



THE EASTERN JOURNAL

OMAHEKE REGIONAL COUNCIL - OFFICIAL NEWSLETTER

OFFICIAL NEWSLETTER | VOLUME 2 | ISSUE 3 | OCTOBER - DECEMBER 2019

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Regional Council Invests in Community Projects



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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

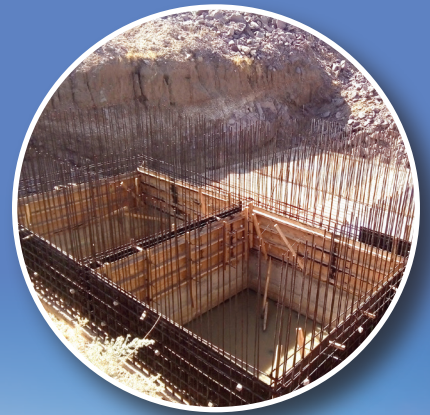
To plan, coordinate and implement development as well as delivering accessible and quality services to the inhabitants of the region.

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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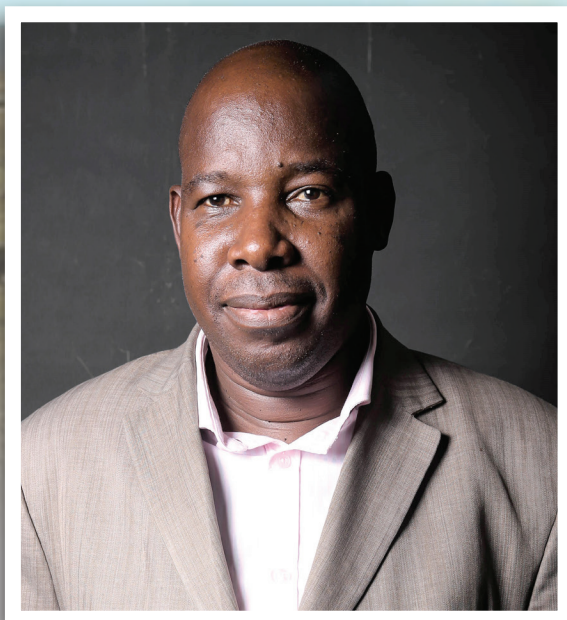


The Eastern Journal

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 ACTING CHIEF REGIONAL OFFICER



Karukirue Tjijenda

In line with our objective to strengthen socio-economic development in the region, the Omaheke Regional Council has allocated an amount of N\$8.5 million to various projects in all seven constituencies.

While the National Council has been advocating for the establishment of a constituency fund countrywide, constituencies do not have a regulated constituency fund to attend to their specific needs. Therefore, the Omaheke Regional Council decided to allocate this amount in order to cement the importance of constituency development funds.

Each constituency in the region received an allocation of over N\$1.2 million. The allocated amount was collected from various sources such as savings and interest accrued from capital project funds and expenditure thereof has been authorized by the Ministry of Urban and Rural Development, as legally required.

The Community Development Programme, as we call it, is one of many rural development programmes that the Regional Council implements. Essentially, all rural development projects aim to improve the livelihood of rural people within the region as well as to enhance and empower emerging small and medium enterprises.

In the previous issue of our regional newsletter, we provided an overview of all these programmes, including their objectives. Therefore, this issue is dedicated to highlight one such programme, the Community Development Programme, which the Council has initiated. A total of 128 community projects are benefiting from this programme, in addition to over 300 more projects benefiting from other rural development programmes.

A team of four staff members in the Division of Rural Services within the Directorate of Planning and Development Services, in conjunction with constituency offices, implements all these programmes and projects. The Division is currently in the process of acquiring items and services required for the projects with the support of the internal procurement structures.

In terms of enhancing effective and efficient internal process, systems and structures within

the Regional Council, the Regional Council has concluded negotiations with its counterpart, Ghanzi District Council in Botswana, which culminated in the signing of a Memorandum of Understanding (MoU) between the two parties for a period of five years.

The aim of this MoU is to exchange experiences and skills in matters related to social, economic and physical development of our respective regions.

The implementation of the MoU will be done through networking and information-sharing sessions, councillors and staff study tours and exchange programmes and promotional activities.

In order to operationalize this MoU, both Councils will establish a joint technical committee comprising three members from each Council with the administrative heads of both councils among them. This committee is tasked to develop its Terms of Reference and action plans as well as monitor the implementation of the agreed action plans.

We provide a summary of the areas of cooperation under this MoU which are in the fields of health and social services; economic and social empowerment; education, arts and culture; waste management; support for vulnerable and marginalised groups; support for disadvantaged groups; agriculture; and council activities.

We are certainly looking forward to a strong partnership with Ghanzi District Council. Similar initiatives have been concluded with Matabeleland North Province and we will share them in the next issue of The Eastern Journal.

You can read more about these recent developments and more in this issue of The Eastern Journal, our communication platform of Regional Council activities, events, services, programmes and policies as well as regional developments. More information on regional developments can be found on www.omahekerc.gov.na

"In line with our objective to strengthen socio-economic development in the region, the Omaheke Regional Council has allocated an amount of N\$8.5 million to various projects in all seven constituencies."

EDITORIAL NOTE

This is the time of the year when we reflect on our achievements of the year. Here at the Omaheke Regional Council, we have had quite a fruitful year in terms of the implementation of capital and socioeconomic projects in the region, which is the core mandate of the Council.

Credit is due to our rural development team which has been hard at work coordinating rural projects, from the identification of beneficiary projects at constituency level, approval of successful projects by Council, to the implementation of approved projects. It is worth mentioning that a team of four colleagues is responsible for the successful implementation of over 500 projects in seven constituencies, through 12 rural development programmes, worth a total budget of over N\$20 million.

This is amidst transport-related challenges which the Council has been facing owing to an ailing and inadequate fleet.

The Council has made significant progress with its procurement system which had its own fair share of teething problems in previous years with the operationalisation of the Public Procurement Act, No. 15 of 2015. This achievement has, therefore, aided the overall implementation of projects, particularly capital and rural development projects, which over the years have been a drag due to procurement hiccups.

You (our stakeholder) deserve to know how we are faring in the execution of the crucial mandate the Council is entrusted with in order for you to have a better insight of recent developments. The Eastern Journal is there to do just that!

As promised in the previous issue, we tackle one of our unique rural development programmes – the community development programme – in this issue of The Eastern Journal.

Keeping up with the trend, we had an insightful interview with another inspirational leader from the Omaheke region. This time, we have the zealous educator, Ms Monica Bohitile, principal of Mphe Thuto Primary School at Ben-Hur in the Kalahari Constituency. Ms Bohitile is known as the amusing yet firm principal who leads with strong values, both on the school grounds and on the netball court.

These developments and a lot more updates are what you can look forward to in the third issue of the second volume of your regional newsletter. I would, finally, like to encourage you to connect with us on social media @OmahekeRC and provide us with comments, suggestions and complaints through the feedback boxes at your disposal at our head office, constituency or settlement offices in the region.



Tauno lileka
Editor



Beneficiaries of hammer mills in Gobabis Constituency

REGIONAL COUNCIL INVESTS IN COMMUNITY PROJECTS

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.

Approval of projects to be funded is granted by the Regional Council on recommendation of Constituency Offices.

Once approved, project beneficiaries are required to submit their project needs to the Division within their allocated budget limit, after which they are forwarded to the

Regional Council's Procurement Management Unit (PMU). The PMU then requests for either sealed or informal quotations. Depending on the value of the procurement of the required goods or works, open national bidding may be used as well.

The Division monitors and evaluates the implementation of funded rural projects and provides administrative support.

Projects are funded through twelve programmes, each with a specific objective and implementation modality. Essentially, all rural development projects aim to improve the livelihood of rural people within the region.



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

This issue of The Eastern Journal, only focuses on the Community Development Programme.

During the second quarter of the current financial year. The Regional Council received a total amount of N\$16,3 million to fund rural development projects. Over half of this amount (N\$8,5 million) is allocated to the community development programme. The Regional Council procures the items and materials required by the projects in order to ensure that funds are indeed used for the intended purpose.

Community Development Programme

Each of the seven constituencies in the Omaheke region received an equal allocation of N\$1,2 million. A total of 128 projects are being funded under this programme. The Regional Council is busy determining the total number of beneficiaries of these projects.

Under this programme, constituencies have the privilege to decide on the types of projects to be funded, depending on their specific needs.

1.Otjinene Constituency

Otjinene Constituency identified the most projects for funding. A total of 33 projects ranging from N\$10,000.00 to N\$500,000.00 per project are being funded. The Regional Council is currently busy with the procurement of goods for all projects ranging from small and medium enterprise (SME) development to livestock farming and manufacturing. An amount of N\$500,000.00 has been paid to CENORED to provide electricity connection to households in Ozohambo in Otjinene village.

2.Kalahari Constituency

Kalahari Constituency identified 31 projects, ranging from N\$20,000.00 to N\$74,000.00 per project. Material for two projects (a low-cost housing project and construction of auction pens in Tsjaka) have been procured at a total amount of N\$96,395.75. The Regional Council is busy with the procurement of material for some projects while specific needs for the rest of the projects are awaited from the constituency. Projects supported are in categories of livestock farming, dairy production, infrastructure development, housing, SME development. A large amount (N\$445,000.00) will fund drilling and cleaning of boreholes in the constituency.

3.Epukiro Constituency

A total of 25 projects have been funded in Epukiro Constituency, ranging from N\$10,000.00 to N\$700,000.00. An amount of N\$698,625.00 has been paid to CENORED to provide electricity connection to houses in Okomumbonde. Other projects funded are in categories of livestock farming, construction of shelters, rural sanitation and manufacturing. Procurement for materials for most projects is underway.



Hammer mills for small stock farmers in Gobabis Constituency

4. Aminuis Constituency

A total of 22 projects have been funded in Aminuis Constituency, ranging from N\$14,000.00 to N\$140,000.00 per project. The largest amount (N\$140,000.00) is allocated to a crop farming project, Sekama Crop Production of which some of the project material have been purchased. Three schools, namely Rietquelle Secondary, Izak Buys Secondary and Dr. Fischer Primary, are benefiting from this programme in the form of building materials, computers and stationery as requested by the schools. Some of the school items have already been purchased and await delivery. Other projects funded include manufacturing, livestock farming and SME development.

5. Gobabis Constituency

Gobabis Constituency identified a total of nine projects for funding with the largest amount allocated for small stock projects where the Regional Council bought 15 hammer mills to farmers worth N\$292,000.00. The hammer mills are aimed at mitigating the effects of the protracting drought, by allowing small scale farmers to produce livestock fodder. The lowest amount allocated to a project is N\$20,000.00. Projects funded range from fencing, electrification of Shack Dwellers houses in Gobabis, manufacturing and SME development. Procurement of project materials is underway.

6. Okorukambe Constituency

Okorukambe identified six projects for funding. A total of N\$600,000.00 has been allocated

to a grass-cutting project for Thusanang Association while other projects' funding range from N\$29,000.00 to N\$260,000.00 and includes livestock farming, water infrastructure at Farm Du Plessis, supply of solar power at Ombirizu households and SME development. Procurement of project materials is underway.

7. Otjombinde Constituency

Otjombinde Constituency identified five projects. Funding for these projects range from N\$178,000.00 to N\$274,000.00, the largest amount being allocated for the construction of accommodation facilities for Police officials at Okatumba Gate and Helena and a health facility at Okatumba Gate. Other projects include school renovations at C. Heuva Secondary School and the construction of auction pens at Eiseb. Some items for C. Heuva Secondary School have already been purchased while procurement for construction work for the remaining projects is underway.

To ensure that funds are indeed used for the intended purpose, the Regional Council procures the items and materials required by the beneficiaries, in line with procurement procedures. Some project equipment, materials and tools have already been purchased and distributed, while procurement for others is ongoing.

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.

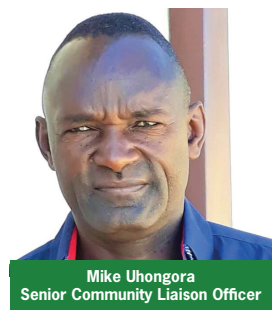
RURAL SERVICES TEAM



Helena Lutombi
Deputy Director



Detlivine Katamelo
Chief Community Liaison Officer



Mike Uhongora
Senior Community Liaison Officer



Cheneé Young
Peace Corps Volunteer

INTERVIEW



By Valencia Tibinyane

MONICA BOHITILE

PRINCIPAL: MPHE THUTO PRIMARY SCHOOL



Valencia Tibinyane (VT) had a sit down with the ever comic, feisty and rules-come-first netball champion and educator, Ms Monica Bohitile (MB), for our 3rd issue of The Eastern Journal. Ms Bohitile was born and raised in the capital city, Windhoek. She reminisces with giggles attending her primary school in Windhoek before moving back to attend the Mokaleng Roman Catholic Combined School Aminuis, Omaheke Region. She has attended quite a number of schools. Remembering that she started out as relief teacher for first graders in Setswana for a year, right after school, adding that she did not speak much Setswana herself.

As we giggle through the first few seconds of this interview, she keeps glancing over at my questions wondering what was coming her way. We had such an amazing laugh in her presence. Read on and laugh along, while you discover some interesting facts about iron-hand principal.

VT: Please tell us about your educational background.

MB: In 1984, fresh out of school, I went to study for a Diploma in Education with a bursary I had received through the Setswana Administration as one of the first ever students to sit in the lecture hall of what the youth brag with as the University of Namibia. It was just known as the "Akademie" back then.

VT: Many people have come to know you as a pioneer in netball, what was your earliest memory of your netball career?

MB: My earliest memory would be while attending Mokaleng Roman Catholic Combined School, that is where I started playing and continued until I finished school in Okakarara.

VT: How would you describe any of your first experiences as a netball coach?

MB: I myself was a very prominent netball player from my youth. Even though I participated in every sport imaginable, netball was my first love. So when I went on to coach and my teams would step onto the court everyone would know that there was no hesitation. The other teams knew that there would be tears on the courts and my teams would dominate in victory.

VT: You have attained leadership roles in the netball arena. Please tell us more about that?

MB: As I continued to be more exposed in netball as a player and a coach, I was appointed President of the Netball Federation in Namibia in 2000. In 2010, I became a Netball Commissioner for Namibia until 2016. In that same year I was appointed the President of the SADC COSSASA [Confederation of School Sport Association of Southern Africa] Games. So, knowing that everyone who is a commissioner in netball in the country stands in line for presidency or overseer of the ball games, I aimed for it and was appointed national chairperson for all ball games in Namibia.

VT: What has been your highlight in terms of your involvement in netball?

MB: All these years it has been a fact that South Africa is unbeatable in netball but...was it last year? ... Yes, in 2018 we hosted the ball games and our U17 played the most beautiful netball game yet, beating South Africa from ball possession in the 3rd quarter and taking the trophy. In 2017, South Africa had taught us quiet a lesson, but you could see these girls had reason to take the trophy and redeem themselves. Well Done!

VT: So, teaching let us talk a little about that. How long have you been in teaching?

MB: I have been teaching since 1988, which would make it 31 years this year. In 1989, I started teaching at Mokganedi Tlhabanello High School until 19 September 2005, I used that time to get my Bachelors in Education as well. 20 September 2005, I was promoted to a Principal. I went on to lead at Mphe Thuto (Ben-Hur Primary School then). Because I believe in naming schools, objects and even people, with names that make sense, I reached out to the Traditional Authorities, parents, community and schoolboard to have

the name changed to Mphe Thuto, meaning “give me education.”

VT: What has been your best memory as an educator?

MB: My best memory is really one I cannot forget, not even the Director of Education can (giggles). Well, I am qualified to teach at high school level but, I am at a primary school. Between 2015 and 2017, I had the privilege to mentor not one, but two high schools namely, Rietquelle High School and Mokaleng High School. I and the Regional School Councillor would spend time with the children and teachers finding ways to re-instate educational pride and improve the pass rate at the school. It brought me joy when these schools surpassed expectations and were ranked 1st and 2nd in 2017, I think, in the region. That will always be my best memory.

VT: As there been any projects/groups you've initiated since you've become principal, tell us more about that?

MB: I know you're thinking of the cultural group but, I would not say that I started Itireleng Cultural Group, even though I have been with them more than ten years and we tend to walk out victorious in every competition.

VT: What would you say is your most authentic characteristic?

MB: I can try and think of many, but netball is what comes to mind for me as my most authentic characteristic. But let me just say, it is sport.

VT: Who would you say is your mentor?

MB: I come out of the leadership of someone like Mr W. Silver and he taught me that time is time; if the appointment is slotted for 3pm, it was that. And especially in the school yard we did not play around. We had to do what was expected of us in the school yard. Work was work! He is my role model in my career. As a leader you want the people who follow you to lead by your example.

VT: You are a force to be reckoned with in the education fraternity, never pulling back in the face of adversity, in a region dominated with male leaders. What is your advice to young women in the fraternity?

MB: My advice would be that you should not work for popularity, but work for genuine recognition; it should be second nature for you to do your job the way it should be, not just when your superiors come to visit you. The second one would be that I simply don't believe men are stronger leaders as principals. I also tell them at times, they know when we as women speak... maybe that's why they do not like us in meetings, they say we speak nonsense (starts laughing). The problem is that women undermine their ability to become principals, we are strong and have what it takes. We tend to be scared to go for that interview, but it helps with the growth. Just do your job properly and watch God reward you in the most unexpected ways.

VT: As we sign off, share an unexpected random thing with us?

MB: When I got that call appointing me as commissioner of netball for Namibia, I was in the office at school and as the call came through from the Minister of Sport, my confidence left me and I said “Huh uh! (nodding her head in laughter) I do not stay in Windhoek, I stay on the farm. Are you sure it's me?” But ever since I have stepped into all these leadership roles I have learned to be more confident and not tell so much about me being from or living on a farm.



FACT SHEET

MEMORANDUM OF UNDERSTANDING BETWEEN GHANZI DISTRICT COUNCIL (REPUBLIC OF BOTSWANA) AND OMAHEKE REGIONAL COUNCIL (REPUBLIC OF NAMIBIA)

Signed on August 13, 2019, by Honourable Galetlhaole Sixpence, Chairperson of Ghanzi District Council and Honourable Ignatius Kariseb, Chairperson of Omaheke Regional Council

AREAS OF COOPERATION

Health and Social Services

- The collaboration and implementation of programmes aimed at the effective curbing of Malaria, TB, HIV/AIDS and other sexually transmitted diseases
- Public Health and Occupational Health and Safety

Economic and social empowerment

- The exchange of knowledge, skills and experiences pertaining to socio-economic development of programmes
- Local Economic Development (e.g. community market stalls)
- The exchange of information in the development of natural resources, but not limited to traditional medicines (Devil's Claw, Prosopis Tree, Aloe Vera, Hoodia, Salt Pan, etc.) and Indigenous Technical Knowledge

Waste Management

- The management of solid waste
- Partnerships for recycling and re-use of waste, cleaning of streets and open spaces including road reserves
- Public Education
- Best practice in terms of regulatory framework and enforcement

Education, Arts and Culture

- Cultural and arts exhibitions and celebrations
- The exchange of knowledge, skills and experiences pertaining to education arts and culture

Support for vulnerable and marginalised groups

- Destitute persons;
- Orphans
- Vulnerable Children and women
- People Living with Disabilities

Support for disadvantaged Groups

- Remote area dwellers (RADS Education, school drop outs) including San
- Rural and urban informal settlers (Land management)

Agriculture

- Agro/Eco tourism
- Livestock Improvement (e.g. artificial insemination / stud breeding etc.)
- Animal husbandry, crop farming and horticulture
- Disease control and animal health

Council Activities

- Exhibitions
- Celebrations
- Sporting Activities
- Capacity development in the areas of cooperation of the Memorandum of Understanding

MANAGEMENT CADRE



Karukirue Tjijenda
Chief Regional Officer (Acting)
Director: Planning and Development
Services



Sophia Eises
Director: General Services



Seth Imasiku
Deputy Director: Administration



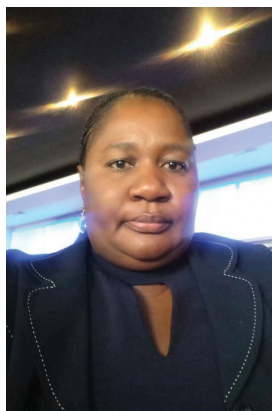
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Human Resource
Management (Acting)



Helena Lutombi
Deputy Director:
Rural Services



Ikka Tjipetekera
Deputy Director:
Development Planning



Heberd Katjivena
Deputy Director:
Engineering Services

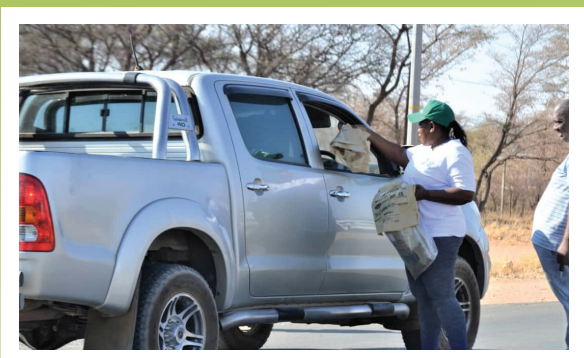


As part of the National Cleanup Campaign held on 21 September 2019, 15 clean-up operations were held in Omaheke region as from 20 September 2019. The main regional operation was held in the border settlement of Buitepos, Kalahari Constituency, on 21 September 2019.

Buitepos



Gobabis Walk & Bike



Tallismanus





Tallismanus



Tsjaka



Witvlei



PROCUREMENT UPDATE

■ By: Seth Imasiku



Regional Council Procurement Portal

The Regional Council has an active website where we upload many issues including those related to procurement. There are downloads useful for anyone interested in doing business with the Regional Council such as bid invitations to supply goods or render services to the Regional Council.

Please visit our website www.omahekerc.gov.na/procurement for updated information about open bids and directives issued by the Procurement Policy Unit.

Directive: Reservation to Local Suppliers

One directive which is of interest to the region is with regard to reservation to local suppliers, issued on 26 February 2019. In terms of Section 73 of the Public Procurement Act, 2015 this directive will be addressing the empowerment of our local SME industry and boosting the local economic activities

to enable for the regional economy to grow and address unemployment.

The said directive directs that reservation "shall be" for suppliers based and operating from the 14 regions of Namibia where the goods are required.

The reservation is to be for goods such as bottled water, poultry, cleaning detergents, toilet paper, meat, furniture, textile, stationary, food and beverages, etc.

The reservation directive further applies to non-consultancy services such as security, cleaning, maintenance, catering, audio visual services, web hosting, etc.

The directive also applies to procurement of works such as plumbing, electrical, boiler-making, tiling, etc.

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www.omahekerc.gov.na

FEEDBACK

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CONSTITUENCY PROFILE: EPUKIRO



Hon. Cornelius Vejama Kanguatjivi
Regional Councillor for Epukiro Constituency

.....

Epukiro Constituency is an electoral constituency in Omaheke Region. It has the smallest population of 6,106 inhabitants in the region according to the 2011 Population and Housing Census report.

The Regional Councillor for Epukiro Constituency is Honourable Cornelius Kanguatjivi of the Swapo Party. Hon. Kanguatjivi also represents the

Omaheke Region as a Member of the National Council.

The constituency has a very young population with a median age estimate of 19 years. Like most of the constituencies, Epukiro Constituency depends largely on farming and earnings from pensions.

Farming conditions in this constituency are very harsh and predominantly characterized by unfriendly climatic conditions, such as erratic rainfall, and poor soils.

It is heavily populated by invader bush-species that have replaced the grass species browsed by livestock, subsequently limiting the carrying capacity of the farm land.

Epukiro Constituency has approximately 52 villages whose livelihoods mainly consist of livestock farming interspersed by a few non-farming activities such retail shops.

The infrastructure and services available in Epukiro for support of the Constituency development efforts range from Energy, Information and Communication Technology, Water and Sanitation, to Housing and Transportation.

CONTACT DETAILS

Epukiro Constituency Office

Tel: +264 62 567 224

Fax: +264 62 567 225

Cell: +264 81 163 4331 (Councillor)

+264 81 147 6969 (Control Administrative Officer)

Epukiro Post 3 Settlement Office

Tel: +264 62 568 656

Fax: +264 62 568 560

The constituency lags badly behind in the following key economic activities: Tourism, Manufacturing, Industrial Development and Mining. These are fundamental pillars for development.

ECONOMIC DEVELOPMENT AND INVESTMENT

Tourism and Accommodation

Tjiri Lodge is located at Okovimburu and has six (6) rooms available as well as a conference facility.

The lodge also organizes cultural activities to entertain the guests.

Livestock Production

The constituency's economy is driven primarily by livestock farming, both large and small. There are three auction kraals in the constituency located in Epukiro Pos 3, Otjiwarongo and Otjimanangombe. Approximately 300-400 cattle are traded bi-weekly.

Economic Potential

- Filling station
- Butchery
- Production of animal fodder
- Banking
- Bakery
- Agri-industry
- Poultry farming at large scales due to availability of land for such ventures
- Aquaculture in some villages which have water in abundance like Otjimanangombe, Kaalpan, and Okozondje
- Commercialization of indigenous knowledge

SETTLEMENT: EPUKIRO POST 3



Epukiro Post 3 Settlement (also known as Omauezonjanda in Otjiherero) is in the remote eastern part of the Omaheke Region, situated about 124 northeast of the regional capital Gobabis (partly tarred road and partly gravel). It has a population of 2,102 inhabitants.

Public facilities here include one filling station, a police station, a health clinic, an airstrip, a post office, one school and an auction pen. Epukiro Post 3 has two butcheries, a China shop, Mauano Shop, SAMORA General Dealer, Koujo Kandovazu Mechanic and Kandetu General Dealer (spare parts).

Employment in Government institutions is the major source of income for Epukiro Post 3 residents. Institutions with offices here include Ministries of Agriculture, Water and Forestry (Directorate of Veterinary Services, Directorate of Rural Water Supply and Sanitation, Directorate of Forestry and Directorate of Agricultural Production, Engineering and Extension Services); and Gender Equality and Child Welfare and CoHeNa.



HEALTH COLUMN: PREVENTING BAD BREATH

■ By: Seth Imasiku

A healthy workforce is often a productive workforce. We all need to live healthy lifestyles and the health issue this time around is "Preventing Bad Breath".

Have you ever had a friend tell you "Eish, my friend! Your breath needs attention!" Most of us are not even aware that our breath might be offensive to others, let alone being an embarrassment when you are being talked about. How do you prevent offensive bad breath?

Firstly, let us understand what causes bad breath. Bad breath also called halitosis starts in one's mouth. There are many possible causes which includes but not limited to:

- Food. The breakdown of food particles in and around your teeth can increase bacteria and cause a foul odor. Eating foods such as onions, garlic and spices also can cause bad breath. After you digest these foods, they enter your bloodstream, are carried to your lungs and affect your breath.
- Tobacco products are not only a source of bad breath but they also increase likelihood of gum disease – another source of bad breath.
- Poor dental hygiene. If one does not brush and floss daily, food particles remain between the teeth causing bad breath. If one does not brush their tongue properly it can trap bacteria too that produce foul odors.
- Dry mouth. Saliva helps

cleanse one's mouth naturally. A condition called dry mouth or xerostomia can contribute to bad breath. Drinking clean water on a regular basis will improve mouth hydration to reduce bad breath caused by a dry mouth.

- Medications. Some medications can indirectly produce bad breath by contributing to dry mouth.

“ Preventing Bad Breath ”

- Infections in the mouth also is a cause of bad breath. Other mouth, nose and throat conditions and diseases such as some cancers and condition such as metabolis disorder can cause a distinctive breath odour as a result of chemicals they produce. In young children bad breath can be a result of foreign body, such as a piece of food lodged in a nostril.

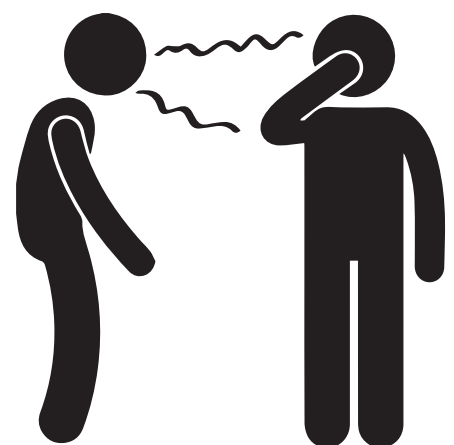
How can one prevent smelly bad breath?

1. Brush your teeth and tongue regularly with the correct toothbrush. Medium soft brush which must not be more than three months to allow for proper brushing of the teeth.

How old is the tooth brush you are currently using? If it is older than three months, it might not be serving the purpose any longer because it is too old it is expired!

2. Floss daily to prevent buildup of plaque between the teeth.
3. Freshen up your mouth by drinking water regularly and, if need be, chew a gum once in a while and dispose it responsibly not underneath a chair, dispose it in a bin.
4. Visit your dentist twice in a year for a check-up just like serving your car, service your mouth.
5. Make sure you don't offend others with a bad breath, try these tips to create a lovely pleasant breath. If the above measure does not improve a bad breath condition, then a visit to the dentist is necessary; it might be a medical condition that requires medical attention.

Next time, we will look at feet hygiene – avoiding smelly feet. Happy lovely mouth smell at the workplace.



Reference: <https://www.mayoclinic.org/diseases-conditions/bad-breath/symptoms-causes/syc-20350922>

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)

DEMOGRAPHY

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
Literacy Rate	73%

ENVIRONMENT AND 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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POSTAL ADDRESS:

The Chief Regional Officer
 Omaheke Regional Council
 Private Bag 2277
 Gobabis
 Namibia

PHYSICAL ADDRESS:

99 Church Street, Government Building, GOBABIS

COORDINATES:

-22.448976, 18.978448

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
Epukiro Post 3	+264 62 568 656	+264 62 568 560	-21.595108, 19.418271
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