



THE EASTERN JOURNAL

OMAHEKE REGIONAL COUNCIL - OFFICIAL NEWSLETTER

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INTERVIEW:
VICTOR MAGKONE,
FORMER DEPUTY DIRECTOR:
PROGRAMMES AND QUALITY
ASSURANCE

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**Regional Council makes
headway with infrastructure
development**

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**A new sewer pond under construction in
Corridor 13 in Aminuis Constituency**

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HIGH LEVEL STATEMENTS

Our Mandate

"To govern and manage the region through planning in all matters pertaining to social, economic and physical development for the inhabitants."

(Derived from the Namibian Constitution and the Regional Councils Act of 1992 (Act No. 22 of 1992) as amended.)

Our Mission

To plan, coordinate and implement development as well as delivering accessible and quality services to the inhabitants of the region.

Our Vision

To be a leading Regional Council in unity, effectiveness and efficiency.



OUR VALUES

Unity We are cognisant of the diversity in the region and we cherish unity within the diversity of cultures

Accountability We are answerable for our actions

Equity We are fair in distribution of our resources

Transparency We are open in all our dealings and at all times

Innovation We find new ideas of doing things effectively and efficiently



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The Eastern Journal

The Eastern Journal is an initiative of the Public Relations section of the Omaheke Regional Council established as a means of communicating Regional Council activities, events, services, programmes and policies in depth as well as regional developments.

The Eastern Journal is published on a quarterly basis and distributed to both its internal and external stakeholders. It is aimed at supporting the Regional Council in achieving its organisational vision, mission and objectives and encouraging the public to make use of its programmes and services, to participate in its activities and events, and to support its policies and procedures through regular dissemination of information that is of public interest.

Foreword by:

THE CHIEF REGIONAL OFFICER

Maria Vaendwanawa



One of the most demanding objectives of the Omaheke Regional Council is to enhance infrastructure development and maintenance. This objective is aligned with one of the desired outcomes of Namibia's Fifth National Development Plan, aimed at reducing households living in improvised houses from 19 per cent (in 2016) to 12 per cent by 2022. The expectations are, thus, high on the executing agencies, such as Regional Councils and Local Authorities.

The second issue of our regional newsletter is, therefore, dedicated to the significant progress we have been making in the implementation of capital projects thanks to our technical office that became operational recently with the recruitment of two Engineers assisted by our Cuban Technical Expert.

In a very short space of up to three months, we have managed to complete three projects, namely

73 new erven in Tallymanus connected to the sewer system, one borehole installed with a solar pump system and a water reticulation line constructed in Drimiopsis and, most recently, two boreholes installed with a solar pump system in Epukiro Post 3.

However, this is not the end. Going forward, we will be completing the other ongoing projects aimed at service infrastructure development in Witvlei, Omitara, Corridor 13, Buitepos, Tsjaka, Eiseb 10 and Drimiopsis and embark on new projects in Epukiro Post 3, Aminuis and Summerdown.

Furthermore, we look forward to the completion of our biggest project, the construction of the Regional Government Office Park which includes the Regional Council's Headquarters and the Office of the Governor. Two other offices are planned for the current financial year, i.e. Aminuis and Corridor 13 Settlement Offices. These two projects are still in their

initial stages and will commence in due course.

This is just a summary of the projects. I would like to encourage you to read more details on these projects in our feature article of this issue.

In the previous edition of this newsletter, I mentioned that we were looking forward to sharing our annual work plan for the 2019/2020 financial year in this edition. The annual work plan has been finalised and instead of publishing a matrix version of it, it would be more appropriate to publish a narrative version. We will, therefore, only bring you the annual work plan (in a narrative format) in our next edition.

In the meantime, you can expect equally informative content in this issue of The Eastern Journal. We remain committed to keeping you informed about the execution of Council's mandate and its ensuing operational plans.

Editorial Note

By: Tauno Iileka | Editor

It is always exciting to pen down the editorial note of The Eastern Journal because it means we have just completed creating content for yet another issue of the newsletter. This in turn means more information for you, our avid reader. I must say, producing content for such as sought-after publication is quite fulfilling as we are meeting our readers' needs as expected from us.

As promised in our previous issue, our feature article for this issue (the second of this volume and the sixth since inception) gives you an in-depth account of how we are performing in the implementation of one of our core functions – the implementation of capital projects. I should mention that with in-house technical expertise (as opposed to relying on principal agents), our capital projects have been progressing swiftly. Therefore, by the time you read this article, some of the on-going projects might have been completed already.

In the midst of all the distractions caused by misleading media reports, it is crucial that you are informed about the optimistic developments in the region, most notably in service infrastructure. Service infrastructure are essentially aimed at providing improved municipal services (water supply, provision of a sewerage system, solid waste management, provision of street roads, etc.) in our settlements and growth points, thereby improving the living conditions of households.

Therefore, a positive performance in this area gives us pleasure in sharing such developments with you. In the next issue, we will tackle rural development projects – the cousin of capital projects – aimed at improving the livelihoods of our fellows in the rural areas. As an introduction to that, we have covered an overview of all the rural development programmes under which such projects are supported.

With the second volume of this newsletter, we have started conducting personal interviews with inspirational leaders in our region. The Chairperson of the Omaheke Regional Council has set the scene with the first interview. Following him is a Teacher and former Deputy Director of Programmes and Quality Assurance in the Omaheke Regional Directorate of Education, Arts and Culture, Mr Victor Makgone, who retired in the beginning of 2019.

Mr Makgone is not only an ardent educator, but also a very funny (I hope you can tell from his interview) and a passionate farmer.

In my outro, let me just thank those who have provided us with positive feedback regarding the new (and improved) look of The Eastern Journal. Feedback is always welcome. Therefore, we encourage to connect with us on social media @OmahekeRC. We have recently also set up feedback boxes at our head office and all settlement and constituency offices. Your comments, suggestions and complaints will be considered.

“In the midst of all the distractions caused by misleading media reports, it is crucial that you are informed about the optimistic developments in the region..”



REGIONAL COUNCIL MAKES HEADWAY WITH INFRASTRUCTURE DEVELOPMENT



The Omaheke Regional Council has recently been making headway with the implementation of capital projects, mainly due to the recruitment of in-house technical staff members.

Before the recruitment of internal technical staff, the Regional Council relied entirely on external consulting engineers to supervise its capital projects whose professional fees meant a reduction in the project's scope of work.

The Council's first in-house Engineer, Rudi Du Plessis, joined the Council's ranks in March 2018 and had to essentially set up the Council's technical office together with a technical expert, Francisco Suárez – a Civil Engineer and Architect, from Cuba seconded to the Regional Council as part of a bilateral agreement between Namibia and Cuba. Another Engineer, Herberd Katjivena, joined them a year and two months later as the Head of the Technical Services Division.

With an in-house technical staff complement, most of the capital projects are now supervised and coordinated internally. The planning, feasibility studies, design and documentation phases of the project are also done internally. Therefore, the challenges the Regional Council has faced over the years related to the implementation of capital projects are fast becoming areas of improvement.

Challenges faced were mainly due to some consultants failing to supervise projects efficiently and some contractors lacking the capacity to efficiently execute projects, resulting in slow execution of projects and poor workmanship.

Most of the capital projects are aimed at increasing serviced land by providing water and sewerage services as well as roads and solid waste management services in the settlements.

Epukiro Post 3 and Talismanus Settlements

Two projects have recently been completed at two of the biggest settlements in the region, namely Epukiro Post 3 and Talismanus, with 73 erven connected to the sewer system in Talismanus and the installation of two boreholes at Epukiro Post 3. Residents of Epukiro Post 3 were subjected to salty water which is not suitable for human consumption. However, with the installation of the boreholes, residents now have access to potable water.

Additionally, the sewerage pump station in Epukiro Post 3 will be rehabilitated during the current financial year in order to improve the sewerage system in the settlement.

Omitara Settlement



The construction of a 50 meter high elevated tower with a 300 m3 water tank in Omitara is aimed at solving the persistent water crisis in the settlement. Phase one of this project, which started in February 2019 and involves the construction of a steel-reinforced base, has been completed while phase two will start during the 2019/2020 financial year and will entail the construction of the actual water tower.

Witvlei

A large population of the Witvlei local authority will soon have access to improved sanitation once the on-going project of upgrading the sewer reticulation network in the whole village has been completed. This project also includes the construction of a 400 m3 trickle filter plant – a sewer water treatment system – and the completion of this project is expected towards the end of October 2016.



Corridor 13 and Buitepos Settlements



In Corridor 13, 54 erven will be connected to the 900 meter sewer line currently under construction as well as the construction of a new sewer pond and the renovation of two old sewer ponds by September 2019.

Meanwhile, two boreholes are being installed at Buitepos and are aimed at increasing water supply at this border settlement. This project, which started in January 2019 is expected to be completed towards the end of August 2019.

Aminuis and Summerdown Settlements

During the current financial year, Omaheke Regional Council has earmarked the construction of a 900-meter gravel in Aminuis Settlement as well as construction of a solid waste dump. A 40 m³ 9 meter high elevated water tower is earmarked for construction in Summerdown Settlement.

Both these projects are still in their initial stages and contractors are expected to be appointed during the second quarter of the financial year.

Growth Points: Drimiopsis, Tsjaka and Eiseb 10



Recently, the construction of service infrastructure has also begun in the growth points of Drimiopsis, Tsjaka and Eiseb 10, with the aim of upgrading these areas to settlements which would enable the Regional Council to provide municipal services to the residents, as required by Section 32 of the Regional Councils Act, Act No. 22 of 1992. Some of these services include water and electricity supply, provision of a sewerage and drainage system, refuse removal, housing and leasing of land.

In Drimiopsis, a small growth point located 50 kilometres northwest of Gobabis, the Regional Council recently installed a borehole with a solar pump system and constructed a 3.4 kilometre water reticulation line. The renovation of water fittings at 64 houses will be done by February 2020.

Another elevated water tower of 60 m³ and 50 metres high is under construction at Tsjaka, a growth point located 70 kilometres south of Gobabis. A pipeline measuring over one kilometre as well as nine standpipes will be constructed from the water tower to the growth point.

The community of Eiseb 10 – a growth point located 380 kilometres northeast from Gobabis – will soon have access to improved sanitation once the on-going construction of a sewer pump station at Eiseb 10 has been completed and funds have been secured for erven connections to the pump station.

Office Accommodation: Regional Government Office Park and Aminuis and Corridor 13 Settlement Offices



While most capital projects entail the construction of service infrastructure, three projects are aimed at improving service delivery to the satisfaction of the inhabitants. These involve the construction of office accommodation to ensure the staff members entrusted with the execution of the Council's mandate are provided with a conducive environment to do so.

Therefore, the biggest project the Regional Council is implementing is the construction of a Regional Government Office Park, specifically the construction of two double-storeys for the Regional Council's Headquarters and the Office of the Governor.

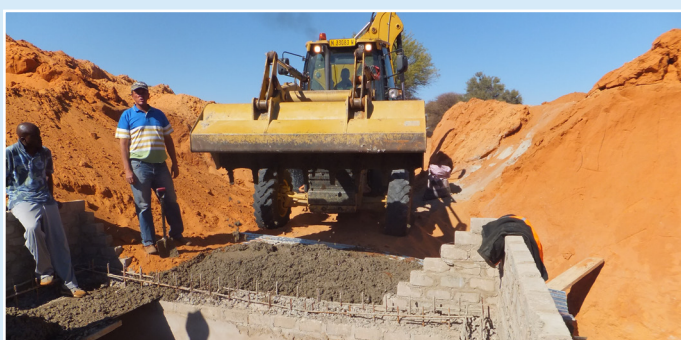
The project, which started about three years ago, is expected to be completed towards the end of September 2019. Once completed, these office buildings will reduce the backlog of office space currently being experienced by the Regional Council and the Office of the Governor.

Moreover, two settlement offices in Aminuis and Corridor 13, respectively, have been earmarked for construction during the 2019/2020 financial year. Both these projects are also in their initial stages and contractors are expected to be appointed during the second quarter of the financial year.

Sustainability of Infrastructure

As expected, the sustainability of service infrastructure is a joint effort of both the Regional Council and the beneficiaries of such infrastructure. While continuous maintenance of infrastructure is necessary to ensure longevity and efficiency, communities are encouraged to refrain from vandalising and misusing the infrastructure.

Blockages of sewerage systems have been reported in some settlements as unsuitable solid waste household items are flushed down the systems. Such blockages have caused overflowing of sewer water from manholes, creating sewer ponds – a breeding ground for water-borne diseases such as Cholera, Dysentery, Hepatitis E and others. Furthermore, some community members use this sewer water as drinking ponds for their livestock, thereby aggravating the unhealthy conditions in settlements.





Herberd Katjivena
Deputy Director
Technical Services



Rudi Du Plessis
Engineer



Francisco Suarez
Technical Expert
(Architect - Civil Engineer)

INTERVIEW:

VICTOR MAGKONE, FORMER DEPUTY DIRECTOR: PROGRAMMES AND QUALITY ASSURANCE



By: Valencia Tibinyane



The Eastern Journal (EJ) had a telephonic interview with the recently retired Deputy Director of Programmes and Quality Assurance in the Omaheke Regional Directorate of Education, Arts and Culture, Mr Victor Makgone (VM), who was out of the country for the graduation of his daughter.

Mr Makgone hails from Epukiro RC known amongst the locals as Metsweding. He is an inspiration to those who have had the privilege of working with him, those he mentored or taught, or simply having crossed paths with him in life. He is calm in resolving stressful situations, that many forget he can get angry. Humorous and an absolute intellect!

EJ: *It is great to finally be doing this interview with you. First tell us, how long have you been in the teaching fraternity and how did you get into it?*

VM: I have been involved in education for 33 years. I became interested in education when I was studying at the University of Zululand in the early 80s. During the closure of the University because of student strikes, I used to help out at Mokganedi Tlhabanelo High School, which by then was falling under the Tswana Administration. When I had to repeat a module to complete my B. Comm degree, I opted to take it together with a Diploma in Education. That is how I got involved in education.

EJ: Looking back now after retirement and the number of years you have spent in the teaching fraternity, what would you say has been the highlight of your career?

VM: The highlight of my career was to successfully introduce Grades 10 and 11 at Epako High School. Epako High School only ended at Grade 9, and together with a dedicated teaching team we introduced Grade 10. A few years later we introduced Grade 11, and that's when I left for the Directorate of Education Arts and Culture's Regional Office in Gobabis.

EJ: We know you have been a mentor to many people as you have groomed them through school as well as in the workplace. If you have to think of one person who you have seen your work do well for them, who would you say it is?

VM: It will be unfair for me to pinpoint a specific person. I have been a teacher to a multitude of students who are successful in life and in their careers. I have been a mentor to many teachers who became Heads of Departments, Principals, Advisory Teachers and Inspectors.

EJ: If it was not teaching, what would you have become?

VM: I really do not know, maybe a struggle kid [laughing out loud].

EJ: Let us talk about another passion of yours, if you have any, what is it?

VM: Except for education, my passion has been farming. You deal with animals that do not talk back, plants that only stand at one place and engines that you just switch on and off. Although drought is presently a big challenge, farming remains my passion.

EJ: Since retirement, what have you experienced that you did not expect?

VM: I did not expect to burn my hand big time, to be stung by a swarm of bees, or to be kicked by a cow. But now I fully understand that these are the hazards that you should expect in farming. I just need to be more cautious in the future and wear protective clothing and equipment.

EJ: What has been the one thing you have looked forward to in life and have achieved?

VM: That was to have a loving family. I was born into a big family, supportive and caring, and I wished that I could also have such a family. My wife and kids are loving, supportive and caring. What more can one wish for!!!

EJ: I remember a time not so long back where you ran after a young man at the Omaheke Take Away that grabbed a lady's handbag. Could you share that experience with us?

VM: In fact, it started at the Yellow Market. Some ladies there alerted me that some guy an old lady's wallet had been grabbed by one guy. Other people were just standing there and laughing. I ran after this youngster and the ladies were following me with brooms and mops in their hands. We met a policewoman and informed her about the incident, but she just ignored us and went her way. Fortunately, there was one young man who helped us to corner this guy and we got the wallet. We gave it back to the old lady and you could see the gratitude in her eyes. We released the guy because the old lady didn't want to press for charges.

EJ: Please give us one or two ways in which you know you have given back to the community of Gobabis?

VM: To be a Principal at the Epako High School is a sacrifice in itself. That is one of the most difficult schools to lead in the region, if not in the country. The fact that I could successfully lead this school under very difficult conditions is a contribution that I have made towards the Gobabis community.

EJ: And lastly, if you could advice the next generation in ten words or less what would you say?

VM: Love what you are doing.





PROGRAMMES: RURAL DEVELOPMENT

Horticulture at Ben Hur Rural Development Centre

The Omaheke Regional Council through the Division of Rural Services within the Directorate of Planning and Development Services provides support to a variety of projects in the region with the financial support and guidelines of the Ministry of Urban and Rural Development. This is done through rural development programmes, namely:

1. Cash-/Food-for-Work
2. Micro-finance
3. Regional Specific Action Plan
4. Support Resources to Poor Farmers
5. Rural Employment Scheme
6. One Region One Initiative
7. Ben-Hur Rural Development Centre
8. Rural Sanitation
9. Rural Electrification

Micro Finance Scheme

This is a scheme aimed at giving free “grants” to viable new or existing micro/small/medium enterprises in the rural areas. People can apply and once successful, the Regional Council can fund the business in the form of grants.

Rural Employment Scheme

The Rural Employment Scheme aims to financially support any commercial/economic activity within the

rural area of the region as long as it has a potential to grow and create employment and reduce poverty. It is a new intervention that is in operation since 2012/2013 financial year.

One Region One Initiative

The One Region One Initiative (OROI) is another initiative/intervention by the Regional Council to transform local environments to make them more attractive to local residents, tourists and investors. It is a new concept towards rural development aimed at natural products/resources. Products that are very unique to the region ought to be identified, add value, promote them and market them to other regions. This can be done through this programme.

Cash/Food-for-Work Programme

The Cash-/Food-for-Work programme has been running since 1996 aimed at creating short term employment opportunities for able bodied rural communities and in the process create/fix and maintain community infrastructure within the region. Rural communities identify public projects they want to improve or establish and once approved, they will be supplied with materials and in return Council compensate their labour with either food rations or cash payments.



Construction of a pit latrine at Metsweding in Okorukambe Constituency under the Rural Sanitation Programme



A low cost house in Omitara constructed under the Food-for-Work Programme



A grass cutting project at Kaukorus in Gobabis Constituency received a tractor and farm implements

Regional Specific Action Plan

The Region Specific Food Security and Nutrition Action Plan depicts the people's voice on how they perceive and conceptualize problems and what type of interventions they want to happen in their area. This is a 10 year-plan from 2006 - 2015. Through this plan, the Regional Council is implementing some of the proposed interventions.

Rural Development Centre/Ben-Hur

Ben-Hur Rural Development Centre, situated on Farm Tsjaka in the Kalahari Constituency, was established with the aim to promote rural development through appropriate technology products with special focus on woodwork and carpentry; to manufacture affordable wood products that meet the needs of rural communities; as well as to provide hospitality services, namely catering, accommodation and conference facilities.

Rural Sanitation

The Rural Sanitation programme is aimed at improving rural sanitation facilities in the region in order to improve rural hygiene and in the process create temporary employment with a focus on the youth and create and/or transfer some skills to the youth.

Support Resources to Rural Poor Farmers

This programme was introduced during financial year 2014/2015, but implementation only commenced in 2015. The main aim of the programme is to reduce poverty through assisting the rural farmers with farm implements to improve their farming activities or to stock up with livestock for those who did not own livestock to improve their livelihood.

World Food Day Commemoration

World Food Day is celebrated every year around the world on 16 October in honor of the date of the founding of the Food and Agriculture Organization of the United Nations in 1945. The day has since been observed every year in more than 150 countries, raising awareness of the issues behind poverty and hunger.

Contact the Division of Rural Services at telephone number: +264 62 566 528 or email address: rural@omahekerc.gov.na for more information on these programmes.

MEMBERS OF THE 5TH REGIONAL COUNCIL 2015 - 2020



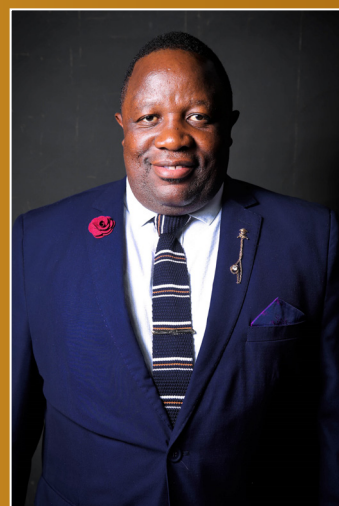
MEMBERS OF THE 5TH REGIONAL COUNCIL (2015 - 2020)



Hon. Ignatius Kariseb
Kalahari Constituency
Chairperson of the Regional Council



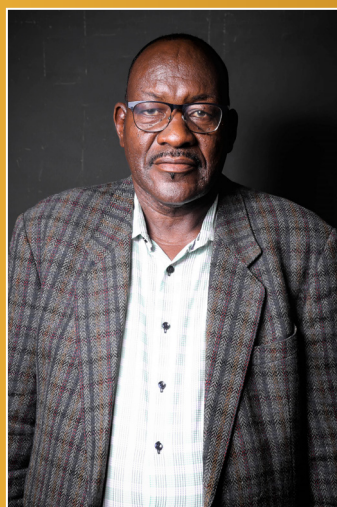
Hon. Raphael Mokaleng
Okorukambe Constituency
Management Committee Member



Hon. Erwin Katjizeu
Otjinene Constituency
Management Committee Member



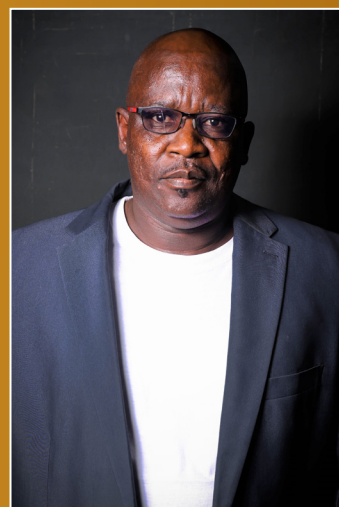
Hon. Phillipus W. Katamelo
Gobabis Constituency
Member of Parliament: National Council



Hon. Cornelius V. Kanguatjivi
Epukiro Constituency
Member of Parliament: National Council



Hon. Peter Kazongominja
Aminuis Constituency
Member of Parliament: National Council



Hon. Katjanaa C. Kaurivi
Otjombinde Constituency



A grass cutting project at Kaukorus in Gobabis Constituency received a tractor and farm implements



A site inspection underway in Epukiro Post 3 for the installation of boreholes



Construction of a new sewer pond underway in Corridor 13



Construction of a water tower underway in Omitara



Governor of Omaheke Region, Hon. Festus Ueitele, delivers his State of the Region Address on May 16, 2019



Otjinene Expo held from April 29 to May 05, 2019



Regional Council Engineer, Rudi du Plessis, inspects the installation of a borehole at Drimiopsis



Regional Council's Technical Expert, Francisco Suarez, inspects the construction of a pit latrine at Corridor 21 in Aminuis Constituency



Some of the Control Administrative Officers of the Constituency Offices



Some of the members of the Regional Council's Management Cadre



Some of the Regional Heads of Functions Delegated to the Regional Council



The Regional Council bid farewell to Community Liaison Officer (CLO), Victoria Amutenya, who was promoted to Senior CLO at Erongo Regional Council



The Regional Council bid farewell to Community Liaison Officer (CLO), Victoria Amutenya, who was promoted to Senior CLO at Erongo Regional Council



The Regional Council exhibited during the Otjinene Expo held from April 29 to May 05, 2019



The Regional Council received a trophy for Best Government Exhibitor at the Otjinene Expo held from April 29 to May 05, 2019



Training of Affirmative Action (AA) Committee members by Office of the Prime Minister and the Employment Equity Commission held from May 09 to 10, 2019

CONSTITUENCY PROFILE: AMINUIS



Aminuis Constituency is an electoral constituency in Omaheke region with a population of 12,306 people, according to the 2011 Population and Housing Census report.

The Regional Councillor for Aminuis Constituency is Honourable Peter Kazongominja of the National Unity Democratic Organisation (NUDO). Hon. Kazongominja also represents the Omaheke Region as a Member of the National Council.

Aminuis Constituency borders the Republic of Botswana to the east, Kalahari and Gobabis to the north, Khomas Region to the west and Hardap Region to the south. The size of the constituency is 13,028 square kilometers.

The area of Aminuis today is inhabited by Ovambanderu, Tswana and the San minority.

The main centres are Leonardville, which has a Village Council, Aminuis and Corridor 13 which are settlements. Another center is Onderombapa which is a growth point. The Constituency office is located at Aminuis Settlement, 200 km from the regional capital, Gobabis.

Onderombapa

Located about 125 kilometers from Gobabis on tarred road, Onderombapa is a growth point with potential. There are some 2,403 inhabitants here. It has one clinic and several businesses, namely Rituna Winkel, Kahirona General Dealer, Moreson Winkel & Service Station and Kondjouua General Dealer.

These businesses coupled with livestock farming are the main employers and sources of income for residents.

Pamwe Cooperative has an office here. Possible areas of investments are livestock farming and Calcrete mining.

Economic Development and Investment

Tourism and Accommodation

Tuauana Guest House at Aminuis and Kalahari Wild Silk both offer accommodation facilities for visitors and tourists in the constituency. Okambahoka community-based lodge is another accommodation establishment which is currently leased to the Roads Contractors Company until the upgrade of the MR 91 road to bitumen standard is completed.

Bush Encroachment

A good example of a bush encroachment challenge turned into an opportunity is the Prosopis Woodworks and Furniture factory at Leonardville which manufactures timber, furniture, wood and charcoal.

Livestock Production

Livestock farming is the main source of income in the constituency and there are auction pens at Corridor 13, Onderombapa, Aminuis, Leonardville and Farm Monica. Auctions are held on a rotational basis at the different places to cater for the needs of the farmers.

Development Centres and Businesses

Kalahari Wild Silk Manufacturers

The Kalahari Wild Silk Manufacturers is a community-based organization and is registered as a section 21 company not having share capital, and is an incorporated association not for gain. It is located at Leonardville. The company manufactures carpets, scarfs, curtains, pillows, shawls and duvets from silk cocoons. Occasionally, animals may feed on dry cocoons which cannot be digested and this may result in death of livestock. The collection of cocoons therefore contributes to the protection of the environment as it reduces livestock and game mortality.

Prosopis Woodworks & Furniture Factory

This is a privately owned business which manufactures timber, furniture, wood and charcoal, hence creating employment opportunities.

SETTLEMENTS

Corridor 13 Settlement

Corridor 13 is located 210 kilometres from the regional capital, Gobabis (partly on tarred road and partly on gravel road) and has a population of 1,181 residents. There is no settlement office at Corridor 13. Nonetheless, it is served by the Aminuis Settlement Office.

There is one primary school, one clinic, one police station, one post office (NamPost).

Businesses that exist here are Mauziza Winkel & Service station, Vena Trading cc, Huana China Shop while possible areas for investments include livestock farming and calcrete mining.

The major source of income for residents include livestock farming, wages and salaries, and small businesses.

The Bakgalagari Traditional Authority and the Ministry of Agriculture, Water and Forestry both have offices here.

Aminuis Settlement

Aminuis Settlement is located 200 kilometres from the regional capital, Gobabis (partly on tarred road and partly on gravel road) and has a population of 5,297 residents.

Aminuis has one primary school, one secondary school, one combined school, a clinic, a police station and a post office (NamPost).

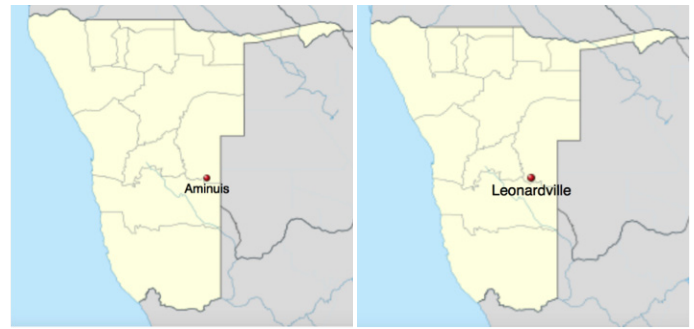
Businesses here include Itumeleng Supermarket, Sox Cash & Carry, Aminuis Mini Mark, Aminuis Value Store & Service station, Aweh Aweh shop, Hepo Store and a Bank Windhoek agency.

Possible areas for investment in Aminuis include skills development, livestock farming, mining (diamonds, oil, salt and Calcrete).

Livestock farming, wages and salaries and small businesses are the major sources of income for residents.

Besides the constituency and settlement offices, other offices that exist here are Aminuis Farmers Association, Ministry of Agriculture, Water and Forestry, Ministry of Gender, Equality and Child Welfare, Ministry of Home Affairs, Ministry of Youth, National Service and Sport.

LOCAL AUTHORITY: LEONARDVILLE



Leonardville is a village in Omaheke Region located 133 kilometers from the regional capital, Gobabis. It belongs to the Aminuis Constituency and has population of 2,686 inhabitants. The village is governed by a Village Council that has five seats headed by a Chairperson of the Village Council. The Chief Executive Officer is the administrative head of the Council.

Leonardville has one primary school, one secondary school, a clinic, a police station, a post office (NamPost) and a fish farm.

Businesses here include Toitjies Boerediens, Forest Supermarket, Kalahari Wild Silk, Prosopis Woodworks & Furniture Factory and Leonardville Garage service station.

Livestock farming, wages and salaries and small businesses are the major sources of income for residents.

Besides the Leonardville Village Council office, the Ministry of Works and Transport and the Directorate of Veterinary Services have office here.

CONTACT DETAILS

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HEALTH COLUMN: PREVENTING BODY ODOUR



By: Seth Imasiku

A healthy workforce is often a productive workforce. We all need to live healthy lifestyles and the issue this time round is “Preventing Body Odour”.

Have you ever heard an honest friend tell you “Eish! My friend, your natural body smell is too strong for my liking!” That is when your friend is open with you, otherwise you are the gossip topic of the circle of friends and acquaintances.

How do you prevent offensive body smell?

Firstly, let us understand what causes body odour. Body odour is also known as Bromhidrosis, which is caused by bacteria that breaks down sweat as it breeds in sweaty environments on our bodies, such as the armpits, upper thighs and feet to mention just a few. What actually smells is the product related to the bacteria breaking down karatin protein on the surface of the skin. Sounds disgusting, but bad as it may sound, it is an unpleasant fact of life.

How can one prevent smelly body odour?

1. Apply an antiperspirant at bedtime. This gives the product a chance to work while you sleep and are not sweating. If you apply antiperspirants after showering in the morning, the sweat you accumulate will wash away the product and render you defenseless against daytime sweating.

2. Keep your underarms dry. Bacteria have a hard time breeding in dry areas of the body.

3. Try a solution of hydrogen peroxide and water to fight body odor. Use 1 teaspoon of peroxide (3%) to 1 cup of water. Wipe this on the affected areas (underarm, feet and groin) with a washcloth. This may help destroy some of the bacteria that creates odour.

4. If sweat from working out is your No. 1 cause of body odour, wash your workout clothes often. Sweaty gym clothes are a bacteria-breeding ground.

5. Change your diet. Sometimes, fatty foods, oils, or strong-smelling foods such as garlic, curry, and onions, can seep through your pores and cause body odor. If you have excessive sweating (called hyperhidrosis), talk to your doctor.

6. Shaving your underarm regularly will help prevent the accumulation of bacteria and can reduce sweat and odor.

Make sure you do not offend others with your lovely natural body smell, try these tips to create a lovely masked pleasant masked smell. Next time we will look at dental hygiene, avoiding smelly mouths. Happy lovely smell at the workplace!

Reference: <https://www.webmd.com/skin-problems-and-treatments/preventing-body-odor#1>

FEEDBACK

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QUICK FACTS

ABOUT OMAHEKE REGION

GENERAL

Area:	84 612 km ² (10.3 % of Namibia's land surface)
Location:	Eastern part of Namibia bordering Botswana (to the East), Otjozondjupa Region (to the north), Khomas Region (to the West) and Hardap Region (to the South)
Capital:	Gobabis
Regional Governor:	Hon. Festus Tulonga Ueitele
Regional Council Chairperson:	Hon. Ignatius Kariseb, Kalahari Constituency
Constituencies:	Seven (Aminuis, Gobabis, Epukiro, Kalahari, Okorukambe, Otjinene, Otjombinde)
Towns:	One (Gobabis)
Villages (proclaimed):	Three (Leonardville, Otjinene, Witvlei)
Settlements (declared):	Seven (Aminuis, Buitepos, Corridor 13, Epukiro, Omitara, Tallismanus, Summerdown)

POPULATION

Size:	71 233 (3.4 % of Namibia's population), 70% rural, 30% urban
Density:	0.8 per km ²
Growth Rate:	0.5 %
Major Languages:	Otjiherero (42 %), Nama/Damara (28 %), Afrikaans (10 %), San (5 %)
People with Disabilities:	2 700 (about 4 % of the region's population)
Orphans and Vulnerable Children:	6 000 (about 8 % of the region's population)
Literacy Rate:	73 %
Unemployment Rate:	40 %

EDUCATION

Schools:	44 (37 public, 7 private)
Pupils:	18 365

CLIMATE

Weather:	Hot summers and cool to warm winters.
Average Rainfall:	99 - 402 mm per annum (south), 179 - 587 mm per annum (central)
Average Temperatures:	2.5 (winter) - 40 °C (summer)
Vegetation:	Arid to semi-arid with Vast open savannas

PHYSICAL INFRASTRUCTURE

Roads:	4 915 km (470 km tarred, 4 445 gravel)
Rail Network:	220 km (From Windhoek to Gobabis)

HEALTH

Hospitals:	One (public)
Health Centres:	Two (one public, one private)
Clinics/Medical Consultants:	19 (13 public, 6 private)
HIV Prevalence Rate:	10.0 %

ECONOMY

Main Sectors:	Transport, agriculture, tourism, manufacturing, industrial development, mining, natural resources
Main Source of Income:	Farming (22 %)

CONTACT DETAILS

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COORDINATES:

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CONSTITUENCY OFFICES

Constituency	Tel. No.	Fax No.	Coordinates
Aminuis	+264 63 273 344	+264 63 273 143	-23.702866, 19.352752
Epukiro	+264 62 567 224	+264 62 567 225	-21.597692, 19.414628
Gobabis	+264 62 564 780	+264 62 563 447	-22.447816, 18.991117
Kalahari	+264 62 568 586	+264 62 568 587	-22.761246, 19.205022
Okorukambe	+264 62 568 200/1	+264 62 568 893	-21.708936, 19.047769
Otjinene	+264 62 567 838/703	+264 62 567 839	-21.137021, 18.784161
Otjombinde	+264 62 560 566	+264 62 560 565	-21.841776, 20.749889

SETTLEMENT OFFICES

Settlement	Telephone	Fax	Coordinates
Aminuis/Corridor 13	+264 63 273 274	+264 63 273 231	-23.650479, 19.368915
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Omitara/Buitepos	+264 62 566 535	+264 62 562 432	-22.288275, 17.978516
Tallismanus	+264 62 560 518	+264 62 560 611	-21.842433, 20.749807