

Nkwaazi



80

SEEDS OF RESISTANCE

EVOLUTION OF THE STORYTELLING SPACE

40

KAPUMPE CHOLA
I DID IT MY WAY

66

EAT, DRINK, CAPE TOWN
A CULINARY JOURNEY

72

BEYOND THE FINISH LINE
THE ELIZABETH MUKOLOMA STORY

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COVER STORY:

The seed is a portal to understanding where we are coming from. It holds information about the past. A seed from 20 or 50 years ago can tell you what your ancestors ate. The seed itself is an archive. Rediscover history on page 80.

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MY WAY

As I sit here, amidst the flurry of activity that accompanies the final stages of bringing another edition to life, I find myself reflecting on our most recent Tabletalk with Kapumpe Chola, FNB Zambia's newly appointed CEO and the first woman to fill the role. In our interview, she shared her thoughts on what her autobiography might be titled: "I Did It My Way." It's a sentiment that resonates deeply, prompting me to consider the urgency of life and the legacies we leave behind.

In a quiet moment of editing late at night, with Frank Sinatra's timeless melody "My Way" crooning softly in the background, I couldn't help but ponder the journey we each take. Sinatra's lyrics, "The record shows I took the blows, and did it my way. Yes, it was my way," encapsulate the significance of personal agency and resilience.

Through the stories shared within this edition, we encounter altruistic individuals like Kelvin Mbewe, whose passion for art has manifested in creating the Manjarts Foundation—a landmark of creativity and community empowerment in Kalingalinga. His dedication is a testament to the power of art and the importance of nurturing creative expression within every facet of society.

Similarly, we meet Elizabeth, a marathon runner whose calling extends far beyond the finish line. Through her tireless efforts, she trains young athletes and opens doors for them to access opportunities they might never have dreamed of, through her selfless mentorship. Her story exemplifies the profound impact that one individual can have on the lives of many.

Reflecting on these narratives of creativity and community, I am reminded of humanity's interconnectedness. Each of us, in our unique way, contributes to the complexity of human experience. Through art, athletics, or seemingly insignificant acts of kindness, we shape the world around us and create butterfly effects extending far beyond our years.





Our cover story considers this interconnectedness, using the seed as a portal to understand where we are coming from. The seed holds information about the past: a seed from 20 or 50 years ago can tell you what your ancestors ate. The seed itself represents an archive storing history.

All across Zambia and the African continent, women grew the crop and, upon harvesting, drying and storing it, pounded it with mortar and pestle, singing and sharing stories as they worked together. The processed meal was then cooked, and the community partook in it, sharing their stories as they gathered around it.

Despite the mechanisation of food processing, this storytelling space still thrives where women gather around grains and crops, selling their wares in markets with other like-minded women, through artists telling and retelling indigenous stories through their work; visually through painting and film or digital media; through the sound of music; through dance etc. encouraging discourse in their respective communities. By keeping African food culture and cultural identity alive, the seed acts as a form of resistance, allowing the storytelling space in the African context to thrive.

As you navigate the pages of this edition, I encourage you to be reminded of the importance of living authentically, remaining rooted in cultural identity and pursuing life with vigour. I leave you with Sinatra's words: "For what is a man, what has he got? Except himself when he has nought."

Shammah Phiri,
Deputy Editor

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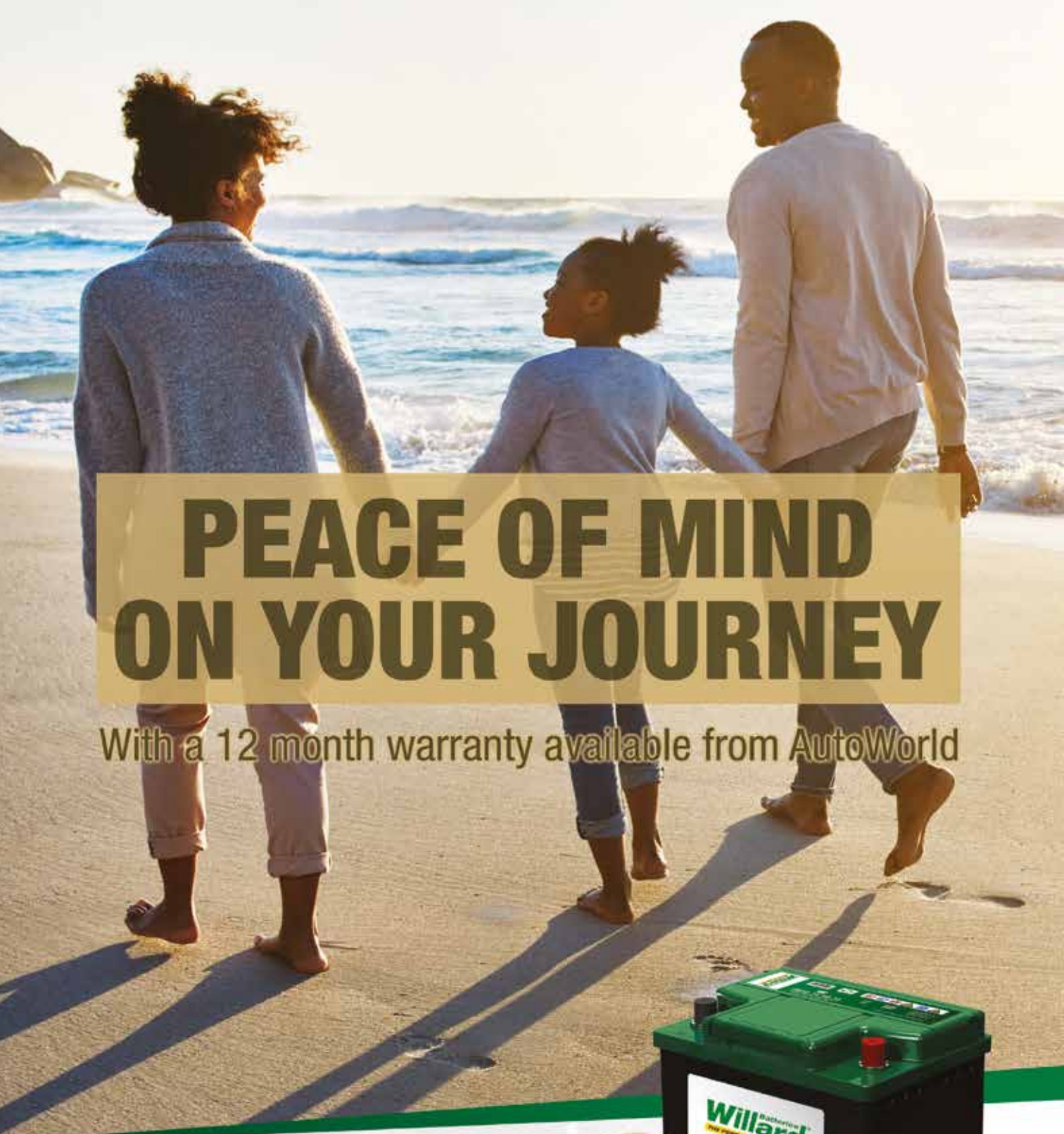
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business, we are inspired by them all.

We invite you to write yours with us.

Your story matters





WELCOME ON BOARD PROFLIGHT

A warm welcome on board. I'm delighted to share some news with you concerning our airline.

We recommenced flights to Kasama to bolster convenience and boost tourism, marking a significant step towards enhancing connectivity in the Northern part of Zambia. Our 29-seat twin-turboprop Jetstream 41 aircraft touched down at Kasama Airport on March 19, 2024, heralding the momentous re-launch of this pivotal route. Notably, the last scheduled flight into Kasama was in December 2018, following which the runway and airport infrastructure underwent refurbishment.

We continue Proflight's unwavering commitment to providing world-class air services while fostering connections between local cities. The reintroduction of this service holds immense promise for travellers, significantly reducing travel time to Northern Province or vice versa. Whereas journeys by road could stretch over 13 hours, our direct schedules offer a swift 1-hour 30-minute flight, with an additional 2-hour 30-minute option via Mansa. Our flight schedule caters to business and leisure travellers, with direct routes from Lusaka to Kasama on Tuesdays and Thursdays, and via Mansa on Thursdays. Return flights from Kasama to Lusaka are available on Thursdays, along with connecting flights to and from Ndola, providing flexibility for travellers.

Beyond facilitating travel, this service unlocks access to Northern Province's breathtaking attractions, including waterfalls, hot springs, and Lake Tanganyika. As Proflight Zambia, we aim to develop this route further, contributing to Zambia's tourism and economic growth while delivering top-notch transport services. In a bid to promote this region, we will serve Kasama coffee onboard our flights further showcasing the area's unique offerings to you, our passengers.

On a different note, Chunga is hidden deep within the breathtaking Kafue National Park, Zambia's oldest and largest national park. Due to the abundance of safari hotels and camps and the concentration of animals, it's a popular destination for safari travellers. For your convenience, we will use Procharter to run three weekly flights between Chunga and Lusaka beginning on June 1 and ending on October 31, 2024.

Furthermore, we have increased the frequency of flights on our Mfuwe and Livingstone routes, which commenced in April, with the aim of adding flexibility and convenience to our current schedule on the two routes.

Finally, as a reminder, our exciting Lower Zambezi Safari schedules commence in June.

I trust you found this news both exciting and enlightening. We thank you for choosing Proflight Zambia as your carrier of choice. We value your support.

Captain Josias Walubita,
Director Flight Operations

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UP FRONT

20

PLAN

MAY | JUNE 2024

A round-up of events and festivals of an entertainment nature from around the region.



24

EXPERIENCE

THE ROYAL LIVINGSTONE

Experience the ultimate luxury in a picturesque Victorian setting just steps away from the mighty spray of Victoria Falls.



26

DINE

SHARDONNAY WINE BAR

Indulge in fine wines and sophistication when you step into the chic interior of Shardonay Wine Bar, Lusaka's newest haven for the oenophile.

30

BACKYARD

MANJARTS FOUNDATION

Discover the community art project that is impacting youth in the suburb of Kalingalinga, Lusaka, through an art gallery and community workshops. Manjarts is a haven of creativity and artistic expression.

38

ESSENTIALS

THE EMERALD AFRICA PENDANT

Zambia's emeralds are among the best in the world, and the emerald Africa Pendant is no exception. Experience Zambia through gemstone tourism and take a piece of Zambia with you.



40

TABLETALK

KAPUMPE CHOLA

Kapumpe Chola, CEO of FNB Zambia, brings a unique blend of psychology and finance expertise to her role. With over 28 years in banking, she champions innovation and community development, leveraging her experience to drive the bank's growth. A trailblazing leader, she embodies resilience and vision, reshaping the banking landscape while advocating for inclusivity and sustainable progress in Zambia's economy.



48

BRIEFING

SUSTAINABILITY IN MINING

Navigating Zambia's mining sector towards environmental responsibility and social equity. Examine potential solutions and strategies mitigating these impacts.

52

HUMOUR

FAREWELL, SUCKER

The monthly humour column is a collection of musings that promises to regale readers with satirical takes on current topics.

CARGO 88



A Vibrant Urban Oasis

Welcome to Cargo 88 Hotel, a vibrant urban oasis nestled in the heart of Lusaka, Zambia. Our modern establishment boasts a prime location within the bustling East Park Mall, offering unparalleled convenience for our guests.

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CARGO 88



INSIDE



56

AMATOLOLO

North Luangwa National Park has remained untouched and heavily protected for decades. Experience the ultimate outdoor camping experience in pristine wilderness.

72

BEYOND THE FINISH LINE

Discover the remarkable journey of Elizabeth Mukoloma, Zambia's fastest female endurance runner, as she breaks records and empowers communities through social impact.

66

EAT, DRINK, CAPE TOWN

Explore the iconic flavours that comprise South Africa's colourful history through classic gastronomic delights.



80

SEEDS OF RESISTANCE

For centuries, women have gathered around seeds and told their stories. In a way, the seed is a portal to our ancestors and their way of life. Today, those seeds still carry our history.

TAKE OFF



90

FLIGHT SCHEDULE

Proflight's latest flight schedule, keeping you up to date.

92

NEWS

WOMEN'S MONTH

Spotlighting the extraordinary women propelling our skies forward. From first officers to engineers, administrators to crew members, their dedication inspires others, shaping a future where the sky is not the limit.



97

FLEET

Explore Proflight's ever expanding fleet of modern aircraft.



98

FAQ

Your pressing Proflight questions answered.



Celebrating Women in the Month of March

In a bold and heartfelt gesture, **MTN Zambia** stepped up its commitment to honouring women with its latest promotion dubbed "**Her Hour**", now coined "**Yello Hour**", which was launched as part of the "All 4 Her" campaign. "Her Hour" was a play on the popular term "happy hour", to give customers up to 1 hour of free calling each day between 12hrs-13hrs.

The "Her Hour" initiative was aimed to empower customers to express their appreciation and gratitude to the influential women who have made a profound impact on their lives. In order to be eligible for the 1-hour free call subscribers are only required to have any active minutes bundle.

The concept of "Her Hour" reflects MTN Zambia's recognition of the power of spoken appreciation in strengthening bonds and fostering a culture of gratitude. By providing customers with the opportunity to connect with the remarkable women in their lives, MTN Zambia continues to amplify voices of appreciation and celebrating the diverse contributions of women in society.

This initiative aligns seamlessly with MTN Zambia's broader commitment to championing inclusivity, diversity and empowerment within its community. By offering a platform for customers to express their gratitude through free calling, MTN Zambia acknowledges and celebrates the achievements, resilience and influence of women across various spheres.

In a statement, MTN Zambia Chief Consumer Officer, Mr Richard Acheampong, highlighted the transformative impact of recognizing and honouring the women who have shaped individuals' lives. Mr Acheampong further stated, "This initiative serves as a testament to MTN Zambia's dedication to promoting meaningful connections and fostering a culture of appreciation among our customers."

Through this initiative, MTN Zambia underscores the importance of leveraging technology to facilitate heartfelt connections. By empowering its customers to celebrate the women who have inspired, supported and empowered them, MTN Zambia is fostering a culture of recognition and empowerment.

In spirit of appreciation, MTN Zambia invites its customers to join in the collective and appreciate that extraordinary person in your life with MTN Yello Hour, which is inspired by the Her Hour Campaign. To be eligible to enjoy the daily 1-hour FREE call, MTN customers must have an active Voice bundle which can be bought by dialling ***117#**.

As individuals utilize this opportunity to connect and express their gratitude, MTN Zambia remains committed to fostering a culture of recognition, empowerment and inclusivity.

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UP FRONT

20. PLAN • 24. EXPERIENCE • 26. DINE • 30. BACKYARD • 40. TABLETALK • 44. BRIEFING



30

All roads lead to Manjarts Foundation, an eclectic art gallery on the edge of the Kalingalinga suburb. On page 30, experience art to your heart's content.

PLAN

MAY | JUNE 2024



EVENT DETAILS:

Date: 7 - 9 June 2024.

Location: Lilayi Lodge and Kiambi Lodge.

Tickets: R1000 - R8700.

SPECTRA 1ZAMBIA MTB

Join the 9th edition of the 1Zambia MTB race, the highlight of Zambia's MTB calendar. Embark on a 250km GPS-guided adventure through wild trails, remote valleys, and the Zambezi River, enjoying panoramic views and Zambian hospitality, ending with an island prize giving. An unforgettable African MTB experience!

Planning is bringing the **future** into the **present** so that you can do something about it **now** - Alan Lakein



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EVENT DETAILS:

Date: 22 June 2024.
 Location: Lusaka South Country Club.
 Tickets: From K250.

JUNE OPEN SQUASH TOURNAMENT

Dive into the excitement of the open Squash and Racketball Tournament, where enthusiasts clash on the court for exciting matches and sportsmanship. Expect a day filled with thrilling displays of skill, strategy, and team spirit!



EVENT DETAILS:

Date: 26 June 2024.
 Location: The Quorum, Lusaka.
 Tickets: K100.

ENTREPRENEUR'S STARTUP

Join the Entrepreneur's Startup event for insightful talks by industry leaders! Gain valuable knowledge, network with fellow entrepreneurs, and be inspired! Don't miss this opportunity to learn from the best and advance your startup.



COMRADES MARATHON 2024

The Comrades Marathon, a legendary ultra-marathon spanning 90 kilometres, is one of the world's oldest and largest. It attracts thousands of runners from around the globe to test their endurance in an electrifying challenge that ignites and unites athletes in the spirit of camaraderie.

EVENT DETAILS:

Date: 9 June 2024.
 Location: City Hall, Durban.
 Tickets: R1200-R4500.



MZANSI FOOD AND DRINK SHOW 2024

Experience the ultimate culinary journey at The Mzansi Food & Drink Show. Indulge in food tastings, seven-course wine pairings, cook-alongs, masterclasses, and braai wars. With VIP experiences and competitions, it's South Africa's finest showcase of gastronomic delights. Don't miss this unforgettable fusion of taste and culinary excellence!

EVENT DETAILS:

Date: 15-17 June 2024.
 Location: K.I.C.C, Johannesburg.
 Tickets: R230-R2995.



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EVENT DETAILS:

Date: 29-30 June 2024.
 Location: Hlululuwe-iMfolozi Park.
 Tickets: R1375.

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Words and images courtesy of Minor Hotels



Immersing travellers in Africa's beauty, The Royal Livingstone Hotel by Anantara boasts a unique location overlooking the spray of Victoria Falls. The hotel is located on the Zambian side of the Zambezi River in Mosi-oa-Tunya National Park, and all hotel guests have free unlimited access to Victoria Falls.

Travel to this iconic hotel is hassle-free, with daily flights from Johannesburg and Lusaka to Harry Mwanga Nkumbula International Airport in Livingstone or Victoria Falls Airport. Guests have an option of three arrival experiences, either by road during a luxury transfer, by helicopter or a water taxi transfer along the Zambezi River, which gives guests their first glimpse of Zambia's free-roaming wildlife.

Authentic Luxury, Victorian Elegance and Zambezi Views

Exuding the charm of Victorian times, luxury guest rooms and spacious suites all feature a balcony or veranda with an outdoor seating area facing gardens frequented by free-roaming zebras, impalas, giraffes and monkeys, and the Zambezi River beyond.

Culinary Journeys

Culinary experiences at the hotel celebrate local flavours and ingredients, complemented by international culinary traditions. Drinks are spectacular on Kubu Deck, facing the Zambezi River, ending with sunset cocktails. A private 'Dining by Design' experience provides a one-of-a-kind romantic dining experience on a decorated riverside deck or beneath a monkey tree overlooking

the Zambezi River. Incredible scenery lures travellers to Kubu; edging the Zambezi, cushy chairs overlook the splendour of Victoria Falls. Chilled beverages refresh throughout the day, and as a majestic sunset unfolds, tropical sundowners are served to a moving





soundtrack by a flautist. A dinner menu fusing local and international cuisine is the perfect accompaniment to a day of activity.

Safari, River and Sky Thrills

Let the wonders of Africa enthral your stay. As wildlife roam around the hotel grounds and further afield, choose from several enriching activities to relax or excite. Wildlife river safaris on the mighty Zambezi reveal excellent game and bird viewing aboard specially designed boats. A gorge picnic experience is the perfect opportunity to combine the thrills of a helicopter ride and a picnic in pristine nature.



The Gorge picnic experience begins with a scenic helicopter flight over the Zambezi River, inviting guests to gaze down on the mighty Victoria Falls from the air. After reaching a zig-zagging funnel of gorges, the helicopter lands at Rapid 21, where a gourmet picnic is then laid out in a secluded riverside spot wholly hidden from the outside world. As guests relax on the sandy beach at the edge of the Zambezi, a team of butlers serves local delicacies, gourmet picnic fare and chilled beverages.

Wellness Journeys

The hotel's award-winning spa provides a haven for guests to restore their well-being and discover a refreshing approach to unwinding and relaxing while on holiday. The spa features four riverside treatment gazebos with breathtaking views and a riverside relaxation lounge with healthy cuisine on request.



» **WHERE?**

- Overlooking the majestic Victoria Falls, the hotel commands impressive views and is accessible year-round by motorway and daily flights into Harry Mwanga Nkumbula International Airport Livingstone.

» **WHAT TO EXPERIENCE**

- Soar above the spray of the gorge in a helicopter and take in breathtaking views of the expansive falls and awe-inspiring landscape. In this memorable aerial experience, look out for aquatic wildlife and iconic landmarks.
- Indulge in a relaxing sunset cruise as you glide along the waters of the mighty Zambezi. Expect exciting game sightings with a delicious sundowner, from hippos and crocodiles to elephants grazing on the banks.
- Pump up the adrenaline with a visit to Livingstone Island, a short swim away from the infamous Devil's Pool, to witness the sheer force of the falls from a 100m drop. Visits are seasonal.
- Take a leisurely horseback ride through the national park to spot exciting wildlife and numerous species of birdlife.

» **BOOKING AND CONTACT DETAILS**

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A TASTE OF SOPHISTICATION AND REFINEMENT

SHARDONNAY WINE BAR

Words by Tokozile N. Ngwenya, images courtesy of Shardonnay Wine Bar



Nestled within the tranquil suburb of Kabulonga along Kudu Road, Shardonnay Wine Bar epitomises sophistication and a quiet refuge amidst Lusaka's bustling scene. Since its launch in June 2023, Shardonnay has established itself as the preferred destination for refined taste and impeccable service, drawing a distinguished clientele ranging from business directors and CEOs to locals, expatriates and international travellers. Shardonnay credits its rapid rise to popularity to its impeccable, personalised service and hushed whispers exchanged in clubhouses between corporate handshakes.

Born from a passion for refined wines, conversation and the drive to share their vast repository of wine knowledge, South African couple Shamini Schaaf-Hardwick and Geoff Hardwick pinpointed a gap in the market for a quiet, refined location for the discerning crowd. Reflecting on her journey, Shamini notes, "I once believed that the price tag determined a wine's quality, but experience taught me otherwise, and we believe in presenting only the best of the best." This ethos permeates every aspect of Shardonnay's operations, ensuring an unparalleled experience for each visitor.

Whilst primarily identifying as a wine bar, Shardonnay tantalises the palate with a menu

that varies weekly, meticulously crafted to complement its extensive wine selection. With light, sharing plates as vibrant and creative as their owner, guests can expect to be pleasantly surprised by each week's distinctive menu. Each dish is a culinary masterpiece, prepared with the freshest ingredients sourced from local markets and whipped up by Shamini. She clarifies, "We do not utilise any frozen food; everything on our menu is fresh, seasonal and sourced weekly and sometimes daily."

Beyond the culinary delights, Shardonnay prides itself on offering a curated selection of exclusive wines sourced directly from prestigious estates. Noteworthy among these are exclusive offerings like Uva Mira and McFarlane Wines, which established Shardonnay as the sole purveyor of these esteemed labels in Zambia. Further enhancing the experience are personal connections with renowned winemakers, who occasionally grace the establishment with intimate wine-tasting sessions.

Shardonnay offers an exquisite wine-tasting experience guided by knowledgeable staff for the connoisseur seeking a deeper appreciation of fine wines, as the establishment stays clear of mainstream varieties. A recent visit treated me to a journey of oenophilia. I was presented with a curated selection of four wines,

MEET THE WINE CONNOISSEUR

Shardonnay Wine Bar's proprietor's passion for wine was cultivated during her student days in Durban, South Africa, and refined through her experiences in Germany. Her passion is infused into Shardonnay's passion for curating exceptional wine experiences.

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commencing with a refreshing white before seamlessly transitioning into the robust reds.

The tasting began with a Sauvignon Blanc from Almenkerk Wine Estate, a 2022 vintage that immediately captivated the senses. This wine unveiled a bouquet of sweet peaches and juicy citrus, its tropical notes accentuated by the creamy, savoury profile of the feta and accompanying charcoal-infused, homemade crackers.

Venturing further into the realm of whites, the Jezebelle Chardonnay, a personal favourite, and a lively 2022 vintage that left an indelible impression. Unsurprisingly, this wine earned the prestigious Platters by Diners Club award for 2023; this wine boasts an exquisite fusion of lime, oak, and peach flavours that waltzed gracefully on the palate.

Transitioning to reds, I eagerly anticipated the Uva Mira Merlot 2019 due to my inherent fondness for this varietal. True to expectations, this wine stole the spotlight with its luscious, refined profile, featuring bold notes of blackberry and plum. Paired with Parmesan cheese, the ripe dark fruit cut the richness of the cheese, creating a balance that rendered each sip an indulgent delight.

Concluding the experience was the Uva Mira Shiraz 2020, cascading into my glass. It is a rich, opulent red teeming with flavours of red fruit, spice and lingering herb to round it off.

The pepper in this robust wine contrasted the sharp cheddar cheese, providing a fitting conclusion to a truly remarkable tasting experience.

Tailored to the more discerning crowd, Shardonney is a refuge that excludes pets and underage patrons. The ambience at Shardonney is nothing short of enchanting, with well-manicured gardens and an atmosphere of serenity that beckons guests to retreat after an arduous day.



➤ TAILORED TO YOU

Shardonney prides itself on offering its guests personalised services, such as wine by the glass, carafe, and bottle. Private clients can access the private tasting room and preserve unfinished bottles for future enjoyment.

➤ POWERED BY WOMEN

Shardonney is proudly run by an all-woman team and the wine bar is entirely staffed by a professionally trained crew of women, resulting in impeccable service.

➤ THE WINE CLUB

As a testament to its commitment to excellence, Shardonney Wine Bar unveils its Wine Club in collaboration with Under the Influence, offering exclusive privileges to members. From priority event bookings to curated wine-tasting experiences with esteemed winemakers, members are invited to indulge in luxury and refinement.



Proflight operates regular flights into Lusaka from Johannesburg, Cape Town, Durban, Livingstone, Ndola, Mfuwe, Solwezi, Kalumbila and Mansa. Visit flyzambia.com for the latest flight schedule.

DISCOVERING ZAMBIA WITH GEMSTONE TOURISM

Words by Rashmi Sharma, image courtesy of Jewel of Africa



Zambia boasts a diverse wealth of gemstones, including the world's finest emeralds and over twenty-five distinct colours of tourmalines. A rich variety, including amethysts, aquamarines, citrine, garnets, moonstone, quartz, turquoise, and more, showcases the precious treasures that abound in the country:

Emerald (EM): Zambia's emeralds are prized for their deep green colour and exceptional clarity, ranking among the world's most valuable gems. Known for their durability, they rate between 7.5 and 8 on the Mohs scale, and their refractive index is higher than that of other emeralds. They symbolise wealth creation, hope, growth, and peace. Emeralds are treasured for their vibrant beauty.

Tourmaline (TM): Zambia's diverse array of tourmalines boasts unique qualities. From the bi-colour tourmaline, symbolising joy and emotional balance with its pink centre and green "rind," to the verdelite tourmaline, which showcases a rich grassy hue and

exceptional clarity, promoting courage and vitality. Additionally, Zambia's pink tourmalines, known as rubellite, span from pale pink to deep red, embodying qualities of compassion, love, and spirituality. Together, these tourmalines reflect the country's wealth of natural beauty and symbolic significance.

Amethyst (AM): Mined in Zambia's Southern Province, amethysts boast a deep violet-purple hue and are revered for their beauty and spiritual significance. Ametrine, a natural blend of amethyst and citrine, combines purple and yellow or orange zones.

Aquamarine (AQ): Mined in Zambia's Eastern Province, aquamarine's serene green-blue tones evoke the tranquillity of the sea. Known for its clarity and transparency, it is the birthstone of March.

Morganite (MG): Morganite, a pink variety of the beryl mineral family, shares its lineage with emeralds and aquamarines. Its gentle peach-pink hue reflects the purity of dawn, symbolising

healing, compassion, and promise. Remarkably clear and relatively free of inclusions compared to emeralds, morganite embodies tranquillity and assurance.

Citrine (CT): Found in Zambia's North-Western Province, citrine's transparent yellow hues, ranging from pale to golden, exude warmth and vitality. It is the birthstone of November.

Garnets (GR): Garnets are a collection of gemstones in different colour variations, including red (rhodolite), green (tsavorite), orange and pinkish orange (spessartite). The most common is red garnet, which is representative of Valentine's. These gemstones symbolise passion, creativity, and vitality, prized for their beauty and energy.

At Jewel of Africa, we are dedicated to helping you select the most exquisite and ethically sourced gemstones certified by our accredited gemmologists, ensuring that your bespoke jewellery piece is meticulously handcrafted with a keen eye for detail.

About Jewel of Africa

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Bitumen World's Civil Engineering Infrastructure Division specialises in major concrete structures, energy infrastructure, and mining facilities. As part of our continuous growth, we're launching a Building Division, dedicated to residential, retail, commercial, and various facets of the built environment. Reinforcing our commitment to holistic infrastructure solutions, we aim to meet the evolving needs of our clients across sectors, driving progress and prosperity with innovation, quality, and sustainability.

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In response to the pivotal role mining plays in Southern Africa, Bitumen World offers holistic solutions to clients, spanning mining site infrastructure development, construction, and contract mining services. Our expertise covers drill and blast operations, load and haul services, and the rehabilitation of depleted areas. Acknowledging the sector's significance, we prioritise efficient project execution, emphasizing safety, sustainability, and client contentment. With an integrated approach tailored to mining's multifaceted demands, Bitumen World ensures seamless operations from project inception to reclamation, solidifying our commitment to supporting the region's mining industry with unparalleled service and expertise.

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Bitumen World's Construction Materials Division is your trusted partner for superior aggregates, catering to every civil engineering infrastructure need. From base course to surfacing and concrete aggregates, we deliver excellence. Our contract crushing services feature a state-of-the-art fleet of crushing and screening equipment. We proudly manufacture a comprehensive range of precast concrete products, meeting SATCC standards. To further meet the demands of Lusaka's commercial market, Bitumen World is set to introduce high-quality ready-mix concrete, complemented by our in-house laboratory for rigorous quality control. Crafted by concrete experts, each mix guarantees exceptional performance, cementing our commitment to excellence.

THE MAKER'S HANDS

INSIDE MANJARTS COMMUNITY ART PROJECT

Words by Samm Tembo, images by Teddy Mweemba Photography





Art possesses the potential to unify communities, fostering a sense of identity and shared experience. Community art projects, public installations, and cultural events contribute to social cohesion and upliftment in various ways. A prime example of this intersection is Kelvin Mwanza's community art project, the Manjarts Foundation, conceived from a desire to provide an outlet for the creative expression he observed in Kalingalinga, one of Lusaka's high-density residential settlements.

Over recent years, what was previously perceived as a low-income district has evolved into an up-and-coming neighbourhood. Despite the increasing gentrification, Kalingalinga has yet to be seen as a locale suitable for hosting an art gallery—an amenity typically associated with so-called upper-class neighbourhoods. Nonetheless, it is within this community that Kelvin, a multidisciplinary artist based in Kalingalinga, established the Manjarts community art project.

Through this humble space, the Manjarts gallery challenges this prevailing narrative. By transforming his backyard into a cornerstone of service to his community, Kelvin embodies his vision of creating a platform for local artists to progress their work and safeguard culture simultaneously. As an artist, Kelvin recognises the significance of art in shaping our understanding of the world and enriching lives in diverse ways.

Like any other gallery, Manjarts' presence in the neighbourhood is a potent instrument for generating economic value. It attracts tourists and visitors from beyond the confines of the suburb and creates job opportunities for the youth by harnessing their talents to add value to their lives and communities.

Manjarts first opened its doors in 2020, inspired by childlike curiosity. Whenever Kelvin worked on a sculpture or painting, a small crowd of curious eyes would gather around him. Children from the neighbourhood would form groups to glimpse his latest creation, often lingering for hours anticipating the final artwork. After witnessing this spectacle several times, Kelvin had an epiphany: these children might be interested in creating art themselves. This inspired him to establish a place where youth could express themselves and learn the art of creation. 'Manja', meaning 'hands' in ciNyanja, encapsulates the foundation's philosophy: 'It's all the fruit of our hands; everything in Manjarts place is handcrafted with passion'.

"There's nothing wrong with incorporating machinery when creating some forms of art, but I believe the best kind of art is created when you craft it with your hands," Kelvin explains.



▶ FAST FACTS & TIPS

- Kelvin's artistic expression explores themes of everyday life and human connection.
- The Manjarts Foundation was founded in artist Kelvin Mwanza's backyard as a space for artistic expression in Kalingalinga.
- The Manjarts Foundation is located off Kamloops Road, near the Nangwenya Road intersection.
- The gallery doubles as a gift shop where various artworks and traditional ornaments can be purchased, including baskets, stools, and hand-carved wooden sculptures.



cultural hubs like the Kabwata Cultural Village. The emergence of such initiatives underscores a dynamic cultural landscape deserving widespread acknowledgement, support, and applause.

Kelvin envisions an expansive future for Manjarts, with plans to extend the art project into diverse neighbourhoods across Lusaka. His vision includes establishing a second, larger foundation branch along Kamloops Road. The mission is to indiscriminately bring cultural enrichment to communities that can benefit from it, enhancing educational opportunities, promoting local talent, boosting tourism, and making an economic impact. On his journey to realise this vision, Kelvin collaborates with various artisans and organisations that share a passion for art, storytelling, and cultural identity, fostering a network that fuels creativity throughout the city.

It's no secret that low-income communities often witness youths turning to vices to survive or alleviate boredom due to the lack of resources and constructive recreational facilities. This underscores another principle in Manjarts' philosophy: to create a safe space that positively influences Kalingalinga residents, particularly the youth, who constitute the majority of the suburb's population.

"I've always admired the presence of a football pitch for the youth in our neighbourhood. It's heartening to watch them engage in activities that steer them clear of negative influences; however, our community yearns for more social amenities," Kelvin reflects.

Kalingalinga boasts a wealth of untapped potential, with many residents proficient in crafting doormats, paintings, and crafts. However, many of these pieces would be stored away due to the lack of facilities to showcase them. The foundation's establishment empowers residents to realise their potential by fostering a positive environment to nurture their talents, where they can learn and earn a livelihood in the process.

Manjarts' presence in the neighbourhood is reshaping the perception of Kalingalinga. It is swiftly gaining prominence as a trusted source for exploring tradition through various artistic expressions, encompassing paintings, sculptures, artefacts, and musical instruments, all housed within the gallery. Additionally, it serves as a

cultural hub for acquiring traditional implements used in cultural festivities, such as chilanga mulilo (fire showing) and matebeto (a public feast where a wife appreciates her husband).

Previously, Kabwata Cultural Village stood as a major bastion for cultural preservation and artistic expression in Lusaka, a role now shared with Manjarts. The proliferation of artistic endeavours like Manjarts is encouraging, marking a shift towards greater recognition and celebration of artistic pursuits. This movement signifies a positive evolution, where more creative minds contribute to the cultural tapestry of society, expanding the avenues for expression and preservation beyond traditional

Amidst the challenges of gentrification and limited resources, the Manjarts Foundation stands as a beacon, revealing the transformative power of art within a community through vision and possibilities for the residents of Kalingalinga and similar areas. Manjarts challenges perceptions and actively shapes a positive narrative for Kalingalinga, proving that art can genuinely catalyse change and unity within a community when embraced at the grassroots level.



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African Life Financial Services (Aflife) plays a significant role in Zambia's economic development through the deployment of capital to various sectors of the economy. The Aflife team, under the leadership of their Chief Executive Officer Jonathan Imakando, is championing a diverse array of financial and investment options tailored to various segments of society, including the groundbreaking Mpile Unit Trust. A Unit Trust is an investment fund that allows you to pool your money together with other investors to invest in different assets managed by a professional investment manager.

Since its inception, the Aflife team have strategically positioned the Mpile Unit Trust Funds to serve a broad spectrum of investors, from institutional clients to individual investors. With a low minimum investment of K500 (or K200 for students), the initiative underscores their dedication to fostering inclusive prosperity

and democratizing access to wealth-building opportunities.

Drawing upon the collective expertise of the Aflife team, the Mpile Unit Trust Funds offer investors a pathway to financial growth and stability. Through a diversified portfolio managed by seasoned professionals, the Funds aim to minimize risk and maximize returns, thus empowering investors to achieve their financial goals. Aflife has a proven investment track record of over 31 years.

With flexibility and accessibility as the key tenets of the Mpile Unit Trust Funds, investors have the ability to save and grow their wealth at their own pace without the constraints of fixed mandatory contributions. Further, the Aflife team strategically manage the liquidity of the Funds to ensure that withdraw requests are facilitated in ample time thus ensuring financial agility and peace of mind.

Through their relentless dedication, the Aflife team not only fosters wealth creation but also contributes to the broader economic development of the country. By offering inclusive financial solutions such as the Mpile Unit Trust Funds, they aim to empower individuals and communities to build brighter financial futures for themselves as well as future generations.

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ZAFFICO PLC

SUPPORTING ZAMBIA'S ECONOMIC GROWTH



Words by Irene Lungu Chipili



Zambia Forestry and Forest Industries Corporation PLC (ZAFFICO) is Zambia's largest exotic forestry company. Its business focus is to establish and manage pine and eucalyptus plantations, harvest timber, and commercially process it for supply to the local and foreign markets.

The Corporation was incorporated in September 1982 following the commercialisation of the Industrial Plantations Division (IPD) of the Forestry Department under the then Ministry of Lands and Natural Resources.

In February 2020, ZAFFICO was listed on the Lusaka Securities Exchange (LuSE) and trades under the symbol "ZFCO." The Industrial Development Corporation (IDC) holds 63% of the Corporation's

shares, and institutional investors, the general public, and ZAFFICO employees hold 37% of the remaining shares.

The Corporation's pine and eucalyptus plantations cover a gross area of 62,187 hectares in the Copperbelt, Luapula,

Muchinga, Northern, and North-Western Provinces. The Copperbelt Province has the highest gross area, at 53,148 hectares.

The Corporation also operates a Pole Treatment Plant (PTP) in Kalulushi



district, Copperbelt Province, with an output capacity of 140,000 treated poles annually. The plant produces poles used for power transmission, fencing, and construction.

Our Products

Roundwood: The Corporation offers pine and eucalyptus roundwood to sawmillers who produce and supply timber to the market.

Seedlings: We also offer high-quality pine and eucalyptus seedlings to the public, which have proven to be better-performing exotic tree species within the local climate and ecological conditions.

Treated Poles: We offer high-quality creosote and tanalith-treated poles, which are mainly used for transmission, construction, and fencing.

Investment

ZAFFICO has continued to invest in sustainable forestry management, focusing on plantation expansion, value-addition, and mechanisation to grow and sustain our business and stimulate Zambia's economy.



To satisfy the increasing demand for timber and timber products, the Corporation will expand its forest plantations by an additional 50,000 hectares in the next three years.

In addition, to enhance productivity at the Pole Treatment Plant, meet customer needs, and maximise revenue generation, the Corporation set up an additional creosote treatment line and wooden pole drying kiln in 2023. The two initiatives will increase pole productivity to 240,000 per annum and improve operational efficiencies in the pole drying process.

ZAFFICO supports key sectors, which include construction, agriculture, energy, manufacturing, and processing.

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A TIMELESS WORK OF ART

THE EMERALD AFRICA PENDANT

Words and image by Jewel of Africa



Kee a piece of Africa with you! The emerald Africa Pendant is a stunning homage to the continent's natural beauty. Crafted by experienced jewellers, this pendant showcases a radiant Zambian emerald as its centrepiece, elegantly set in 18-karat yellow gold.

This versatile piece is a good choice for a timeless souvenir—a perfect gift for yourself and your loved ones. Zambia supplies about 50% of the world's emeralds mined in the Lufwanyama District of the Copperbelt

Province. It is widely recognised as the finest in the world due to its exceptional colour, remarkable durability, and unparalleled natural beauty.

Drawing upon over three decades of expertise in crafting handmade, bespoke jewellery, Jewel of Africa continues to captivate with its gem-set jewellery. The creations are exemplars of unparalleled craftsmanship, evident in every facet, curve, and contour. Jewel of Africa brings to life your jewellery dreams, creating timeless jewellery that resonates with your style.

» **HOW MUCH?**
\$800-\$1,200.

» **ABOUT JEWEL OF AFRICA**

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KAPUMPE CHOLA

I DID IT MY WAY

Words by Royd Kapesa, images by Teddy Mweemba





have been writing Tabletalk articles for over two years, during which time I have interviewed CEOs and leaders across various industries and organisations that drive Zambia's economy. I consider it a real privilege to capture the essence of these conversations and distil them in these articles.

In this edition of Tabletalk, I interviewed Kapumpe Chola, the new Chief Executive Officer of First National Bank, Zambia (FNB) and the first woman to fill that role. We met at Latitude 15 Degrees, a boutique hotel that blends hospitality, art, culture, and productivity, attracting leisure guests, business travellers, and diplomats alike.

Our conversation began with a chat about her childhood and the influences that have shaped her. Born and raised in Kitwe, Kapumpe identifies as 'kopala', a colloquial name for Copperbelt natives. As a middle child, she describes her upbringing as 'conventional', adding that her parents exemplified hard work, a trait Kapumpe models effortlessly.

Her earliest memories of her parents' work ethic include rousing at 4 am to study alongside her father, who attained a Psychology degree in his adulthood. Kapumpe followed closely in his footsteps, obtaining degrees in

Psychology and Public Administration at the University of Zambia. You may ponder how a psychologist finds themselves at the helm of a financial institution; Kapumpe sheds light on her journey:

"Like most young people, I entered university without a definitive career path. I was counselled to enter the medical field as I was proficient in the sciences at high school. During that time I realised it didn't resonate with me". A brief exploration of economics yielded a similar lack of enthusiasm. Reflecting on fond memories of her 4 am sessions with her father and the curiosity with which she pored over his expansive library, she eventually discovered her true vocation. This trajectory would ultimately land her the role today.

Kapumpe's banking career began 27 years ago as a graduate trainee with Barclays Bank, now ABSA. As she rose through the ranks, she quickly realised her experience required bolstering academically, and she attained an MBA in Finance from Nottingham Business School with the aid of a Chevening Scholarship sponsored by the UK Foreign, Commonwealth and Development Office. Combined with her work ethic, the MBA gave Kapumpe the credibility and foundation to propel her to the pinnacle of her career.



**I AM NOT ONE TO CONFORM
AND LONG DECIDED TO LIVE
LIFE WITHOUT DWELLING ON
REGRETS.**

— Kapumpe Chola,
FNB Zambia, CEO.



Kapumpe has worked across eight African countries, and had two stints in Botswana, most recently with Rand Merchant Bank, which shares a parent company with FNB – First Rand. This exposure to different markets was vital in preparing Kapumpe for leadership, as she shares: "Understanding the people, the culture, and the markets assisted me greatly. It was about building the network and making the network work for you. I believe I am a relationship manager above all, a skill I believe will be invaluable throughout my tenure."

In FNB, Kapumpe inherits a bank that is perhaps at its strongest across all segments. Fresh from a brand refresh, the bank is cementing its lead as a digital-first, customer-centric organisation. Kapumpe shares that her priority for the bank is exponential growth in both the balance sheet and profitability and investment in people and communities. Behind her is a team that she describes as "young, innovative, and dynamic" that will help FNB's collective success.

As I have only ever been an FNB customer, Kapumpe didn't need to convince me about the bank's value proposition. FNB has changed the game for its customers, coining the term #TheChangeables# with innovations such as easy digital transactions, a dynamic mobile app, and over 20 branches country-wide and more than 2000 CashPlus agents for convenient accessibility. FNB ensures customers receive more than a product; they receive an experience, too. By continually investing in their platforms and teams, they ensure that the customer remains at the centre of their operations.

In addition to retail and commercial banking, FNB has built a formidable Corporate and Investment Banking (CIB) division which Kapumpe facilitated the establishment of, nine years ago. If you have capital investments to make in Zambia, FNB prides itself on being experts across all key sectors of the economy. They leverage their large group presence with operations in South Africa and eight other African countries, including offices in the UK and the US and bring this global footprint to the relationship. This intricacy of bespoke solutions is why their CIB team is referred to as 'The Solutionists'.

In 2023, the bank launched the FNB Foundation to support communities in areas aligned to the UN Sustainable Development Goals. The FNB Foundation is focused on early childhood education, climate and clean energy, health, water, and sanitation, among other prevalent challenges in Zambia. The foundation also supports employee volunteerism by match funding any resources raised by staff towards supporting community initiatives.

In addition, FNB contributes to Zambia by employing a team of over 700 staff and developing innovative solutions to drive SME growth, the backbone of the Zambian economy. Furthermore, through its CashPlus agents stationed throughout the country, FNB is actively improving its footprint and expanding financial inclusion. These agents operate as small businesses, earning operators a commission that sustains numerous homes and livelihoods nationwide. FNB is also the second largest lender to agriculture, a critical sector given the impending drought this year.

» **KOPALA TO THE WORLD**

Born and raised in Kitwe, Kapumpe is an alumnus of one of Zambia's most renowned educational institutions, Mpelembe Secondary School.

» **FOR THE PEOPLE**

Kapumpe sees herself as a relationship builder first and foremost. Her emphasis on building and maintaining relationships underscores her commitment to cultivating strong connections and fostering mutually beneficial partnerships.

» **WANDERLUST**

A keen traveller, her itinerary ranges from the Dordogne area in the south of France, driving from Gaborone to Cape Town, from southern Malawi to Livingstonia Mission, and from Douala to Limbe in Cameroun. She has made road trips to eight of Zambia's provinces, visiting national parks and water bodies and is looking forward to her next adventure in western Zambia.



Every guest answers a question about their leadership principles and frameworks, and I could write a book with their answers over the years. Despite my minimal experience in a leadership position, I have come to appreciate the challenges a leader is bound to face. Kapumpe summarises my sentiments with a single response, "Consider different opinions but be decisive. When leading a team, indecision causes disruption. So, use the information you have and then own the decision." Through this philosophy, Kapumpe espouses First Rand's principles of courage, valuing differences, diversity, and always doing the right thing.

Outside work, Kapumpe enjoys the outdoors and is a keen traveller and loves family road trips. She enjoys exploring Zambia and is an advocate for local tourism. She has also traversed many parts of Africa including Ethiopia and Seychelles and beyond the African shores to places like Hong Kong, Singapore, and



CONSIDER DIFFERENT OPINIONS, BUT BE DECISIVE. WHEN LEADING A TEAM, INDECISION CAUSES DISRUPTION.

— Kapumpe Chola, FNB Zambia, CEO.

Shanghai. I was particularly surprised to learn about Kapumpe's love for all sports, and that she played for the Barclay's womens' football team back in the day. Sadly, she also keenly follows Formula 1 and is a Lewis Hamilton fan, the seven-time Champion who has fallen on hard times. She is also an avid reader and enjoys both fiction and non-fiction books. Her most recent read is Fearless Leadership by Loretta Molandro.

To sum up an insightful chat, I asked Kapumpe what she would title her autobiography and why. Her response perfectly ends this article, "I Did it My Way". I am not one to conform and long decided to live life without dwelling on regrets. My younger and older self have decided how they will spend their time, who I spend it with, what I will not do, and where my focus will be. I have been on that journey for a while and have truly done it my way."

➤ **JACK OF ALL TRADES**

Kapumpe's background in Psychology and Public Administration and then Finance has enabled her to navigate her career with ease, bringing a unique perspective to each role she undertakes.

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CHANGING TIMES FOR ZAMBIA

NATIONAL JOB CREATION

Words by Nawa Mutumweno



Are stakeholders in the public and private sectors leveraging economic opportunities to create employment within the country? This question resonates with many in the face of recent economic downturns, a trend that has proved challenging to many youths entering the workforce today.

In any employment creation drive, laying the foundation by delivering a conducive economic environment is paramount. Recently, a huge debt burden for the country has throttled development, affecting job creation in the process. This dent in the country's developmental structure has curtailed the efficient delivery of necessary socio-economic development programmes prudently and promptly.

With the nation's debt restructuring programme came a fresh injection of funding into the economy. The International Monetary Fund (IMF) and World Bank have approved funding

of \$187 million and \$125 million, respectively. These interventions are hopefully the genesis of a renaissance for the country's economy! The conclusion of the debt restructuring process is a positive development that will enhance fiscal stability by reducing debt service costs and freeing up resources for critical social and infrastructural spending.

A robust surge in the private sector, particularly the growth of MSMEs, is the most powerful driver of job creation. Stakeholders should aim to harness the full potential of Zambia's youth by prioritising growth in the employment-rich sectors in the economic transformation programme and placing a high premium on their challenges through targeted initiatives and programmes.

The private sector is critical to the employment and empowerment programme. It is heartening to note that this is a national priority, evidenced by the launch of mechanisms aimed at unlocking the private sector's potential

as a driver of economic development and job creation in 2022. Zambia recognises the private sector as the engine for innovation and job creation; therefore, the role of the private sector in realising economic development cannot be underestimated.

To ensure meaningful private sector participation in the economy, the Public-Private Dialogue Forum (PPDF) was established to actualise the potential that the country has been sitting on for decades. Its objective is to help create jobs in the hopes that underlying issues will be resolved through job creation.

The job creation horizon seems bright, with many employment opportunities set to be realised as the mainstay of the country's economy—mining. One such milestone is the reopening of Mopani Copper Mines. In March 2024, the mines were officially handed over to the Abu Dhabi-based International Resources Holding (IRH) at Central Offices, Nkana Mine Site, Kitwe, in a \$1.1 billion deal.



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This investment comes with refinancing to repay Glencore's debt as well as capitalising the mine to the tune of over \$600 million, which entails the acquisition of new assets, revamping the existing mine, optimising the mining operations, employing more people, engaging more suppliers and creating massive socio-economic value. The economic fortunes of the Copperbelt, and indeed Zambia as a whole, are set for revival on the backdrop of this intervention as it is a step towards macroeconomic stability.

Konkola Copper Mines (KCM), Vedanta, commits to set aside \$200 million annually for the next six years to revamp production from the current 30,000 metric tonnes to its golden days of 300,000 annual metric tonnes. Youth in Chingola, Chilalabombwe, and Nampundwe can be assured of jobs arising from this intervention.

Employment opportunities abound in the mining sector. \$200 million has been invested in the Kasamba opencast mine in Lufwanyama on the Copperbelt, which produces 20,000 metric tonnes of copper annually.

Not to be outdone is NFC Africa, which plans to expand its operations by investing \$500 million to hire an additional 30,000 metric tonnes of copper per annum, potentially employing youth in the surrounding areas of Kalulushi and Chambishi.

Barrick Gold Corporation is expected to invest a momentous \$2 billion in greenfield operations in North-Western Province to produce 110,000 metric tonnes of copper yearly, unveiling further employment prospects in the region.

In Luanshya, the \$110 million dewatering of Shaft 28 by the China Nonferrous Mining Corporation (CNMC) is underway. After the dewatering project, an additional \$500 million investment in the Shaft is tailored to increase copper production from 40,000 to 70,000 metric tonnes. These mining investments are projected to create tens of thousands of jobs for Zambian citizens.

In the construction industry, a mammoth project, the \$660 million 327km Lusaka-Ndola dual carriageway, is underway and is expected to create over 3,500 jobs in the vicinity. Also in the pipeline

are the \$71 million Ndola-Sakanika-Mufulira road and the 45km Luanshya-Fisenge-Masangano road. Improved road networks lead to enhanced business and numerous employment opportunities in areas serviced by the road network.

A filip of \$300 million is being ploughed into creating ten farm blocks to grow the agriculture sector. Encompassing all the provinces of Zambia, this programme is expected to create a heartening 50,000 new jobs. Stakeholders must fully explore each province's agricultural potential and advantages by promoting crops and agricultural activities that thrive in their respective areas. Finally, on the agro-investment front, United Capital Fertilizer Limited is set to invest \$500 million in an expansion project to produce the country's first-ever urea fertiliser, creating over 3,000 direct and indirect jobs.

The coming years will be worth writing home about, as the country's economic landscape is expected to experience upward trends. The process may be extensive, but the rewards, once reaped, will be plentiful.



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SUSTAINABLE MINING

FACT OR MYTH?

Words by Kamiza Chikula

At face value, the phrase "sustainable mining" seems to be a top-five candidate for the Oxymoronic and Paradoxical Phrase of the Year award. Sustainability and mining most certainly seem to be strange bedfellows. Still, in reality, a legacy and documented case studies of the two being in symbiotic harmony exist in many parts of the world with examples such as Australia, where post-mining land regeneration is well established and enforced, or Brazil, Chile and Peru, where renewable energy solutions are being implemented to reduce mines' carbon footprint. In several countries, artificial intelligence is being harnessed to operate autonomous equipment, thus reducing risks of employee injuries and enhancing efficiency and equipment longevity. This then begs the question, is sustainable mining being practised in Zambia?

Encore Energy aptly defines sustainable or responsible mining as actions of mining companies that aim to minimise their operations' negative social and environmental impacts while still maximising economic benefits. This includes reducing pollution, minimising waste, and ensuring that local communities benefit from the mine's presence. Responsible (sustainable) mining generally relates to environmental impact, fair division of economic and financial benefits, stakeholder engagement, compliance with both domestic and global minimum standards, employment, and social responsibility.

Currently, the stand-alone policy to govern sustainable mining in Zambia, The Mines and Mineral Development Act No. 11 of 2015, is the only compulsion for mines to stay the course of sustainable and responsible mining. The absence of an explicit "do-the-right-thing-or-else" legislation means that Zambia currently experiences incidents of the good, the bad, and the ugly in the sector.

When well executed, a fully dedicated and more nuanced sustainable mining policy would present a win-win scenario of grand proportions. Inherent in a good sustainable mining programme are concerted actions that ensure the economic, environmental, and social elements are weighted equally for the programme's longevity. This is easier said than done. A quick sweep across mining companies doing business in Zambia shows a heartening commitment to responsible mining, and there are, gratefully, shining lights resulting from these efforts.

Stellar stand-out activities amongst mining companies operating in North Western Province include schools being funded by mines to equip young learners better and prepare them for life, grants for small-scale farmers to be able to scale up through cost-effective, organic agriculture techniques in tracts of land cleared by the mining company to jumpstart economic activity within their locality in addition to the incentive





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of a guaranteed market as the mine buys all the produce from the farmers. Additionally, the overt respect for wildlife with a zero-compromise stance on animals enjoying the right of way on all mine roads and dedicated animal relocation teams who return various species to undisturbed habitats so that the animals can survive and thrive. It is the strides taken to only cut down trees when it is absolutely necessary, all in an effort to combat deforestation and preserve indigenous flora.

A clear and evident position is that sustainable mining was once done to world-class standards in Zambia from 1973 to 1997. This was the 'copper' age of the Zambia Consolidated Copper Mines (ZCCM). This massive conglomerate held the mandate to be the sole custodian of all the mines that had been nationalised to give Zambians tangible benefits from being bestowed with immense mineral wealth. It was an optimal time to reside on the Copperbelt.

ZCCM provided quality education through trust schools in all mining towns, with education scholarships to universities both in Zambia and abroad. Quality healthcare was accessible through well-equipped and staffed hospitals in all mining towns. Social welfare through women and youth community initiatives allowed entire communities to benefit from the presence of mines in their towns. ZCCM also prided itself on providing multi-discipline, world-

class sports facilities, thus nurturing talent and becoming the front-runner in professional sports through sponsored teams and facilities. Through their maintenance division, the ZCCM kept mining towns in prime condition by maintaining roads and infrastructure.

With the unbundling and privatisation of ZCCM came a new wave of changes. Whilst sustainable mining was the mainstay of the ZCCM, for the new private owners, it was more of an essential compromise, evidenced by the drastic reduction in community interventions.

In a presentation during the Stanford Mineral-X Symposium, held at Stanford

University in June 2023, ZCCM-IH Chief Legal Officer Lombe Mbalashi stated the following regarding sustainable mining: "Mining companies have the potential to become leading partners in achieving the Sustainable Development Goals (SDGs). Through direct operations, mining companies can generate profits, employment, and economic growth in low-income countries [like Zambia]. Partnerships with communities, government, and civil society can help ensure that the benefits of mining extend beyond the life of the mine itself so that the mining industry can positively impact the natural environment, climate change, and social capital. Mining companies committed to the SDGs will benefit from improved relationships with governments and communities and better access to financial resources; however, those that fail to engage meaningfully with the SDGs will put their operations at risk in the short and long term."

The finest think tanks and technocrats have framed, developed, and proposed some truly remarkable policies and processes around sustainable mining. All that remains is genuine corporate will to implement and adhere to them. This process needs to be driven not only by legislation and aversion to punitive measures for non-compliance but also by a desire to do the right thing, even if that is the road less travelled. After all, posterity will judge us harshly if we don't get our act right.



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FAREWELL, SUCKER

When you get off this plane, greet the hostess goodbye and try to forget the in-flight food, I want you to think of all the good times we had together. The cryptic jokes, the strangely offensive humour, the shrug of shoulders as you turned to your neighbour and asked, "who the hell is this guy?" I want you to rejoice in all of that, because today I say farewell.

Farewells are something of my speciality. I have quit jobs without giving notice, hugged a friend for too long at the airport, hung up on insurance salesmen, and now, written a formal farewell letter in a humour column. My ability to say farewell in almost any context is quite unique, marketable even. So, if you're looking to leave your husband, your cult, or your dead-end job, I may just be the guy for you (the editor of this glossy magazine will handle my personal details).

Of course, some may argue that my fondness for saying goodbye is generational. That my generation begins things, becomes disinterested, and then leaves without seeing them through. And although this may be true, it is also one-sided; for who created the precarious labour market, the loveless romantic engagements, the cultish worship of billionaires? It sure wasn't me. So perhaps when faced with choices that are neither desirable nor useful, it is best to cut the call early, before the awkward silence ensues and the insurance salesman interrupts, "Sir, are you still there?"

But I am not here to say goodbye and complain; indeed, I believe there are some positive aspects to my leaving. Not only do I look forward to beginning something anew that I will soon grow bored of, but I am looking

forward to solving some of life's more elusive mysteries. Like, how does one correctly tear off toilet paper; why do people find fishing enjoyable; how does the global financial system consistently work to make the rich richer; and, how come my right foot is about half a size bigger than my left? Ranging from the mundane to the spiritual, there is no end to the questions I have for this world, which seems to grow more mysterious the more I seek to understand it. I am sure that I will be occupied for a good time ahead.

Which brings me to you, my dear reader, the most mysterious of all. I probably haven't met you in the flesh, but I've wondered about you as you've flipped through this magazine. How you and I danced a little tango with the words on this page – did you enjoy dancing with me? Did I distract you from greater concerns, like the faults in the latest Boeing? Your attention, I've come to decide, is where my fulfilment must lie, if it is to lie at all. For, if I am to say farewell, it ought to be done amicably and without cause for regret. Because, like the great Russian poet Aleksandr Pushkin said:

Like wine, the sorrow of past days
Is stronger with time.

I have no room for strong sorrows, and I hope I have left none by the wayside. I thank you in advance for excusing my verbose melodrama, my loose ideas, and my even looser writing style. And so, if by any chance I did make you forget the troubles of the world – if only for a moment – then I have done my job. In the face of a world bidding for any shred of attention you may have left, reading this column suggests that there is hope left, even for a sucker like me. For the sucker in the title is me, not you.

Bon voyage.

› ABOUT SEBASTIAN

Sebastian is Chief Editor of the Lusaka Obituary & Livestock Newsletter.



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INSIDE

56. THE AMATOLOLO EXPERIENCE

66. EAT, DRINK, CAPE TOWN

72. BEYOND THE FINISH LINE

80. SEEDS OF RESISTANCE



The taste of South Africa beckons you, from traditional staples like *bobotie* interspersed with commentary on the city's history, to experience Cape Town on a tour unlike any other on page 66.

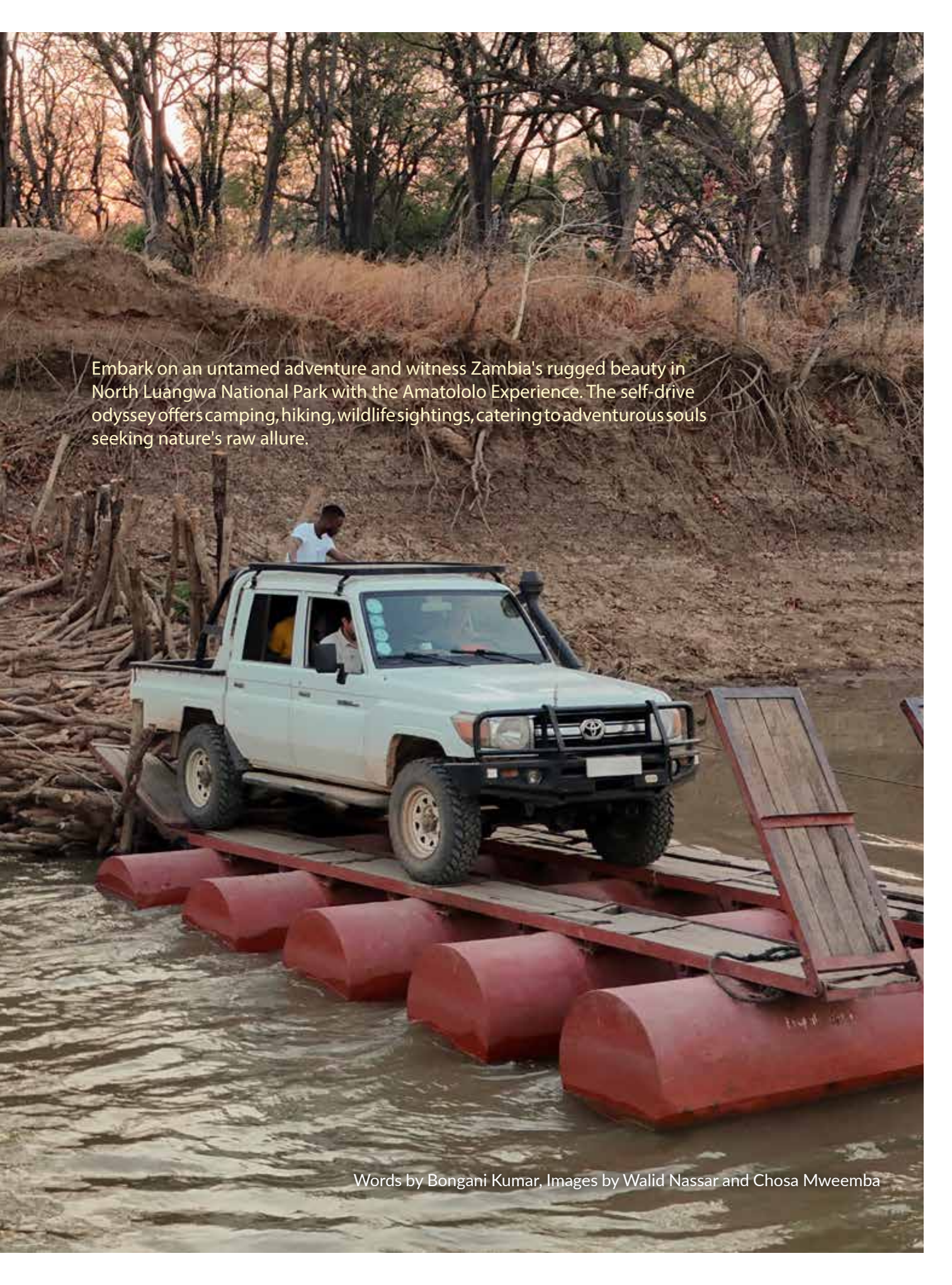
A photograph of a riverbank with a large pile of driftwood in the foreground and trees in the background. The text is overlaid on the image.

AMMAT

NI NI NI NI NI

INTO THE WILDERNESS: NORTH LUANGWA NATIONAL PARK

U LU LU LU

A white Toyota Hilux pickup truck is being transported across a river on a makeshift barge. The barge is constructed from a wooden platform supported by several large, red, cylindrical floats. A man in a white shirt is standing on the roof of the truck, and another person is visible in the driver's seat. The background shows a steep, eroded bank with sparse vegetation and trees, suggesting a rugged, natural environment.

Embark on an untamed adventure and witness Zambia's rugged beauty in North Luangwa National Park with the Amatololo Experience. The self-drive odyssey offers camping, hiking, wildlife sightings, catering to adventurous souls seeking nature's raw allure.

Words by Bongani Kumar, Images by Walid Nassar and Chosa Mweemba

AMATOLOLO

If you are looking to escape the ordinary tourist trails and dive deep into an untamed experience complete with camping, hiking, wildlife sightings, and the crème of Zambia's rugged landscapes, head to the North Luangwa National Park and answer the wild call of the Amatololo Experience. Translated as "the wilderness" in the local Bemba language, Amatololo is not your average expedition; it is a self-drive odyssey for the adventurous soul who wants to enjoy nature with no frills, all thrills.

My journey into the wilderness began with a bumpy 4x4 drive into the North Luangwa National Park via Mpika. I quickly stopped and paid a courtesy call at the Frankfurt Zoological Society (FSZ) Headquarters. I teamed up with a local guide with a wealth of knowledge who would later act as my compass throughout this thrilling adventure. We set our sights on traversing the rugged roads to reach Ituba Community



THE AMATOLOLO EXPERIENCE CONSISTS OF FOUR SELF-SUPPORTED CAMPSITES AND TWO COMMUNITY-MANAGED CAMPS.



Camp, perched on the banks of the Luangwa River in the Musalangu Game Management Area, before nightfall.

On arrival at Ituba, we pitched our tents and mingled with the locals as we prepared to venture into the vast, untamed wilderness. The following day, we began our odyssey north from Ituba Camp along the Luangwa River, its banks and waters teeming with hippos and crocodiles. As we bumped along the escarpment, we sighted herds of elephants, reedbuck, and impala. Stopping the vehicle to capture some shots, we became aware of the pungent whiff of musk in the air; its source proved to be a sight we never imagined we would experience. A mere stone's throw away, obscured by shrubbery, a pride of lions lounged, having just cornered and feasted on a young hippo. While still a safe-ish distance away, the adrenaline rush was undeniable as we could only imagine the drama that had unfolded just moments before. We stood in awe, overwhelmed by the intimidating size of these full-grown cats. The tension in the air was palpable as we recorded the moment with trembling hands.

ITUBA IS ONE OF THE TWO SELF-SUSTAINING COMMUNITY-MANAGED CAMPSITES ON THE AMATOLOLO TRAIL, WHICH OFFER BASIC CREATURE COMFORTS FOR VISITORS.

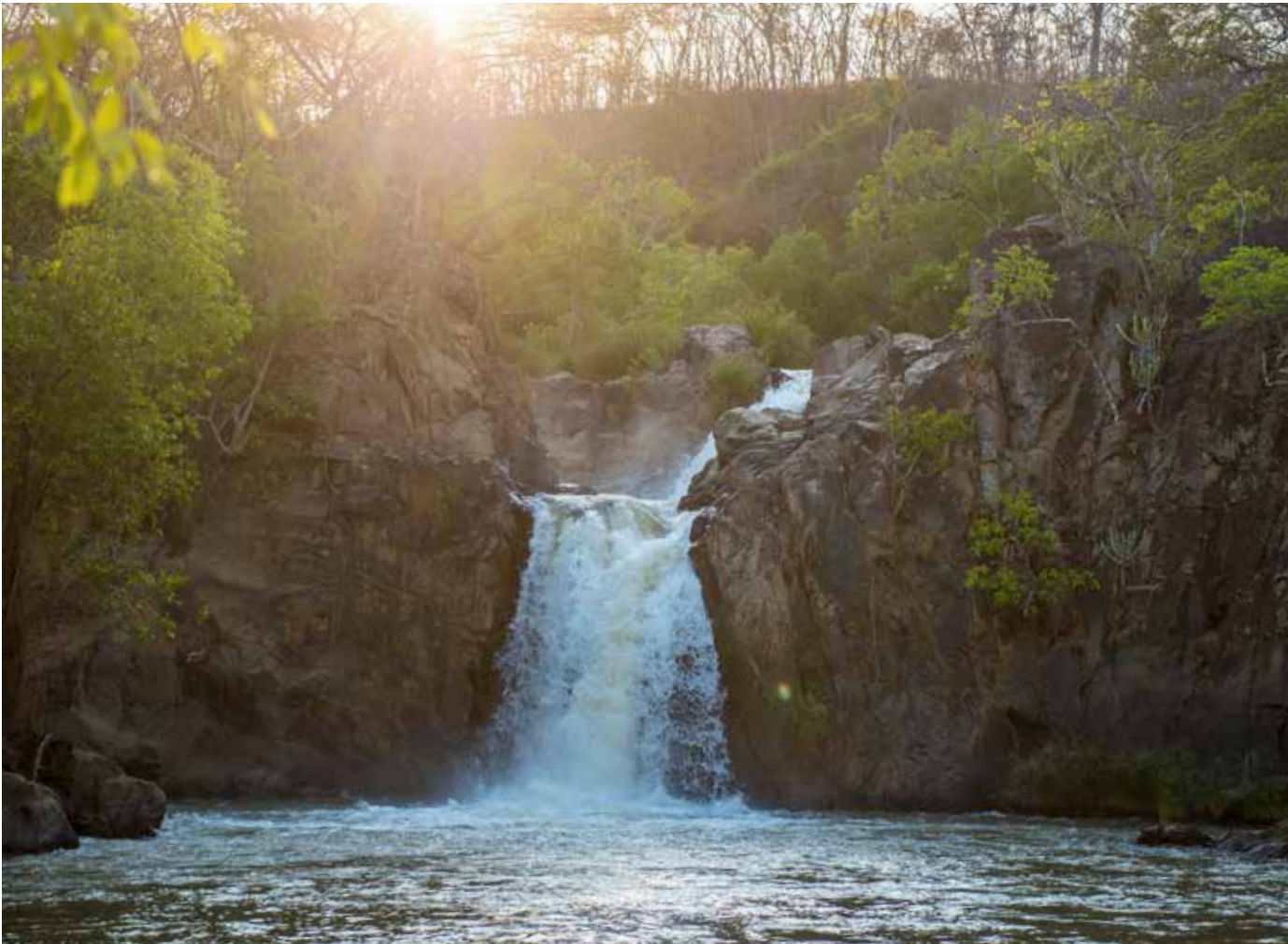






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We eventually retreated to the vehicle's safety, relishing the moment as we ventured deeper into the park's heart to the next campsite, where we would spend our second night. We witnessed the change in landscape with several tributaries flowing into the Luangwa River. Driving past a couple of overland camp trucks was heartening, a sign that we weren't completely alone in the vast wilderness of Zambia's untamed beauty.

When we arrived at Muzungwe Campsite later that afternoon and set up camp near the borehole on site, the sun was already setting. We enjoyed a night under the canopy of stars, sharing stories of our adventures around a crackling fire, which had become a ritual of sorts. As I retreated to my tent for the night, it felt strangely rewarding to swap the comforts of plush beds and flushable toilets for the simplicity of camping beneath the stars.

As dawn broke, I was greeted by the

sight of our campsite shrouded in a cloud of mist. As the fog cleared, I realised we were surrounded by a canopy of cathedral mopani, carpeted with fallen leaves in a mesmerising display of red and brown. The towering trees, stripped bare by the dry season, stood like sentinels guarding this place. The scene was not without a feeling of magic.

We began a leisurely morning with freshly brewed tea over the embers of a rekindled fire, soaking in the change of scenery and the chattering birdsong that filled the air as day broke. The onset of the midday heat drove us to break camp and set off for Lifula Camp Site, where the true magic of the Amatololo Experience unfolds.

The approach to the Lifula Camp Site was punctuated by sprawling hills and lush greenery resulting from the nearby waterfall's natural irrigation system. Lifula Falls is a short hike from the

designated camping area, and as we clambered between the rocks, we were greeted by a vista and a breathtaking cascade of water. The sound of babbling water instilled a sense of pure serenity, a welcome respite following the hot drive. Setting up camp on our last night in the wilderness created a bittersweet feeling because it felt like the experience was just beginning to ripen, but alas, time had caught up, and it was nearly time to wake from the dream.

As if sensing our melancholy, nature treated us to one more magical encounter. As we gathered around the fire beneath a full moon, a majestic hippopotamus with its calf emerged near the waterfall, and later that night, their guttural symphony echoed through the night, a constant reminder that the real Africa was all around us. The morning brought with it our last moments at Lufila Falls and our departure for Samala Community Camp. Samala, a simple



tented camp with outdoor showers and simple yet comfortable beds, was a welcome contrast to our wilderness camping experience, its simple comforts adding to the charm of this adventure.

Enjoying the diverse landscapes and experiences at each campsite filled me with nostalgia, reminding me of the joys of connecting with nature as a young boy scout. I caution you, dear reader, this experience is not for the faint-hearted. The long traverse across the changing terrain tested our wits and resilience and almost made me rethink why I drove over 800 kilometres from home into the unknown expanse.

However, I can guarantee that the reward is assured for those who crave adventure, relish the thrill of the unknown, and appreciate the simple beauty of unfiltered experiences. The Amatololo Experience caters to every adventurer as you hike through pristine woodland, relax by various river banks, enjoy a campfire under the starry night sky, or simply chance upon incredible wildlife encounters.

So, dear reader, plan your itinerary, team up with a local guide and embrace the spirit of untamed adventure in amatololo.

**AMATOLOLO MEANS
'WILDERNESS' IN THE LOCAL
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Words by, Noxolo Kapela, Images courtesy of Cape Town Culinary Tours



Cape Town, renowned for its panoramic landscapes and vibrant culture, also boasts a rich culinary tapestry that reflects its diverse heritage. Guiding us through this gastronomic journey is Cape Town Culinary Tours, an expert in uncovering the city's hidden gems and culinary delights. Come along as we embark on a flavourful exploration of South African cuisine and its interconnectedness with the world.

Marco's African Place

As we set foot in Marco's African Place, the aroma of traditional spices and the rhythmic beats of African music greet us warmly. Chef and owner Marco is the first black restaurateur in South Africa, opening his first restaurant in 1989. He welcomes us with a smile as he shares the story behind his establishment. This stop on our culinary itinerary promises an authentic taste of South Africa.

Signature Dish: Traditional Xhosa Dishes

A feast for the senses, their meals showcase the best South African meats, expertly grilled to perfection, offering a rich and savoury flavour with a hint of smokiness. Accompanied by sides of pap, samp, and beans, each bite is a journey through traditional South African culinary heritage. The pap, a maize-based porridge, provides a comforting contrast to the robust flavours of the meats, while the samp adds a delightful textural element with its slightly chewy consistency.

At Marco's, guests can also taste traditional home-brewed African beer, a staple in traditional South African households. This unique beverage, crafted with care using age-old recipes and techniques, embodies the spirit of community and hospitality. Served in calabashes, the beer's earthy aroma and refreshing taste complement the hearty flavours of the Pan African Platter, creating a truly immersive dining experience reminiscent of a traditional South African gathering.





The Charles Cafe & Guesthouse

In the heart of De Waterkant, nestled amidst the cobblestone streets and colourful facades beneath a hundred-year-old tree, in a charming district steeped in history, we find The Charles Cafe, a hidden gem known for its delectable bobotie. Our guide shares anecdotes about the area's maritime past as we step into this cosy establishment, where the scent of spices fills the air.

Signature Dish: Bobotie

An authentic South African classic, bobotie is a symphony of flavours and textures. Beef mince, seasoned with aromatic spices like turmeric and coriander, is baked to perfection with a layer of fluffy egg custard on top. Each forkful reveals a harmony of sweet and savoury notes, with the subtle warmth of the spices complementing the meat's richness. It is served alongside turmeric-infused lentil rice and tangy chutney. This dish is unexpectedly paired with a glass of bubbles as our guide regales us with tales of De Waterkant's storied past, from its origins as a vibrant maritime hub to its transformation into a cultural enclave beloved by artists and creatives.

Madam Taitou Ethiopian Cuisine

Our culinary journey takes a global turn as we venture into Long Street to discover Madam Taitou, a hidden gem specialising in Ethiopian cuisine. The vibrant decor and inviting ambience transport us to the bustling streets of Addis Ababa as we prepare to explore the flavours of Ethiopia.

Signature Dish: Injera

At the heart of Madam Taitou's culinary experience is the iconic injera, a beloved staple of Ethiopian cuisine. Made from teff flour and fermented to perfection, injera is a spongy, sourdough flatbread that serves as the foundation for a delectable range of dishes. Accompanying the injera are an assortment of traditional Ethiopian dishes, each bursting with bold and complex flavours. From doro wat (spicy chicken stew) and misir wat (red lentil stew) to aromatic vegetable dishes like gomen (collard greens) and atkilt wat (spiced cabbage and carrots), every bite offers a tantalising glimpse into Ethiopia's rich culinary heritage.





Openwine on Wale Street

No culinary adventure in Cape Town is complete without a wine-tasting experience. Openwine on Wale Street offers an extensive selection of South African wines to delight the senses. Under the guidance of our expert sommelier, we embark on a journey through the vineyards of South Africa, sampling their extensive selection of varietals and vintages.

Signature Experience: Wine Tasting

From the robust reds of Stellenbosch to the crisp whites of Franschhoek and over 200 wines available by the glass, each wine tells a story of the land and the people who cultivate it. As we swirl, sip, and savour each glass, we discover the unique terroir of South Africa's wine regions, with notes of ripe berries, floral aromas, and hints of spice dancing across the palate.



Fireman's Arms

Retreat to Fireman's Arms, one of Cape Town's oldest and most beloved pubs. Steeped in history and tradition, this iconic establishment offers a warm, welcoming atmosphere where guests can indulge in hearty comfort food and local favourites.

Signature Dish: Bunny Chow and Malva Pudding

A quintessential South African dish, Bunny Chow is a hearty curry served in a hollowed-out loaf of bread, providing a satisfying blend of flavours and textures. It is believed that the origins of bunny chow stem back to the ingenuity of Indian labourers who hollowed out loaves of bread and filled them with curry as a convenient way to transport and savour their traditional meals. The creamy curry, infused with fragrant spices and tender meat, pairs perfectly with the soft and pillowy bread, creating a comforting and satisfying meal.

With its roots tracing back to Dutch settlers who brought their baking traditions to the Cape, we indulge in Malva Pudding for dessert. Served warm and drenched in a sticky caramel sauce, the moist and sponge-like pudding melts in your mouth, while the rich caramel sauce adds a luscious sweetness that lingers on the palate. Paired with a dollop of creamy custard, each bite of malva pudding is a decadent delight.

Exploring South Africa's rich culinary heritage with Cape Town Culinary Tours is more than just a culinary adventure; it celebrates South Africa's diverse flavours and cultural and architectural history. From traditional South African dishes like bobotie and bunny chow to global delights like Ethiopian cuisine, Cape Town offers a gastronomic experience like no other. With the expertise of Cape Town Culinary Tours guiding you every step of the way, visitors can embark on a journey through the tastes and traditions that define this vibrant country, one delicious bite at a time.



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THE ELIZABETH MUKOLOMA STORY:

BEYOND

THE

Words by Jolezya Adeyemo, Images by Justine Kunda and Kelvin Mbewe

FINISH LINE



Uncover the remarkable story of Elizabeth Mukoloma, Zambia's fastest female endurance runner, as she breaks records, empowers communities, and inspires a nation with her unwavering dedication to athletics and social impact.



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You probably don't know who Elizabeth Mukoloma is, but you should.

I met Elizabeth for the first time in a relatively quiet corner of Solwezi's bustling Messenger Market. She emerged from her shop, warm and friendly, clad in a plain yellow shirt and green chitenge wrapper. The Nkwazi team and I had travelled from Lusaka specifically to film a documentary on Elizabeth's story and achievements.

Elizabeth, a longtime resident of Solwezi, is a tailor in the market, a mother, and a wife. She also happens to be the holder of the national women's marathon record and one of Zambia's best endurance runners. In October 2023, Elizabeth broke the national record at the Sanlam Cape Town Marathon.

Elizabeth holds the national women's marathon record and is a formidable endurance runner.



We leave the market with Elizabeth, making our second stop that day to scout Tumvwananai Secondary School. Here, she trains a group of students ranging in age from 10 to 17 years every week, which is a commitment she made in November of 2023. Several children from Solwezi were inspired by Elizabeth and started showing up at her home, asking if she would train them. She accepted, and they initially began with road runs. Noticing the group, some administrators at Tumvwananai offered the school training grounds for their cause.

Elizabeth's running journey started at school when she was in grade 10. She soon discovered that she had a talent for running and competed in competitions from the school level through to the provincial level. After finishing grade 12, however, Elizabeth gave up on her passion, instead focusing her efforts on trying to get a job. "After school, I stopped running because I thought I would be wasting my time," she shares.

When a friend who worked as a tailor asked her to join him in his business, Elizabeth agreed. He taught her the trade, and they began working together in his shop, which Elizabeth still runs



today. Her friend has since changed professions, leaving Elizabeth as the shop's sole owner.

While Elizabeth quit running after school, it was only for a brief period. Encouraged by some friends and her then-boyfriend, who was a talented runner himself, she rediscovered running and joined the Kansashi Running Team. As Elizabeth tells me, her boyfriend-now-husband has been one of her biggest supporters, especially during times of injury and when she doubts how far she can take her running career. The couple regularly runs together once or twice a week.

After showing us her home, we parted ways with Elizabeth, as she had to return to her shop and close up for the day. We reunited at Solwezi's Independence Stadium, one of our filming locations. Here, Elizabeth trains with her coach, Godfrey Chikama, and other members of the Kansashi Running Team, where she is the only woman in the 13-member running team. Speaking about the experience, she says, "I feel comfortable. I'm happy with the guys and see them as my brothers...Running as a team, we encourage and teach one another. When a team member makes a mistake, we can tell them and advise how they can improve."

"After school, I stopped running because I thought I would be wasting my time."



The camaraderie between team members and the coach was evident during the morning and afternoon training sessions we witnessed the next day. Although they pushed themselves hard, the atmosphere amongst them was relaxed and easygoing. The team members and their coach ran around the track countless times, did strength training exercises and stretches, and laughed and teased each other throughout. The coach led most drills but often allowed Elizabeth and another team member to take the lead.

Godfrey tells me coaching Elizabeth is a breeze, "she's hardworking, committed, humble, adaptable and supportive. She's a good listener, and if you give her a training programme, she commits to it." Coach Godfrey was younger than I expected; at 23 years old, he is the same age as Elizabeth and has been coaching for three years. Though a runner himself, he dedicates his career to grooming other runners early on. It is his dream for Solwezi and the wider North-Western Province to become a hub for runners in Zambia and for Solwezi's native runners to become successful locally and internationally.

In the early evening, with the threat of rain, we go our separate ways and meet with Elizabeth early the following day at her home. Here, she proudly displays her medals and trophies, all 32 of them. She values all of them, but she cherishes three in particular. The first is her Victoria Falls Marathon medal. This was her first international competition and she didn't think she would make it because she had been nursing an injury, but with a mere week of training, she scooped up fourth



Elizabeth has won 32 medals in her running career.

place. She recalls this trip fondly, as it was her first time laying eyes on Victoria Falls. The second medal was for the Absa Marathon in 2021. She participated in the half marathon and placed first among the women.

Elizabeth's most prized medal is her record-breaking run at the 2023 Sanlam Cape Town Marathon. She broke





Zambia's national women's marathon record with a staggering time of two hours, 55 minutes and 52 seconds. This was no accident, she travelled to Cape Town aiming to set a new record and trained with this goal in mind. Elizabeth describes the moment she realised her achievement: "I was in my room after the race and turned on the TV and saw a recap. They posted the times, and I realised I had broken the national record. Alone in my room, I was so excited and elated. I feel proud when I look at all my medals because this work is not easy."

We head back to Tumwvananai School, where Elizabeth has a training session with some students. She has been confident throughout our encounters, but this is the most self-assured she has been. She's in her element with the children. Elizabeth gives the children a pep talk before they begin their drills. She tells them they can win races like her, but only if they're hardworking and disciplined. I'm reminded of Elizabeth's words in an earlier conversation when I asked her why she trains with the children and how she thinks sports can benefit the community of Solwezi, "Sports can help to achieve your goals. School is not the only way to be educated. You can be educated through sports and achieve a lot through it."

One person who does not doubt Elizabeth's potential to thrive as a career athlete is the Kansanshi Running Team Manager Davie Muleyi. He once trained footballer Racheal Kundananji, Zambia's national women's striker and Bay FC forward in the United States. Davie believes Elizabeth can achieve the same success as Kundananji and other top Zambian athletes with the proper support. He also laments that some parents discourage their children from pursuing sports professionally as they are unaware of the opportunities, including the life-changing international sports scholarships. Ultimately, he notes that attitudes are changing, and the future is bright for Elizabeth and other athletes in Solwezi.

While Elizabeth already has numerous sporting achievements and set a new national record, she has many more goals. She hopes to create and break more records and compete in more local and international competitions. Her ultimate goal is to have running as her full-time occupation. "I look at athletes like the ones in Kenya who run full-time, and I believe one day I can be like them. They're human like me, and if I work hard, I can get to their level."

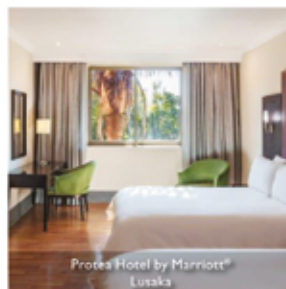
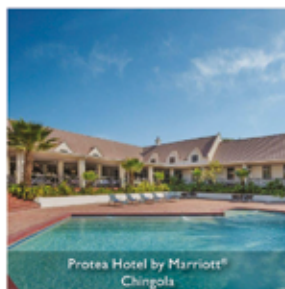
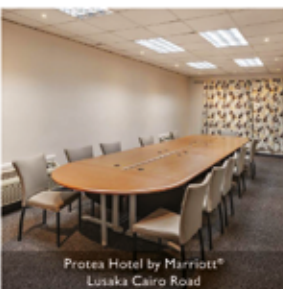
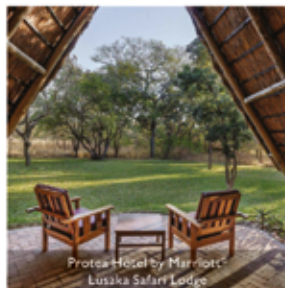


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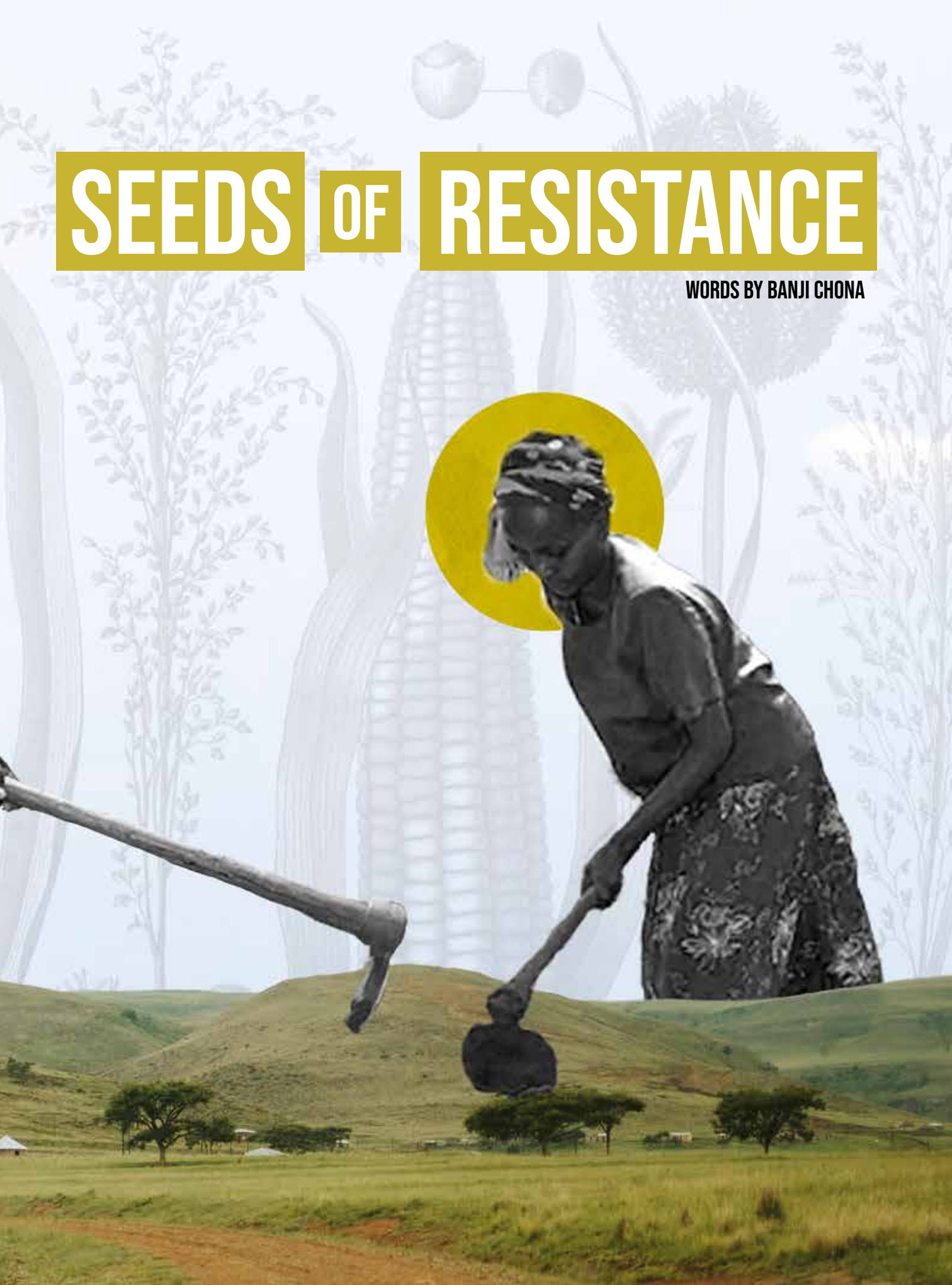
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SEEDS OF RESISTANCE

WORDS BY BANJI CHONA





Maize/Maze/Mortar/Motor

"Atutwe no baana, tukale antomwe, tulye, tukanane.

As fire a gathering place to unfold,
The mortar and pestle, a vehicle and a motor
To tell the untold;
grain to grit and hand to heart.
Do you feel the rubble curdling and brewing
underneath the cracking sheets of terracotta
earth?

Mirroring the thunder threatening to rain without a drop
For we do not toil our communion to the earth, As
Mama did,
Our harvest may be lost in between the ripe and ruin
The seeds that hold stories and song,
culture and cries; left laying dormant, sleep (in)
fertile soil."

- by *Banji Chona*

SEEDS OF RESISTANCE

A vast majority of histories we know and have access to are products of colonial realities and stories.

These histories, predominantly penned by Western historians, have resulted in a skewed version of history and an asymmetrical archive. The asymmetrical mainstream archive sidelines alternative and often indigenous means of

documenting and archiving histories. These alternative means of storytelling seldom have a direct link to the colonial frame of mind and elements, such as the English language or the canonisation of written history. Recognising alternative means of documenting and archiving history is an essential and critical element in writing or rewriting a crucial historiography of Zambia.

This historiography includes the voices and experiences that colonialism has sidelined and repressed.

Within the context of Zambia's indigenous, pre-colonial histories, seeds and plants function as living repositories, containing generations of historical narratives and stories. They are portals that can lead to a mapping of





ancestral practices and an approach to understanding the past as a blueprint or guide in healing and addressing critical gaps in our stories as told through food sovereignty. Indigenous seeds and plants serve as more than sources of sustenance; they are a connection to the rich tapestry of ancestral knowledge and traditions. Each seed planted is a link to the past, carrying within it the wisdom and stories of generations past. By delving into the cultivation practices of our ancestors, we can uncover valuable insights into our heritage and identity.

Women played a vital role in every step of the food production process, from the beginning – sowing the seed to the final preparation of meals. These tasks were not merely chores but integral parts of their lives, intricately woven into the fabric of their existence. The fields and gardens where the crops were grown, the forests where fruits were harvested, the open spaces in the village where grains were milled, and the thatched outside kitchens where meals were prepared became spaces where women's voices could be heard, and their stories told.

The act of milling sorghum and millet was not merely a task of grinding grains but a communal experience rich in storytelling and cultural expression. Other indigenous foods that women processed included forageable foods such as mongongo nuts and musika (tamarind), which were used to add to various meals for added nutritional value.

Women would come together in groups, forming a bond through shared labour in the central courtyards of their villages. As they rhythmically pounded the grains in mortars and pestles, they would weave



stories and songs into the fabric of their work. Among baTonga women, this milling process kutwa (ghoo-twa) was accompanied by traditional storytelling songs of the same name. Kutwa, which means "pounding," offered a glimpse into the everyday lives of the women involved. Through the melodies and lyrics, they shared their joys, struggles, and relationships with their families and communities. The songs became a way to express emotions, narrate personal experiences, and connect more deeply.

The communal act of milling was not limited to food production; it was a celebration of community amongst women, resilience, and preserving culinary culture. These shared labour and storytelling moments created alternative spaces where women's voices were uplifted, their stories honoured, and unique historiography unfolded.

The sonic expression of personal and collective histories woven into food production processes led by women aren't limited to baTonga across Zambia and Zimbabwe but are present across the Southern African region and the continent as a whole. The Chewa of Malawi have similar practices of work songs called machinga. Similarly, these incantations told the stories of women, who often had no space around conventional storytelling sites like fires.

This ciChewa pounding song tells the story of a daughter-in-law complaining to her mother-in-law about the theft of maize, which she was pounding the day before. The daughter-in-law also sings of being at a loss due to the famine in her village. Her advice is that those who are single should get married to avoid the famine that will hit the land that year.

"Apongozi
Iyayi
Apongozi
Zoona
Andilanda chimanga
kumitondo
Nanga ine nditani njala
yakula
Andilanda chimanga
kumitondo
Nanga ine nditani njala
yakula
Ali mbeta akwatiwe chaka
chino kuli njala,
Ali mbeta akwatiwe
Chaka chino kuli njala"

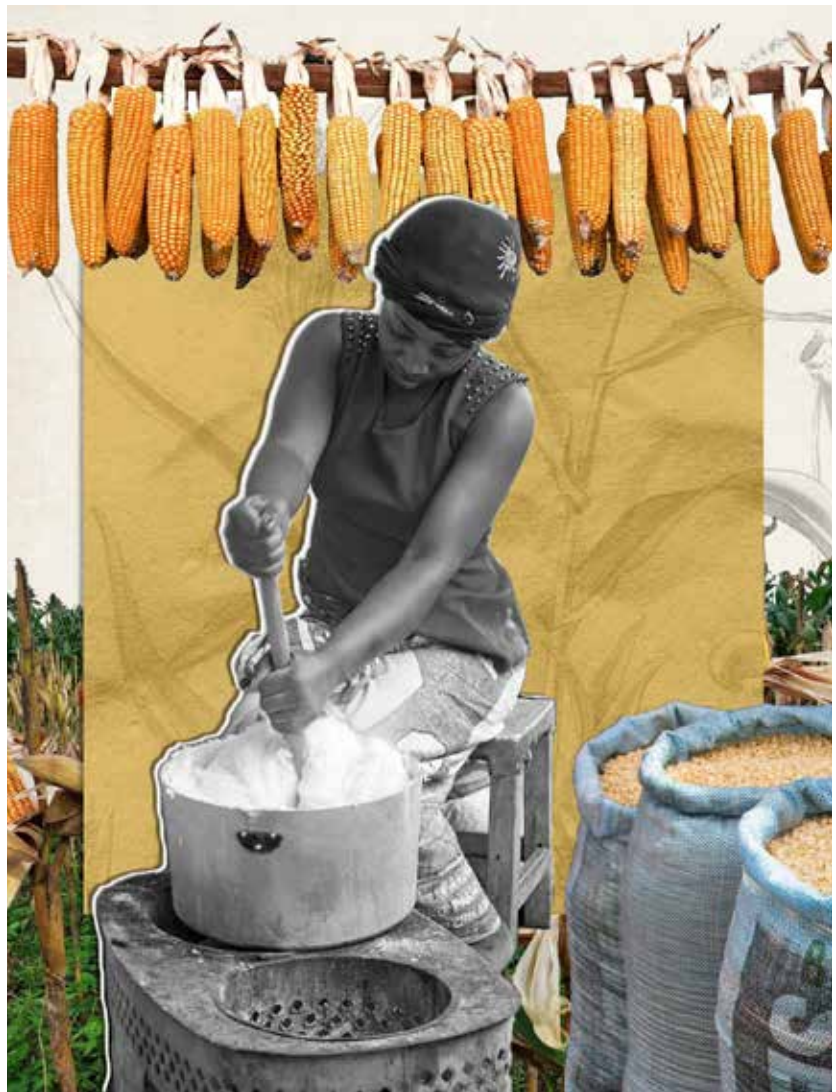
Throughout time, these mediums of storytelling and archiving morphed in their shapes, sounds and processes. The changes resulted from many interventions impacting the trajectory of indigenous Zambian seeds. One particular plant eloquently tells the complex history of seeds and, thus, farming as we know it in Zambia today.

Maize.

Originally from the southwest highlands of Mexico, the seed arrived on the continent in the 17th century on the boats of Portuguese traders who intended for the seed to supply their trade posts. In time, through various iterations of systems of power and oppression, the seed was adopted by the indigenous people across the continent. In parts of West Africa, it is written that indigenous people were made to farm maize under duress by the colonial government and for white settlers; in exchange, they could 'remain' the custodians of their ancestral lands.

The homogenisation of the maize seed in Zambia can be traced to 1913 when the British colonial government Department of Agriculture introduced several test species of maize into their 'experimental gardens' in Chilanga and Mazabuka. These tests identified Hickory King as the most suitable variety of seed, and thus, it was made available for sale to white settler farmers. During the early 1920s, commercial farming of maize began to take root. White farmers began to adopt seed selection methods and to pay higher prices for better quality seed. By 1922, most white farmers were using their own selected seeds. Similarly, the Department of Agriculture began offering selected seeds to African farmers and encouraging their use. This period also saw the mechanisation of food processing, which indigenous farmers also adopted.

The introduction of chigayo (the hammer mill) dissolved and disintegrated the storytelling aspect within the culinary culture of kutwa. A single machine replaced the physical bodies and, thus, the voices of women who shared their projections of life and documented history through songs passed down through generations. Now, the chigayo stands alone, its mechanical whir drowning out the melodies of the past. The songs that once echoed through the village, carrying with them the essence of a people, have been silenced. The stories once woven into daily life's fabric are



now confined mainly to memories, fading with each passing season. Yet, amidst the clatter of metal and the machine's hum, there is still a whisper of the old ways in which storytelling mechanics have morphed.

Despite ecological colonialism and its impact on indigenous culinary culture, the storytelling space still thrives where women gather around indigenous grains. In the marketplaces, behind stalls, women continue to care for and sell grains like maila, nzembwe, sorghum, and millet, which have persevered through changing times and soils in the spirit of resistance.

With their deep connection to the land and its bounty, these women carry on a tradition that is not just about sustenance but also about resilience and preservation of cultural heritage. As

they meticulously sort through grains, their hands deftly working the familiar textures, they nourish bodies and keep alive stories of past generations. The marketplaces where these women congregate become more than just spaces to exchange goods; they are sanctuaries of knowledge and tradition.

Through their daily acts of tending to indigenous grains, these women preserve a way of life and reclaim a narrative once threatened by forces beyond their control. Each grain they lovingly handle is a testament to their strength and determination to keep their culinary traditions alive. In a constantly evolving world, these women stand as pillars of resilience, their actions speaking volumes about the power of community, heritage, and the unwavering bond between people and the land that sustains them.



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LUSAKA - JOHANNESBURG (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
020	08:15	10:15	●	●	●	●	●	●	●
024	11:00	13:00	●		●	●	●	●	●
026	15:00	17:00				●		●	●

NDOLA - JOHANNESBURG (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
311/020	06:30	10:15	●	●	●	●	●	●	●
303/024	09:00	13:00	●		●	●	●	●	

LUSAKA - CAPE TOWN (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
050	08:00	11:30				●		●	●

LUSAKA - DURBAN (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
032	08:15	10:45	●				●		

LUSAKA - LIVINGSTONE (MAY)

#	DEP	ARR	M	T	W	T	F	S	S
700	06:50	08:00		●			●		●
704	10:30	11:40	●	●	●	●	●	●	●
708	16:35	17:45	●	●	●	●	●	●	●

LUSAKA - LIVINGSTONE (JUN)

#	DEP	ARR	M	T	W	T	F	S	S
700	06:50	08:00		●			●		
704	10:30	11:40	●	●	●	●	●	●	●
708	16:35	17:45	●	●	●	●	●	●	●

LUSAKA - SOLWEZI (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
910	06:50	08:00	●	●	●	●	●	●	●
916	15:00	16:10	●	●	●	●	●	●	●

NDOLA - MANSA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
330	09:10	09:50							●
334	11:35	12:15	●		●		●	●	

JOHANNESBURG - LUSAKA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
023	12:00	14:00	●	●	●	●	●	●	●
025	14:00	16:00	●		●	●	●	●	●
027	18:20	20:20				●		●	●

JOHANNESBURG - NDOLA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
023/308	12:00	17:45	●	●	●	●	●	●	●
025/308	14:00	17:45	●		●	●	●	●	●

CAPE TOWN - LUSAKA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
051	12:15	15:35				●		●	●

DURBAN - LUSAKA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
033	11:30	14:00	●				●		

LIVINGSTONE - LUSAKA (MAY)

#	DEP	ARR	M	T	W	T	F	S	S
701	08:40	09:50		●			●		●
705	12:20	13:30	●	●	●	●	●	●	●
709	18:25	19:35	●	●	●	●	●	●	●

LIVINGSTONE - LUSAKA (JUN)

#	DEP	ARR	M	T	W	T	F	S	S
701	08:40	09:50		●			●		
705	12:20	13:30	●	●	●	●	●	●	●
709	18:25	19:35	●	●	●	●	●	●	●

SOLWEZI - LUSAKA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
911	08:40	09:50	●	●	●	●	●	●	●
917	16:50	18:00	●	●	●	●	●	●	●

MANSA - NDOLA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
331	10:15	10:55							●
335	12:40	13:20	●		●		●	●	

LUSAKA - NDOLA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
302	07:45	08:30	●	●	●	●	●	●	
330	07:55	08:30							●
334	10:20	11:05	●		●		●	●	
306	14:00	14:45		●		●	●	●	
308	17:00	17:45	●	●	●	●	●	●	●
310	18:30	19:15	●	●	●	●	●	●	●

LUSAKA - MANSА (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
330	07:55	09:50							●
334	10:20	12:15	●		●		●	●	
430	08:00	09:15				●			
440	08:00	10:40		●					

LUSAKA - KASAMA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
430	08:00	10:25					●		
440	08:00	09:30		●					

MANSА - KASAMA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
430	09:40	10:25				●			

LUSAKA - MFUWE (MAY)

#	DEP	ARR	M	T	W	T	F	S
800	06:50	08:00					●	
804	10:30	11:40		●		●		●
808	16:35	17:45	●		●		●	●

LUSAKA - MFUWE (JUN)

#	DEP	ARR	M	T	W	T	F	S
800	06:50	08:00	●				●	
804	10:30	11:40	●	●	●	●	●	●
808	16:35	17:45	●	●	●	●	●	●

NDOLA - LUSAKA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
311	06:30	07:15	●	●	●	●	●	●	●
303	09:00	09:45	●	●	●	●	●	●	
331	11:25	12:10							●
335	13:45	14:30	●		●		●	●	
307	15:15	16:00		●		●	●		●
309	18:15	19:00	●	●	●	●	●	●	●

MANSА - LUSAKA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
331	10:15	12:10							●
335	12:40	14:30	●		●		●	●	
430	09:40	12:20				●			
440	11:05	12:20		●					

KASAMA - LUSAKA (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
430	10:50	12:20					●		
440	09:55	12:20		●					

KASAMA - MANSА (MAY/JUN)

#	DEP	ARR	M	T	W	T	F	S	S
440	09:55	10:40		●					

MFUWE - LUSAKA (MAY)

#	DEP	ARR	M	T	W	T	F	S
801	08:40	09:50					●	
805	12:20	13:30		●		●		●
809	18:25	19:35	●		●		●	●

MFUWE - LUSAKA (JUN)

#	DEP	ARR	M	T	W	T	F	S
801	08:40	09:50	●				●	
805	12:20	13:30	●	●	●	●	●	●
809	18:25	19:35	●	●	●	●	●	●

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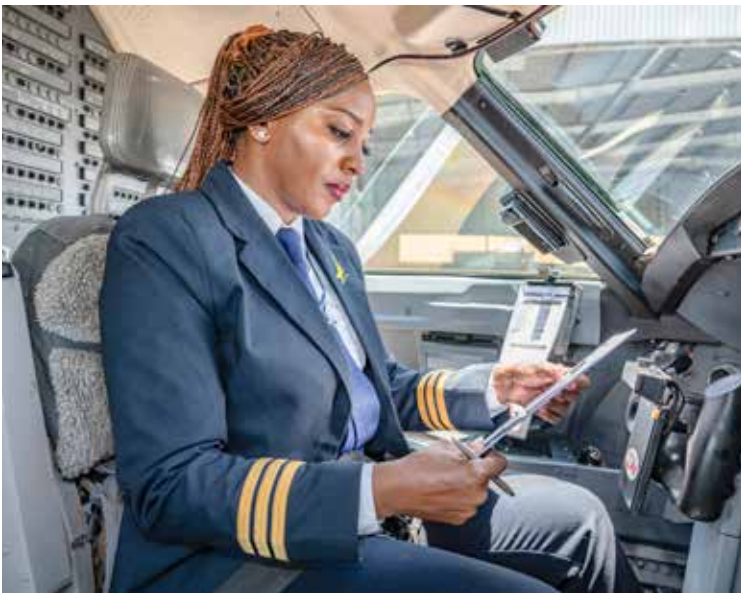
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The airline's 29-seat twin-turboprop Jetstream 41 aircraft landed at Kasama airport on March 19, marking the relaunch of this pivotal route. The last scheduled flight into Kasama was in December 2018, after which the runway closed for refurbishment.

"Proflight is very excited to commence flights to Kasama," remarked Proflight Zambia Director of Flight Operations Captain Josias Walubita. "Our commitment remains steadfast to provide world-class air services while connecting local cities and inspiring unforgettable journeys. Proflight is not just about flights; it's about fostering connections and opening doors to endless possibilities."

This new service significantly reduces travel time for those heading to the Northern Province or vice versa, sparing them from an arduous journey that would take over 13 hours by road.

Northern Province Permanent Secretary Benard Mpundu expressed elation at the development. Stakeholders are committed to revamping the tourism sector in the northern circuit. Proflights' presence in Kasama will act as a gateway for would-be tourists and facilitate and ease the transportation of all the businesses and tourists into the Northern Province.

"The airport alone is a massive investment to ensure that all travellers within and outside Zambia have the liberty to travel at any period of time," stated Mr Mpundu.

Kasama, a vital provincial capital in Northern Zambia, now enjoys scheduled access through Proflight's direct schedules. A 1-hour 30-minute direct flight and about a 2-hour 30-minute flight via Mansa cater to both business and leisure travellers.

The flight schedule includes direct routes from Lusaka to Kasama on Tuesdays, departing at 08:00hrs and arriving in Kasama at

09:30hrs. On Thursdays via Mansa, the flight departs at 08:00hrs and arrives in Kasama at 10:25hrs. Return flights from Kasama to Lusaka are available on Thursdays, departing at 10:50hrs and arriving at 12:10hrs in Lusaka. Tuesday flights from Kasama via Mansa to Lusaka depart at 09:55hrs and arrive at 12:20hrs. Connecting flights to or from Ndola are also offered, providing travellers with flexibility.

Aside from facilitating travel, the service opens access to Northern Province's breathtaking attractions, including waterfalls, hot springs, and Lake Tanganyika. Proflight Zambia aims to develop this route further, contributing to Zambia's tourism and economic growth while delivering top-notch transport services.

As part of that initiative to promote the region, Proflight will serve Kasama coffee onboard its flights.

For bookings and inquiries, customers can visit flyzambia.com and embark on a journey to discover the wonders of Northern Zambia.



PROFLIGHT GOES TO THE **KAFUE**

Schedule: 1 June - 31 October, Mon, Wed, Fri

Lusaka - Chunga: 10:30 - 11:35

Chunga - Lusaka: 12:15 - 13:20

Connections to / from Mfuwe, Livingstone, Lower Zambezi

Operated by ProCharter



WHEN DREAMS TAKE FLIGHT

THE INSPIRING JOURNEY OF A YOUNG WOMAN WHO ALWAYS WANTED TO SOAR



Tisa Muwema's passion for flying was evident from an early age and was fuelled by her father's career in aviation and her mother's hardworking ethic.

As a First Officer on CRJ jets at Proflight Zambia, she has journeyed with courage and self-belief.

A Fledgling In The Making

Growing up with a 'pilot dad' certainly had its perks. The young aviation enthusiast's weekends were spent visiting Simon Mwansa Kapwepwe International Airport, where her father, John Lwandamo Mutemba, worked at the former Zambian Airways. Watching planes take off and land ignited a dream in her heart of one day piloting those great machines across the blue skies.

A Patient Perseverance

Although her passion for flying was evident from an early age, Tisa heeded her parents' advice and pursued a bachelor's degree in business administration before diving into aviation. However, her dream of becoming a pilot never wavered.

"I wanted to be a pilot; I knew what I was destined to do and what my passion was," Tisa recalls. After completing her degree, she embarked on a pilot training journey and obtained her Private Pilot License (PPL) in 2016.

Taking To The Skies

Joining Proflight Zambia five years ago, Tisa started with the Jetstream 41 before transitioning to CRJ aircraft. The shift from a turboprop aircraft to a jet presented challenges, but

her dedication and love for flying propelled her forward. Tisa's exceptional work ethic and determination have made her stand out in her aviation career. She quickly mastered the CRJ, delighting in its speed and ease of flying. Over the years, she has learned to stand up for herself and let her work ethic show that she has earned her seat on the flight deck. In the process, proving that gender is not a barrier to success in aviation.

A Full Heart

Tisa's favourite aspect of working for Proflight is its people: "It's a family-oriented airline," she says, "We sit and discuss the daily operations and agree as crew on safety and network."

She values the welcoming environment, the sense of family among her colleagues, and the adventure that comes with flying for Proflight, with routes that take her to destinations like Ndola, Johannesburg, Cape Town, and Durban.

Home

Ndola holds a special place in Tisa's heart, allowing her to stay connected to her roots despite her demanding schedule. Night stops in Ndola are especially cherished, giving her the opportunity to visit her childhood home.

Higher Still To Go

Maintaining a healthy work-life balance, Tisa is a firm believer in the power of positive thinking. She prioritises her well-being through activities like reading, exercise, and spending time with loved ones. Her journey inspires aspiring pilots, emphasising perseverance, courage, and self-belief, no matter the obstacle.

PROFLIGHT FLEET

BOMBARDIER CRJ100 / CRJ200



FLEET	LENGTH	WING SPAN	HEIGHT	FUEL CAPACITY	MAX ALTITUDE	SPEED	MAX PASSENGERS
4	26.77m	21.21m	20ft	6400kg	41000ft	682km/h	50

BOMBARDIER CRJ100 PARCEL FREIGHTER



FLEET	LENGTH	WING SPAN	HEIGHT	FUEL CAPACITY	MAX ALTITUDE	SPEED	MAX CARGO
1	26.77m	21.21m	20ft	6400kg	41000ft	682km/h	6804kg

JETSTREAM 4100



FLEET	LENGTH	WING SPAN	HEIGHT	FUEL CAPACITY	MAX ALTITUDE	SPEED	MAX PASSENGERS
3	19.25m	18.29m	5.75ft	2600kg	25000ft	550km/h	29

JETSTREAM 3200



FLEET	LENGTH	WING SPAN	HEIGHT	FUEL CAPACITY	MAX ALTITUDE	SPEED	MAX PASSENGERS
1	14.37m	15.85m	5.37ft	1474kg	25000ft	445km/h	18

TRAVEL TIPS

FLYING COMFORTABLE

- Before you fly, get a good night's sleep. Rest and some light exercise will help you cope on your journey.
- Wear loose, comfortable clothing and shoes that are not too restrictive.
- Eat a light, well-balanced meal before you travel and opt for a smaller helping than normal on the plane.

ELECTRONIC DEVICES

- Please ensure that all electronic devices are turned off before taxiing and take off as they may interfere with the safe operation of the aircraft. These include cellphones, laptops, remote controlled games.

SAFETY

- A Preflight safety demonstration is always made before take off. A safety pamphlet is also provided at your seat. Please familiarize yourself with its important information and note the nearest emergency exit.

SMOKING

- Smoking on board is strictly prohibited. This includes any artificial device or e-cigarettes.

BAGGAGE ALLOWANCE

- In addition to the carry on luggage allowance provided herein, each passenger may carry without additional charge, the following carry on items the weight of which shall not exceed 5kg. The carry on items are permitted for use during the flight and when retained in the passengers' custody as listed here below:
- A lady handbag, pocket book or purse, which is appropriate to normal traveling dress and is not being used as a container for the transportation of articles, which would otherwise be regarded as baggage.
- Laptop.
- An overcoat, wrap or blanket.
- A small camera and/or a pair of binoculars.
- Reading material.
- Infant's food for consumption in flight.
- Infant's carrying basket.

FREQUENTLY ASKED QUESTIONS

BAGGAGE POLICY

We offer a complimentary 30kg checked allowance on our international flights for adults/children and 10kg for infants. On our domestic flights, our complimentary checked allowance varies from 15kg, 23kg, 30kg dependant on fare type booked for each flight. In addition, you are allowed one piece of 5kg carry-on baggage.

Excess checked baggage over your complimentary amount is charged at \$5/kg out of Zambia or R60/kg out of South Africa or K60/kg domestic within Zambia. Excess baggage can also be pre-purchased on our website at a discounted rate per 15kg excess bundle. The bundle is \$40/bundle out of Zambia or R600/bundle out of South Africa or K600/bundle domestic within Zambia.

Take note due to airport safety rules, no one piece of baggage can weigh more than 32 kg. All excess baggage is subject to space available on the aircraft and is non-refundable.

Toy guns or blunt objects such as tennis racquet or hockey stick are not permitted in carry-on baggage. Toy guns must be declared for carriage in checked baggage and you must check-in at least two hours prior to flight else the toy gun will not be permitted.

The following items are not permitted in checked or carry-on baggage, they must be sent as cargo: hoverboard, television set, microwave, computer and computer parts, car parts, stoves of any kind.

CHECK-IN DESK LOCATIONS

Our Check-in desks are located as follows:

- Lusaka International Flights: Terminal 2
- Lusaka Domestic Flights: Terminal 1
- Joburg: Terminal B counters 64-66
- Durban: counters 37-39
- Cape Town: counters 65-67

Airport ticket sales in South Africa are located at check-in counters serviced by our ground handler NAS Colossal.

UNACCOMPANIED MINORS

We happily accept unaccompanied minors (5 years to 11 years) on the flight. There is no extra charge for unaccompanied minors and they still receive our 25% children discount. Please note we are limited to a certain number of unaccompanied minors per flight so book early.

INTERLINE PARTNERS

- Air Tanzania
- Cemair
- Emirates
- Ethiopian Airlines
- Fly Safair
- Hahn Air
- Kenya Airways
- Qatar Airways
- Rwandair
- South African Airways

TRANSFER IN JOBURG DETAILS

(Connecting to an international flight out of Joburg)

- Advise the Proflight check-in agent of your final destination and show necessary tickets.
- If you are on Emirates, Qatar or Cemair out of Joburg, you will receive your onward boarding card at time of first check-in with Proflight and your baggage will be tagged through to final destination.
- If you are on another airline out of Joburg, your baggage will be tagged as final destination.
- Upon arriving into Joburg airport from bus, do not enter South Africa through immigration, turn left before immigration queues.
- Follow the signs for International Transfers and go to the transfer check-in desk of your next airline.
- From your next airline, collect your onward boarding pass and receive new baggage tags (your baggage will be re-tagged for you by the next airline transfer check-in agent).

CARGO CONTACTS

For South Africa to Zambia:
Tel:+27 (0)11 2304600 or +27 (0)83 2692841
mariaj@bidaircargo.com

For Zambia to South Africa:
Tel:+260 972 666312 or +260 977 511690
zegacourier@zegaltd.co.zm

PROHIBITED GOODS

Banned, restricted and dangerous goods are articles or substances that are capable of posing a risk to health, safety, property or the environment.

If you wish to travel with any such goods or material, please be aware of the restrictions or steps you may have to take if wishing to travel on a Proflight Zambia service.

To ensure the safety of the aircraft and those on board, checked in or hand baggage must not contain articles or substances that could pose a danger during flights these include:

COMPRESSED GASES
deeply refrigerated
flammable non-flammable)
such as butane, oxygen
propane and aqualung
cylinders.

FLAMMABLE LIQUIDS & SOLIDS
such as lighter and heater
fuels, paint. All safety
matches and fire lighters.

CORROSIVES
such as acids, alkali wet
cell batteries and apparatus
containing mercury.



MEDICAL AND TOILET ARTICLES MAY
BE CARRIED IN SMALL QUANTITIES.
SAFETY MATCHES MAY BE CARRIED ON
THE PERSON.

EXPLOSIVES
such as fireworks, flares
munitions, Ammunitions and
pistol caps.

**BRIEFCASES / ATTACHE
CASES**
installed with alarm devices.



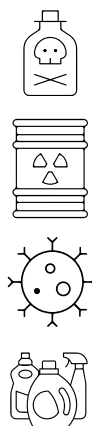
**OXIDISING
MATERIALS &
ORGANIC PEROXIDES**
such as bleaches and fibre
glass repair kits.

TOXIC SUBSTANCES
such as bleaching powder
and peroxide.

**INFECTIOUS
SUBSTANCES**
such as bacteria and live
virus materials.

POISONS
such as insecticides, weed
killers, arsenic & cyanides.

RADIO ACTIVE MATERIALS



**! IF YOU ARE CARRYING
ANY OF THESE ITEMS,
YOU MUST INFORM THE
AIRLINE.**

UBA

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North-Western Province

Solwezi Branch

Copperbelt Province

Kitwe Branch

Ndola Branch

Lusaka

Acacia Park Branch

Cairo Branch

Lusaka

Industrial Branch

Kamwala Branch

Lewanika Branch



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