate all over the country. Beka said the organisation has recorded a high number of gender based violence among sex workers who stay with their partners



RAY OF HOPE: Sex workers will be assisted as well

since lockdown. Two cases of GBV were recorded in Selebi-Phikwe; one case of assault and attempted sexual assault. Another case of GBV was recorded in Francistown; three cases in Palapye and four cases in Gaborone. Beka said they have paralegal services across the country to help workers report cases of gender based violence. She said sex workers do not often report to police for fear of being stigmatised. She said in most cases, sex workers either drop the case or cases go unresolved. One of the main contributing factors for dropping cases is that sex workers feel already wounded and vulnerable and that no

one will listen to their grievances. She said sex workers are mobile as they go from one place to the other, but often times their cases are not attended and solved.

"Paralegals are on the ground to help sex workers report whenever they experience gender based violence, these paralegals have permits as they are classified as essential service providers," said Beka. Beka added that in most cases the paralegals and sex workers are accompanied by officials from Tebelopele - a counseling and testing centre. Beka said since lockdown, they have encouraged sex workers to adhere and follow Covid-19 regulations to stay home in order to prevent the spread of corona virus. She said they have developed messages for sex workers through the support of NARPA - a rights protection and advocacy organization - and set up *WhatsApp* groups to discuss sex workers' needs and carry out case findings for victims of gender violence. Sisonke is also working with BONELA under Hands Off project to draft a policy for emergency social protection for sex workers.

Mob beats rape suspect to a pulp

▶ The 30-year-old man fighting for dear life in hospital

BY LAME CHABA

A 30 year old man, who was attacked by a mob in Maphanephane ward in Letlhakane last Wednesday, is fighting for his life at Nyangabwe Referral Hospital in Francistown.

Letlhakane police station commander, Superintendent Michael Maphephu said the man was attacked by the mob after attempting to rape a 29-year-old woman. The incident happened at around 8pm. "The woman said she was accosted by the man when she had gone to the bush to relieve herself. She screamed for help and a mob of people came to her rescue," said Maphephu,

adding that the man is in a critical condition having sustained severe injuries on his head and body, as well as a broken leg. In addition to the sexual assault offence, the Letlhakane police chief said the man is likely to be charged for violating Covid-19 regulations given failure to remain at his place of residence during lockdown. Maphephu said prior to this incident, the 30-year-old man had verbally attacked an old woman who was walking back to her compound. "The man followed the old woman and hurled insults at her. He followed her into her yard and continued to insult her," Maphephu said.

He allegedly walked away only when

the old woman called the police. It was after this incident, that the man went and forcibly dragged the 29-year-old woman to the bush, with the intention to rape her. Meanwhile, the police chief revealed that some residents still fail to comply with Covid-19 regulations. He said they arrested five (5) men on Saturday for gathering and drinking alcohol. "These men gathered in the bush where they parked their cars and drank alcohol. Each one of them was fined P1000 for failure to comply with Covid-19 regulations." He also expressed concern at the brewing and sale of alcoholic beverages in homesteads. Maphephu said they have so far arrested eight people for fermenting alcohol out of a mixture of apples, yeast and Rooibos tea. He urged the public to desist from engaging in crime during extreme social distancing, to prevent the spread of Covid-19 in the country.



REPUBLIC OF BOTSWANA



REPUBLIC OF ZAMBIA

KAZUNGULA BRIDGE PROJECT REQUEST FOR EXPRESSION OF INTEREST

1. The Governments of the Republic of Botswana and Zambia through the Kazungula Bridge Project Office (KBPO) hereby invites Individual Consultants to indicate their Interest in the following assignments: Consultancy Services for the Design and Development of Training Materials/Modules in Trade Facilitation & Border Management and Delivery of the Training of Trainers (ToT) Programme.

2. The Services to be provided under the assignment include:

To Develop a Course Content of Training:

- Trade Facilitation and Border Management Subject. The training module shall combine comprehensive content/details on the theoretical & practical aspects of Trade Facilitation and Border Management and the reference methodology to be adopted by facilitators to impart training.
- Training subjects shall include but not limited to Training on the 4 Pillars of Trade Facilitation; OSBP Concept; Coordinated Border Management (CBM); Doing Business Reports of Botswana and Zambia; Trade Facilitation Guidelines of WTO, UNCTAD, UNECE, WCO; INCOTERMS and Trade Documents; HS Code; International Conventions on Transport of Goods; and Documentary Credit.

To Develop a training program and training material

- Conduct meetings with BURS, ZRA, Departments of Immigration, technical/project consultant & other representatives for the purpose of tailoring the training program.
- Based on the outline in stage 1, develop the training course/modules and content.
- Develop the training manual, including trainer manual (with explanatory notes) and the participants training material.
- Design teaching methodology and tools and guidelines for the training of trainers.

To conduct a Training of master trainer

- Conduct a training course for Training of Master Trainers (TOT).
- Capacity building of the TOT to conduct further training courses for the target groups using the developed training material & prescribed methodology.

Supervision & Coaching master trainers at one pilot training course, involving training of up to 20 people.

- Attend/Supervise the training courses

conducted by Master Trainers.

- Exercise interventions & provide feedback to the Master Trainers when they are conducting the training sessions
- Revise/Improve the training materials based on the feedback / observed performance of the TOT training sessions.

3. Essential Specialized Skills/Competence

The Consultant shall have the following qualifications, skills and experience

A. Qualification & Experience

- Have at least a master's degree or equivalent in the field of Trade Facilitation and Border Management or related field.
- Have at least 10 years of experience, in training, academics including the development of training materials or curricula and research in the Trade Facilitation and Border Management field.
- Have expertise in multi-disciplinary teaching, and blended teaching & learning practices, which makes the teaching learning process effective and interesting.
- Have learnt, improved, developed and evolved effective training acumen, approaches and methodologies.

B. Skills

- Outcome based training/education, and he/she shall have a proven track record in this area.
- Trained different age-groups, across disciplines.
- Be accepted as an expert in the field of training, area of effective teaching, innovative teaching, technology enabled teaching, instructional design, blended learning and more
- Possess effective training skills, behavioral & interpersonal skills, communication & soft-skills, along with IT skills, with domain expertise in the areas of Economics, Strategy, Management, Leadership, Organization Behavior and Training & Development
- Conducted sessions and workshops for teachers, trainers, principals, and also conducted Management Development Programs, and carried out training & consultancy projects.
- Technical capacity with respect to curriculum design, development, delivery and evaluation.
- Use appropriate taxonomy in design of training program objectives, outcomes, curriculum and content.
- Use effective pedagogy/methodology in instruction design and delivery of

the program; and, a comprehensive evaluation scheme to gauge the effectiveness of the entire program.

- The KBPO invites Individual Consultants to indicate their Interest in providing the above described services. Interested Consultants shall provide information on their qualifications and experience demonstrating the ability to undertake this assignment (documents, reference to similar services, experience in similar assignments, etc.)
- Please, note that Interest expressed by a Consultant does not imply any obligation on the part of KBPO to include him/her in the shortlist.
- The estimated duration of the services is 70 working days and estimated starting date is 1st September 2020.
- The Consultant will be based in Kazungula, Botswana for the duration of the consulting period.
- Interested Individual Consultant(s) may obtain further information at the address below during working hours: 0830-1700hours.
- The expression of interest must be received at the address below no later than 15th June 2020 at 1700 hours (local time) and specifically mentioning **"Consultancy Services for the Design and Development of Training Materials/Modules in Trade Facilitation & Border Management and Delivery of the Training of Trainers (ToT) Programme"**.

For the Attention of:

**The Project Managers
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ESTABLISHMENT OF THE SHORT LIST

10. A shortlist of three to six individual consultants will be established at the end of the request of expressions of interest. The consultants on the short list will be judged in the following criteria on the basis of their updated resume/CV.

a. Academic qualifications	40%;
b. Adequacy for the assignment and	50%;
c. Experience in region	10%.
Total weight	100%

HUNGER IS HERE

Food relief complaints spoil praise on Botswana's Covid-19 response



BY KELETSO THOBEGA

Numerous complaints being raised over the criteria used to assist community members, particularly with food distribution, are throwing a damper in the international report which lauds Botswana's social and economic response to Covid-19.

It would appear that in extending food relief, government adopted a social safety tool already in use that adopts the model of highly prioritising the destitute and orphans, and did not come up with a tool for Covid-19 conditions.

At the beginning of the lockdown last month, Minister of Local Government and Rural Development Eric Molale told a media conference that measures had been taken to assist all Batswana. He was quoted as having said: *Ga gona Motswana yo tlileng go bolawa ke tlala.* (There is no Motswana who will die of hunger). However,

as the country draws to the end of the first week of the extended lockdown, the situation on the ground is not as hunky-dory as the minister had painted it, with many Batswana having been excluded from the assessment and food distribution. Molale sang a different tune recently when he said it would be impossible to give food to every single household, adding that they were offering assistance to the neediest community members.

This has raised contention with scores of Batswana whose understanding was that they would be assisted regardless. A concerned resident of Tsholofelo said he had seen some community members getting packages but he had been excluded. "I was assessed but did not receive anything, and was told there were people who were more vulnerable. They should have indicated from the onset that they would assist certain individuals. We are sitting at home with no income and are hoping

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300 000 await food relief for end of April

BY NEO KOLANTSHO

Some 288 289 assessed families are still waiting to receive their Covid-19 food baskets for April month end, Coordinator for social protection packages Gabriel Seeletso has revealed.

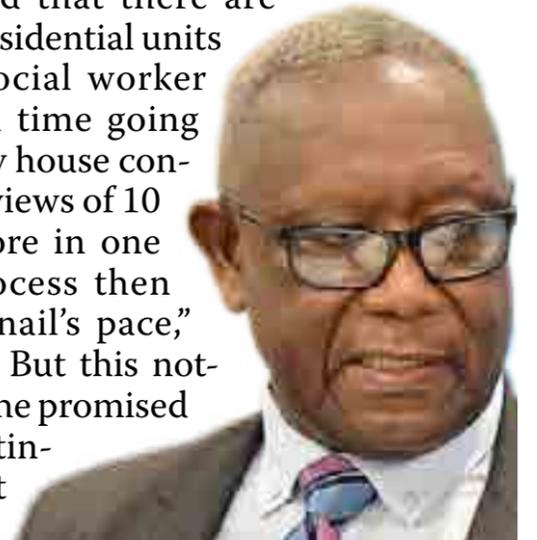
As of Monday this week, some 165 412 Batswana had been assisted with food hampers throughout the country.

Despite this hefty backlog, Seeletso expects numbers to grow daily as assessments continue in many villages and towns. "Some are growing impatient and pointing fingers at us, their cries are truly justified because they are hungry. "We are now in May and people have run out of food and other basic necessities." He said that assessments will take longer to conclude in densely populated villages like Tlokweng, Mogoditshane, Gabane, Ramotswa and many others. Another challenge they are facing that contributes to delays is that some homesteads have more than one family and they have to assist all equally.

"You will find that there are many multi residential units meaning a social worker spends much time going from house by house conducting interviews of 10 people or more in one yard, the process then moves at a snail's pace," Seeletso said. But this notwithstanding he promised they will continue rolling out food baskets every month

to support families hardest hit by the Coronavirus pandemic for the entire duration of the State of Emergency (SOE). He said the intention is to assist those in dire need within the SOE period.

He assured that people will still be given food baskets at end of May but there are no guarantees that the same list of beneficiaries will be used at the end of June. "We expect the number of beneficiaries to reduce when government lifts some lockdown restrictions as some will now be able to feed their families," Seeletso said This is because President Dr Mokgweetsi Masisi has said that from the 8th May, Botswana will lift in a phased manner some lockdown measures while at the same time introducing additional plans for further lifting of the remaining lockdown rules. The country awaits with bated breath to hear from the president this week which restrictions will be lifted. Should it happen that some are allowed to start fending for themselves, they will no longer be eligible for COVID-19 relief food baskets.



Gabriel Seeletso



Republic of Botswana

Ministry of Health and Wellness

KITSISO

THIBELO MOGARE WA

CORONA VIRUS

SECHABA SE GAKOLOLWA GO DIRA TSE DI LATELANG;

- Go tlhapa diatla ka molora le metsi a a phepa ka nako tsothe le go dirisa sanitizer fa e le teng.
- Go thiba molomo ka nako tsothe fa o gothola kana o ethimola o bo o tlhapa diatla ka metsi a a phepa le molora. Latlha se o se dirisang go thiba molomo ka fa tshwanelong.
- Ikgaphe mo go botlhe ba ba nang le dikai tsa mhikela.

Ela tlhoko: Fa o kile wa etela mafelo a a amegileng, kana wa amana le ba ba tswang kwa mafelong a amegileng e bile ba supa dikai tse (mogote o o kwa godimo, go gothola, go hema ka thata, letsapa le le feteletseng le tlhogo e e opang, leletsa mogala wa 3632273, 3632756 or 3632757 go bona thuso ya ba bongaka.

Ministry of Health & Wellness
Tel: 363 2766
Toll free number: 0800 600 740

Vision: A Healthy Nation by 2023

Values: Customer Focus, Botho, Timeliness, Equity, Teamwork, Accountability.



LOCKDOWN PREGNANCIES UP

Women, girls hard hit by social distancing restrictions

BY KELETSO THOBEGA

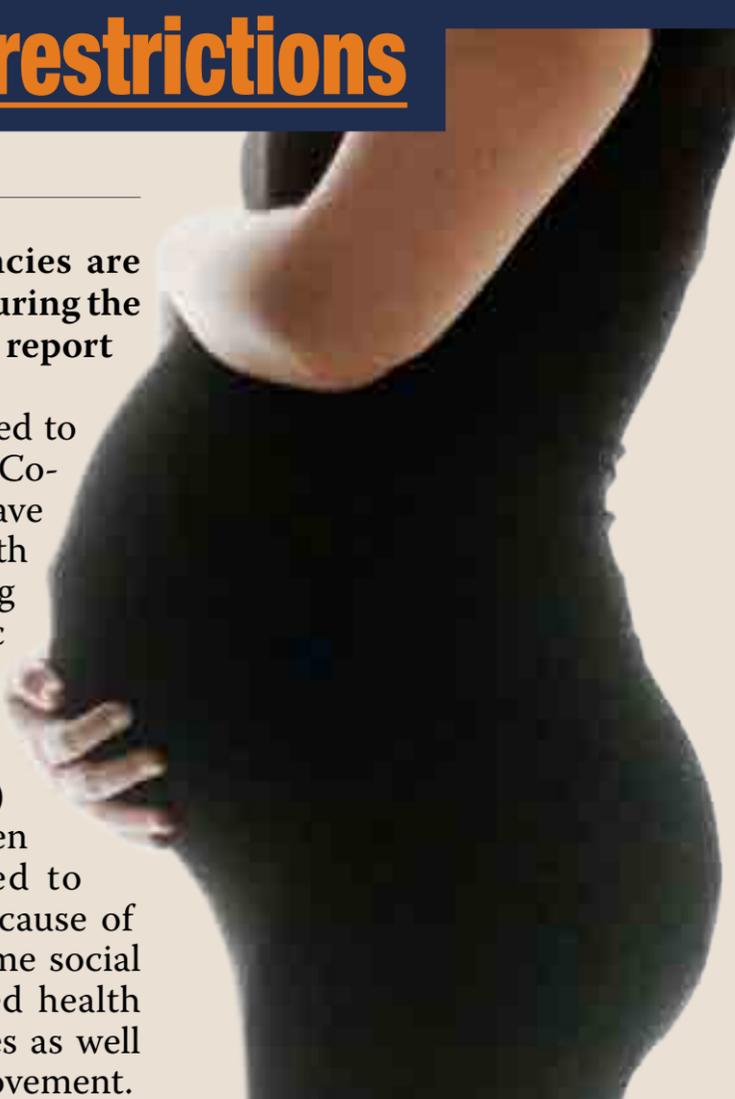
Unplanned pregnancies are likely to increase during the lockdown period, a report has revealed.

Women have been reported to be the most affected by the Covid-19 pandemic, facing a grave spectrum of economic, health and social impacts including loss of income, domestic violence, sexual abuse and unplanned pregnancies. A report by United Nations Populations Fund (UNFPA) indicated that many women and girls would be forced to skip medical check-ups because of prolonged and strict extreme social distancing laws, overloaded health systems and closed facilities as well as limited transport and movement.

These factors will cause supply chain disruptions and lead to shortage of contraceptives. The report noted that risk to women and girls increase if health systems divert resources from sexual and reproductive health care to respond to the Covid-19 pandemic.

It emphasised that sexual and reproductive health services and commodities are often overlooked in times of crisis, despite the fact that women continue to require family planning, menstrual health supplies and maternal health care. UNFPA Executive Director Natalia Kanem noted that the pandemic is deepening inequalities, and millions more women and girls now risk losing the ability to plan their families and protect their bodies and heal. Kanem said women's reproductive health and rights must be safeguarded, and that countries should ensure that services continue, that supplies are delivered and that the most vulnerable are protected and supported. A health officer at Block 8 satellite clinic in Gaborone

said the number of women who came in for contraceptive services had gone down since lockdown started. "Some women come in for antenatal appointments but there has been a marked decline in women who come for contraception such as injection and condoms." Unplanned pregnancies in Botswana make up more than half of all pregnancies. Research by Ministry of Health and Wellness has established that inconsistent use of contraceptives including condoms were the leading contributors to unplanned pregnancies. It has also been established that more than 50% of women who registered antenatal care did not plan for the babies they carried. It also found that in most of these cases, men were not involved in the family planning. Women living with HIV/AIDS registered the highest rates of unintended pregnancies in Botswana, at a rate of 50-80% of all pregnancies recorded.



Hope for drinkers and smokers under amended lockdown regulations

From page 2

opening of the economy will begin.

During this time, selected shops will open. Movement of people will still continue through the use of permits. Masisi said pink permits will be used during this time for a period lasting for only two weeks after which they will be phased out to be replaced by green inter-zonal permits, as the country will be demarcated into Covid-19 Zones.

The regulations also make it compulsory that every person in a public place shall wear a face mask or homemade item or appropriate item that covers the person's nose and mouth. Other measures of the Regulations, include opening religious services, by limiting the number of congregants to ten (10) once a week as well as keeping a register of worshippers at such service.

However, the general consensus of MPs was that the number of congregants per service should be increased to 50 and services held twice weekly considering that church congregations vary in size.

Funerals will also be open during this period to allow relatives to travel using permits to bury their dead. At the start of the debates Wednesday morning, a motion on rent subsidy proposed by Leader of Opposition Dumelang Saleshando was rejected by Speaker of Parliament Phandu Skelemani, who suggested it could be tabled in the July sitting of Parliament.

Sadly, MPs across the aisle failed miserably to speak to the amendments proposed to the regulations but used the emergency meeting to review progress in their respective constituencies. Almost every MP that spoke complained about the deficiencies of the food relief.



Sefalana

Sa Rona - Your family value store

Sefalana in partnership with FNBB Foundation gives P1 million of groceries towards the Government's Covid-19 relief programme



FNBB FOUNDATION
In Partnership with the Community

Lockdown Downside

From page 3

that the Centre has been issuing two types of permits since COVID-19 hit home. The first type of permit, also the most common, is for the Essential Service providers such as health personnel, security personnel, the media, water services, banks, retail shops and others, while the second type is the special permit which is given to those who have to access essential goods and medical facilities.

“The special permit is also given to senior citizens for their monthly payment of *tandabala* (*pension*) at the nearest post office,” she added. In addition to the manual ones, Matseka revealed that the special permits are also offered online. Matseka noted that some people have not been honest. “Generally, there is very good understanding between us and our clients. But we do have situations when people have been dishonest,” he said, revealing that some have come casting a pitiful demeanour crying that they had a critically ill family member they had to visit at a hospital, only to find out that no such person was ill in any hospital.

“A significant number of the 400 or so people that crowd the Ntsho House every morning, come here for non-essential reasons. They still come even when they know what the emergency guidelines say. They coax us to use our discretion and when we turn down their requests, as we always do, they become furious and come again a few days later. We sometimes find ourselves dealing with the same person several times,” lamented the DC who explained that her team tries by all means to educate the people on the value of obeying the guidelines.

“We appeal to them that the mandatory restriction of their movements is for their own benefit,” she concluded.



MASKS

CONCERNED:
Shirley Keoagile

EXCLUDE THE DEAF FURTHER

BY TLOTLO MBAZO

The deaf community that relies on sign language and facial expressions for a full understanding of what is being communicated is at wits end with the introduction of face masks.

Government issued legislation on May 1 that makes it compulsory to wear masks or face coverings in public places, businesses and common areas of residential buildings as a mitigating measure against the spread of Covid-19 pandemic. In addition to the 30 000 deaf people in Botswana, those with hearing aids and older people who experience gradual hearing loss and rely on lip-reading will have further difficulty with muffled speech. The deaf community is worried that their lack of understanding of healthcare workers and law enforcement officers, as well as cashiers in stores and other service points can further exacerbate an already stressful period.

Botswana Association of the Deaf Executive Director, Shirley Keoagile has called for the public to be a little patient when dealing with the deaf and hard of hearing. She suggests that to make communication possible, one should remove the mask and keep a safe distance when talk-

ing to the deaf. Some have however shunned this option, stating that it defeats the purpose of wearing a mask in the first place.

Keoagile calls for the supply and use of masks fitted with a transparent window that makes the mouth visible or clear face shields. These will be beneficial as more lip readers and hard of hearing will be able to access critical information. “I am worried because all these will come at a cost and this is an issue that parliament must debate and agree on,” she says, adding that inclusion of people with disabilities must be realistic.

The deaf community is still underserved in a number of areas, and this further alienates them such as deficiencies in the representation of people living with disabilities. Keoagile says it is time for the country to establish a comprehensive set of national guidelines that enable provision of access to emergency services for the deaf and hard of hearing before, during and after Covid-19 pandemic. “My appeal is for the police and doctors and those in the frontline to understand this need. We are struggling. Some police officers, nurses and doctors need to be aware of the deaf community and their needs,” Keoagile says.



IMPARTING
KNOWLEDGE:
Dr Moses
Khutsafalo

BLOODY AFFAIR

Batswana women shun novel menstrual cups

BY NEO KOLANTSHO

Many Batswana women are not familiar with menstrual cups, let alone heard of them.

This is despite the cup having found its way into Botswana a few years ago. Menstrual cups are described as a good reproductive health alternative for their ability to catch and hold more blood compared to sanitary pads and tampons that require frequent changing throughout the day. Medical practitioner Dr Moses Khutsafalo of Princess Marina Hospital says that couples can even have safe sex with the cup in place. The couple will not worry about getting messy while doing it, when used correctly; the cup will collect blood tightly in the cup with no spillage or whatsoever.

It also offers a lifetime solution to couples who often stop having sex because of monthly periods, forcing them to stop all sexual activities for a few days. The cup is affordable since it can be reused for eight (8) months to 10 years depending on the brand. It also has better disposal methods compared to pads. Nonetheless, he admits that the cups are not yet common among Batswana women with some describing them as disgusting.

“Batswana are naturally skeptical people so it is taking time for them to get accustomed to it,” he said. The doctor explained that there are few disposable cups in the market with majority of them reusable. They are flexible, funnel-shaped and

made of latex rubber or silicone and soft as a condom. A woman inserts it into their vaginal canal at the start of her menses by tightly folding it in one hand with the rim facing up. It should sit a few inches below the cervix and once in place, the cup is rotated to spring it open and create an airtight seal that prevents leaks.

It is advisable that ladies wash their hands thoroughly and apply water based lube to the rim of the cup before inserting it. This is to prevent irritation on the vaginal lining and make it less traumatic for first time users. Depending on the woman’s flow, the cup can last up to 12 hours in place before getting full. It is removed by pulling the stem of the cup gently and pinching the base to release the seal. Once out, the cup can be emptied, washed, disinfected and re-inserted. Khutsafalo warned that things can get a bit messy for women who fail to properly remove it as blood may spill. It can also be hard to insert or remove if one does not fold it properly. Asked if the cup can be used by all, the doctor said it was advisable that before use, one should consult a gynaecologist. A woman has to first find the right size, there is small, medium and large. In order to find the right sizes, there are many factors to be considered such as age, length of cervix and strength of the pelvic floor muscles among others. Smaller cups are usually recommended for younger women aged below 30 who have not had natural delivery. Larger sizes are for those above 30 years or those with heavier flows.

Artists happy with National Arts Bill

► Expected to establish National Arts Council

BY KELETSO THOBEGA

The National Arts Bill and subsequent establishment of the National Arts Council are anticipated to transform the creative sector in Botswana.

Ministry of Youth, Sport and Culture Development presented a draft Bill recently and called for suggestions from stakeholders in the arts industry. Artist Kate Kwati, a board member of Thapong Visual Arts Centre said the Bill and Arts Council are long overdue.

She said an arts council would remove protocol of MYSC as custodians as it would be made up of mostly artists, who have the interests of artists at heart and understand the working and living conditions of artists.

“We can have trained officers but artists should be included. One of the challenges artists face is that some custodians are not artists and cannot relate to artists or understand their conditions because for them it is just a job and they follow protocol. We need artists at the forefront of so that they have a voice and control what they want,” she said.

Kwati also said that Botswana has a lot of arts potential that could take the country to higher ground but the arts sector was stagnant. “The local arts sector is not growing because there are few platforms for local artists to show their potential and they do not get

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Artists happy with National Arts Bill

From Page 11

recognition for their talent. Many of our artists would be far but that is not the case because there is no organisation that represents their interests," she added.

Visual artist Ronald Kegomoditswe, who has been recognised by First Lady Neo Masisi, and earned the support of Rwanda president and his wife during their visit here last year, is also optimistic about the National Arts Bill and the formation of the arts council.

"This will help us do art at a more professional level. Funding artists will also be easier. It will help visual artists to advocate for more art galleries because right now we only have two in the country, which are even below standard," he said.

Kegomoditswe said government should prioritise training and skills development in the local arts industry to give them a better understanding of the business side of the arts sector.

"Many full-time artists are talented but their academic background is poor and shallow. We need more workshops and training so that we don't become easy prey for exploitation."

The National Arts Bill is anticipated to transform the local arts industry and amplify its potential to contribute to the economy. Once passed, the Bill will allow for the establishment of the National Arts Council.

In his State of the Nation address last year, President Mokgweetsi Masisi noted that government was committed to the growth of the creative sector and pitting it as a key player in economic growth. He said that the establishment of the National Arts Council Act was one of the developments that government would initiate in order to improve policy framework and legislation for the creative sector.

Presenting the draft Bill to the public and making a call for recommendations and suggestions, Minister of Youth, Sport and Culture Development Tumiso Rakgare reiterated that the Bill would help unlock the potential of the local creative industry.

NEW ERA COLLEGE CONTRIBUTES P100,000.00 TO THE COVID-19 PANDEMIC RELIEF FUND

New Era College of Arts, Science and Technology last week contributed P100, 000.00 to the COVID-19 Pandemic Relief Fund established by the Ministry of Finance and Economic Development.

The College contributed as one of the ways of responding to the call by government to fight the pandemic.

"These are times where humanity should realize differences do not exist between people," said Founder and President of New Era College, Mr. E. Ghodrati. "This virus knows no bounds, and neither should our love and support for one another diminish in this time of crisis." New Era College is a proud and responsible member of the community in which it has operated in for the last 10 years, recognizing the importance of supporting its communities and the nation at large, especially during these trying times. Joining many businesses in Botswana that have been affected by the Pandemic, New Era College closed its campus on the 2nd of April 2020, yet its Essential Services Team continues to operate remotely to ensure teaching and learning will continue for its students throughout the duration of the lockdown. New Era College offers programmes in Telecommunications Engineering, Electrical and Electronics Engineering, Construction Engineering as well as Business Management programmes.

The Coronavirus (COVID-19) Pandemic, which had its first reported case in December 2019 in Wuhan China, has brought about the need for individuals and organizations in the nation and the world to stand together and offer assistance in whatever form they can to help in the battle against the pandemic. As a direct economic response to the pandemic, the COVID-19 Pandemic Relief Fund objectives aims to support workers, stabilize businesses, ensure availability of strategic reserves and other essential costs, and promotes opportunities for economic diversification in Botswana.

FIFTY OR MORE

From page 2

than 50 people can be allowed to meet in one place," Lubinda said.

He said their proposal is that two services, midweek and Sunday, be allowed per week, rather than the initial one meeting per week.

Apostolic Faith Mission President Reverend Jobe Koosimile said the church does not have a problem following the social distancing regulations, like washing hands and sanitising therefore at least 50 people should be allowed to meet twice a week. "We have long complained about overcrowding of students in classes, but if schools are opened, why can't churches be allowed to open," he said.

Koosimile further added that the church has responsible and mature members who can adhere to health regulations better than children who will be sent back to school. "The church is important at this time to offer support and counseling as well as prayers for the current situation," he said. Senior Pastor at

Royal Assembly Boago Ramogapi also confirmed that ever since the lockdown, he has had over 100 calls and engagements on WhatsApp with people affected by the pandemic many seeking counseling and prayers. "I will not even talk of those who had some mental breakdowns and I couldn't be with them because of rejected applications for permits," he stated, adding that "yes we did our best with what we had to encourage and stand with them."

Ramogapi added that the church cares about the wellbeing of members and would comply at all times. "But if you open other institutions like schools and trust children to meet then block adults who are responsible enough to take precautions then I don't agree," he says. Government had earlier issued Emergency Power (Covid-19) Regulations that stipulated that there shall be one religious service per week and number of persons attending the service shall not exceed 10.

Hunger is here

From page 6

to get assistance that we might not receive." Other members say the food distribution assessment criteria have irregularities. In a letter to Ministry of Local Government, members of Gerald Estate in Francistown, questioned the criteria and asked that authorities intervene.

"We strongly believe that without transparency, there is likelihood of false claim." They claimed that "Members of the community received a standard package qualifying for a single household regardless of the number of individuals in the said household, that is to say even a household of 15 received an equivalent package of one family."

They said that some community members were issued incomplete grocery packages. Despite this, a report recently released by Development Reimagined, has ranked Botswana second in Africa after Egypt based on how much countries are spending to fight Covid19, as well as the measures taken to protect the poorest communities. Botswana has spent US\$163 million, and in addition to wage subsidies, had also introduced fuel price reductions and economic and social measures to help those impacted by the outbreak and subsequent lockdown, that include tax relief, income protection, regulations preventing dismissal of workers as well as distribution of food and water. The report indicated that most countries in Africa are spending 10.7 percent of their GDP to respond to the Covid19 pandemic, budgets that reached up to US\$37.8 billion.

It however also noted that Africa, which now has over 312 000 cases of Covid19 (with approximately 1400 deaths) needed more capacity and support, which has seen several countries sourcing loans to cover budgets.

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CLOSING DATE: 22/05/2020

UNDER THE SUN



BRING THE MADAGASCAR COFFEE TO BOTSWANA



The grapevine has it that when the world is not looking, some Western countries continue to order boxes of the now famous Madagascar tea that is said to help treat and cure patients hit by Corona virus. On the surface, the same countries as well as the UN health body WHO, are discouraging the use of the tea as they

say the herbs used to concoct the tea have not been tested and verified as truly helpful against Covid-19. Openly, several African countries are receiving the tea in clear defiance of what WHO is advising and they are seemingly happy about the results. We worry that by the time the world realizes that the tea is indeed the magical medicine that has eluded everyone, it maybe too late or expensive for Batswana to benefit. Our own health guru Rre Tshipiyagae was recently dismissive of the tea and we hope he was just saying that to sound professionally correct and to please WHO, yet on the sidelines they are getting tonnes and tonnes of it. We do not want to be buying it from the US or France when we could have been getting it cheaper from Madagascar. Re batla tee foo.

TODAY'S BIRTHDAYS



LEKEDZANI BAYI 	BILLY SEKGORORANE 
PAKO SEBITIELA 	JAMES TSELAKGOPO 
ONALENNA TINKANE 	
BOETLO GAREOBONE 	KEITYUMETSE RAMMURWANA 
	PHEKO RANTSHADI 

SUN TEACHER

YES, PLURAL OF 'BEEF' IS 'BEEVES'

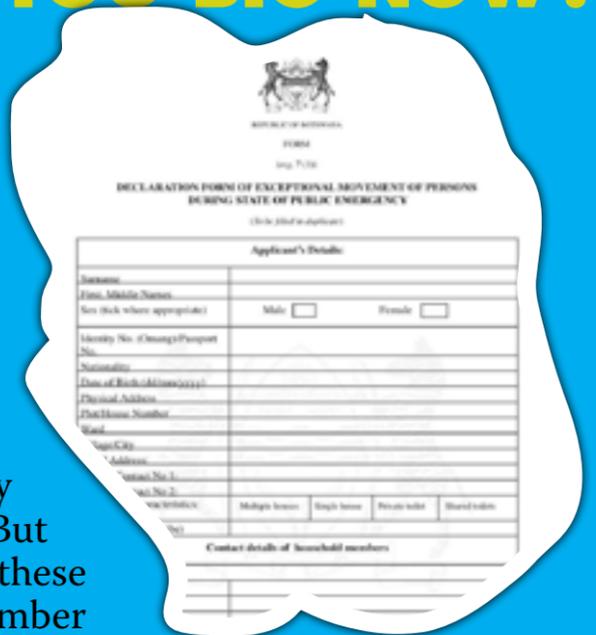
It may come as a surprise to you but the word BEEF has a plural form which is BEEVES. Yep, you are free to confirm with your Oxford English Dictionary and Merriam-Webster. Last week many were also surprised to learn that SPAGHETTI is actually a plural noun for SPAGHETTO. Just as we also derive the words CONFETTI and GRAFFITI from their singular forms CONFETTO and GRAFFITO? Well, if you did not know be thankful to Sun Teacher for opening your eyes to this. See you next week for another lesson from your Sun Teacher. Cheers!

SOME BALAODI HAVE BECOME TOO BIG NOW?

We hear from such major centres such as Lobatse, Molepolole and Ramotswa that responses to people seeking movement permits are made in the most degrading and humiliating manner by those tasked with authorizing them. Several people recently took to social media to bash some Molaodi in Ramotswa whom they accuse of feeling too big and using his position to be downright disrespectful to elders old enough to be his grandparents. Similar complaints also through social media emerged from Molepolole where facebook users there say those given the responsibility to help with permits see themselves as mini Heads of State whose only interest is to show

all and sundry that they have humongous powers to decide what and what not to do with people's lives. Gatwe they don't even entertain stories of emergency medical appointments. The two villages have recorded Covid-19 cases and perhaps facebookers should understand that the chaps may be doing their best to avoid any further spread of the ailment. But perhaps as the facebookers say, these authorities should at least remember the principles of Botho and Setho, especially when dealing with the elderly. Gape they should know their role is to serve the public, not dissperate community members. But

then again, people should just chill – stay home and play safe.



UNDER THE SUN

BOTSWANA, SOUTH AFRICA FIGHT FOR MOTSETSEREPA



American singer Chris Brown recently started some cyber war between South Africans and Batswana who fought over the origins of comedian William Last. This was after the world-acclaimed hip hop and RnB star tagged the Botswana comedian on his social media post. Before this Chris Brown tag, no one had really given a hoot what William aka Motsetserepa did on social media or even who he was! Then in comes the Instagram approval post by Chris Brown on Motsetserepa's funny video rendition of his song 'Don't wake me up' and everybody is suddenly

claiming acquaintance with Botswana's funny-faced man. In fact, this international recognition of Motsetserepa suddenly got the South Africans excited and started calling the comedian 'their own.' Batswana would have none of it. A cyber war of words began with each country providing evidence of his real origins. And all this was happening on Chris Brown's post, who perhaps out of irritation eventually deleted the post. Isn't it funny how we always shun our own only until they are given recognition by outsiders? Rona ruri.

MAY 6TH ZODIAC

As a Taurus born on May 6th, you are defined by your tact and charm. At times, you may feel like a natural diplomatic, which is a good assessment, as you are always aware of the feelings and needs of others. Your social understanding is paired nicely with your special brand of charm. Although you prefer to keep your circle of friends relatively small, you would be surprised to know how many people are drawn to your wit and sense of humor.

MAY 6TH CAREER

Finding the perfect career is one of life's most daunting challenges, but luckily, you have a drive that can lead to success in numerous fields. By embracing your practical and material desires, you could do well in business, sales, real estate, promotion or commerce. In contrast, your intellectual pursuits could lead you to a life of higher education, philosophy or science, much like Sigmund Freud, who was also born on May 6th. Your natural charm may appeal to audiences on stage or on the screen. If you are drawn to the world of entertainment, gain inspiration from the varied work of George Clooney, another of your celebrity birthday twins

FOLLOW THE LEADER - NO SOCIAL DISTANCING

It appears our leaders are immune to corona virus infection. Besides a number of them seen without masks as recently decreed, after the adjournment of Parliament on Tuesday, our leaders were seen to gather inconsiderately close to one another at two different stations within the Parliament hall at Fairgrounds, one group led by Dr Sisibouy and the other by Lord Dums. In both instances, there was no regard for social distancing as they inched much closer to one another while some even took off the masks they were wearing.

This clearly was against common counsel on Covid-19 spread prevention as even articulated often by the same leaders when addressing their constituents. This we hear left a lot of citizens bemused with some asking if the mandatory wearing of masks were only meant for the hoipoloi and not the leadership of the country. Add to the people's bemusement the short time the MPs spent at the gathering when many had braced themselves for Round 2 of the fireworks they experienced at the sitting of last month. Our leaders must surely lead by example.





Covid-19 - a harbinger of Afrikan Unity

Indeed every dark cloud has a silver lining! And for this Corona-virus pandemic, which has rendered every fabric of socio-economic activity across the world moribund, one good thing has certainly come out for Afrika.

And how lovely it is that it has come from Southern African Development Community!

Covid-19 lockdowns and extreme social distancing measures have provided us time to reflect and introspect about the conditions of our lives in Afrika and the world – and we’ve reached a unanimous verdict that despite our so-called political independence, economically we’re still client states, or better still, colonies of our former colonizers!

But, when we were all just about to resign ourselves to our collective condemnation, to the fate that our western benefactors would soon come to our rescue with their

wonder-drugs and vaccines from their pharmaceuticals, the little island state in the Indian Archipelago of Madagascar surprised us all!

A young medical doctor in Madagascar named Dr Jerome Munyangi (a little birdie tells me he actually originates from the DRC) dared to thrust Afrika to the pinnacle of global standing with his invention – a herbal remedy capable of preventing and curing Covid-19!

What a feat!

Certainly this has potential of scurrying Bill Gates’s designs for a world vaccine that he says will be used to inoculate every person on earth, but which Pan Afrikanists fear is just part of his and the World Health Organisation’s plan to depopulate Afrika for the continued plundering of her resources by the greedy Wild West.

Dr Munyangi’s herbal product- which our own Prince Gaogopolwe (of HEVEFRU renown and also currently developing a Viruses Preventative Herbal Product)- tells me is nothing more than ‘Lengana’ – has already been endorsed by some of Afrika’s progressive presidents.

Among these leaders who met via teleconferencing, are South Africa’s Cyril Ramaphosa who doubles as Chairperson of the African Union (AU); Andry Rajoelina of Madagascar, Felix Tshisekedi (DRC); Abdul Fatah Sisi (Egypt); Uhuru Kenyatta (Kenya); Mahamadou Issoufou (Niger); Paul Kagame (Rwanda); Idris Derby (Chad) and Boubacar Keita of Mali.

What I love about this group of presidents is that it straddles the whole of Afrika – central, east, north, south and west!

And most interestingly, a batch of this organic remedy – (akin to those of Chinese billionaire philanthropist, Jack Ma’s, which have lately been landing at various Afrikan airports comprising medical supplies from the Asian superpower)- has since been dispatched to the Economic Community of West African States (ECOWAS) for distribution through Guinea Bissau to the 19-member west Afrikan economic bloc.

This is a milestone.

And to think that it comes on the back of last year’s launch of the Afrikan Continental Free Trade Area (AcFTA), is sweet music to the ears of all the living and departed Pan Afrikanists. At long last, Afrikan Unity is within reach, it is no longer a prospect, but a matter of time!

Indeed, it’s been a long time coming – from the days of the Trinidadian Henry Sylvester Williams (in 1900) onto the Afrikan-American William Edward Burghardt Du Bois to the Jamaican Marcus Garvey and finally the 1945 Pan African Congress organised by Du Bois and George Padmore!

This 5th Pan Afrikan Congress, although under the guidance if an ageing Du Bois and his West Indian colleague, George Padmore, was dominated by leaders from the mother continent, among them Ghana’s Kwame Nkrumah; Nigeria’s Magnus Williams; Kenya’s Jomo Kenyatta; South Africa’s Peter Abrahams and Sierra Leone’s Wallace Johnson.

It represented the second phase of the struggle for Afrika’s liberation. These congresses bequeathed Afrika independence and culminated in the establishment of the Organisation of Afrikan Unity (OAU), a vehicle for the organisation of total Afrikan unity– today’s Afrikan Union (AU).

Midweek Fun





Corona Virus in the Knowledge Economy - Machines Can Never Replace Human Beings!



KENNETH SETIMELA

The discussion on job availability in a labour market plagued by economic uncertainties continues to be a thorny subject in almost all roundtable settings. Roughly, unemployment figures hover around the 180 million mark according to reputable international statistics organisations throughout the world.

It would be worth appreciating that this figure is worrisome without adding more salt to already bleeding wounds by factoring in other issues such as health, peace and security, recession among others.

In recent years, this discussion has expounded to encompass how technology is fast becoming a catalyst to job losses. Driven by bombastic terms; Artificial Intelligence, Robotics, The Internet of Things (IoT) and many other jargons—the Fourth Industrial Revolution (4iR) which is what drives the Knowledge Based Economy (KBE) discussions, has many uncertainties.

It is uncharted waters for many societies and governments throughout the world. The continued insecurities around “loss of jobs” because of automation continue to hover on people’s minds and narratives. The belief is that robots and machines will replace human beings as far as the job market is concerned.

Perhaps it would do this

discussion justice to journey back a couple of centuries to appreciate how steam and wheels discoveries were powerful resources and revolutions that catalysed industry development. They made transportation easier; large amounts of goods were moved faster and in less time.

This in turn made it possible for more people to be employed at factories—amongst a plethora of other opportunities. These simple discoveries (wheel & Steam) were the beginning of many other innovations that followed in shaping up the lives of convenience we live in today. Not even the wealthiest people of that era could imagine.

This is not to say that as the evolution occurred there was no skepticism about the future of human involvement in delivering services and processes. “The innovation adoption model suggest in finer details that there are innovators, early adopters and laggards that simply journey and get affected by technology!”

“The innovation adoption model suggests in finer details that there are innovators, early adopters and laggards that simply journey and get affected by technology!”

Even though time has proven for centuries over that the man Vs. machine tug of war is one victorious to humankind, yet, doubt continues to play devil’s advocate as we transition into what is termed the fourth industrial revolution. I wish to state at this point, that my stance on the matter is as clear as day-

“technology, digitisation and automation will never replace the need for human beings in most if not all set ups!”

An easier example to carry the weight of my argument is on the recent outbreak of the Corona Virus now infamously known as COVID-19. As I write this, COVID 19 has affected more than 100,000 people in the world. The virus is currently in more than 90 countries and counting. The death toll continues to rise. This is unprecedented in the current world of large amounts of knowledge, computation and control systems in health and science. It should be unheard of, but it is our current reality! In well over a century, the world is at a standstill. For once, the basics of human health and hygiene are the ones that seem most plausible to assist us to survive.

We must appreciate that we are living in the most interconnected world; both physically and virtually. Equally, we must appreciate the level of computation power that exists. As already mentioned, we are in the knowledge-based economy- an economy well documented to be the automation of automation.

Despite the greatest advancements that exist in and on biology and technology, the world finds itself at a crossroads because of the Corona Virus. A disease and virus is ravaging us in an unprecedented manner.

We must appreciate that the bio technical field has done illustrious work of documenting and programming huge amounts of data and

knowledge on systems for ease of reference and curing of diseases.

The use of artificial intelligence, e-medicine, health system and biotechnology are examples of the advancements of use of technology in medicine. On any other day, the virus definitions and cures should have been easily found, right? However, this has not been the case thus far.

My humble thoughts do not in any way imply that we should negate the impact technology has and continues to have in helping the fight against what looks like an apocalyptic outbreak to the common man.

My thinking simply tries to highlight how even at their optimum, technological advancements and systems still need human intervention to be efficient. However, in the wake of this deadly disease, there have been some specific tech tools used and I acknowledge them below.

Use of technology for Corona Virus

A number of technologies have been developed and are currently being commercialised and utilised in the health space in an attempt to assist in combating the Corona Virus. However, the technologies can only assist while human medical personnel will find the cure and solution. Here I briefly show how some of these technologies are used in this fight:

UVD Robots: Needless to say, Pandemics make human assistance critical albeit dangerous; the medical personnel are at

From Page 16

The 57 years long journey was admittedly marked by turbulences, trials and tribulations. For starters, OAU had to contend with the opposing camps of Monrovia Group and Casablanca Group – one advocating for gradual integration of Afrika, while the other called for immediate Afrikan unity!

Notwithstanding which Camp prevailed, 1963, was our Crossing of the Rubicon! You and I may complain that we're moving at a snail's pace, but that's the nature of undertakings of such grandiose scale – uniting 54 sovereign states is no kid's play!

Under the aegis of the pan African Economic Community, established

by the Abuja Treaty of 1993, Afrika agreed to a timeframe by which to have set up all the structures that would deliver total Afrikan unity using regional economic communities (RECs) as stepping stones.

Sadly, not all the RECs have managed to achieve these milestones. SADC is one such REC that is lagging far behind. For example, other RECs, like the East African Community and ECOWAS, have already set up functional Regional Parliaments unlike SADC which to this day uses a Parliamentary Forum (SADCPF)!

SADC has also still not arrived at a stage when it can be a Customs Union with a single common external tariff and eventually a Monetary Union

with a single currency. These are necessary phases to strengthening of RECs.

Strong RECs with common standards, values, and structures will then integrate to form a United States of Afrika under an All Afrikan High Command.

This is the real challenge that the Afrikan revolutionary press must take up as Nkrumah admonished it to play a vital role in the revolution sweeping over the continent.

It must “explain the meaning and purpose of the fight against colonialism, imperialism and neo-imperialism. It must explain the necessity for, and the meaning and purpose of a union Government of Afrika.”



**SOCIAL
BEAT**
with Ms Kels

Bogadi and the high cost of love

Ideally, love is as simple as boy meets girl; they fall in love and live happily ever after. In reality, things aren't always as easy. If it is not a bunch of losers trying to break up your beautiful relo for whatever reason, it is personality clashes, insecurities, incompatibility or money problems that often emanate from the expectation of celebrating love publicly with as many people as possible.

And the latter comes at a high cost.

In this day in age, some people still perceive marriage as an achievement. Don't get me wrong, my dear

reader... Marriage is a noble institution. After all, a rolling stone gathers no moss. It is great to have someone by your side through life's vicissitudes: it lightens the “load,” makes everything bearable and brings joy.

But the joy of this partnership and the potential it has is sometimes robbed by the pressures of bride prize and the expectation of extravagant weddings. Some people are fortunate to have the financial support of friends and families who make their *bogadi* and weddings a breeze but others don't have that luck.

There is often pressure on men to finance a fancy wedding in addition to having paid *bogadi*. I once read a story about a police officer who committed suicide a day before his wedding. Some people insinuated he was bewitched but I think he was overwhelmed and stressed. It is unfortunate that he chose the “easy way out.” Cops earn peanuts and his fiancée was unemployed. Yet, he was probably expected

to fork out *bogadi*, gifts and fund a fancy wedding. We must admit that in Botswana a lot of men are broke although some of them would never admit this fact. Unemployment is high and those who work don't earn much. They also have to take care of themselves and also pay black tax.

Under the tough economic climate, it is unfair to implement practices from ages ago. The dynamics of society and lifestyle have changed. But some slay queens and their family members just don't understand. Some ladies want things from their partners that even their own fathers did not provide for them.

At the end of the day, it is investing in the marriage that is important not a wedding. Just as much as I would never marry in community of property, I would never spend a fortune on a wedding celebration.

It makes no sense to me. *Akanya hela ke bitsa batho ke tla go ba jesa, ke ba nosa, a bo ke boa ke ba binela. Aaah!* Money is a big deal. Mind you, financial

problems are the leading cause of divorce.

Bogadi has seemingly now turned into a business. There is a lot of emphasis on the “payment” as opposed to nurturing relations between the couple and how they will survive financially thereafter. When a man doesn't cough up the required *bogadi* or finance that fancy wedding, he is treated like a loser. I understand that nowadays there are women who fork out money for their own *bogadi* and wedding for their broke men. *Khi!* Of course, if a man loves you, he will do what is expected in accordance with tradition and custom but there should also be consideration for his economic status. That's why I don't understand women who kick it with broke guys and expect them to fund a lavish lifestyle. How?

It is perhaps high time that *bogadi* is regulated. Couples should also celebrate their love within their means: whether it is a big wedding or a simple lunch. *Kante mme gone a bogadi ga bo na discount kana lay-bye? Ke boletsa bangwe...*

From Page 17

severe risk of catching the disease. In essence, these machines are used to disinfect patient rooms in a manner that ensures that medical staff is not in physical contact with infected patients. UVD's roving robotic pods emit ultraviolet light over the region to be disinfected thereby terminating any kind of virus.

Artificial Intelligence has been utilised to predict the rate at which the virus spreads and how this can be reduced. Organisations such as WHO and UN have been in the forefront of providing funds for continued research and improvement of measures to stop the spread of the disease.

The adoption of Social Media has been a fundamental PR tool in spreading the message and keeping the world informed of the cases and action required from the citizenry of planet earth. The information from social media is also being gathered to ensure continued research. Though in some cases, this has also spread unnecessary panic to many people.

Drones have become quite popular in assisting in the delivery of food in places such as China where movement has been restricted. Equally so, the drones are used for monitoring different areas in many places.

Facial Recognition software has been used to detect possible cases of the disease from travelers in the different ports of entry in different countries throughout the world.

All of the above, and many others not mentioned, were developed and implemented from the learnings from past events

that led to newer, more efficient inventions to help make our everyday lives easier and more convenient.

Highlight and understand that the learnings were by the human beings not the machines. The machines only evolved and became better through the intercession of human beings who found it better to improve (the machines) for their (human beings) gain and betterment.

As I have continued to say and illustrate, the KBE means a reorientation of the job space in this light. We need more critical thinkers to partake in solution building. Again, it is not the machine that will solve the problems. Machines, no matter the term used - "Artificial Intelligence, Machine Learning, Robots" - can never replace human beings.

They are an algorithm programmed by human intelligence, intuitive and creativity. They, machines, do not have the intuition and level of creativity that come with solving problems that are new to them.

What does this mean for the Knowledge Based Economy?

Despite all these technological implementations, the level of available computation power and Artificial Intelligence that the world has and the continued elusiveness of COVID 19 show how serious the problem is, in my humble opinion. It is testament to the fact that there are still many problems and opportunities that require critical thinking.

The Knowledge Based Economy is premised on our ability to critically and creatively think of solutions. This in itself challenges the way our education system is designed. In the same vein, the modern day job requires

thinking as a means to solve problems and less about using physical strength.

The need for physical energy has reduced while the amount of knowledge required has drastically increased with the use of tools such as computers, internet and catalogs of data & information, information systems and databases being critical elements.

We have to appreciate that the world is in a transition state. As such, demystifying that people will lose jobs due to the Knowledge Based Economy being highly robotised is of utmost importance. Only human beings that have the creative capacity to find solutions to the COVID 19 and yes, to many other problems that we have as human beings; unemployment, health, peace, climate change and many others will be able to find jobs in the KBE.

Note that from one of my recent travels, I have had to manually fill in an official form at the border while my passport was scanned... a light bulb moment! - We have systems and we do not fully utilise their capability to mine data and move away from the manual ways.

Furthermore, jobs are being recreated in high end thinking spaces where there is a mix of computation, biology, mathematics and physics among other facets. In fact, the International Labour Organisation states that more than 24 million jobs will be created in the "green" industries by 2030 the world over. These are new jobs. These are new opportunities.

The International Labor Organisation states that more than 24 million jobs will be created in the "green" industries by 2030 the world over.

Note that this is only in one industry (green industries) from this massive revolution. This

brings me to my resounding sentiments that machines can never replace human beings.

Maybe it is time that we acknowledged that as scary as it might be and as uncertain as it might seem, technology has always created a ripple effect of opening up new possibilities of new and better jobs, thereby improving standards of living which ultimately grow the economy, lead to healthy human beings and increased life span.

In light of this, we must appreciate that it is only through the KBE that we can create jobs, solutions and prosperity for not only the youth in Botswana but also the entire SADC region, Africa and the world. This is an opportunity to once again believe that the Knowledge Based Economy as a feasible alternative and one that we need to invest heavily in and be a part of!

We need to do this by continually reskilling ourselves and seeking what is now termed "alternative work arrangements". Furthermore, our budget system needs to transcend from financing brick and mortar development only. We need to focus on recycling, technology in the green economy and equally on the momentous building of the electric car amongst many others.

But first, we need to understand what the Knowledge Based Economy is to clear out any confusion, only then can we fully participate in it. Here is to bolting with the machines! In computer language - "it is either 0 or 1" - What do you choose?

Kenneth Setimela is MD of Leverage Point; a Botswana based Software Development Company. Kmsetimela@leveragepoint.co.bw



Sefalana

Sa Rona - Your family value store

Sefalana in partnership with PST gives P1 million of hygiene products and food towards the Government's Covid-19 relief programme



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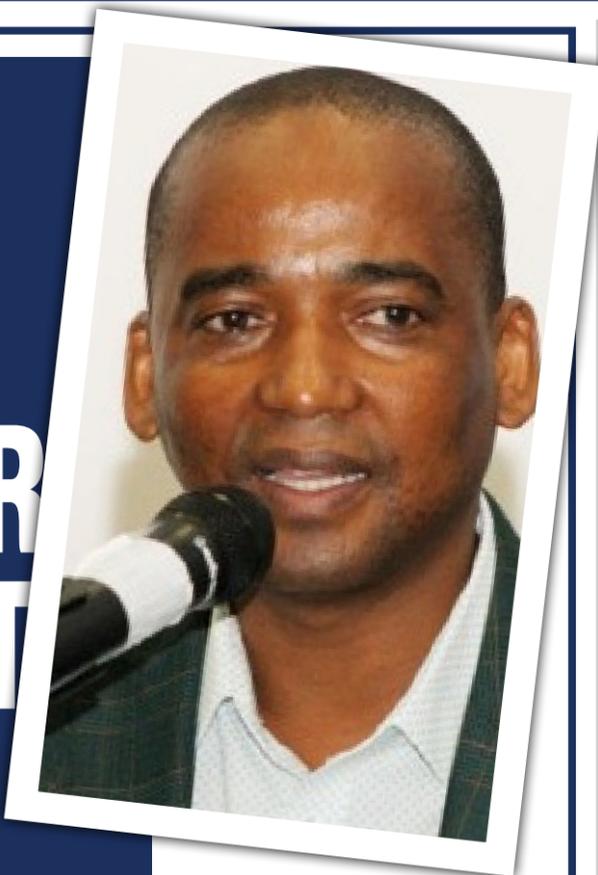


BURS comes to the rescue of small business owners



BUSINESS

'DIGITAL PLATFORMS CRITICAL FOR SMMES POST COVID-19'



Racious Moatshe

BY KEIKANTSE LESEMELA

Local Enterprise Authority (LEA) looks to digital platforms to enable business recovery of some Small Medium Micro Enterprises (SMMEs) which were hardly affected by COVID-19.

The authority indicated that whilst the pandemic has wrecked havoc in the economy, it has also brought opportunities for enterprises to adapt, innovate and exploit new opportunities. "It is imperative for enterprises to trade through digital channels in order to remain relevant in the fourth industrial revolution (4IR). LEA is working towards availing access to online resources tailored towards building SMMEs capabilities, with focus on business continuity to assist with business recovery," states the report.

LEA also stated that it has partnered with stakeholder institutions to collectively explore value chain opportunities for digitization and online trading platforms for producers to

link with retailers and other sources of markets. "The plan is to pilot with the horticultural produce."

During the period of lockdown, LEA conducted a survey and the findings reveal that 63 percent of businesses surveyed had suspended operations with an average reduction in monthly revenue of 47 percent. According to the report by LEA, 13 enterprises have been identified for assistance with scaling up and be able to compete sustainably in the production of medical consumables and personal hygiene products. The support will also be extended to enterprises that provide goods and services that are imported in large quantities.

In the wake of COVID-19 aftermath, Minister of Finance and Economic Development, Dr. Thapelo Matsheka said the country should now stop importing food but produce its own food. LEA stated that plans of improving horticultural sector at strategic locations across the country, through provision of infrastructure

Diamonds to take longer to recover-report

BY SUN REPORTER

Econsult, a local economic consultancy company expects the diamond industry to recover next one and half years.

The diamond sector, which Botswana dearly depends on for export earnings, has been hit hard by the Covid 19 which has stopped production and sales. In their latest economic review for the first quarter of the year came with bad news for the sector. "Our current expectation is that it will take 12-18 months for the global diamond industry to fully recover from COVID-19," said Econsult in a report compiled by Dr Keith Jefferies, Sethunya Sejo and Kitso Mokhurutshhe. "Mining diamonds that cannot immediately be sold means that they have to be stockpiled; GDP is boosted by the ongoing production, but the lack of sales means that export earnings and government revenues are impacted until sales recover," said Econsult.



TO PAGE 27

ODC EARNS \$18.7M FROM MARCH SPOT DIAMOND AUCTION

Botswana's wholly state-owned Okavango Diamond Company (ODC) raked in about \$18,7 million from 93 lots of diamonds offered during its March spot diamond auction.

The auction comprised mainly of near gem stones and a few coloured stones. Of the 93 lots offered, only nine were not sold.

Figures released by ODC show that two white gem stones both weighing just above 572 carats were each sold for more than \$700 000, while seven

stones, mainly white gem diamonds, were sold for more than \$600 000. A 572.13 carat diamond was sold for \$1,286 per carat, while a 572.11 carat stone fetched \$1,294 per carat.

All lots were offered simultaneously in the auction and customers were able to bid on the ranges and quantities of goods that they required. Bidders are provided with real time market feedback allowing them to make informed bidding decisions.

[Rough and Polished]



ODC managing Director, Marcus-ter-haar.

Absa Life provides P1 m for COVID-19 fight

BY SUN REPORTER

Absa Life Botswana will contribute P 1,000, 000 (One million) to support the government's fight against the Corona virus (COVID-19) outbreak.

Absa Life is part of Absa group, the banking behemoth which owns Absa Botswana. The pandemic which has affected Botswana both socially and economically has also united the country. "This pandemic has taught us many lessons, one amongst them being our age-old value enshrined in our culture as Batswana; that of community and looking after each other. It is therefore from this perspective that we stand up in solidarity with other companies and Batswana, to lend a helping hand towards the eradication of this virus," said Motshabi Mokone, Managing Director of Absa Life Botswana. The donation is made up of two parts, comprising a P700 000 donation to the Botswana Nurses Union, for the procurement of Personal Protec-



tive Equipment, as well as P300 000 (Three Hundred Thousand) towards other initiatives aimed at eradicating the novel COVID-19 pandemic. In a statement, Absa Life Botswana said it is committed to supporting government's initiatives that seek to minimize the impact of COVID-19. We have collaborated with our long term strategic partner Botswana Nurses Union to make a donation towards the much needed Personal Protective Equipment. "We stand proud to heed to our government's call to support those in the front-

line, along with Botswana Nurses Union," said the company. Disposal Coverall (Moon suits) Gowns, N95 Masks or FFP2 masks, goggles, face shield and head covers will be made available to nurses. "At Absa Life, our top priority is the health and safety of our customers, employees and the communities that we serve. It was therefore natural that, in our approach, we partner with one of the sectors that are leading the nation in this fight. We are profoundly humbled by the heroic work being done by our healthcare workers every day," said Mokone. Absa Life Botswana is committed to continue offering assistance to the government to fight the spread of the Coronavirus. Mokone added, "We are fighting an invisible enemy and our role in the fight against COVID-19 is of great importance. We must all play our part in ensuring that we remain safe and contain the spread of COVID-19 even if it means we change the way we are used to live our daily lives."

BURS COMES TO THE RESCUE OF SMALL BUSINESS OWNERS

BY KEIKANTSE LESEMELA

Botswana Unified Revenue Services (BURS) has assisted 300 small businesses under the Local Enterprise Authority (LEA) access wage subsidy to avert job losses due to COVID-19 pandemic.

During the period of lockdown LEA conducted a survey of 382 Small Medium Micro enterprises (SMMEs) businesses and the findings revealed that 63 percent of businesses had suspended operations with an average reduction in monthly revenue of 47 percent. The enterprises surveyed had 2669 employees with a total wage bill of P5.9 million. Out of the 382 enterprises, 209 had loans, with a total loan balance of over P130 million. The tourism sector which accounts for 27 percent of the jobs in the survey is the most affected with 72 percent revenue loss in March 2020 which put 729 jobs at risk. LEA pointed out that 37 percent (142) enterprises that remained operational faced some challenges including difficulty in importing raw materials, reduced revenue due to COVID-19 related restrictions and inability to pay fixed costs. However, LEA indicated that it has provided rental holidays of three to six months to 24 SMMEs operating at LEA incubators. "This will assist in protecting jobs and expediting business recovery post COVID-19 related restrictions." Through the Glean Valley Horticulture Incubator, LEA has donated 170kg of tomatoes to the government COVID-19 Relief Fund to be used at health facilities and other government institutions. The farms continue to produce and supply retail stores in Gaborone to alleviate shortage of vegetables. LEA has also partnered with Botswana International University of Science and Technology (BIUST) to manufacture soap and liquid detergent as contribution towards the fight against corona virus.



SMMEs have been hard hit by COVID-19

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Digital Platforms

From page 25

and expertise that will enable the farmers to produce various crops for the local and export market.

"Three locations have been identified for this purpose and clients with potential to scale up are also being considered to occupy the land. LEA will use a cluster model and coordinate the cropping plan to facilitate import substitution".

PUBLIC NOTICE

Notice Issued in Terms of Section 10 of the Environmental Assessment Act, No. 10 of 2010

NOTIFICATION FOR PUBLIC REVIEW FOR THE PROPOSED ENGEN FILLING STATION IN LOBATSE

A. Nature and Magnitude of the Activity

Engen Marketing Botswana intends to develop a Filling Station and Convenience store in Lobatse. The proposed project consists of construction of a Filling Station and Convenience Store in Lobatse. Proposed project components include; 3 x 46m³ underground tanks; Unleaded petrol, leaded petrol and Diesel. A Quick Shop/ Convenience Store constituting a kitchen and ablution facilities. A Forecourt with 3 service points and a general parking lot.

B. Rationale for the Project

Lobatse is strategically located and is connected to the northern side of Botswana and South Africa through the major National Road - The A1. This has seen Lobatse attracting increased traffic and consequently the need for fuel on transit and for those vehicles owned by residents of Lobatse and neighbouring villages. Filling Stations in Lobatse are located in the centre of the town, and have attracted a lot of traffic, and associated congestion that disturbs on-going traffic on the town's major roads. The aforesaid status of affairs has stirred the decision to develop the proposed filling station and a convenient store in Lobatse.

C. Location of the Activity

The proposed project site is located in Lobatse in an area known as to locals as Lobatse Farms. Even though the area is within the Lobatse farms; it is zoned within the jurisdiction of the South East District administratively. The Project site is Portion 40 of Remainder of Portion 7 of the Farm Knockduff No.6 JO.

D. Anticipated Impacts and Proposed Mitigation Measures

Environmental Component/ Impact	Project Phase	Proposed Mitigation / Enhancement Measures
Biophysical Aspects		
Soil Contamination	Construction/ operational	-Spillages should be attended to immediately and treated with an appropriate absorbent -Always use spillage trays for re-fuelling and oiling on site. -Always use spillage trays for re-fuelling and oiling on site. -All soils contaminated with oils/lubricants and fuels should be immediately scooped and stored on a paved and banded area.
Socio-Economic Aspects		
Direct Employment of Locals	Construction	-Publicise job opportunities locally through the VDC and the Tribal Administration -Develop and implement a recruitment procedure that abides by the provisions of the Employment Act -Employ women to facilitate gender balance in the work force All employees should be adequately paid in line with their skills and qualifications
Boost of the Local Economy	Construction	- Engen Marketing Botswana (Pty) Ltd should source goods locally where possible. -Citizen owned SMMEs should be engaged where possible to facilitate the Citizen Economic Empowerment Drive -Engagement of citizen owned SMMEs in line with Citizen Economic Empowerment Drive (EED)
Increased Social Ills	Construction	- Raise awareness amongst the local communities on social ills that may result due to the presence of migrant workers -Raise awareness amongst employees on professional conduct
Health & Safety Aspects		
Increased Prevalence of HIV/AIDS and Other Communicable Diseases	Construction	- Engen Marketing Botswana (Pty) Ltd should liaise with local health facilities for provision of holistic health care for HIV/AIDS and other communicable diseases -Conduct continuous employee awareness about safe sex practises and facilitate provision of free condoms -Provide and encourage consistent condoms usage
Noise Nuisance	Construction	-Construction vehicles and machinery to be operated within normal working hours i.e. 7am to 6pm to minimise noise -Equip machinery and vehicles with silencers where necessary to reduce noise levels
Dust Nuisance	Construction	-Provide dust masks and goggles for operators and ensure appropriate use -Apply dust suppression measures such as water spraying
Possible Risks & Injuries to Workers	Construction/ Operational	-Provision of appropriate PPE for operators -Encourage appropriate and consistent use of PPE -Provision of Occupational Health and Safety Induction before initial construction activities
Waste Management Aspects		
Pollution	Construction	- Provide litter collecting receptacles for different forms of waste at strategic locations- -Dispose waste at designated waste sites Provide portable toilets at construction site

Conclusions and Recommendations of the Study

The study has assessed the potential impacts of the proposed project and it is convinced that with the suggested mitigations, impacts will be managed and the receiving environment will not be overly compromised. The study recommends project implementation with commitment by the proponent to uphold the provisions of the EMP.

E. Environmental Impact Assessment Report Placement

Copies of the EIS report are placed at the following areas for public review:

- Department of Environmental Affairs – Gaborone Office
- Woodhall Tribal Administration
- Lobatse National Library

F. Correspondences

All correspondences should be addressed to The Director, Department of Environmental Affairs, Private Bag 068 Gaborone, Tel: (267) 3902050, Fax (267) 3902051/3914687 by **24th April 2020**

KITSISO MO SECHABENG

Kitsiso Sechabeng go ya ka Tsetla ya Bolesome ya Molao wa Tshekatsheko Tikologo wa Bolesome wa Ngwaga wa 2010

KITSISO YA PATLO MAIKUTLO MO SECHABENG MABAPI LE MOKWALO WA TSHOMARELO TIKOLOGO (EIS) YA KELETSO YA GO AGA LEFELo LE GO TSHELWANG LEOKWANE LE LEBENKELE.

H. Popego le Boleng ba Tlhabololo

Kompone ya Engen Marketing Botswana ena le maikaelelao a go aga lefelo le go tshelwang leokwane le lebenkele kwa Lobatse. Tiro e e akanyeditsweng e akaretsa kago ya lefelo la leokwane le lebenkele. Dithabololo tse di akanyeditsweng, di akaretsa ditanka tse di epetsweng di akaretsa tse tharo; tse pedi ele tsa peterolo fa ele nngwe ele ya disele. Dithabololo tsa di ya akaretsa kago ya lebenkele le na le ntlo ya boapelo; nitwana ya boitiketso le kwa dikoloi di pakang teng.

I. Mabaka a a Bakang Tlhabololo e

Toropo ya Lobatse e fa go kgethegileng teng ka go fetwa mo go yone fa go iwa kwa metseng e mo borwa jwa lefatsheng leno le kwa lefatsheng la Afrika Borwa. Toropo e, e gokagangwa le mafelo a mangwe a a mo bokone jwa lefatsheng le ke tsela e kgolwane ya A1. Ka jalo, mafelo a leokwane a a mo Lobatse a baka pharakano e ntsi ya dikoloi mo ditseleng tsa toropo ka jaana bakgweetsi ba gweithaga go tseanela mo teng ga toropo go ya go tshela leokwane. Seemo se, se feletse se gweitha ba Engen Marketing Botswana go aga lefelo le go tshelwang leokwane mo go lone kwa tshimologong ya toropo.

J. Lefelo la Tiro

Dithabololo tse di akanyeditswe go dirwa mo tshimologong toropo ya Lobatse kwa go itsegeng ka leina la Lobatse Farms. Ntswa lefelo le, le le mo Lobatse Farms, le wela ka fa tlase ga kgaolo ya Borwa Botlhaba ka fa molaong. Lefelo la tiro, ke sekidi sa bo 40 se se tswang mo sekiding sa bo 7 mo tshimong ya Knockduff No.6 JO.

K. Ditlamorago/manokonoko le methale ya go difokotsa kgotsa go di nonotsha.

Bontlha jwa Tikologo/ Kamego	Legato	Methale ya go fokotsa kamego/manokonoko kana go tokafatsa seemo
Tsa Tikologo		
Kgotlelesego ya mmu	Nako ya kago le tiriso	-Fa leokwane le diole di tshologile di tshwanetse tsa phepafadiwa ka potlako -Fa go tshelwa leokwane kana ole mo lefelong la pereko go dirisiwe diterei go beelets go tla leokwane go tshologela fa fatshe ka nako tsothe -Mebu yotlhe e e kgotlelesegileng e tshwanetse go phepafadiwa go e busetsa mo seemong se e maleba
Tsa Itsholelo le Matshelo		
Khiro ya beng gae	Nako ya kago	-Itsise banni ba kgaolo ka mokwalo ka tsa khiro ka go itshwaranya le Komiti ya dithabololo le bogogi ja motse - Khiro e dirwe ka fa molao wa Khiro o laolang ka teng - Lenaneo la khiro le netefatse fa beng gae le bone batla fiwa sebaka mo ditirong tse di sa tlhokeng boitsaanape
Tsosolotso ya itsholelo	Nako ya kago	- Engen Marketing Botswana e tshwanetse ya dira theko ya dithoto le ditlamelo mono gae fa go kgonegang teng - Khiro ya dikompone tsa beng gae go atolosa lenaneo la itsholelo ka dikompone tsa beng gae
Kamego ya boitsholo	Nako ya kago	-Rutuntsha beng gae ka maitshwara a a sa nametseng ka nitlha ya go nna le ba tswa kwa -Rutuntsha badiri ka boitshwara jo bo tshwanetseng kwa tirong
Tsa Malwetse le Ipabalelo		
Kgonagalo ya koketsego ya mogare wa HIV/AIDS le malwetse a mangwe	Nako ya kago	- Ba Engen Marketing Botswana ba tshwanetse go ikopanya le maphata a botsogo go thusa ka thututsho ka bolwetse jwa HIV/AIDS le malwetse a mangwe - Rutuntsha babereki ka mananeo aa teng le go ba tsibosa ka bo diphatsa ja maitsholo a a rotloetsang kanamo ya HIV/AIDS - Rotloetsa tiriso ya sekauu ka nako tsothe
Go iteega tsebe ka nitlha ya Modumo	Nako ya kago	- Netefatsa go re modumo o dirwa motshagare fela ka dinako tsa pereko (nako ya bosupa maphakela goya ko nako ya borataro maitseboa) - Go tsengwe mafaratlhatlha a a fokotsang modumo
Lerole le le feteletseng	Nako ya kago	-Badiri ba tshwanetse go newa di dirisiwa tsa tshireletso ka nako tsothe -Metsi a tshwanetse a gasiwa mo-mmung go fokotsa lerole
Dikgobalo tsa babereki	Nako ya kago le tiriso	- Fa badiri diaparotse tsa itshireletso e bile ele tse di maleba -Rotloetsa tiriso ee maleba ya diaparotse tsa itshireletso le tiriso ya tsone ka nako tsothe -Rutuntsha ba bereki ka botsogo ja fa ba berekelang teng le go itshireletsa mo tirong pele ga tiro ya kago e simolola
Tsa Matlakala le Kgotlelesego		
Kamego ya boleng ja tikologo	Nako ya kago	-Gonne le fa go latlhelwang matlakala teng ka go farologana ga one mme mafelo a a beilwe ka kelelelo - Matlakala a latlhelwe ko go maleba go ya ka go farologana ga one

L. Tshoboko le Dikgakololo tsa Patlisiso

Dipatlisiso disupile fa dipolelo tsa tlhabololo e, di feta ditlamorago tsa yone fa fela kompone ee tlhabololang e itlamo go dira tse di kwadilweng. Dipatlisiso di gabolola fa dithabololo tseno di ka dirwa fa fela gona le maitlamo a tshomarelo tikologo.

M. Mafelo a go beilweng Repote/Mokwalo

Meriti ya repote/mokwalo e ka bonwa kwa mafelong a a latelang:

- Ofisi ya Lephata la Tikologo ya Gaborone
- Kgotla ya Woodhall mo Lobatse.
- Motlobo wa dibuka wa sechaba wa Lobatse

N. Dikakgelo le Makwalo

Dikwalo tsothe di ka romelwa kwa go: Mookamedi, Department of Environmental Affairs, Private Bag 068 Gaborone and Mogala : (267) 3902050, Fekese (267) 3902051/3914687 pele ga kgwedi ya Moranang e tlhola malatsi ale Masome a Mabedi le Bone ka ngwaga wa 2020.



Department of Environmental Affairs
Ministry of Environment, Natural Resources Conservation and Tourism
Old Cooperative Enclave
Private Bag 0028 Serowe
Telephone: (+267) 4630174
Fax: (+267) 4631307



YOGA
CORNER
STORY ON B

TWO BROAD-SPECTRUM ANTIVIRALS AGAINST COVID-19

STORY ON D

MENTAL HEALTH SELF CARE TIPS FOR HEALTH PROFESSIONALS

STORY ON G



06TH MAY 2020

THE MIDWEEK SUN

EPILEPSY: CREATE AWARENESS, SHATTER THE MYTHS



Despite being one of the world's oldest recognized conditions, Epilepsy is surrounded by fear, misunderstanding, discrimination, shame and social stigma. **PAGE B**

Upcoming virtual covid-19 Conference to shape Global response to pandemic



SEE PAGE D



EASING BACK TO LIFE

Following from last week's "Living in Expectation", we're seeing some light at the end of the tunnel after His Excellency the President Dr Mokgweetsi Masisi gave us hope in his address to Batswana, that the month of May promises easing back from the lockdown.

As we ease back to "new normal", let us remember that meditation, breathing exercises and yoga stretches offer an invaluable package for a softer landing. I share part of the press release from Art of Living. "I Meditate Africa" is a peace building initiative during the month of May, for Africa, that was started by H.H. Sri Sri Ravi Shankar, a humanitarian and peace ambassador, six years ago to share peace, prayer and well-being during Africa Month and Africa Day. Millions across the continent and world would meditate as part of the "I Meditate Africa" starting 2nd-23rd May 2020.

Covid-19 has abruptly brought an unprecedented change in the world which has impacted, disrupted and changed lives. It has indeed forced the world to pause, reflect and give greater perspective to life, especially making us aware of what we pay importance to and the value of life. There is an increase in anxiety and fear amongst the people world over; domestic violence is also on the rise. People are finding it difficult to cope with the uncertainty, and the economic impact of the corona virus pandemic.

"I Meditate Africa 2020" focusses on creating a greater awareness to the benefits of meditation as we learn to navigate through these turbulent times. Calmness, improved health and dealing with the rising anxiety with centeredness has become the need of the hour.

As part of this campaign, The Art of Living Foundation and its sister organisation, The International Association for Human Values is hosting daily online guided meditations, from 2nd May – 23rd May 2020, at 1930hrs-2000hrs CAT. Connect on <https://zoom.us/j/92860377212>.

Sri Sri Ravi Shankar, during this lockdown period is leading meditations and conducting sessions with different sections of society across the world, addressing CEOs, businesspersons, media persons, journalists, doctors, dieticians, scientists, chartered accountants, lawyers, professionals, stars & celebrities, authors, and most importantly the common man. 1.2 million people from across 140 countries are joining these live meditations daily streamed on various Art of Living social media platforms.

We invite you to connect daily at www.youtube.com/srisri, timing 0830hrs CAT & 1600hrs CAT.

More next week.....



Bame Motsomatshukudu

Education on Epilepsy essential

BY IRENE SHONE

The public is often unable to recognise common seizure types or how to respond with appropriate first aid when confronted with incidents of Epilepsy despite the condition being a major national concern.

Public Relations Officer at Young Epilepsy Botswana, Bame Motsomatshukudu says that education on Epilepsy is very essential. She is of the view that society still believes in myths and as a result discriminates people with Epilepsy other than to support them and beat the stigma.

She told Sun Health during the botched Epilepsy purple day commemoration, that although they try to sensitise people about Epilepsy, the main challenge is that most people still believe in myths about the ailment.

Some people believe that when you touch the person's saliva during a seizure then you will get it too, a person with Epilepsy completely loses their memory and putting a metal spoon on their mouth or pulling out their tongue stops the seizure and I want to clarify that this is all wrong," Motsomatshukudu explained. She further noted that people also believe that Epilepsy is hereditary, while in fact it can happen to anyone. "Some people even believe that failure or attempt to terminate pregnancy may result in the baby having it, but this is just a myth," added Motsomatshukudu. She was however grateful that Young Epilepsy Botswana has succeeded in sensitising communities about Epilepsy so that many people are opening up about it and no longer confine themselves to their homes or claim to suffer from Asthma for fear of stigma. The commemoration has since been postponed to November 26th.



Know your specialist

A new branch in medicine is showing promising results, preventing and even reversing chronic, debilitating diseases that affect Botswana at an alarming rate. It is not a new drug nor a new technology. In this interview with SunHealth, Lifestyle Medicine Consultant, Dr Elijah Sivako discusses using lifestyle as a therapeutic intervention for the treatment and prevention of chronic illnesses such as heart disease, hypertension, diabetes, cancer, obesity and more.

With Lifestyle medicine, isn't there a risk of promoting the idea of a 'hero doctor' being able to solve every problem with a specialty?

Lifestyle Medicine is not entirely new to medicine. It is already an essential component of the treatment of most chronic diseases, incorporated in many national disease management guidelines. These should be a part of every practising physician's thinking. Unfortunately, when guidelines are applied in common clinical practice, the recommendations are given a modicum of lip service but lack adequate application of necessary evidence-based changes to the individual patient's present behavioural practices. Recognising the importance of dealing with the underlying cause, Lifestyle Medicine practitioners apply the principles and techniques of behaviour change to effectively address the lifestyle determinants of chronic diseases.

Just about everyone agrees that diet and exercise can make us look and feel better, but can they really treat disease?

Interventions in Lifestyle Medicine are based on best quality evidence available from randomised controlled trials (RCTs) and well run epidemiologic observational studies. More and more research shows that Lifestyle

USING LIFESTYLE AS MEDICINE TO TACKLE THE ROOT CAUSES OF NCDS..(PART 2)



Medicine can be more effective than techno-therapies and pharmaco-therapies in treating chronic lifestyle-related diseases.

The key domains of lifestyle medicine (e.g healthy diet, physical activity, avoidance of tobacco and excess alcohol, adequate sleep, stress reduction, and meaningful relationships) ...discuss how these interact and affect ones' overall health? How are you educating your patients on how to live a healthy lifestyle?

Allow me to use an illustration by comparing a human being to a garden plant. If provided with the right nutrients, the proper amount of water, and plenty of sunshine, the plant will flourish. The roots grow deeper and stronger, and likewise, the stem and leaves follow suit, producing robust blooms. The entire plant is healthy. On the other hand, deprive the plant of essential nutrients, water, sunshine and air-or overwhelm it with anything other than

the essential elements, and its whole being suffers and will certainly wither and die before your very eyes well before it bears fruits for you to enjoy or provide you with a nice cool shade for hot summer days. Much like the plant, the human organism responds similarly to what it is provided. When armed with the proper nutrients, the right amount of physical activity, sleep, stress, water and it is shielded from harmful substances, the human organism thrives. It will stand a better chance to fight diseases, premature ageing and resist infection.

How can individuals advocate for preventive medicine in a healthcare system that spends the majority of its resources on alleviating health issues after they manifest themselves?

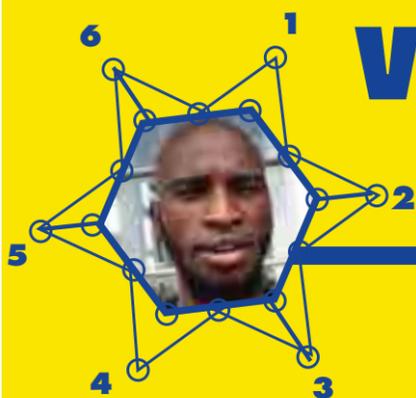
Individuals can advocate for structural interventions such as increasing bike commute lanes, green spaces, walking trails, making it easier to take stairs in a building, subsidizing whole and plant food to make it more easily affordable in shops, establishing of farmers markets for the sale of local and indigenous produce, high cigarette and alcohol taxes (and limit their advertising and sports sponsorships) and implementing a system in grocery stores for rating and labelling food healthfulness and quality to assist those seeking to make healthier choices.

How do you reckon Sun Health readers can make nutrition choices that contribute to their own health as well as a healthy, sustainable food system?

Perhaps the most important modifiable lifestyle factor involved in the overall maintenance of health and prevention of disease is diet. Suboptimal nutrition plays a direct role in the development and propagation

THE ALTERNATIVE VIEW WITH

Brown



SUPPORT YOUR BODY TO HEAL NATURALLY

Sickness, and susceptibility to disease, is not the result of a random lottery of genetics and fate. While sensational media concentrates on reporting distress and damage, there is an alternative lesson emerging. People taking charge of their health and wellbeing are rewarded with an immune system able to keep them safe and well during times of crisis like the one we are in now with the coronavirus.

Failure to treat the body with respect, and provide the correct nutrition, create susceptibility to symptoms. "We found that what is known as disease was not really disease. It was the manifestation of erosion caused by malnutrition."

FOUNDATIONS FOR HEALTH

Now, more than ever, it is critical that you actively build healthy foundations. Modern acidic foods increase mucus, which break-downs membranes protecting the body from pathogens and reduce cellular nutrition. Without the correct alkaline environment, cells cannot self-repair or keep you safe.

When mucus accumulates in the nasal cavities, it is labeled as "sinusitis". The same accumulation in bronchial tubes is called bronchitis. A little more rooster in the lungs, and it's

known as pneumonia. The underlying issue is identical, but each condition receives its own name. A healthy immune system defends you from bacteria, viruses and other hostile invaders.

CELL HEALTH

Feeding your cells with oxygenated and nutrient-rich blood regains natural health. The same treatment protocol can be used to restore all aspects of wellness: cleanse the body from toxins, hydrate with fluids, and nourish the cells with organic plants and biominerals. We must remember the body knows how to heal.

Plants and herbs are gifts from nature with the ability to donate the carbon, hydrogen, and oxygen we need to maintain physical fitness. Purified blood and healthful food prevent the build-up of mucus that obstructs the body, and ailments we call 'disease' and 'infection'.

When under stress, there is a temptation to seek acidic and addictive foods as the mind looks for emotional support, and comfort. Mental discipline, planning and food preparation are key to maintaining immune strength when your body needs it most.

Critical value of wellness : we have a responsibility to ourselves and loved ones during these times of challenge like corona virus: "Our health is most important. Without that, nothing could be achieved."



Howard Armistead

Two Broad-Spectrum Antivirals Against Covid-19 (...Part 3)

"There is no treatment. There is no cure."

BY HOWARD ARMISTEAD

My original, unpublished scientific theory is that widespread use of chloroquine against malaria in Africa contributed to the rapid mutation of HIV-1 into the more aggressive C-clade variety. Based on its significant difference in morphology, I suggest that C-clade virus should more properly be re-named HIV-3.

C-clade possesses three long-terminal-repeat sequences (LTRs) instead of just the two LTRs found in all other clades of HIV-1 and the single LTR found in HIV-2. That makes C-clade physically as different from HIV-1 as HIV-1 is from HIV-2. Like a thermostat, LTRs help control the speed of

To page E

Virtual Covid-19 Conference to shape evolving global response

BY SUN REPORTER

Scholars and researchers from around the world will gather virtually for a one day Covid-19 conference, to shine the spotlight on the latest science, policy and practice of the pandemic on 10-11 July 2020. The virtual meetup, hosted by the International AIDS Society (IAS), will take place online on the last day of AIDS 2020: Virtual, provides a unique opportunity to help shape the evolving global response to COVID-19. It will feature a free-of-charge, stand-alone programme of plenary, invited-speaker and abstract-driven sessions exclusively dedicated to the COVID-19 pandemic. The COVID-19 pandemic represents an unprecedented global emergency that has now infected more than 3 million people worldwide and is already the most lethal new pandemic since the emergence of AIDS nearly 40 years ago. Speakers expected include Dr Anthony Fauci and Ambassador Deborah Birx, MD, who are both members of the US White House COVID-19 Task Force, Professor Salim Abdool Karim, Director of CAPRISA and Chair of the South African Ministry of Health COVID-19 Advisory Committee/COVID-19 MAC, among other experts working on the frontlines of the COVID-19 response.

Two Broad-Spectrum Antivirals Against Covid-19 (...Part 3)

viral replication. The more LTRs a virus has, the faster it can replicate. Traditional Chinese medicine is not likely to work against CVD. Most herbal medications are not beneficial against most diseases. Almost all herbs contain numerous chemical compounds. For example, tobacco contains up to fifty-six different chemicals.

Herbal preparations send mixed, conflicting signals, can interfere with pharmaceutical medicines, and add stress on the liver. A mixed conflicting, confusing chemical strategy is not the best approach to combating a deadly viral pandemic. At the beginning of the AIDS Crisis in the mid-1980s, AIDS activists called on governments to test all existing safe and available medical substances for their effectiveness against HIV. Instead, the pharmaceutical industry gave them AZT, a drug with side effects so severe it could not be used by the cancer patients it was developed to help.

At the beginning of the 2014-15 Ebola Crisis I called for the WHO and responsible national research institutes to test all known antiviral drugs, including all those used against HIV, for their possible effectiveness against Ebola. Again, nothing happened. In his "Perspective" article in the New England Journal of Medicine Bill Gates follows suit (NEJMp2003762). Gates writes, "We need to...improve the way we respond to outbreaks in general.

"Drug discovery can also be accelerated by drawing on libraries of compounds that have already been tested for safety and by applying new screening techniques...to identify antivirals that could be ready for large scale clinical trials within weeks." He repeats broadly the more narrowly drawn point I made in 2014 to test all known antiviral drugs against Ebola. When I spoke to Bill Gates from the floor microphone at the 2016 Durban International AIDS Conference in front of 5, 000 delegates to ask him if he was familiar with the fact that selenium could help against HIV disease, I was cut off halfway through my question by the moderator who headed a big AIDS research institute in Durban. However, Gates caught the essence of my question and responded, "If we have missed something [in AIDS research] we should look into it." Indeed. I hope the Bill and Melinda Gates Foundation will read this letter. In fact, selenium's dramatic benefits against HIV disease have not been missed by scientists and researchers at all. But they have been totally ignored by the supposedly responsible people at UNAIDS, the WHO, the NIH and national governmental AIDS programmes who do their nations and people no favours by ignoring a highly effective and extremely cost-effective way to reduce the impact of the AIDS pandemic. I ask them to open their eyes and stop ignoring selenium now that their own lives are on the line with Covid-19. In another perspective article penned for the world's oldest medical journal (NEJMp2002106) David M. Morens et.al reminds us, "As the late Nobel laureate Joshua Lederberg famously lamented about emerging infectious diseases, 'It's our wits versus their genes.' I wish it were that simple. In fact, the challenge of emerging, mostly viral diseases is seriously complicated by the ideology of

the medical-pharmaceutical complex epitomised by the WHO and the NIH. With HIV/AIDS they ignored the "greatest drug of all time", also reputed to be the "miracle medicine" aspirin, in favour of the profit churning high side-effect, low-benefit AZT. In a disease characterised by immune deficiency they ignored the key mineral element required for immune function.

Why?

Neither aspirin nor selenium requires a doctor's prescription. Neither is highly profitable since they lack a patent. Millions of people have perished as a result of their disregard and inaction – mostly in Africa.

As perhaps the greatest scientist of all times, Aristotle said, "Man is a political animal." Let us not play medical politics again with this pandemic. We must follow the dictates of science, not those of the politicised pharmaceutical industry and their handmaidens in the alphabet bureaucracies. Far too much is at stake for humanity and the brave medical professionals who will be in the frontline of fire as they battle this assault from the viral world. Realise that the Hippocratic Oath, "To do no harm" should include not harming people by ignoring scientifically proven substances like aspirin and selenium that have proven themselves time and again to be effective against a broad-spectrum of the viral opponents of human health. The power of aspirin against pandemic viral disease might be questioned by some despite the fact aspirin is the oldest, proven, broad-spectrum antiviral drug. Proof will be in a clinical trial that should not be delayed due to competitive, commercial conflicts of interest; but ASA can be used despite lacking new clinical trial evidence.

We know it is safe and how it works.

The power of selenium against even the most powerful viral opponents like Ebola and HIV cannot be legitimately questioned. To fail to use these two classic remedies either before other effective drugs are identified, or to use them afterwards in combination with proven therapies once those are determined, is to fail humanity. Unfortunately, the international health system has failed humanity on this precise point in both the continuing pandemic of HIV/AIDS and in the previous and current Ebola epidemics in West Africa and the DRC. The failure to put the interests of humanity above those of the special interests of the medical, pharmaceutical, medico-bureaucratic or political elites must end if we are to succeed against Covid-19/SARS-CoV-2 and CVD. Pure scientific knowledge must not be corrupted by a veil of feigned bureaucratic ignorance if we really want to win the biggest war against the viral world humanity has faced in a century. Common sense dictates doctors and individuals should utilise two safe medications that have proved highly effective in saving lives in previous viral epidemics.

©Howard Armistead is director of the Selenium Education and Research Centre in Johannesburg, South Africa. More essays are available on winagainsthiv.com and winagainstebola.com

..... Who would have known?

During your lifetime, you will produce enough saliva to fill two swimming pools



Know your specialist

FROM PAGE C

of chronic diseases such as obesity, diabetes, hypertension, cancer, and cardiovascular disease. Emphasis is placed on a dietary pattern rich in a variety of whole grains, fruits, and vegetables while simultaneously limiting consumption of added sugars, saturated fat, and sodium.

To make healthy nutrition choices sustainable, most nutrition guidelines embody the idea that a healthy eating pattern is not a rigid prescription but an adaptable framework in which individuals can enjoy foods that meet their personal, cultural, and traditional preferences and fit within their budget.

No discussion of nutrition today would be complete without the mention of personalised nutrition. Briefly, personalised nutrition uses information about a person's genetic make-up to deliver individually tailored nutrition therapies and interventions. The personalised nutrition is just a subset of personalised medicine which uses a person's genetic make-up to detect, treat, or prevent diseases.

Besides individuals, do you provide Lifestyle Medicine services to groups and organisations?

Yes, our Lifestyle Medicine services are available to groups and companies as well. We offer group health and wellness education, training and coaching. Companies can benefit from our Corporate Health and Wellness Training program. We can also assist companies to design and implement successful and sustainable Workplace Wellness Programs that can improve the productivity and wellbeing of their workforce.

Share what a typical day and week looks like in your practice?

A typical day involves, booking in clients, clinical consultations, health coaching (individuals and groups), teamwork and collaboration sessions.

Discuss a typical consultation session? Can should a patient expect?

A typical consultation in a Lifestyle Medicine practice begins with a comprehensive approach that identifies underlying lifestyle-related risk factors through the history, vital signs, physical examination, and relevant screening and diagnostic tests. The emphasis is to identify those factors that are amenable to healthier lifestyle choices, in domains such as physical activity, nutrition, stress, sleep, emotional wellbeing, tobacco use, alcohol consumption, pain, as well as environmental and occupational factors. The goal is to systematically explore and document appropriate lifestyle factors in all our clinical encounters in a way that properly and adequately informs our lifestyle interventions.

As a practical clinical discipline, our work involves a clinician working with a team of other healthcare professionals to develop patient-specific interventions. Nutritionists, behavioural psychologists, health coaches, exercise trainers, nurses and others are usually included in the assessment and delivery of lifestyle care plans.

The most challenging and rewarding aspects of lifestyle medicine?

Changing individual behaviours is a challenging task in the best of circumstances, but it is made even harder by a culture and subculture that encourages unhealthy behaviours. From ubiquitous advertising and easy access to unhealthy junk food in fast-food restaurants, to a work and commuting environment that discourages physical activity, there are hundreds of cultural practices and environmental pressures that undermine the health of individuals and communities.

What is most rewarding about Lifestyle Medicine is that, it works in addressing the root cause of most chronic lifestyle-related diseases. It delivers better health and wellbeing outcomes, results in larger cost savings and the techniques lead to greater adherence

to healthier lifestyle changes.

You founded Welmedics. What inspired that move?

Welmedics has a three-pronged approach to health and well-being. Lifestyle Medicine is one of them which acts as the clinical interface between clients and our services. At Welmedics we empower individuals to be able to self-care and self-manage.

The second approach, which we are still working on is Precision Medicine which uses genomic data to offer personalised care. Precision medicine uses various molecular profiling technologies to assess genetic material, protein, and metabolites to tailor medical care. The third approach which we are also currently working on, is the use Digital Health Technology to improve and better understand lifestyle behaviours that have an impact on health. By using these three approaches, Welmedics can offer predictive, personalised and precise healthcare to our clients. This is what I find quite inspiring about the work we are doing at Welmedics.

What is your main goal and mission as a Docpreneur?

Our mission is to use entrepreneurship to orchestrate and package scientific and technological knowledge and insights in a useful and practical way that empowers individuals, families and communities to preserve, protect and optimise their health and wellbeing. Our goal is to deliver healthcare services that are low cost, precise, predictive and personalised to each individual client.

Where do you see your business 5 and 10 years from now?

In 5 to 10 years Welmedics will have established a fully-fledged first lifestyle medicine clinic in the country and the first biobank for gene sequencing in the country and a robust Digital Health Technology platform.

Three adjectives to describe the typical lifestyle medicine physician (basically you!)?

Role model, Coach and Advocate.

THE MENTAL HEALTH SERIES

With DAVID SIDNEY MANGWEGAPE



MENTAL HEALTH SELF CARE TIPS FOR HEALTH PROFESSIONALS

The advent of COVID-19 have brought unprecedented anxiety to the entire world. Health professionals have not been spared either as they undergo emotional turmoil and stress as they go on about addressing the effects of the pandemic.

The tell-tale signs are there as there has been media reports of health professionals committing suicide in some countries like Italy, USA and United Kingdom. Several studies have consistently demonstrated burnout and high levels of stress among healthcare workers. A notable study was done this year in Singapore by Tan and others of which "the primary outcome was the prevalence of depression, anxiety and post-traumatic stress amongst health workers on account of COVID-19."

Whilst caring for the clients amidst the pandemic, health professional convey compassion and empathy towards the patients which may

in the long run predispose them to compassion fatigue and burnout. The consequences of these are often depression, anxiety to name but a few. Clients and/or patients with COVID-19 symptoms are themselves emotionally drained over the uncertainty as regards to treatment as it has not been established this far. The trauma endured by their clientele may provoke difficult thoughts and emotions as they think of their families and children. The thoughts and worries that if they can get infected they may as well infect fellow family members often run supreme. The expectations of the nation are reasonably high and in that case we need all the battalion of our health workforce in order to deal with this pandemic. Herein are some strategies and ways that can be helpful in helping them cope with the envisaged challenges;

Self-care that entails having good nutrition, involvement in exercise and having enough rest among others Keep work and personal life separate After



work, try having conversations with people outside the profession as they help with unwinding.

Have time for relaxation and meditation Have support at home and get your family to understand that the changes in family routine is to help them not to contract the virus.

Avoid information overload on COVID-19 news

Seek counselling if overwhelmed by emotions

Email: dsmangwegape@gmail.com
Facebook: David Sidney Mangwegape

Your exciting and revealing paper has a line-up of specialist and general practice doctors waiting to answer your health concerns – and it is for free! So come on, send in those nagging health bugs and let this week's Sun Doctor deal with it. You don't have to worry about revealing your true identity. Give us a pseudo, it's fine!

THIS WEEK'S CONSULTATION

Dear Sun Doc

My husband has a bad headache. He is on high blood pressure medication and he is always taking Hedex to ease the pain. Last week, he went to the hospital where several tests were done and the doctor told him his pressure was high. He was given medication and told to return the next day for a head scan, but it was not done; instead he was given medicine to take for one month, but the pain is not going away. What could be the problem? Mod

Dear Mod

Headaches can occur for many



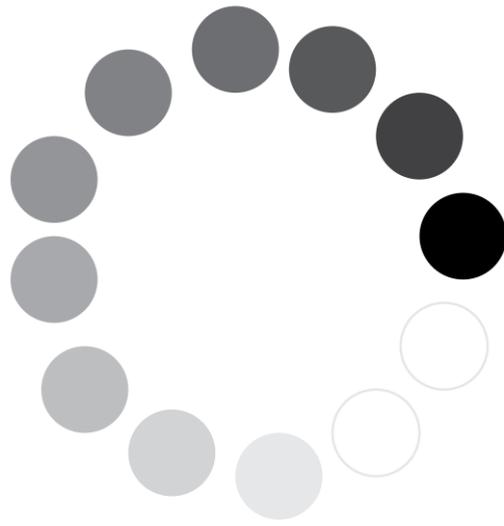
reasons including pain coming from within the head itself or from problems elsewhere in the body. Almost all diseases that affect the body can cause a headache. In addition, you can get a headache due to stress, dehydration, hunger, inadequate or too much

sleep, light, weather changes, screens (phones and computers), among other causes.

High blood pressure can also trigger a headache and sometimes it can mean there is ongoing tissue damage within the head due to the elevated pressure. If this is suspected, the affected person should be admitted for proper blood pressure control and for further investigations to check other organs, and possibly, a CT scan of the head.

It would be advisable for your husband to see a physician (internal medicine specialist) for blood pressure management and tests to find the cause of the headache so as to get proper treatment.

Taking Hedex every day for long could expose him to side effects of the medication.



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A woman with headphones, wearing a light blue top, is performing at a DJ booth. She is looking down at her equipment, which includes a Pioneer mixer and turntables. The background is a warm, orange-toned wall.

Exclusive interview with sizzling DJ Rosey

READ MORE ON PAGE C

Vibe

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HOT NEW ACT: THE NATORS

BY KELETSO THOBEGA

Local hip-hop act The Nators have garnered an impressive following because of their original hip-hop sound with motivational lyrics. The man behind this brand is Billinator, a solo hip-hop artist based in Maun.

His real name is Mompoloki Ramogwana from Lerala. He was born and raised in Selebi Phikwe, and after completing his secondary education, he left for Maun to hustle and start his adult life there. He is married and works closely with his wife, who goes by the name Mosanhator, and the two are couple goals with their 'gangster love', encouraging each other to reach their goals.

Billinator told Vibe that he has loved music since he was a youngster and over the years started writing lyrics and freestyling to Internet beats. However, it was only four years ago that he started taking his talent seriously, and he has not looked back since then.

Continued on Page B.



THE NATORS MAKE THEIR MARK

BY KELETSO THOBEGA

Billinator said his music tastes were influenced by old school hip-hop artists such as Tupac and Notorious BIG. He said hip-hop was the only music genre that resonated with him when he was growing up.

It is his motivational and uplifting lyrics that give substance to his music. He explained that he always ensures that he raps from the heart because he wants to touch the souls of his fans. "I want to create a positive legacy and be an inspiration to others. I want to give others hope. I also want to encourage people to be themselves and be happy to be



alive," he said.

Since he made his breakthrough in the music industry, he has enjoyed warm reception and appreciation. He shared that some of the highs in his music career so far include sharing the stage with well-known and talented music artists such as DJ La Timmy, DJ Shaboo, Mapetla, ATI, HT Tautona, Ozi F Teddy as well as King Monanda of Mzansi, among others. "Big artists appreciate and recognise my talent and that is a big deal for me," he said.

Billinator has also secured himself an ambassadorship gig with Urban Soul brand who sponsor his wardrobe. His upcoming music video was sponsored by Base Lounge after management noticed his talent. He however shared that being in music industry is not always hunky dory because there are some challenges upcoming music artists face, which include being overlooked by music promoters. 'Being booked for shows but not being appreciated for my performances by promoters is one of the lows I have experienced,' he said.

But he has not allowed this to dampen his spirits, and he has kept on sharing and growing his God-given talent. Billinator is working on a few singles and is also gearing up for his album, which he said would feature several international hip-hop artists because he wants to give fans the best. "I want to impress my fans by giving them what they love and what is on at the moment but not forgetting my passion."

A refreshing hip-hop sound

BY SUN REPORTER

Upcoming rapper Gemini has brought an original trap sound to the music market. His latest single, titled Big Dawg, is bound to pique the interest of many hip-hop followers.

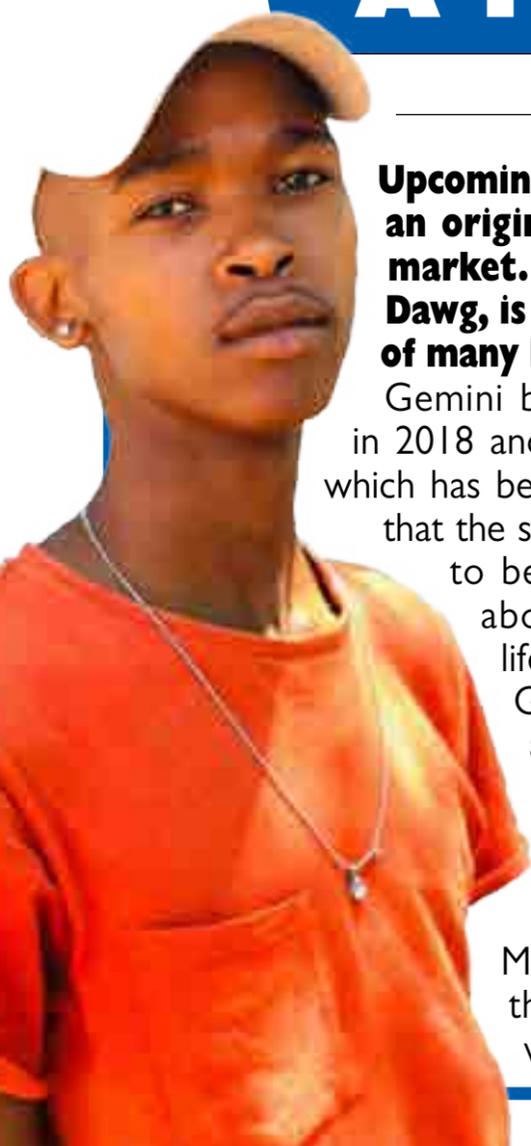
Gemini broke into the music industry in 2018 and last year dropped Big Dawg, which has been well-received. He told Vibe that the song talks about what he aspires to be in the future. "It is basically about wanting to make it big in life," he said. The single features Gimaro Miles, and was produced and mastered by Rulebizzy. The single is currently available on AudioMak and YouTube under 'Gemini.' Gemini said he would soon release a single called Middle Child, which is a cover of the J Cole original. He worked with producer Yun Tornado on

the cover single.

The 18-year-old was born Omaatla Mapotsane in Gaborone and was raised in Rasesa. He started primary school at Phaphane primary school and went on to Borwa JSS and completed his secondary at Lekhubu English Medium in Gaborone. Gemini said he has always loved music and when he wasn't studying, he was listening to or making music. He laughed when he shared a childhood anecdote of how he apparently used to dance to every song when he was a child.

"My family tells me that I would also try and mimic songs," he said. He also said his passion was probably instilled then and he has never shied away from expressing his love for music. "When I was about 14-years-old I started listening to the likes of rapper A-Reece and I related to his music. He inspired me to also create music."

Gemini said he was fortunate to have always had support from peers who share his passion and fans who appreciate his talent. He lives by the motto: 'Forget your feet, if you are chasing with your heart you will get it.' He advised young who want to break into the music industry to persevere. "Keep pushing because it is not going to be easy but if you work hard and grow, you will get good results."



KABELO ERIC RELEASES SINGLE WITH RWANDA GOSPEL POWERHOUSE

BY IRENE SHONE

Gospel music powerhouse, Kabelo Eric is tirelessly working on his music video featuring the renowned Rwandis Serge Iyamuremwe, on the song titled 'You are good'.

He recently told Vibe that the video was shot last year, in Rwanda, Kigali while he was on his East Africa mini tour. It is currently in its final touches and he assures that it would be released immediately after lockdown. The lovely song talks about God's goodness in every situation, and Eric is forever grateful to have collaborated with the talented Iyamuremwe. "The inspiration behind the video was to portray the goodness of the Lord amidst any challenges we face on a daily basis," he said. He further noted that collaborations are beautiful, and an indicator that music unite people across the world.

In this video, they have also featured a youthful dance group in Kigali which enchants a great vibe to the video with their special choreography dance moves. Eric says that this song is even most suitable for the situation where the world is faced by a health crisis. "In whatever situation, God

remains God and I believe that the song even suits well during the current time when the world is facing the painfully realist health crisis of Covid-19 pandemic," he said adding that people should not despair and trust God to fight this monster virus. He also urged artistes to support one another during this hard time. "To my fellow colleagues in the entertainment industry, Covid-19 has affected us too. It is true that the creative space has been hit hard by the total lockdown not only here but across borders and overseas, so in dire means of survival, let's check up on each other and support one another where we possibly can," he said.

'You are good' video was done by Sinta Films by Bless World Music and Eric tells Vibe that after the release of this video, he would also drop his debut Afro Soul EP. He says that it is also in the pipeline at the moment and produced from South Africa, Johannesburg at TM Records. "It is expected to be published and sold online from October," he said.



DJ Rosey' star rises

BY KELETSO THOBEGA

DJ Rosey could best be described as a 'rose among thorns' in the deejaying' industry because is one of very few local female DJs.

Born Ame Rosemary Siele, the ambitious hardworking lass, who hails from Kanye, and is known as a fitness fanatic and fashionista of note, is also the owner of Rosa lineage hair and online clothing store.

She told Vibe that her passion for deejaying was inspired by her brother, who used to religiously have "mixing" sessions at home on weekends. She said his discipline towards the art sparked a light in her and she "caught the deejaying bug." She however did nothing about it until last year when she met Olerator Goabaone Otsile, a DJ and promoter based in Francistown, who encouraged her to give deejaying a try. "I told him that I wanted to be a DJ and he supported me and arranged for me to take deejaying lessons at YDJ academy, where my passion grew," he said.

After learning the ropes on the ones and twos, it was time to showcase her talent. She got several bookings and even caught the eye of legendary DJ Easy B who wanted to book her for one of his gigs.

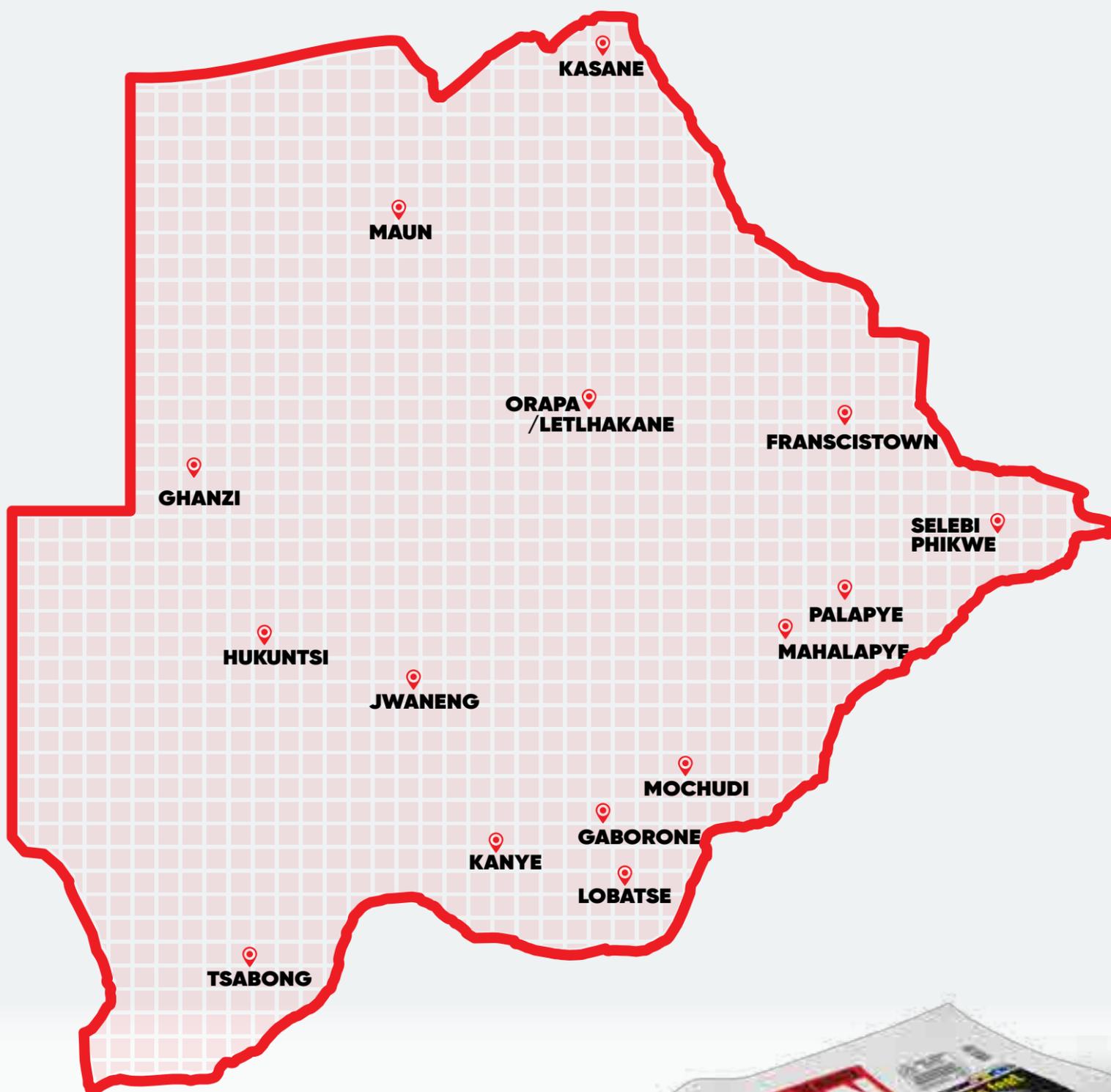
DJ Rosey might be making a name for herself but she said there was some challenges and hiccups because the deejaying industry is not only saturated but is unregulated, and DJs are treated with kid gloves. "Many

promoters want to underpay us. The deejaying industry is not fully organised and regulated so there is a lot of exploitation. Furthermore, local talent is rarely given a chance... For example, South African DJs are often given prominence over local DJs because our skills are undermined," she said. She however said that this fuelled her to work harder. "The best way to overcome these challenges is to enhance our skills as deejays and always ensure patrons enjoy our set, and market ourselves because branding and professionalism is key," she said.

DJ Rosey said the current Covid19 pandemic and subsequent lockdown had come with its set of challenges since entertainment venues have been closed and people cannot host parties and weddings, which means their income as DJs has been affected. She however expressed hope that things would work out post Covid19. "I have been using the lockdown period to perfect my sets and also engage promoters and book gigs," she said.

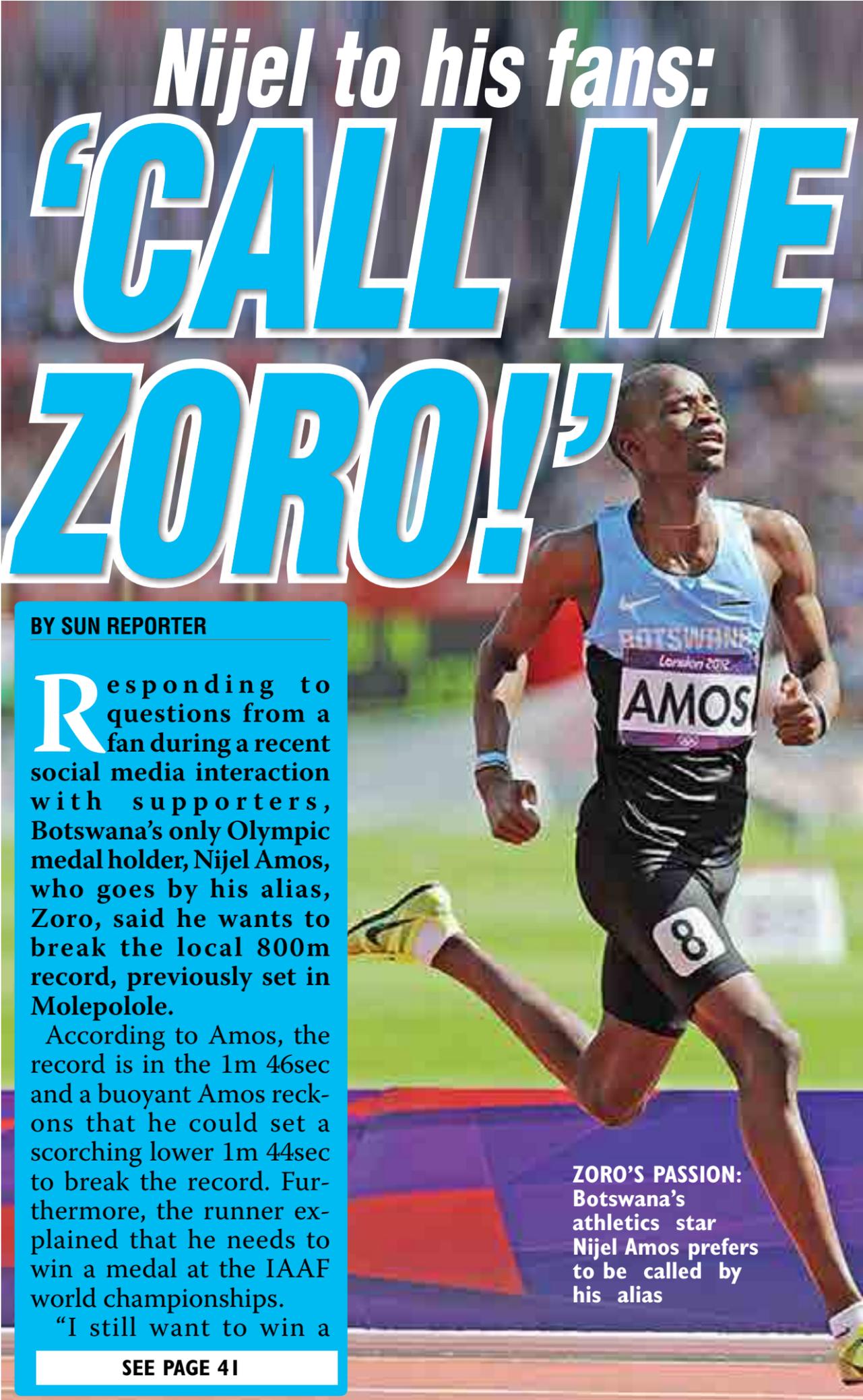
While many believe that deejaying is a dying trade, DJ Rosey maintained that is a sustainable growing sector of the entertainment industry with many opportunities. She encouraged young people to follow their dreams and strive to invest in and perfect their craft, and also take themselves seriously. "It is important to be professional, and never undersell yourself."

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Nijel to his fans: **'CALL ME ZORO!'**

SUN Sports

themidweeksun.co.bw

Sport too broke to donate

BY KABELO GADISE

The Covid-19 pandemic has recently shuttered local sports and federations across the country are facing the same problem of inactivity. While other industries are putting in a hand to help with donations, the sports industry cannot do anything but watch from the sidelines.

Locally sports is not a big industry as compared to other developed countries, it is not as attractive as some may want thus it doesn't attract business and sponsorships. Most associations do not survive independently, but rather depend on government grants to survive. As government and the private sector continues to assist towards COVID 19 relief

SEE PAGE 41

BY SUN REPORTER

Responding to questions from a fan during a recent social media interaction with supporters, Botswana's only Olympic medal holder, Nijel Amos, who goes by his alias, Zoro, said he wants to break the local 800m record, previously set in Molepolole.

According to Amos, the record is in the 1m 46sec and a buoyant Amos reckons that he could set a scorching lower 1m 44sec to break the record. Furthermore, the runner explained that he needs to win a medal at the IAAF world championships.

"I still want to win a

SEE PAGE 41

ZORO'S PASSION: Botswana's athletics star Nijel Amos prefers to be called by his alias

Flamboyant Chicco keeps dancing

...prolific local football coach has come a long way

SEE PAGE 38





Local athletes are compromised*Batshameki ba wela mo isong*

The COVID-19 pandemic has left much in tatters, koore even our leaders; we can only guess that they no longer know which side of their heads they should scratch for fresh ideas on how to arrest the monster pandemic. Nevertheless the number of new cases have since ceased giving a ray of hope to the local sports industry. After all local sports officials, *batshwere matshelo a Batswana ka diatla* and they cannot afford to slip in a crisis situation.

However, in these trying times, we guess it is only right that we do our part; the checks and balances, least we find that your minds have been too occupied to take notice. The sports sector like any other has been hit hard and we applaud the government for responding to this disaster by opening a relief fund. We have observed how Batswana have been coming to the party, pouring millions into the fund.

Nonetheless, it is disturbing that up to now, the government is yet to decide on relief measures for sports personnel. The latest we have heard is that football people are likely to be assisted but if that is the case then what about other sporting codes.

You see there are those athletes who depend heavily on sport

for survival. With sporting activities halted, it means where ever they are, the immediate future looks bleak. Talk of those national team athletes who had been in camp preparing for the Olympics and have been recently sent home. Some were actually medal prospects at the Olympics. Cancellation of the Olympics together with other major sporting activities has obviously hit them hard.

It has proved, during this lockdown period of only 28 days, that most athletes have vanished, one would be excused to say that some were actually idling and found themselves in a compromised situation with home gym as the only option. We are not saying COVID-19 made them idle but we are saying preventative measures need be taken and guidance be offered on how best they can beat this pandemic, which is currently choking the world. Assurance that what they do for the nation does not go unnoticed because should they be abandoned during these trying times, the country is most likely to lose talented athletes for good.

We do not mean to compare and contrast but our hearts are green with envy, we have learnt at how our neighbouring country, South Africa has long announced that there shall be a relief measure for the ministry of Sports. They have already looked into assisting especially national team players. This is one of the countries which always give Botswana stiff competition but of recent, local athletes proved that they equally have the strength to go eye ball to eye ball with their nemesis. Such talent is rare and needs to be preserved.

It is at this juncture that we lift our eyes to Minister Tumiso Rakgare; we wish to hear from your office Sir, sooner than later. The hungry stomachs are waiting for an announcement though you might not have all they want to hear, we hope to hear from you.

Flamboyant Chicco keeps dancing

KABELO GADISE

It all started way back in 1988 and nobody could have mirrored the events of today when Coach Daniel 'Chicco' Nare's playing career came to an early end following a knee injury while playing for Mochudi Center Chiefs.

Following his retirement for the in pitch action, the building blocks to a promising coaching career started taking shape while coaching Lobatse Senior Secondary School boys team. After the 1990 BISA finals, Nare garnered respect and offered football a seductive promise when he left Lobatse boys to save Southern Pirates (Kanye first division) from the claws of relegation.

When everyone was starting to see a future in the eyes of the self-made tactician, opportunities came pouring in. It was a slow climb that Nare comfortably enjoyed when he joined Maletamotse and in 1993 he won the Chibuku League and was promoted to the First Division.

The philosophy of having a water tight defense and catching the team on the break was made famous by Nare and his reputation was growing fast than metamorphosis of a butterfly. He switched between Botswana Meat Commission (BMC) and Extension Gunners on a number of occasions.

Before his short spell with Township Rollers in 2007, Nare left behind a dominant Mochudi Centre Chiefs that later dominated and won the Mascom Premier League. As a norm in top-flight football success, there is an overwhelming criterion for judging coaches by the trophies they have won but Nare has been eluded by victory all his career.

At Extension Gunners he finished in the top four bracket twice, and became runners up with BMC in the 2010/2011 season that saw Madinda Ndlovu winning the league title with Mochudi Center Chiefs.

For him success did not come in the



NAVIGATING LOCAL FOOTBALL: Daniel 'Chicco' Nare is one of the finest coaches to ever come out of Botswana

form of countless individual accolades or a glittering trophy laden career but rather in the invaluable football knowledge he has accumulated along the way.

The coach built a formidable BMC side that had no big names. He took them to second spot in the league during the 2011/2012 season, with the longest unbeaten run of 11 games and that same year, he won the coach of the year award.

In recent history, the coach has been at the helm of Miscellaneous and Orapa United.

He led the Ostriches to position 3 on the log and at the Mascom Top 8 finals, which he lost to Township Rollers.

"I have been around for a very long time in the game but never had the luck to win the league or major cup that is my greatest regret so far. You will remember the Coca Cola Cup won by Maxwell Moyo with Extension Gunners.

He joined the team at the quarter finals of the tournament, not to blow my own horn, but that team was built by me and he acknowledged my work by saying he found a car parked, idling and he put it into first gear, to go on to win the cup.

"Sometimes you need luck and at the moment it continues to elude me, many of the players I have coached and brought up have won many league titles and cup competitions but here I am," added Nare.

Nare joined Security Systems a season ago and when he arrived he was given the liberty to build his own team with players that he believed could fit in his philosophy and execute his ideas well; he finished in position seven that season.

This season, Systems has been work in progress, challenging for the league among giants like Township Rollers, Gaborone United, Jwaneng Galaxy and Orapa United.

"I am not sure if after this season I will be allowed to bring in players so that I can win the League or Mascom Top 8."



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4. Supervise all activities of Recoveries Officers and ensure that targets are achieved.
5. Give progress reports to clients and process the allocation of amounts due to them

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1. Achievement of the collection target.
2. Supervise Recoveries Officers.
3. Liases with stakeholders.
4. Data management.
5. Timely submission of reports.

Qualifications

Education: Credit and Collections Diploma or related field

Experience: 5 years' experience in Recoveries, Rehabilitations and Debt Collections.

Accounting knowledge and experience in payments and invoicing is an added advantage.

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- Strong negotiation skills.
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If you meet the above requirements, kindly submit your Curriculum Vitae and certified educational Certificates to recruitment@beci.co.bw .

Please note that we will only respond to short-listed candidates.

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Responsibilities

1. To ensure set collection target is achieved.
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3. To resolve queries and escalated negotiations or payment arrangements/ settlement discounts.
4. To supervise and coordinate activities of direct reports.
5. To review delinquent account records to determine appropriate action.
6. To attend collection meetings with Policy holders and Attorneys.
7. To authorize or refer accounts to the manager for repossession and legal actions against debtors.
8. To supervise and coordinate all activities of Recoveries Officers.
9. To manage attorneys to ensure effective collection and remittance of collected funds to BECI.
10. To ensure remittance of payments to clients fortnightly every month.
11. To prepare monthly reports

ATHLETE OF THE WEEK

Monica Alfred

Sun: Which sport code are you involved in?

Monica: I am a volleyball player.

Sun: Which club do you play for?

Monica: I play for my favourite team Kalavango.

Sun: When did you get involved in volleyball?

Monica: I started playing at junior school back in 1998 while I was doing form one at Tlhalogang CJSS.

Sun: What attracted you to Volleyball?

Monica: I was a netball player from primary and I didn't have knowledge of volleyball as it was a new sport to me. My coach by then Mr Bapaphi recruited me to the sport. I refused at first but he was patient and started coaching me in the sport. I was tall and so in most cases he opted for bo 'tally'.

Sun: What advise can you give to youngsters who want to play the sport?

Monica: In sports you need patience when you are on the field. You should not be self centered. There is need to train with a passion and being able to take instructions and advice from coaches. Furthermore, the love of sports over money will allow everything to flow. The use of alcohol and other substances in sport are not good because they can kill both your dreams and career. In addition, when a player is in the lime light, they are approached by guys especially in the case of ladies. It's best to

use foresight in this case and carefully choose who you date because such individuals often take advantage of us.

Sun: Which famous athlete/player do you look up to?

Monica: I am someone who does not like to look at others outside the country for inspiration because I don't know how they achieved their success. My favourite former-player is Tsosoleto Magang, I look forward to emulating her sports career.

Sun: What is the secret to your success?

Monica: Hardwork is the secret to my success. I am proud to say I was groomed by very good coaches who were like parents to me but little did they know they were coaching a future star, the likes of Zambian coach Isaac Thembo and George Silot from Cuba. I am someone that likes to always learn and interact with others to get advice. I don't drink alcohol nor indulge in night clubbing. In short, I am disciplined girl.

Sun: What has been the saddest moment of your career?

Monica: Sports has a lot of changes, good and bad. My saddest moment was in the year 2012 when I was at my best peak and I sustained a fractured ankle. I thought that was the end of my career but I ended up bouncing back. Another sad moment was when I lost my parents. My father was my support system. He often gave me



VOLLEYBALL STAR: The lanky Monica Alfred is an established star both in Botswana and beyond

money to go for training. I lost my mum while I was a volleyball player too.

Sun: If you were to change anything about volleyball, what will it be?

Monica: If I were to change anything in volleyball, it would be changing structures and making them better across the country. I would like to professionalize the sport because a lot of talent is currently being wasted in the country.

Sun: Where do you see yourself in 5 years?

Monica: In the next five years I will be fully engaged in the administration of our sport. I will be having my own foundation that will be dealing with development of different codes.

Sun: What's your biggest fear?

Monica: My greatest fear is death because I still have a lot of unfinished projects to do for the community.

Sun: What are your hobbies?

Monica: My hobbies include social netball and football. I have a love for adventure and going on holidays. I am also a Christian now and proud daughter of Prophet Sidney Mbangwa at God's throne of Salvation Church.

Age: I am 35 years old and turning 36 this June. However, I am still active and fit as a I have started a new sport code in Botswana, beach volleyball. I managed to play so well last week during the Olympic qualifiers in Mozambique.

Orange Phikwe National Marathon cancelled



BY SUN REPORTER

The 2020 Orange Phikwe Marathon has been cancelled due to the COVID-19 pandemic. The announcement was recently made by Orange Botswana together with the organisers from the Selebi Phikwe Town Council and Botswana Athletics Association (BAA).

The organisers and stakeholders took the decision to cancel the Orange Phikwe National Marathon (OPNM) scheduled for the 25th of July 2020. "This decision comes following consultation with critical stakeholders amidst increased uncertainty brought on by the COVID-19 pandemic," a statement from Orange Botswana reads.

"It is with a heavy heart that we made this decision; however, it was wholly necessary as our priority right

OPM CANCELLED: There will be no Orange Phikwe Marathon this year due to COVID-19

now is our people, supporting Government's efforts to ensure and protect the wellbeing and security of all Batswana. The intention is to allow as much time as possible for the situation across Botswana to normalise to a level that allows for engagements of this nature."

Furthermore, the statement reads, "We wish to express our gratitude to all our stakeholders who have played a critical role in driving the success of this Marathon to date and thank them for the continued strength of this partnership and understanding. We further urge all Batswana to continue taking all precautionary measures as advised by the Government and officials and to unite in the fight against the pandemic."

Sport too broke to donate

From Page 37

efforts the local sports industry finds itself handcuffed and helpless in the current crisis. Nevertheless there are pockets of teams, individuals and supporters who have banded together to contribute towards relief efforts around the country.

The ramifications of canceling or postponing play are wide-ranging, it will have serious financial consequences on athletes, teams, leagues and people who work at sporting events. However, clubs who have a strong financial backing have managed to put in a hand.

Gaborone United Chairman, Boitumelo Nsunge this week said the club has made several donations of food hampers to those who are in need while the Township Rollers Branch in Selibe-Phikwe has also donated food hampers to the town council, according to club mouthpiece Phempherethe Pheto. Local sports teams and association have been going

through a period of disarray, unable to generate income to pay workers and athletes. Administrators currently have their backs against the wall as funds requested from government are taking long to be approved and local stars are growing impatient as they express the need for several necessities.

While this situation has put some administrators in a tight corner with their hands tied at the back, there is nothing else left but to ponder on empowering athletes to be independent business people that can withstand the tremendous shake up of the economy.

Elsewhere, the situation is different. The Germany national football team has donated 2.5m Euros towards the Covid-19 relief fund, Liverpool has donated 40,000 Pounds to food banks scheme while the Bangladesh national cricket team has donated half month's salaries.

'Call me Zoro!'

From Page 37

medal at the world championships. This means I will be transitioning from a junior world champion to a world champion," the talented runner said. After winning gold at the IAAF junior world championships in Europe, Amos who was only known to track and field aficionados at the time, went on to shock the world by winning an Olympic silver medal after finishing behind David Rudisha of Kenya at the 2012 London Olympics.

Since then Amos, who is now a staple in the athletics national team, has gone on to win trophies and medals at major competitions such as the IAAF Diamond league and Commonwealth games. However, an IAAF world championship medal has since eluded the national hero as he continued to battle persisting injury gremlins. Meanwhile, the runner who was candid with his supporters, revealed why he preferred to be called by his nickname Zoro instead of his official name.

"I prefer people to call me Zoro instead of Nigel. My name is in fact Nijel which is Kalanga." In addition, the runner who was relaxed and sipping a cup of tea in between the session assured his supporters that his festive Music show will go on at his home village in Marobela. The runner who moonlights as a Disc Jockey assured his fans that his music career is alive and well.