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Nkwazi

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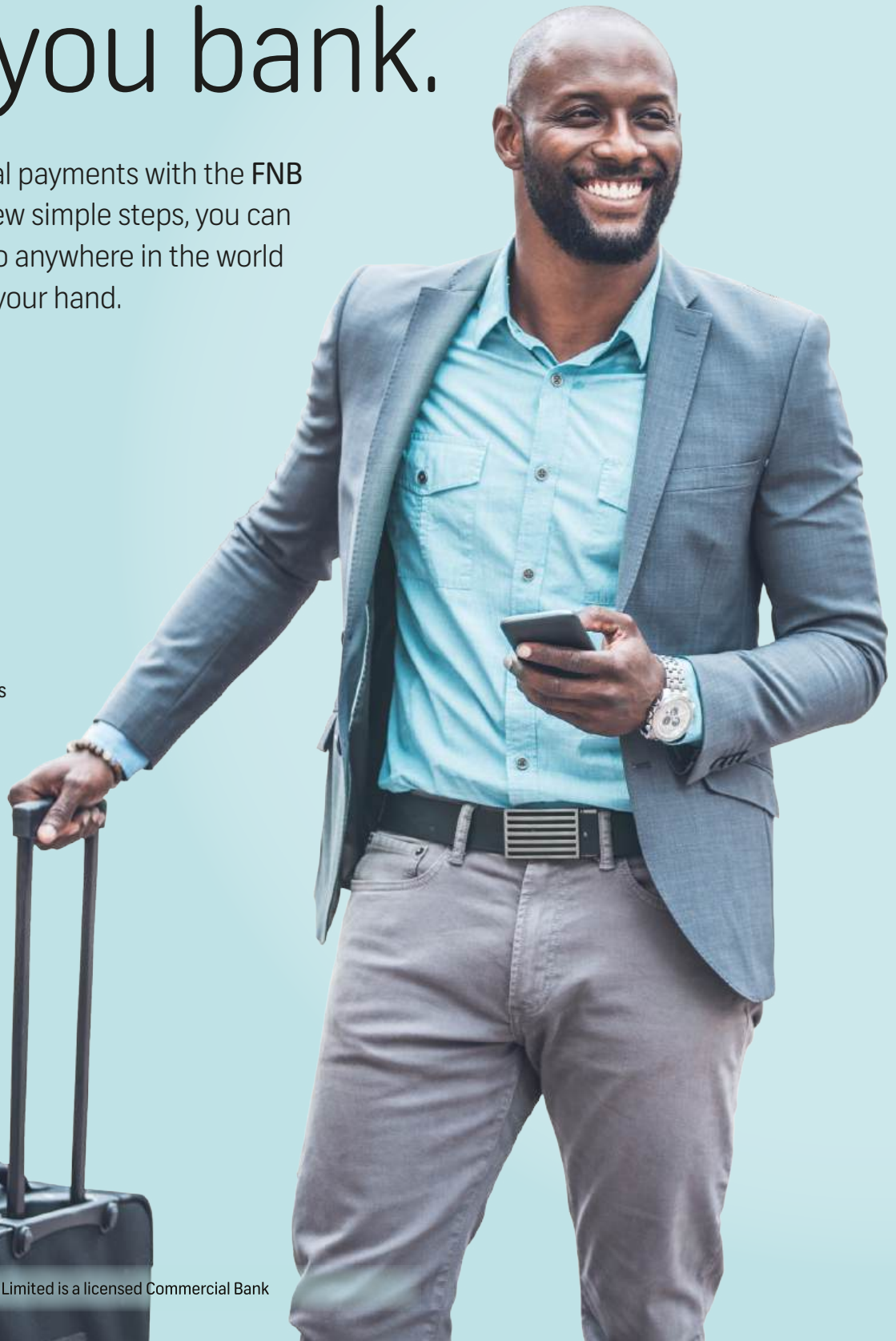
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CREDITS



COVER STORY:

From playing golf in his backyard to becoming the first black African to play in the US Open, Zambian professional golfer Madalitso Muthiya has had a challenging and fulfilling journey, and he has taken every win and setback in his stride. Turn to page 62 to learn more.

PUBLISHING HOUSE:


**SILVER
FOX**
PUBLICATIONS
+260 962434008
info@silverfoxzambia.com
www.silverfoxzambia.com

RYNO
MEDIA

PUBLISHING EDITOR

Walid Nassar
walid@silverfoxzambia.com

DEPUTY PUBLISHING EDITOR

Jolezya Adeyemo
editorial@nkwazimagazine.com

DESIGN

Emmanuel Zulu
ads@silverfoxzambia.com

SALES MANAGER

Musonda Chisenga
musonda@silverfoxzambia.com

CONTRIBUTORS

Bwanga 'Benny Blow'
Kapumpa, Chola
Chisengalumbwe, Daphne
François, Dima Thobejane
Mushauko, Hannah
Shenton, Leelee Ngwenya,
Musonda Kambikambi, Nawa
Mutumweno Royd Kapesa,
Sana Ginwalla, Tokozile N.
Ngwenya, Walid Nassar

CONTRIBUTING PHOTOGRAPHERS

Kalichi Pictures

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JOLEZYA ADEYEMO
Editor

FINDING YOUR IKIGAI & REMEMBERING THE PEOPLE WHO HELP YOU ALONG THE WAY

I've just started reading *Ikigai: The Japanese Secret to a Long and Happy Life*, a book about, among other things, finding one's purpose in life. Only half a day in and at 60 pages, I've learned and relearned a lot.

The question of what one will do with their life comes up early. As children we're often asked, "What do you want to be when you grow up?" Though a common question and usually asked with good intentions, that is a big thing to ask someone who is so young and still discovering themselves, their talents, their likes and their dislikes. I feel I can safely say the vast majority of people do not wind up doing what they say they want to do. That friend of yours who wanted to be an astronaut is in PR. That other friend of yours who wanted to be a forensic scientist is working in supply chain management.

As *Ikigai's* authors note, the existential crises we experience in modern times are a result of people doing as they're told or what they see others doing, as opposed to following the path they truly desire. Of course, it's hardly ever easy to find one's purpose in life and that purpose may change through the various stages of life. It's also worth noting that our purpose, or purposes, extend beyond the professional sphere. A long, happy, healthy, purposeful life is about more than just a good job.

Having said all this, I've always admired people who identify their purpose and pursue it relentlessly, even when faced with seemingly endless challenges and in an environment where their aspirations would not be understood or encouraged by the majority of people around them.

I admire people like Madalitso Muthiya, Zambia's top professional golfer (page 62). He grew up in football crazy Zambia but loved golf from a young age and knew that golf was part of his life's purpose. Playing the game in his backyard, and breaking a window or two in the process, he aspired to play his beloved game on a bigger stage. With a number of milestones achieved, and not always getting the recognition he deserves, Madalitso perseveres.

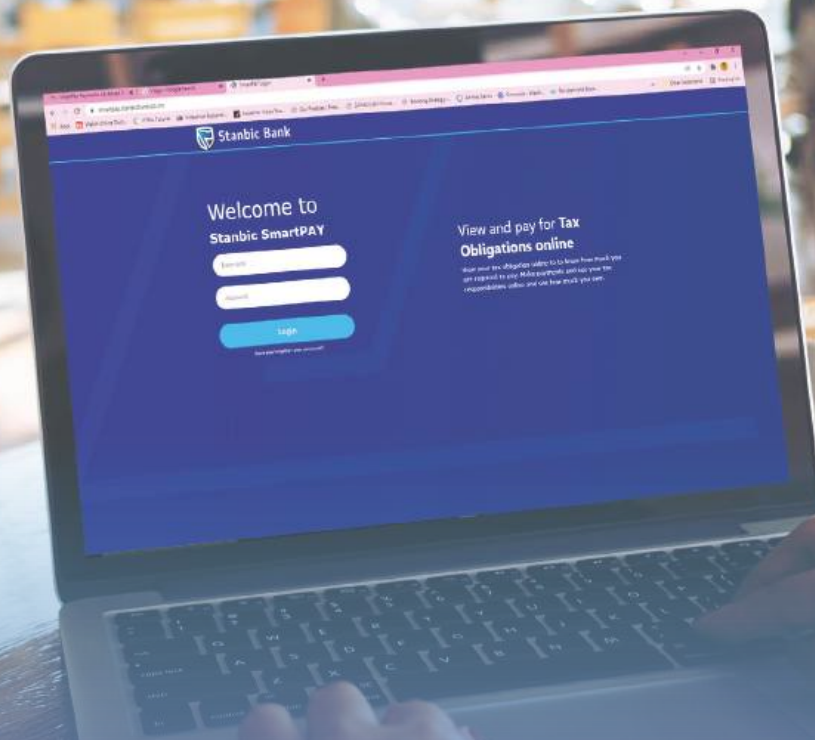
While working on this edition of *Nkwazi*, my grandfather, Swithin Haangala, passed away. This is not just relevant to me personally but also professionally. As a veteran broadcaster, publisher of numerous magazines and an author, Grandpa Swithin was someone to look up to. Many years ago, I told him I wanted to write and I shared some of my work on a now defunct blog. After reading my work, he said "I shouldn't be surprised, this kind of talent runs in the family." That definitely gave me an ego boost and encouraged me to keep going. Writing is one part of my *ikigai* and Grandpa Swithin helped me along the way a number of times. One such time was when I wanted to get an article into *Nkwazi* for the first time, he was the one I turned to. Of course he knew the right person to introduce me to. The rest was up to me. Now having gone from a contributing writer to editor I can say I wouldn't be where I am without his help. As a child, one of the things I dreamed about was becoming a writer. I read plenty of magazines growing up and I aspired to be like the writers whose words filled the pages I flipped through. Writing was part of my *ikigai* and I can't forget those who helped me along the way, including Grandpa Swithin. As he was always willing to help out and give counsel, I only wish I had tapped into his greatness more often but I remain grateful for the opportunities I did have.

I will continue to pursue my various *ikigais* and I wish you all the best as you pursue yours.

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WELCOME ON BOARD PROFLIGHT

Dear Respected Clients,

We are very delighted to have you on board. Proflight's April began on a high note with a number of significant accomplishments, the most notable being the local registration of our new CRJ200 aircraft and its inclusion on Proflight Zambia's Air Operators Certificate. The aircraft made its maiden scheduled flight to Zambia's southern skies on 3 April, transporting a total of 58 passengers on a round trip journey from Lusaka to Livingstone.


Solwezi comes into focus as we develop our domestic and regional route network, dating all the way back to 2006, when we began operating the Britten-Norman Islander twice weekly. The operation's demand has grown tremendously, and we now fly up to five times each week using the more sophisticated British Aerospace Jetstream 41 (J41) pressurised turboprop aircraft. Throughout the remainder of 2022, we will operate high-demand flights using the CRJ 50 seat jet aircraft.

Zambia's economy is fuelled by the Copperbelt province. Zambia was the world's seventh biggest copper producer in 2019, according to US Geological Survey copper output figures from 2021. Zambia's economy has traditionally been built on copper mining. The copper industry's modernisation is mainly due to Frederick Russell Burnham, the renowned American explorer who worked for Cecil Rhodes. Today, copper mining remains critical to Zambia's economic prospects, accounting for 85 percent of total exports. Proflight has concentrated its efforts on offering an effective and convenient service to the Copperbelt region since 2005. We began scheduled services on the Copperbelt with a British Aerospace Jetstream 32 turboprop aircraft designated as 9J-PCS, which we proudly ferried from Nashville, Tennessee in the US to Lusaka. We have worked to establish critical linkages between the Copperbelt and the rest of our route network over the years and are thrilled to now provide direct flights from Ndola to Mansa twice weekly and direct flights from Ndola to Joburg four to five times weekly. We appreciate the Copperbelt market's continuing support and look forward to streamlining connections and bringing additional direct flights to this important market in the future.

While we continue to expand our domestic network, we look forward to the restoration of Kasama airport and plan to begin direct flights from Ndola to Kasama by 1 July 2022. The airport's reactivation will require the deployment of the J41 aircraft, which is larger and quicker than the Caravan that formerly served this route. I am certain that the Kasama route will bolster commerce and industry expansion along the Northern Circuit.

We offer our heartfelt appreciation for selecting Proflight Zambia as your preferred carrier. We appreciate your continued support and look forward to seeing you on one of our other flights in the future. We thank you.

Captain Josias Walubita
Director Flight Operations

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INVITATION TO INVEST IN LOW-COST HOUSING

Lusaka South MFEZ has designated a 100 Hectares of land for the development of Highrise Apartments. The plot sizes vary from 3 to 9 Hectares each. The Zone is in search of a investors with capacity to develop Highrise Apartments.

To complement residential developments, construction is set to begin

in 2022 for the development of a Golf Course, 5 - and 3 - Star Hotels, Office Parks, commercial developments, shopping malls, Universities and schools, a training hospital, fire school and fire training school, etc. Located approximately 25 kilometers from Lusaka CBD in a serene environment with 17 corporations fully operational

Suitable Investors with capacity to fund and develop the apartments are invited to submit their proposals, addressed to:

*For further queries and/or clarifications please do not hesitate to contact the Manager - Corporate Affairs- Alice Schultz on +260 976 796 887 or email aliceschultz@lsmfez.co.zm

The Managing Director
Lusaka South MFEZ
Plot F10723 Chifwema Road Off Leopards Hill Road
Lusaka, Zambia
info@lsmfez.co.zm



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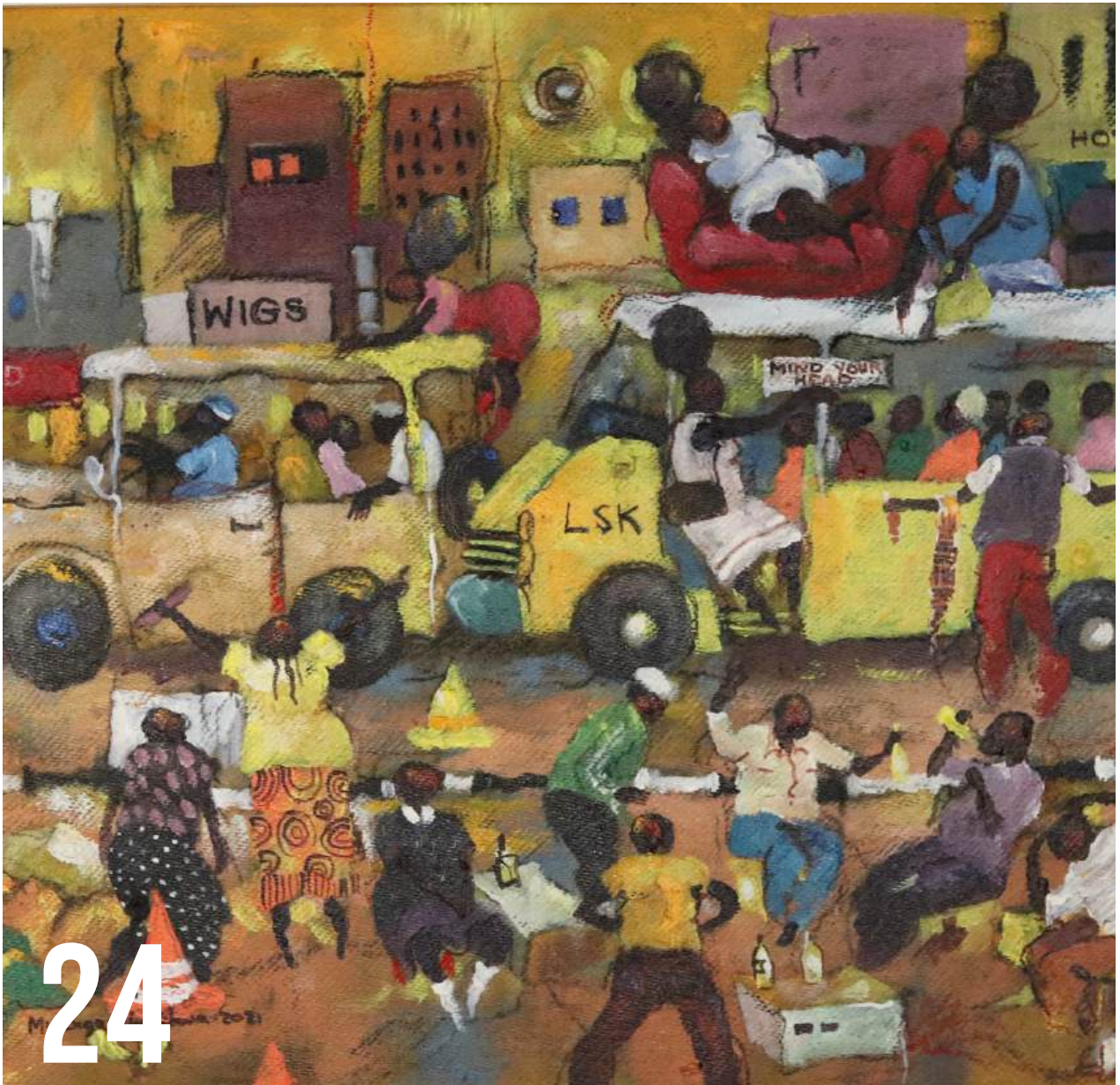
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UP FRONT

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The vibrancy, beauty and organised chaos of a Lusaka street scene, as captured by artist Mulenga Chafilwa. He was inspired to paint this after taking a bus ride in the city and observing the people around him. Mulenga's works are among those you can find at 37d Gallery (page 24).

PLAN



EVENT DETAILS:

Date: 28 May

Time: 3 pm

Location: Neelkanth Sarovar
Premiere Hotel

Tickets: Buy a bottle of Johnnie
Walker from Shoprite to get a
free invite

JOHNNIE WALKER ROOFTOP PARTY

The world-famous whiskey brand, in collaboration with Digital Events, is taking things to another level by hosting a rooftop party at the poolside of the Neelkanth Sarovar Premiere Hotel. The DJs are guaranteed to keep the crowd going with their lively sets. The Keep Walking Lusaka series aims to be the most iconic music event, bringing people together with one of the greatest whiskey brands on the market.

EVENT DETAILS:

Date: 6 May
 Time: 7 pm
 Location: Manda Hill
 Tickets: Free entry

LUSAKA FOODIES NIGHT MARKET

This event is a perfect mix of good food, good drinks, good people and awesome music courtesy of top DJs, such as Sebastien Dutch. And with activities like go karting and face painting, there's plenty of fun for the whole family.



EVENT DETAILS:

Date: 21 May
 Time: 7 pm
 Location: Ciela Resort
 Tickets:
 Ordinary – k850
 VIP – k1,500
 VVIP – K2,000

FINE DINING NIGHT

The popular red carpet, black tie event is back on this year with special celebrity guest judge Chef Siba Mtongana. Contestants will be preparing a five course, fine dining menu and you have a chance to get all dressed up, join our judging panel and let the people watching the show at home know exactly what you thought about the food.



CUTTING EDGE CONVERSATIONS

This is a casual panel-style discussion and networking event and is followed by an after party with DJ Blocks on the decks. For reservations, email reservations@thequorumzm.com or call +260763885581.

EVENT DETAILS:

Date: 7 May
 Time: 7 pm to 9 pm, 9 pm onwards for after party
 Location: Q Lounge, The Quorum
 Tickets: Free for members, K150 for guests



THE ORIGINAL GLENLIVET EXPERIENCE

Join us every Saturday from 7 May until 14 May at The Nightjar to gain a deeper understanding of The Glenlivet culture. Ultimately, join us for The Original Glenlivet Experience at The Nightjar on 28 May.

EVENT DETAILS:

Dates: 7 May | 14 May | 28 May (main event)
 Location: The Nightjar Restaurant
 Tickets: The first 100 people to purchase a bottle of Glenlivet and upload a pic of their till slip to glenlivetexperience.com win double tickets



FATHER'S DAY AFTERNOON

Celebrate Father's Day with everything he loves, from craft beers to golf and much more. To learn more or register interest in this event kindly email info@thequorumzm.com or call +260763885581.

EVENT DETAILS:

Date: 19 June
 Time: TBA
 Location: The Quorum
 Tickets: TBA

SAKAE PARADISE RESORT

LUSAKA, ZAMBIA

Words by Dima Thobejane Mushauko
 Images courtesy of Sakae Paradise Resort



An intimate hideaway nestled in the heart of forest greenery - Sakae Paradise Resort is a captivating wildlife destination that blends smoothly with its natural surroundings. Deriving its name from the Japanese language, *sakae* means to flourish or to prosper- the definition perfectly aligned to the core values of its zealous founders. Located in Lusaka's Leopards Hill area, just a 35-minute drive from Kenneth Kaunda International Airport, Sakae offers serene sophistication that eludes

formality.

With only six luxury suites on offer, residents will enjoy tranquillity, privacy and exclusivity at the wildlife resort. Immersing guests in Africa's wild beauty, all the luxury suites feature a balcony or veranda with comfortable outdoor seating facing rolling gardens, frequented by free-roaming giraffes, warthogs, zebras, various antelope species and cheeky monkeys.

The expansive suites offer extra-length orthopaedic king-size beds, wrapped

in fine white linen and scattered with tasteful natural-coloured cushions and furnishings. Air conditioning, high-speed Wi-Fi, smart TVs, with room and laundry service are all amenities our guests can enjoy from the comfort of their suites. The luxe bathrooms, with soft lighting and indoor plants create a relaxing space for guests to luxuriate in rain showers and long soaks in the bathtub.

Our bar and main deck common space is all carefully styled to exude the warmth of Afro-Balinese culture and hospitality. Enjoy scrumptious meals on the suites'



private veranda or on the main deck where the team of expert chefs will prepare a variety of dishes to impeccable standards. Dinner is served at private tables under the stars, or by a roaring fire for a more intimate setting. Alternatively, guests may relax in their rooms and have dinner brought to them on their private deck. We take pride in making our guests' special occasions more memorable, and offer curated packages for birthdays, engagements, anniversaries and others.

A full range of excellent services makes for a comfortable stay while also offering an array of activities for exploring the resort and its environs. Nature walks on the estate, game and bird viewing in the garden, walks and brunch at the waterfalls, mountain biking, swimming with a view of forest thicket; all coordinated to run smoothly by the Leisure Concierge, who takes care of each guest's activities down to the smallest request. For more relaxed guests there are endless opportunities for game viewing; all you need to do is sit back and let the wildlife come to you in the garden, during game feeding hour in the late afternoon.

Experience a bespoke escape to Sakae – a perfect place to unwind and experience a peaceful moment to calm the mind, reflect and appreciate the artisanal beauty of nature.



WHERE?

A place to reconnect with nature, rekindle your spirit and reignite your soul, Sakae Paradise Resort is located off Leopards Hill Road and is only a 35-minute drive from Kenneth Kaunda International Airport.

WHAT TO EXPERIENCE:

- Nature walks
- Game viewing
- Birdwatching
- Curated packages for birthdays, engagements, anniversaries, etc.

BOOKING AND CONTACT DETAILS:

+260765022842/ +260962391383/
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Proflight operates regular flights into Lusaka from Johannesburg, Livingstone, Ndola, Mfuwe, Solwezi and Mansa. Visit flyzambia.com for the latest flight schedule.

LUNCH AT LATITUDE 15

AN AFTERNOON OF CULINARY BRILLIANCE

Words by Tokozile N. Ngwenya
Images courtesy of Latitude 15



The first thing that will take your breath away about Latitude 15 degrees hotel is the ambience, it exudes an Afropolitan atmosphere that is thoroughly breathtaking. The foyer has chairs and chandeliers from Malawi, vases and tabletops from Morocco, the door frames and doors from India and Sri Lanka. The decor encompasses diverse regions of the world.

I sat outside, my table overlooking the serene and relaxing garden space, the warm sun hitting my skin. At my request, the head chef, Tobia picked my three courses for the day.

As an appetizer, Chef Tobia ordered me calamari rings battered in Mosi (a local beer), accompanied with a spicy aioli sauce. The portion size was massive; well aware of my upcoming courses, I ate half of my plate and restrained myself further. The calamari rings paired perfectly with my glass of Chenin blanc, an expert recommendation from Chef Tobia.

The show stopper of courses was the main meal: crisp, pan-seared salmon which sat pretty on a bed of mashed potatoes cooked in double cream and butter, sauteed vegetables and truffle hollandaise sauce. My main was paired with a chilled glass of sauvignon blanc. Just as with the calamari,

AMBIENCE AND DÉCOR

Latitude 15 is a gorgeous boutique hotel set in a tranquil, lush green corner of Lusaka. The vibe is relaxing, elegant and luxurious. Art and design plays a central role with an eclectic range of pieces from Zambia and the region, these include stunning paintings, photographs, grand chandeliers and carvings.

THE CUISINE

Latitude 15 has two restaurants serving dishes from Zambia and across the globe. Both restaurants have an extensive wine list from South Africa and Europe.

The restaurant has a very high standard that takes care of its raw materials, uses temperature techniques and timing, everything is tested and controlled to ensure that each plate maintains the highest quality.

Latitude 15 maintains high standards and serves meals made from only the freshest ingredients possible.



the freshness of the salmon exceeded my expectations. The hollandaise sauce elevated and the already exquisite salmon fillet. I took slow bites of the mashed potatoes, savouring their rich and smooth consistency.

To end the afternoon, the sweet course was Kahlúa tiramisu, a coffee liquor flavour and marshmallow rocky tarte, nicely finished with a thick dusting of cocoa powder. The tiramisu was light, smooth, and almost cloudlike with an ideal ratio of sponge to cream and a well-balanced coffee and liqueur flavour.

I thoroughly enjoyed every single bite from every meal. Latitude 15 provided me with a fantastic experience, the ambience is welcoming and effortlessly charming. They have amazing wines, food and service. The staff is extremely knowledgeable and makes great recommendations.



WHERE?

Latitude 15°
Leopards Lane
Kabulonga

30 minutes from Kenneth Kaunda International Airport and 20 minutes from the CBD.

15.thelatitudehotels.com



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

BAOBAB COLLEGE

PROVIDING TRANSFORMATIVE EDUCATION



Words by Leelee Ngwenya
Images courtesy of Baobab College

A school featured in *Her Majesty The Queen: The Official Platinum Jubilee Pageant Commemorative Album*



Baobab College, set on a picturesque and tranquil campus, is one of Zambia's most prestigious international schools. Established in 1994 with only 34 students and three teachers, the school now has more than 600 students that make up its thriving and multicultural student community. Baobab has always served its community by responding to the needs of its students, staff and parents.

Principal Ruth Noble shares, "One of my favourite phrases is 'A happy child learns well.' This philosophy underpins everything that we do at Baobab; our goal is to create an environment where students feel very confident and happy. We do this by putting the child at the centre of the decisions we make and what we do. Our school is very community-minded, we communicate with our parents and work with them,

because a child is not brought up just by the parents, school has a very big role to play.

We strongly believe in pastoral care and in line with this, we will be opening a wellness centre, fully staffed with people equipped to assist the children. We will provide a safe area where students can go if they face challenges during the school day, feel overwhelmed or need support."

Baobab stands out for its multifaceted curriculum offering many subjects, including creative subjects such as design technology, art and food technology. The school also offers vocational subjects such as travel and tourism and agriculture. Another unique aspect of Baobab is their robust sports programme, underpinned by the belief that physical education promotes good mental health, team work and sportsmanship. Baobab

regularly participates in the Independent Schools Association of Zambia sports competitions and galas.

Equipped with excellent Information Technology facilities the school is firmly ahead in integrating technology into the classroom. With their virtual learning environment, Firefly, students can go online and log into their accounts to access their assignments and other resources.

Baobab has a strong vision for the future and will be structuring a new middle school that will focus on the special developmental stage from ages 9 to 13, from childhood through adolescence and into senior education. Previously the school saw Year 5 and 6 as a transition phase into secondary school. However, they are now taking that a step further to include Year 7 and 8 to enable a smoother transition, laying

the foundations for senior level examination studies.

The school offers a gold star A-Level programme that allows students the flexibility to study for AS (Year 12) and then transition to university in countries such as Zambia and South Africa. Many students prefer to stay in school for Year 13 – to complete the full A-Level (A2). This provides a platform in which students can access universities around the world. At Baobab students have two tutorial sessions a week, one is focused on careers, and one is focusing on other aspects of preparing students for life after school. From preparing application forms, to writing personal statements and ensuring students have the correct English language qualification (IELTS), Baobab is actively involved in supporting students as they prepare for university.

Baobab has the broadest range of subjects of any school in Zambia. Students have gone on to all corners of the world to study a wide range of courses, with alumni currently found at universities in Zambia, the UK, Europe, India, China, South Africa, Australia, the USA and Canada.

Baobab College is a diverse community made up of 40 nationalities and the school has been recognised for its achievements

not only in Zambia but around the world. Principal Noble shares, “This year marks an extraordinary landmark for one of history’s longest-standing monarchs, Queen Elizabeth II. For this occasion, St James’s House Publishers are producing a coffee-table book entitled *Her Majesty the Queen: The Official Platinum Jubilee Pageant Commemorative Album*. It will showcase a range of aligned organisations, all selected for their transformational contribution across the spheres of culture, society, technology, and business.

Baobab College is honoured that we have been invited to be featured in this book. In June 2022, our school and our Parents and Teachers Committee will host community and educational events and will carry the torch for celebrations to mark the Queen’s Platinum Jubilee. We are immensely proud of the journey we have travelled so far and as we look towards the future; we look forward to celebrating our community, our school, and our children as we mark these events.”

The commitment to ensuring that the students take centre stage, are supported and given the opportunity to thrive is truly what makes Baobab a remarkable learning environment. Baobab is a strong network and community that consistently supports its students, parents and staff.

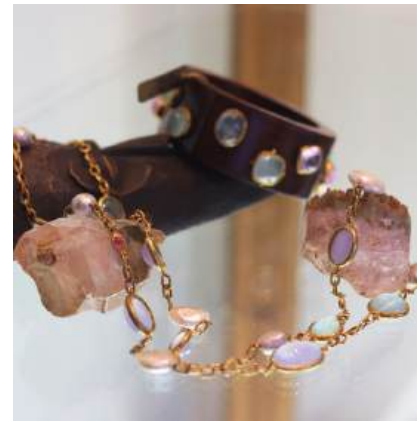


Baobab College Principal
Ruth Noble

TO LEARN MORE

Visit www.baobabcollege.org or call +260-966876804





A PERFECT LITTLE CIRCLE:

HOW YOUR BUY AT 37D IS TRANSFORMING LIVES

Words by Daphne François
Images by Daphne François & courtesy of 37d Gallery

We all have days on which we need to withdraw a little from all the hustle and bustle out there. Spoil ourselves and surround ourselves with wholesome, beautiful things. Take away the noise and replace it with sounds like the singing of a bird, leaves rustling in the breeze, the faraway tinkling of coffee cups on a tray and voices murmuring quietly in another room. If I'm having one of those days, I know exactly what to do. I will jump in my car, park it under one of the carports outside of the building, and step through the solid wooden doors of 37d Gallery, tucked away in the Lusaka suburb of Kabulonga. However wound-up I feel driving there, on the other side of these doors, calm and peace come over me like nowhere else in town.

It's a ritual for me. I wash my hands at the basin just right of the entrance and walk into the building. I greet the receptionist, appreciate the beautiful gemstones which are on show next to Jagoda - the jewellery shop - and take a left into the gallery to admire what's new on

those walls. After a few minutes in awe, I make my way into the Rock Cafe, find a table, order a cappuccino and a fresh-out-of-the-oven chocolate brownie, and start doing some work. The roots of this beautiful spot lie in a not-so-distant past, when a problem was turned into an opportunity in an intricate and yet simple way. Wildlife poaching was a big problem in Mfuwe at the time. Poverty is an important cause, driving parents, desperate to put food on the table and send their children to school, to go into poaching to make ends meet. Mfuwe's poachers, knowing the areas in which they operated like the back of their hand, were aware that nature had so much more to offer than wildlife, including what became the seed for everything 37d is today: gemstones as the driver of change.

At the same time, five women had reached a point in life at which they wanted to give back to society. They happened to be lovers of beautiful things, like gemstones and jewellery. Fate linked them to each other and to Mfuwe, and they came up with an idea. Why not teach local poachers how to mine gems, make

FAST FACTS

- 100% of sales of children's artwork go back to the children and their families.
- A 25% commission from the sales of artwork at 37d Gallery funds the emerging artist programmes, children's workshops, and helps educate the children under the stART Foundation.
- Today, around 110 children in Mfuwe, including a number of orphans, are supported with education and clothing thanks to the stART Foundation.
- The foundation gives loans to artist residency programmes for emerging and established artists in Zambia.



FIND 37d

www.thestartfoundationtrust.org
www.jagodagems.com

Address: 37d Gallery, Middleway
 Kabulonga, Lusaka, Zambia.



jewellery and use the profits to help some of Mfuwe's children meet their basic needs?

The stART Foundation is born

Today, the stART Foundation is an expanded and diversified version of what it was when it first came into existence. Jagoda is now Zambia's longest established fine jeweler and its gemstone mining has expanded all over Zambia since it came into existence. Mumbwa, Mkushi, Serenje, Lundazi, Kalomo, the Copperbelt, Nyimba and Rufunsa are all in the game, supplying minerals from the beryl, tourmaline, quartz and garnet families. They are exported all over the world.

If you're not in the mood for minerals, there is more. The foundation has also become a stepping stone for emerging artists from underprivileged backgrounds, who are offered a training programme to grow their talents with the unwavering support of two of the stART Foundation's trustees who are trained in fine arts. For those who think their art is ready to go on show, they can apply to hold exhibitions at the gallery and use it as a selling platform. And if you're on the other side of the coin, wanting to



treat yourself to some nice earrings or a piece of Zambian art to put on your living room wall, Rock Café offers you the opportunity to take it all in over a freshly brewed robusta and a choice of mouthwatering, healthy dishes prepared with super fresh ingredients.

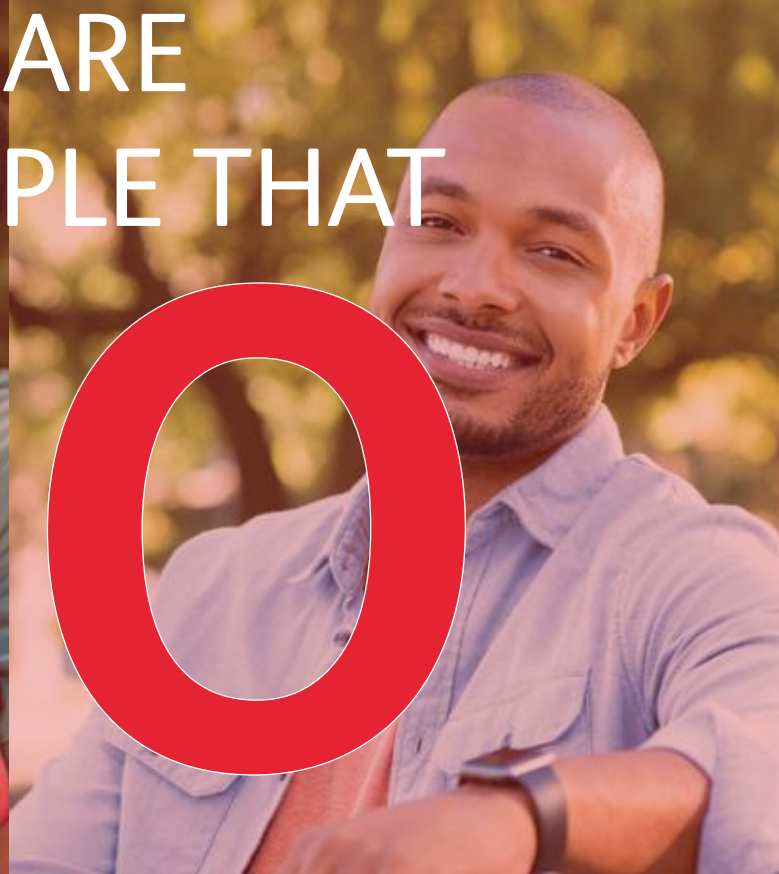
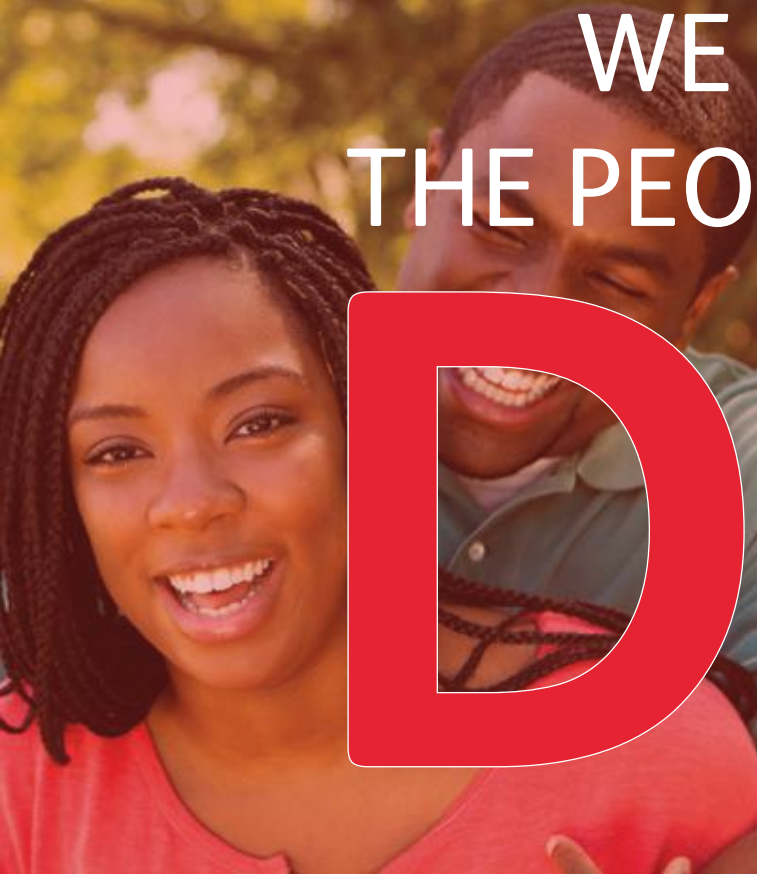
To me, 37d is most of all a safe and peaceful space, where I go when my mind and body need to wind down or when I want to catch up with a friend in a quiet environment. I love how

the building was designed around an over 100-year-old jasmine bush and a frangipani tree, with delicate white flowers that are sprinkled over the terrace. The space has that airy outdoor feel with the comfort of an inside space, which makes it the perfect environment to get some work done or read a book in an energising and inspiring setting. And when I need a meaningful gift for a friend or a family member, be it small or large, I always find it there.



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THE LIGHTFOOT ZAMBIA TRAVEL BAG

Words by Hannah Shenton



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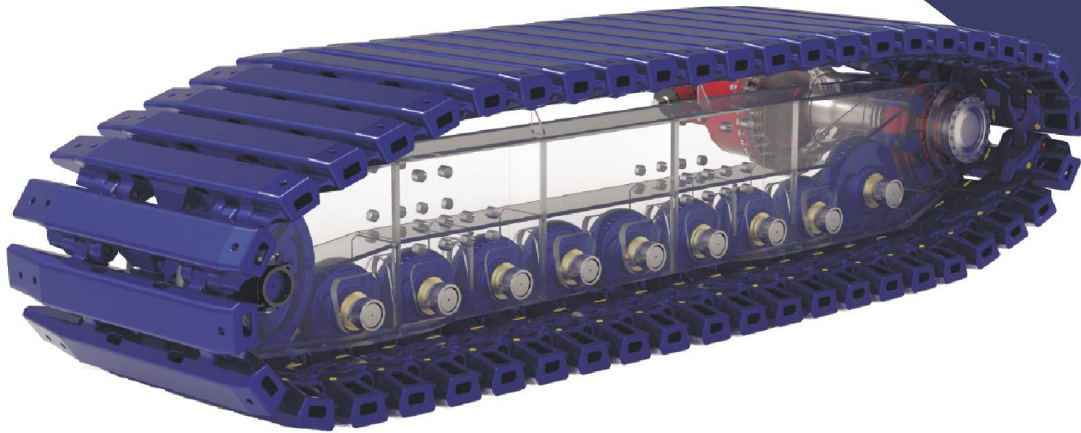
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THE PURSUIT OF RELEVANCE

WITH ANDREW CHIBUYE

Words by Royd Kapesa
Images by Kalichi Pictures

In this day and age, it is becoming a rarity for one to spend their entire career at one company. In this context, PwC Zambia Senior Country Partner Andrew Chibuye stands out for having been with the firm for over 18 years and as he will gladly tell you, the job still feels as exciting as ever. PwC, or PricewaterhouseCoopers, is part of an elite group of accounting firms known as the Big Four. The firm is trusted by companies and governments to solve today's challenges and to anticipate solutions for tomorrow's problems. In Zambia, the firm is led by Andrew, who assumed the position of Country Senior Partner in July of 2020.

I sat down with Andrew at the swanky Hilton Garden Inn located in the heart of Lusaka's CBD. He arrived early and even had to wait on us as we debated where exactly in the Garden Grille, the hotel's restaurant, to have the conversation. He used this extra time to respond to emails on his iPad and return a few calls. This is unsurprising as Andrew is a smart worker and not just a hard worker, and therefore no time or energy is wasted.

Amidst the calm of the Garden Grille, I forget for a while that we're in one of the country's major centres of commercial activity. We decide on our preferred spot and the conversation begins in earnest.

Andrew tells me he is the second of four children, who have equally done well for themselves. His older brother is an engineer while one of his two younger sisters is a lawyer and the other is a medical doctor. Even though the name Andrew Chibuye is now synonymous with finance, accounting was not always his first choice. Growing up, he wanted to study nuclear physics, but after a tough conversation with his father, he concluded that this dream was, perhaps, not practical at the time. He



later considered mechanical engineering before settling on accounting.

Remarkably, Andrew has spent his entire career with PwC. When I asked why he has stayed for so long with the firm, he responds, "The environment is very dynamic. It is rare that I am doing the same job every day. And even when the job is the same, we are doing it for a different client and that makes it just as exciting. We get to do work for the country, companies and people. We have to learn constantly to solve the relevant issues of today and also those we can't see tomorrow."

As Country Senior Partner, Andrew is responsible for the overall leadership of PwC Zambia and the 170 people working for the firm. At only 39 years old, he has earned the role at a relatively young age. Making partner was always a goal for Andrew and he has worked hard to develop the traits required to attain the role and succeed in it. He comments, "You have to be very committed and you have to be resilient. You can't stop moving forward and learning. You always have to keep evolving and also learn how to work with people. That is the key for anyone with dreams of getting to the top of any field."

Succeeding in the role also calls for strong leadership qualities, which Andrew has refined over the years. He describes his leadership style as collaborative,



I HAVE COME TO BELIEVE THAT THE OPTIMAL PROFESSIONAL IS ONE WHO IS HIGHLY COMPETENT AND FUN TO WORK WITH.

- Andrew Chibuye,
PwC Zambia Country Senior Partner

which often involves working with and through people. "I was told by an old boss of mine that when you become a leader, your job is to get things done and not necessarily to do. Ultimately, the more you can get done through your team, the more effective you'll be. When you are in a role like this one, everything is equally important and you have to be good with managing your time. I have come to believe that the optimal professional is one who is highly competent and fun to work with." This optimal professional is who Andrew aims to be every day.

But work is not the only thing that takes up Andrew's time. He prioritises his fitness and has a routine he sticks to consistently. He has maintained the discipline of working out at lunchtime for the last ten years. He is also an avid cyclist and believes fitness is foundational to his personal and career success. "I feel like when I am not at my best physically then I am not firing on all cylinders. The demands of my job also mean that when I am physically well and my mind is clear, then I am able to react well to all the crises I face daily." On cycling, he

adds, "I sometimes cycle 70 kilometres just to clear my head. When you are far in the bush there is nothing more to think about, perhaps except for maybe your peddling style, and that is when I think through many things."

The allure of cycling is also the opportunity to help underprivileged cyclists make it in the sport. Andrew is currently serving as the president of the Cycling Association of Zambia. When not on his bike, he enjoys writing, reading self-help books and creating personal growth content for his various social media platforms. An inspiration to many, Andrew has over 28,000 followers on Facebook, over 19,000 followers on LinkedIn and over 1,900 on YouTube where he shares career advice and gives insights into his work life and fitness journey.

When asked about what the title of his autobiography would be, he responded without hesitation, "The pursuit of relevance." Relevance is a word that has come up multiple times throughout my chat with Andrew. To him relevance is more than a word, it is his life

ANDREW CHIBUYE'S CAREER

Andrew has spent his entire career of over 18 years at Big Four accounting firm PricewaterhouseCoopers (PwC). He started out as an associate and as of July 2020 is PwC Zambia's senior country partner.

DRIVING FORCE

Andrew is motivated by the pursuit of relevance. He strives to be relevant to his family, his clients and his community.

PASTIMES

Outside of work Andrew enjoys writing, reading self-help books and creating content for his social media platforms.

FITNESS FANATIC

Fitness is key to Andrew's personal and career success. He believes that when he's physically fit he's equipped to tackle the challenges before him.

AVID CYCLIST

Andrew loves cycling and is currently the president of the Cycling Association of Zambia.





I SOMETIMES CYCLE 70 KILOMETRES JUST TO CLEAR MY HEAD. WHEN YOU ARE FAR IN THE BUSH THERE IS NOTHING MORE TO THINK ABOUT...

- Andrew Chibuye,
PWC Zambia Country Senior Partner

+ THE GARDEN GRILLE - HILTON GARDEN INN

The Garden Grille at Hilton Garden Inn serves a vast array of local and international cuisine from sizzling grilled steak to mouth-watering burgers and chips and rich desserts. It is open from 6 am to 10 pm, serving breakfast, lunch, dinner and platters throughout the day. It offers a calm oasis amidst the hustle and bustle of the Lusaka CBD.



brings up the challenge to be adaptive and to be dynamic. You may be on top today, but it is not a guarantee that you will be just as successful tomorrow."

We then turn off the microphone and recorder and enjoy a mouth-watering lunch. The Garden Grille is buzzing but still has a relaxed vibe at the same time. Leisure guests abound but there are even more business guests as the hotel is playing host to four conferences that day. Andrew orders a fillet steak, tender and flavoured to perfection, and a variety

of greens, no carbohydrates in sight, to stay fresh for the rest of the day. I order the same meal but with the addition of roasted potatoes. Though thoroughly satisfied I also order dessert, a decadent brownie with chocolate ice cream – a recommendation from Garden Grille's own Executive Chef Mlulelki. Ever the efficient man, Andrew makes his way after 2 pm, he has another appointment he must get to, no doubt another step in the pursuit of relevance and the journey to cementing his legacy.

philosophy. Nothing can sum up who Andrew Chibuye is better than his own insightful words, "Relevance is what drives me. For me, it is about legacy. The ultimate question for me is, 'In 400 years, how will the people living then know that I lived today?' Then you work backwards and connect to what I am doing today. I have to be relevant to the people I work with, relevant to my family, my community and also to my clients There is also the realisation that what was relevant yesterday will not be relevant tomorrow. It

of greens, no carbohydrates in sight, to stay fresh for the rest of the day. I order the same meal but with the addition of roasted potatoes. Though thoroughly satisfied I also order dessert, a decadent brownie with chocolate ice cream – a recommendation from Garden Grille's own Executive Chef Mlulelki. Ever the efficient man, Andrew makes his way after 2 pm, he has another appointment he must get to, no doubt another step in the pursuit of relevance and the journey to cementing his legacy.

THE POWER OF YOUTH ENGAGEMENT

Words by Nawa Mutumweno

are engaged and empowered.

Africa stands out as the youngest continent with 60 percent of its 1.4 billion population falling under the age of 25 years. This represents a population that is primed to provide a steady workforce and innovations that can spur increased GDP for the continent's 54 countries.

However, most young people are facing serious social and economic challenges and are excluded from policy decisions that affect them in the present and have implications for their future.

According to the African Development Bank (AfDB), a third of the African youth are unemployed and disillusioned, a third are vulnerably unemployed and only one in six are in wage employment. Governments, therefore, must play a pivotal role in coordinating interventions and creating enabling policies and incentives to encourage all actors to develop a more systematic and sustainable enabling environment for youth development in Africa.

For Africa to reap benefits from the agility and dynamism of its youth, it is

imperative that they are supported in entrepreneurial endeavours by various stakeholders collaborating effectively and efficiently.

The United Nations Economic Commission for Africa (UNECA) says by 2050, the teeming number of young Africans are forecast to form over a quarter of the world's labour force. Unfortunately, the youth who should give momentum to the continent's transformation are largely alienated and marginalised.

Although past decades have seen advances in terms of policy commitments to youth development, both nationally and regionally, such gains have not always been matched by action on the ground.

"Far too many young people are still jobless and struggle to access public resources and quality social services. They are barely involved in policy formulation and programme design as their participation in political and decision-making is limited and often ad hoc," the UN observes.

"Convinced that Africa's greatest resource is its youthful population and that through their active and full participation, Africans can surmount the difficulties that lie ahead," the Preamble of the African Youth Charter adopted by the African Union in July 2006 reads in part.

This statement is emphatic and inspirational that the youth are an asset that should be tapped and made the focus of the continent's development journey, going forward.

2017 was dedicated as the 'Year of the Youth' under the theme 'Harnessing the Demographic Dividend through investment in the Youth', reinforcing member states commitment to Aspiration 6 of the African Union Agenda 2063, "An Africa where development is people-driven, unleashing the potential of its women and youth," with emphasis that young people



TAXATION SERVICES

It is heartening to note that the majority of African countries have developed or are drafting youth policies in recognition of the relevance of young people to the future of the continent. These policies must be enshrined into national development plans and specific programmes for young people, if they are to be meaningful and tenable. This should embrace a conscious and consistent effort to integrate youth issues in these plans and their corresponding budgets which must involve young people.

"The yardstick for success of African countries will be adequately measured by future generations if policies are weighted against action to foster transformative and inclusive development. For youth policies to be effective and sustainable, there is need for monitoring and evaluation," UNECA adds.

There is urgent need to ensure greater opportunities for youth to secure decent work and income, to contribute to a virtuous cycle of poverty reduction, sustainable development and social inclusion.

Strategies to promote youth employment should articulate the mix and interaction of macroeconomic policies, labour and employment policies and other interventions, specifically targeting young people.

As the MasterCard Foundation highlights, generating viable employment for young people remains a challenge with many still not having access to quality and reliable economic opportunities, either through formal employment or self-employment.

"The challenges of youth underemployment and low productivity self-employment are multi-faceted. Solutions require a holistic approach – at the level of individual young people, at the level of collaborating organisations and at the level of government leadership, so as to create enabling environments and remove obstacles to youth employment, entrepreneurship and productivity," the MasterCard Foundation elaborated.

In Zambia, the government rode on the pedestal of youth engagement which propelled them into power at the last poll. The ruling United Party for National Development (UPND) intends to use the demographic dividend of the youth bulge to catapult the country forward, putting a number of young people in some leading positions both in government and on the corporate horizon.

The Zambian government, through the Ministry of Youth, Sport, has launched the Youth Empowerment Scheme targeting 2,000 youths across the country. It is a drop in the ocean but it is a good starting point.

The needs, interests, challenges and potential of Africa's youth ought to be put in their proper perspective if success is to be minted on this front. Now is the time for all organisations concerned with youth empowerment – in business, government, philanthropy, development, civil society and education – to step forward and do more. Undoubtedly, the youth hold the key to Africa's development in the 21st Century.



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DEALING WITH REMOTE WORK BURNOUT

Words by Musonda Kambikambi

Three years ago, remote work was akin to mythical creatures like bigfoot or mermaids. We had all heard about it but never seen it for ourselves. Well, I exaggerate, but it was definitely something reserved for places like the tech industry or consultancy roles. Fast-forward to 2022 with the advent of the COVID-19 pandemic, remote work is a part of everyone's lexicon, with McKinsey (Smet et al., 2021) reporting that 70 percent of white-collar employees work remotely at least two days a week.

Remote work is predicted to continue for the foreseeable future as the world continues to battle COVID-19 in all its variants. Additionally, employees have proven to their employers that working from home works! Therefore, a large number of organisations are expected to implement post-pandemic hybrid working systems that combine office time with remote work.

Though there have been many positive consequences of remote work, there have also been a number of negative consequences on employee mental health. McKinsey (Alexander et al., 2021) reports that employee anxiety and burnout have increased by 50 percent since the advent of the pandemic. Burnout involves feelings of mental and emotional exhaustion. It manifests as:

- Constantly being tired
- Detachment from professional, social and personal networks
- Reduced concentration and memory retention
- Perpetual feelings of inadequacy and underperformance



This is a concern for employers because employee burnout:

- Reduces productivity
- Decreases satisfaction and engagement
- Increases interpersonal workplace conflict
- Increases employee turnover, which increases recruitment costs
- Increases employee sick leave

Why is remote work so taxing?

1. Work-life imbalance - Between household responsibilities, home distractions and worrying or grieving over family members who have been infected by the pandemic; it's no surprise that employees are feeling more burnt out. This is particularly prevalent in women who have traditionally been the primary caregivers at home. Parents with school-going children have also been more affected than other groups as they have to deal with extended school closures and remote schooling.

2. Zoom fatigue - Video conferences require large amounts of mental bandwidth as people are forced to focus intently on conversations and computer screens. When this is compared to in-person meetings that have non-verbal cues and whispering to your neighbour to ask what the presenter said, the additional exhaustion makes sense. Therefore employees are forced to hyper-focus or be left behind, which results in higher fatigue.
3. Missing colleagues and in-person connectivity - Human beings are social creatures, we miss water-cooler gossip. Our social interactions with co-workers have been condensed to chats and one-minute catch-up sessions before meetings officially start. It's lonely to constantly work alone.
4. Technical and connectivity issues - "Hello!!! Can you hear me?!!" during an important meeting with a client or the CEO can seem career-breaking. Remote work has brought various technical

issues that employees have to personally deal with, ranging from internet connectivity to machine malfunction. This is an additional layer of stress that was not present during in-person work sessions.

5. Overworking – It's now easier than ever for employees to start work early, skip lunch and work into the night. Many remote workers have failed to demarcate work time and home time which has led to an increase in overworking and, consequently, burnout.

How can organisations help build employee mental and emotional resilience?

1. Communication – Employees want to feel included and know what's going on in the organisation. I recommend regular town halls, virtual meet-ups and avenues like newsletters to make employees feel included. This serves to reduce employee anxiety that they are out of the “knowledge loop”. Additionally, increased communication has been related to employee productivity (Alexander et al., 2021). Therefore both the employee and organisation win!
2. Prioritize mental health – Instead

of pretending that everything is business as usual, employers can take a proactive stance around the implications of remote work on employee wellbeing. Part of tackling this challenge includes providing employees with additional mental-health support. This can be done through virtual counselling, virtual wellbeing sessions or subscriptions to mindfulness applications such as Headspace or Calm. Additionally, employers can encourage employees who are struggling mentally and emotionally to open up so that they can be provided with additional support. This can only be done if the organisational culture encourages psychological health.

3. Leverage technology and set clear procedures - Several free and paying technological tools exist that can make remote work easier. These include Trello, Slack, Microsoft Teams and various Google applications. These allow organisations to keep track of their various employee activities and also reduce the constant video conference calls. Additionally, having very clear procedures for how things should be done

reduces employee confusion and dependence on managers. While these require significant effort to create, the returns are worth the effort as it results in clear expectations and deliverables.

How can employees boost their mental and emotional resilience?

1. Avoid multitasking – While it's easy to assume that you can do your emails while on a video conference call, this is not the case. For most people switching between tasks costs them 40 percent productivity (Fosslein & Duffy, 2020). Because while it may appear that you are saving time, you are expending more energy which results in greater fatigue. Therefore, save yourself the mental anguish and do one thing at a time.
2. Ask for help – You don't need to suffer in silence. If you think you're burnt out and require leave or additional support tell someone. While there is still a stigma in society around mental health issues, the 21st century has seen greater acceptance of the relationship between employee productivity and mental wellbeing. If you had a debilitating illness no one would judge you for going to the hospital, this is similar.
3. Set clear work and home boundaries – With work and home life being intricately meshed, it's not uncommon to hear about people receiving and responding to emails at midnight. However, this does not allow you to properly rest. Therefore, set clear boundaries for yourself, your workmates and your manager about when exactly you work. This will allow your mind to switch off, rest and enjoy all the other things that encompass your life.

In conclusion, there is no magic solution to reducing remote work burnout. However, by acknowledging all the consequences that come with remote work such as employee burnout, we can begin to carve a path for healthier working behaviours. By introducing some of these interventions in your organisation and personal life, I hope you'll improve employee wellbeing and organisational productivity.





CHOLA CHISENGALUMBWE

Humour Columnist

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THE FIVE LOUDEST SPECIES OF ZAMBIAN FOOTBALL FAN

Part of the fallout of Mr. Putin's terribly misguided invasion of the Ukraine is the decades-late witch-hunt for the real source of Russian money that has (ahem) proven itself rather useful. I am only in frequent contact with two well-informed Chelsea fans, one of whom hasn't always enjoyed having his weekends bankrolled by a sugar daddy. So my presumption is that, for the first time ever, even Zambian Blues supporters have dared to Google how on earth Roman Abramovich could afford to sign all these players.

But selective objectivity is not an ailment unique to Chelsea fans. Here in Lusaka, I like to ask what compels people to root for particular club sides — especially since we mostly ignore the local game, to get the Premier League beamed into our living rooms. I like to ask Liverpool fans if they're aware that the gorgeous city is considered a capital of culture, whose historical status as a port of note stores important things about migration and even slavery. North London is home to two mostly hopeless but widely beloved teams, but also an embedded Jewish community and the art of grime - a rap style so ferocious one verse can compel you to repeatedly reach for a napkin.

History interests me, you see, and so does anthropology — especially when you can see how it inflects a stadium. The colours, the chants, the badges, the (ahem) values. But too often, the clubs that win sell all the jerseys. The ones that lose — often for having less money — find themselves trapped in the media mythology of 'winning mentality,' which we (Zambians) subscribe to because we'll believe any opinion disguised as fact in a British accent.

In spite of all this, however, there are subtle distinctions to be made ... so why don't we have a bit of fun?

THE ARSENAL MARTYR

You don't become a supporter of any side without watching them lift a trophy or spend 50 odd million on an overrated striker. Many Arsenal fans inducted themselves as Arsene Wenger's French revolution puttered to a slow death, and to their credit were beguiled by how beautiful sequential passing can be.

This species knows true suffering; not just for a

lack of success, but because it must suffer the indignity of every other fanbase in the league taking the piss.

THE MANCHESTER UNITED CULT LEADER

A truly insufferable creature that believes their franchise has a God-given right to silverware. The Manchester United fan is predominantly blind to the notion of competitive imbalance, and so does not see the value of a corporation (Manchester United plc) finally having to eat its vegetables.

All will be well. You are like Odysseus, a United supporter, passing through epic tribulations before you reclaim what you believe to be yours.

THE FOREIGN/SMALL CLUB HIPSTER

Football is a reflection of capitalism or consumer culture or both. When everybody else falls in love with Drake (Manchester United), or J. Cole (Arsenal), or Future (Chelsea), there happens by the occasional rebel who prefers to zag for a sense of identity.

"Since no one cares that much about La Liga, I shall gladly watch Real Madrid trounce some modest establishment in a different coastal paradise every week!"

"I shall applaud Bayern Munich as they once again conquer Germany, with all the panache of exactly eleven armoured tanks."

"I too shall join the Tottenham Hotspur Zambia fanbase, which has a total membership of three, before everything goes to hell again."

THE THREE LIONS MOCKER

This is not so much a species as it is a fascinating spawn of football hypocrisy. I will spend all this money on English football — pay for satellite television, a knockoff jersey, data for memes, and of course booze — but I will also delight in the floundering of the English national side. Because they were my country's colonisers. Because World Cups matter, even though my country has first-hand experience of how hard it is to even qualify for one.

Because international football, for which random assortments of players train together for only small units of time, is an adequate measure of greatness.

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Andrew Chibuye
Country Senior Partner
andrew.chibuye@pwc.com
+260 761 835 505

Martin Bamukunde
Partner - Assurance
martin.x.bamukunde@pwc.com
+260 965 274 964

George Chitwa
Director - Tax
+260 971 027 555
george.chitwa@pwc.com

Charity Mulenga
Partner, Assurance
charity.mulenga@pwc.com
+260 762 172 690

Malcolm Jhala
Director - Tax
malcolm.jhala@pwc.com
+260 964 248 742



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INSIDE

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66

What happens when a winemaker ventures into brewing beer? Zambia's first craft beer is born.



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THE HUMANS OF THE KAFUE

In one of the world's largest national parks lives a group of individuals who, despite all odds, make the Kafue National Park their home.

Words by Walid Nassar
Images courtesy of Karthik Jayaprakash

It's 6 am on the banks of the Kafue River, and my eyes are fixed on the scene right ahead. In my right hand is a cup of the finest brew and on my face, a smile. Very few things can come close in comparison to the beauty of the Zambian sunrise towards the end of the rainy season. Ernest Hemmingway famously said, "I never knew of a morning in Africa when I woke up that I was not happy," and I couldn't have agreed more. Before my eyes, a scene so majestically poetic was unfolding. The soft morning sun illuminated the river mist, the lone calm hippo peeks out of the still river water, lilac-breasted roller fly overhead, and the treetops radiate a golden green. There is nothing more peaceful.

I was joined by our guide Martin, my self-proclaimed pro-photographer friend and another, who offered us entertainment in way of curious questions. I remember getting envious thinking about how lucky our guide Martin is, for during his lifetime, he had experienced the majesty of the Kafue in all its seasons. But Martin, a middle-aged man, small in stature but big in heart, was not your average guide. He was an expert on all things bush, and whose guiding skills were matched only by his abilities to share stories collected over the three decades spent as a guide in the southern part of the Kafue National Park. There was no animal, tree or insect he struggled to identify by sound and name.

We took in a few more minutes of the surrounding beauty before preparing for our game drive. Our hopes of sighting the elusive big cats amongst the tall elephant grass were low. After all, this was the wet month of March, but that was not enough to stop us from trying!

"It would be wise to cover up before we start, tsetse's like going for the ankles and neck," said Martin, which reminded me of the agony of being bitten by several of them earlier in the year. We proceeded with covering all

exposed areas of our skin with thick clothing. That consisted of a ski mask, scarf, hat, jacket, trousers and high ankle boots. An attempt to curb any attacks and, more importantly, to douse our anxiety.

We take a short boat ride over the calm waters, the aluminium boat makes quick work piercing through the morning mist to reach the other side of the river, where the Pinnon Lodge safari vehicle awaited us. Excited by the prospects of sighting animals, we hastily move the camera equipment and lifesaving coolers to our vehicle.



Our guide, Martin



“
HE LOST BOTH HIS BROTHERS TO
CROCODILE ATTACKS
”

Cameras in hand, we set off on our mission of capturing one or all of Zambia's elusive big 5. An hour in, and Martin brings the vehicle to a stop, "Leopard" he says. Excitement fills the air; the chances of sighting a leopard at this time of the year were indeed slim. Our excitement, however, was short-lived. The leopard he was referring to was a species of tortoise with markings on its shell similar to that of the big cat. Despite our minor disappointment, we seized the opportunity to take close-up shots of the heartwarming creature.

Armed with our first shots of the game drive, we were off again. Up ahead, a troop of vervet monkeys lay in the middle of our dirt track, participating in social bonding through grooming. "Monkeys usually clean each other's fur from dirt, lice and other debris and sometimes even eat the lice!" explained Martin. We take a few shots and decide to keep pushing ahead in search of the larger mammals.

As time passes, so do our chances of seeing any of the larger animals. Up ahead, a safari vehicle belonging to another lodge approaches, its occupants inform us that three kilometres north of our position 600 buffalos were sighted crossing the park. Fortified by this news, Martin wastes no time reaching the herd, where we spend 30 minutes observing the remaining buffalo complete the crossing. All the while our hands and arms were busy shoeing away what seemed like the entire population of Zambia's tsetse flies, going for the only exposed parts, our eyes!

With the crossing complete, we decide to end our drive and head back to the lodge. Relieved by the prospect of catching a break from the irritatingly incessant tsetses, we head back to the river where we meet up with Martin's colleague, Passmore. Passmore, who had been



working at Pinnon Lodge since its inception, was a man of few words. "The interesting thing about Passmore is that he is the third brother from his family to work at Pinnon," Martin informs us as we pull in. "Where are his brothers?" I asked. Martin replied, "He lost both his brothers to crocodile attacks." Flabbergasted, I asked myself whether these unfortunate scenarios are commonplace in these parts, a full-time city dweller myself, it was hard to imagine that it was. The sun was now overhead, we load the boat and make our way back to the lodge. I think about what other stories I will hear during this trip. Hidden in the banks, protected from

Passmore





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THE HUMANS OF THE KAFUE

the midday sun by the tall swaying grass, we spot two fishermen in a small dugout canoe reeling in their midday catch. Dotted around the game management area are small fishing villages consisting of seven to 15 individuals. They typically stay in makeshift huts, which sometimes, depending on the water levels, are often dismantled and moved to the drier patches of land. They also have the added task of successfully navigating the dangers of sharing the waters and land, with the deadly animals that inhabit them.

At the lodge, we are seated at our table by Njokwa, the head chef, the table ideally placed in the middle of the observation deck is

meticulously laid out. The main meal, Njokwa's rendition of chicken quiche and roasted vegetables...sublime! For dessert, homemade coconut ice cream that had everyone asking for seconds. Njokwa's mild-mannered disposition and inconspicuousness would make most people doubt his abilities in the kitchen, but I can wholeheartedly attest that his skills would put some of Lusaka's top restaurants to shame. His food was a memorable highlight of our trip.

After a long nap, we decide to sit on the comfortable and very blue lawn chairs overlooking the river. Where we enjoy a cold beverage and a *balani* happily rolled for us



Head chef, Njokwa





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THE CROCODILE NOT MINDING THE
BUZZING MECHANICAL BIRD HOVERING
JUST A METRE ABOVE IT PERFORMS
ACROBATICS

by our accommodating barman Adrian. *Balani* is the local name for smooth tasting, hand-rolled, locally grown tobacco that is painstakingly hanged and dried for days by local villagers residing around the park. They are often rolled and consumed in notebook paper.

We pass the time by pointing out the birds flying on the horizon and getting

educated on the names of the different species by our photographer friend, who having frequented the Kafue on multiple occasions and befriended several guides, was knowledgeable in all things avian.

Moments pass, and we spot a log-like creature floating on the river close to where we sat; a crocodile! Having not seen one swim in the wild before, I

jump on the opportunity to photograph it from above, using my handy drone. The crocodile not minding the buzzing mechanical bird hovering just a metre above it performs acrobatics consisting of multiple rolls and dives, akin to Olympic synchronised swimmers.

With sunset upon us, my eyes are once more fixated on the beautiful scene





before me. The sun-washed river sparkles and the distant clouds are ablaze in a concoction of fiery yellow and red. On the other side of the river, the colours of the trees dim. Martin prepares the campfire, and we position ourselves around it and continue soaking in the scenery. Minutes pass with no words spoken.

We converse about our fascination with nature and how lucky we are to experience it in its raw form, on what we believe is the most beautiful continent on earth. We compare ourselves to

people living in the more “developed” parts of the world and jointly agree that we would rather have this over anything built by man...a backyard like no other.

Overhead, the night sky is dotted by a plethora of stars that proceed to brighten further with time. Being an amateur astrophotographer who unfortunately spends a good portion of his life in the big city, this was a welcome sight! Excited at the prospect of impressing my friends, I name a few of the stars and nebulae visible in the night sky. My passion renewed thanks to having no

major source of artificial light in a radius of 100 kilometres.

Now fully sedated by the utter beauty, Martin, a storyteller at heart, tells us his most hair-raising story of all. “Some years back, I was walking in the bush with my axe, as a traditional boy would do. I came across a small plain that I decided to cross. As I approached the end of the plain, I heard something growling in the distance but I was not sure whether it was an elephant or lion, so I walked over to a small tree and shook it to scare whatever was out

“

A FEW METRES AHEAD TO THE LEFT OF
WHERE I WAS STANDING, A BIG MALE LION
STOOD.

”

there. The noise stopped, and I continued on my walk. A few metres in I find vervet monkeys playing beneath a tree, which put my mind at ease because monkeys would not play on the ground if a lion is close. Moments later, I was stopped in my tracks by an unmistakable growl. A few metres ahead to the left of where I was standing, a big male lion appeared. He was flashing his teeth like a dog trying to scare you. I thought, oh now I am in trouble! I looked on the ground to find something to throw at him and picked up a dry fallen branch which I flung at

the predator but missed entirely, hitting a tree instead. The sound it made scared the lion, who started to run away into the thickets only to stop, turn around and attempt to charge again. At that time, I had already picked up another fallen branch which I again flung at him. But again, I missed, and again the lion ran away only to charge at me once more. At this point, I gave up on throwing branches. I dropped my axe and started shouting, waving and clapping my hands to scare him, but the lion stood his ground and growled at me, preparing

to make his move. Witnessing this, my shouting and clapping got louder, HA HAI HAI! I shouted loud enough to scare it off for what I hoped was the last time. As it ran away, I quickly picked up my axe and headed towards the village, all the while looking behind my shoulder. I got to the village and told my mother what had happened, she shouted at me repeatedly 'don't walk in the bush alone!' I said to her 'I am not scared of the bush!'. That night as I lay in bed and thought about what had happened, I got scared and thought about how lucky I was to escape. But when I got up the next day, that fear was gone," narrated Martin. The look on everyone's faces gathered around the campfire said it all. Martin, noticing our awe says, "I have another story like this involving an elephant!"

I know of people who have experienced traumatic stress disorders for much less. It was evident that Martin and some of the others with whom he shares the land are of a different breed. An ordeal of this kind would prompt most people to avoid the bush entirely. Martin and his peers instead committed their lives to it.

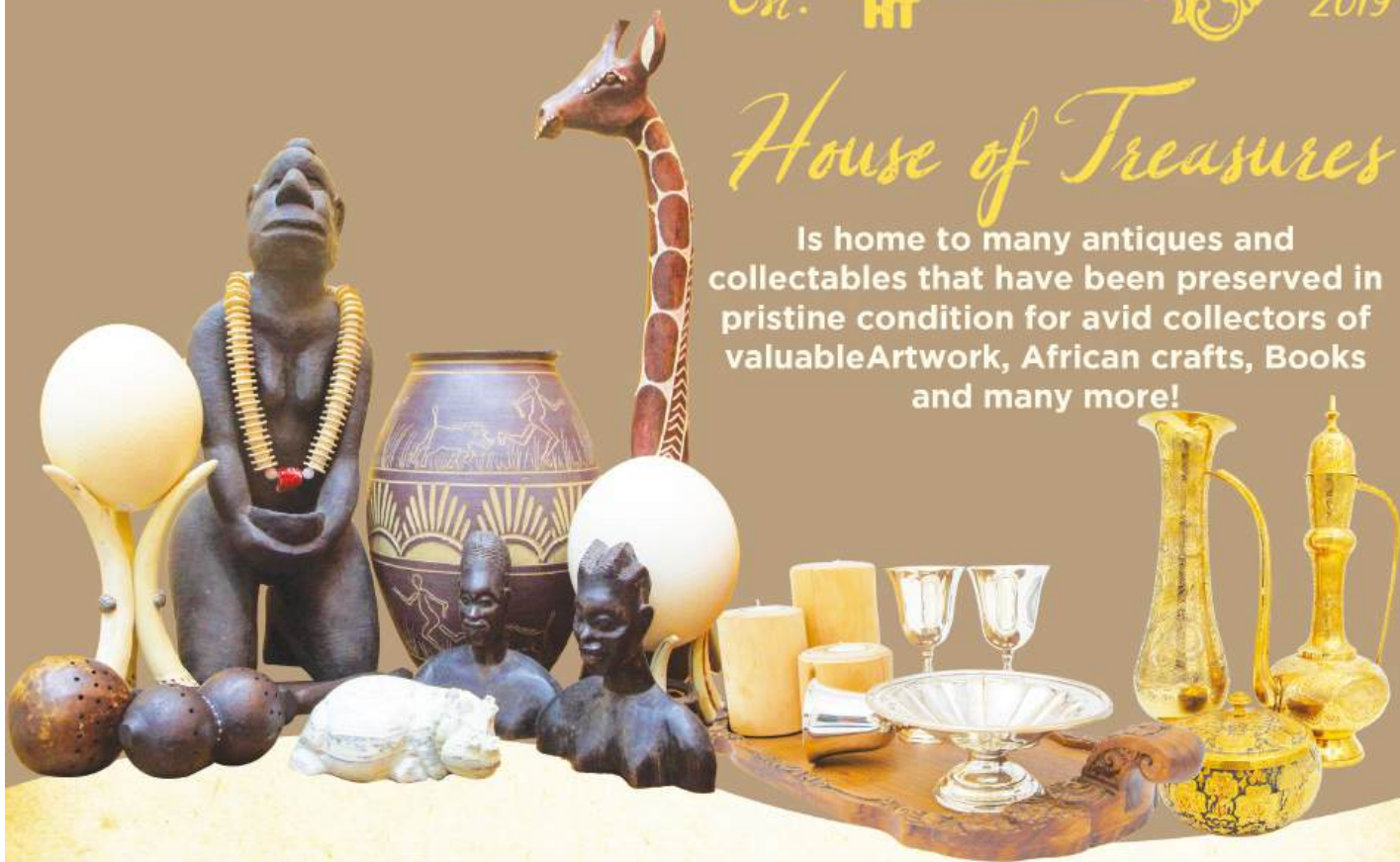
At that point, I came to a significant realisation; visiting national parks to look at the fauna and flora is only part of a bush experience. The other part, and what might arguably be the most essential part, is listening to the stories of the people who live and work around them...like the humans of the Kafue.



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Words by Sana Ginwalla
Images courtesy of Zambia Belonging

What is Zambia Belonging?

"Everything we do comes down to belonging. This is all [that] we have: our humanity and how we take care of each other." – James Barnor

How do we archive a feeling? An experience? An intangible thing – the sentimental – into a format that ages well for future generations?

An initiative by Everyday Lusaka, Zambia Belonging is a counter-archive of objects that explore home, identity and belonging from people that have a connection to Zambia. One of the first objects we have chosen to start our exploration with is photography – making our current movement to “explore identity through photographs from the past.”

The reason we started with photography is due to the forgotten and uncollected photographs that were unearthed in July 2018 from the attic of Fine Art Studios – an establishment over 60 years old which is still found on Chachacha Road, Lusaka. This collection of photographs with no date, photographer or owner, triggered the start of this project and inaugurated our collection. This makes a core part of Zambia Belonging’s photographic collection an ‘orphanage’ of images from Fine Art Studios that are to be repatriated to their rightful owners.

What can photographs do?

1. Photographs, ultimately, are an act of preservation for “future remembrance”. A preservation of memory, of identity, of sentiment. There are moments and events that we need to remember; and photography presents itself as a seemingly reliable medium.
2. For family contexts, a photograph can put a face to that uncle your father always spoke about. You begin to wonder – what did he sound like? What kind of jokes did he tell? Would we have got on if we met?
3. Identity is rooted in history. No matter how many times we move countries, reinvent ourselves, our hair, our fashion – our tendencies, features, accents are rooted in an identity and lineage that we are not always aware of. Photographs from the past make us feel closer to a visual history we may have never known, for how do we understand ourselves if we do not know where we come from?

What’s in a name?

When realising the identity of this project, we intentionally chose not to include the word

archive or photo in its name. The word ‘archive’ implies something that is hidden or put away. It also suggests that the thing being archived is a thing of the past – a closed and static matter. Whereas Zambia Belonging is an un-archiving project that wishes to make visible and accessible lesser-known stories. Stories, feelings and musing that are ongoing, fluid and changing.

Furthermore, as we begin our movement with photographs, including the word ‘photo’ in our name would make the image the only consequence of the project, when really the image is where everything begins. Our approach is to explore what happens after the image. How do the images in our collection find life after scanning and exhibiting? How do we re-imagine the application and sustain the longevity of these images? Be it through exhibitions, publications, merchandise or research papers about Zambia history – what we are interested in is finding new languages in which we can explore and represent our identity politics as an African country.



Submitted to Zambia Belonging by Natasha Chitembe. This is an image of Natasha’s mum taken in 1973.



Identity – Photographs – Memory – Identity – **Belonging** – Identity



Submitted to Zambia Belonging by Towela Makashi. This image features Towela's dad and his friends.



Our intervention occurs here, as it allows for a plethora of explorations with accessibility and inclusivity at the core.

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After considering the ecosystem and key themes associated with the nature of the project, we identified 'belonging' to be the overarching theme that could allow for the inclusion and space for all ways in which we belong. After all – even though how we identify is extremely personal and specific; often experienced in isolation – we all collectively share a pre-occupation at some point or the other, around where we belong and who we are. We may not always understand it but the aim of the project is to unpack and explore that further, especially in the Zambian context.

To allow the space for that, we called the project Zambia Belonging. An abstract enough rhetoric title that can unfold and lead the project in many ways. It feels personal even though you aren't sure what the belonging is, what it belongs to. It feels almost like a story - like someone has your belongings and you can come fetch them, which is what started this project - the uncollected belongings from the attic of a photo studio.

Why contribute?

As singular identities are a rarity, especially with globalisation, migration and travel becoming easier, we find new

languages, vocabularies and platforms that cater to representing intersectional identities. If we can foresee what the future might look like, we are in a better position to collect, preserve and document stories in a way that reflects the times.

By putting together a community-built counter-archive of the collective identity of Zambia, we are able to put forward a progressive approach to the knowledge production, dissemination and preservation of our history. Due to its self-governed nature, Zambia Belonging breeds a sense of ownership to our history and our stories. Furthermore, as libraries of people and their memories slip away from us, the matter becomes even more imperative to address.

Zambia Belonging offers a maintenance of memory. Of home, of time, of identity. While granting us access to our past, a project like this also benefits us in the present as mediums like photography allow us to better understand ourselves. We become better for it when we know who we are and where we come from. However, it must be noted that if we are dealing with politics of home, identity and belonging, we cannot assume that everybody has had the opportunity to experience that in a linear or traditional way. We cannot speak of home, identity

and belonging without acknowledging the forcibly removed, the undocumented, the wrongfully incarcerated or the homeless. Zambia Belonging is about exploring all notions of home-hood, nationhood and belonging – even in places where these notions are absent, incomplete or interrupted.

There are some instances where there are so many identities or cultures with which one identifies. Third culture members of the diaspora are often left without a clue where to call home. Thus, as Zambia Belonging builds its repository of belongings – where photographs, writings or objects around belonging are homed, documented, shared and digitised – we ask: How do you belong? What things make you feel like you belong? It can be the smell of a place, the thing in our hearts, the memory of a home.

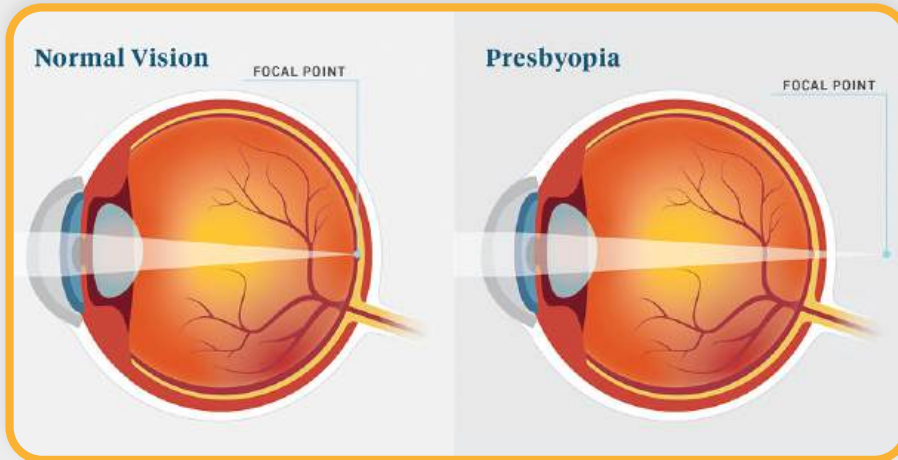
***Except where noted, all featured images are found images that were discovered at Fine Art Studios, Chachacha Road, Lusaka**

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PRESBYOPIA

Presbyopia is when your eyes gradually lose the ability to see things clearly up close. It is a normal part of aging. You may start to notice presbyopia shortly after age 40. You will probably find that you hold reading materials farther away in order to see them clearly.

SYMPTOMS

- Difficulty reading small print
- Headaches from doing work up close
- Eyestrain
- Requiring more light to read

CAUSES

Presbyopia is caused by changes in the lens inside the eye. As people age, the lens becomes harder and less elastic, making it more difficult for the eye to focus on close objects.

TREATMENT OPTIONS FOR PRESBYOPIA

There's no cure for presbyopia. Treatment consists of wearing eyeglasses or contact lenses, or possibly getting a corrective surgery. Several types of eyeglasses are available for presbyopia, including:

• Reading glasses

These are worn only when reading or doing close-up work.

• Office progressives

You'll also generally only wear these for reading or using a computer and remove them when you're out and about.

• Bifocals

These glasses correct your distance vision when you look through them at eye level, and they correct your near vision when looking through the lower part of the lens.

• Progressive multifocals

These glasses have corrections for near, middle, and far vision.

PREVENTION OF PRESBYOPIA

Presbyopia isn't considered a disease — it's a natural part of aging that affects the eye. That means there's no way to prevent presbyopia. But there are steps you can take to keep your eyes healthy and prevent other more serious eye problems, like macular degeneration:

- Reduce eyestrain by keeping your home and workplace well-lit.
- Get regular eye exams to make sure your prescription is up-to-date and to look for signs of other eye conditions.
- Wear sunglasses to protect your eyes from damaging ultraviolet (UV) rays.
- Support your overall health by eating a balanced diet that's rich in vitamins A, C, E, and lutein.
- Limit alcohol.
- Exercise regularly.
- Don't smoke.
- Control chronic conditions like diabetes and high blood pressure. Left untreated, they can impact your vision.
- See your doctor right away if you have double vision, see flashes of light or black spots, have suddenly blurry vision, or suddenly lose vision in one eye, as these symptoms may indicate a serious condition.

The author is a Senior Optometrist And Contact Lens Practitioner at Vision Care Opticians Cephas Kasanda Sicalwe.



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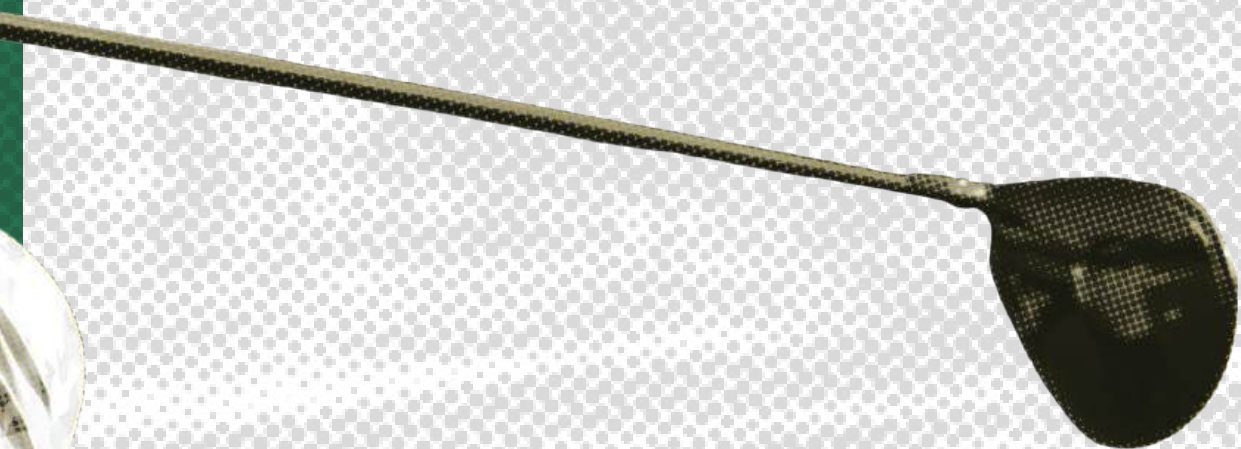
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MADALITSO MUTHIYA





THE NARROW ROAD TO GLORY

Words by Royd Kapesa

Images courtesy of Nadine Plantinga



Madalitso Muthiya is Zambia's foremost golf export. Since turning professional in 2005, he has achieved many firsts in golf. Today, he is still on the journey to the pinnacle of one of the most distinguished sports in the world.

Madalitso has the right blend of character, personality and attitude to succeed in golf. Golf is uniquely a lonely sport and does not enjoy the benefits of other team oriented sports. The golfer is accompanied by his caddie through 18 holes and success on the golf course is measured after every shot. Golf requires equal parts physical and mental fitness.

Madalitso's foundation was laid by his late father, who was an avid golfer. He recalls sneaking away with his brother to play golf in the backyard using his father's equipment. The boys' mischievous act went unnoticed until they broke a window during one of their

backyard sessions. The brothers' interest in golf got their father's attention and he began to teach them the basics and etiquette of the game.

The young Muthiya enjoyed great success as a junior golfer winning many tournaments in his age group under the Zambian flag. He then went on to play for the University of New Mexico in the United States with the help of James Roth, a consultant who worked in Zambia at the time and the late republican President Frederick Chiluba.

The story of Madalitso Muthiya's professional journey is not as well known as it should be. However, he is perfectly suited for the game of golf with his self-assured and introspective approach to life. Madalitso is currently based in Johannesburg, South Africa and is pursuing golf full-time. On a given day, he is either playing in a tournament or preparing for one. He has a schedule comparable to a corporate executive, often getting on the course early in

morning and leaving at the end of the day. This self-management keeps him ready for whatever the game throws at him. Madalitso is also an avid reader of self-help and personal development books which help him sharpen his mind set and character.

Reflecting on his career, he still believes that he could have achieved more. "At this stage I should be a winner on the PGA and the European Tour. But I believe the peaks and the valleys are part of the dream" he says reflectively. Regardless of his personal assessment, he has achieved many great milestones in his career. He is the first Zambian and African to play on the US open, he is a winner of the Sunshine Tour and recorded a top ten finish in the South African Open. He also qualified to play on the European Tour, which is one of the leading men's professional golf tours in the world.

However, his journey has not been without challenges. He lost his father at

the age of 19 while still adjusting to the rigor of being a student athlete. The loss of his father was particularly difficult as he was still finding his feet in the United States. Apart from personal challenges, professional challenges have also impacted his golfing career. The travel limitations of a Zambian passport have limited the countries Madalisto can compete in. He has missed out on tournaments completely due to visa requirements for Zambian citizens, which has further delayed his progress.

As a self-sponsored athlete, Madalitso has learned financial management the hard way. A full golf season costs approximately \$60,000 including equipment, travel and various fees that Madalitso handles personally. However, he is taking this in his stride and using these challenges to fuel his success. Madalitso has learned to be self-reliant, which is probably the best way to describe him. He is forging ahead in his career with immense fortitude. "What you do and who you are two different things. You have to continually add value to yourself so that you can depend on yourself," he says regarding his approach to the challenges he has faced.

Whether Madalitso Muthiya has succeeded as a golfer is up for debate and his story is still being written. But the only true measure of Madalitso's success is himself. According to him, success is about how you touch people and what you do as a person and not what you achieve. It is about living a quality life, a productive life and being able to sleep at night knowing that you gave everything. He firmly believes everything good will be attacked and it is up to the holder of the gift to defend it aggressively and take care of it.

Madalitso's impact goes beyond his achievements on the golf course. He is also actively giving back to the country that birthed his dream. His foundation has been involved with charity organisations such as City of Hope and the Albino Society in Zambia, raising funds through golf tournaments and social events. There are also plans for more philanthropic efforts in 2022, barring the effects of COVID-19.

All in all, one article is not enough to accurately underscore Madalitso Muthiya's place in Zambian sporting history. Here stands a man who has succeeded in a sport reserved for the elite few and still

continues on his quest for more. Unlike soccer's popularity among Zambians, Madalitso's triumphs are not celebrated on the national stage. His journey is a quiet pursuit towards personal triumph and self-mastery in a world that is unforgiving and sometimes discriminatory. But if there is someone that embodies all the qualities to succeed in professional golf, with all the odds stacked against them, it is Madalitso Muthiya.





VELTEN TIEMANN, FOUNDER OF TIEMANN BEER, WHICH PRODUCES WILD DOG, ZAMBIA'S FIRST CRAFT BEER

CRAFTING

THE
WILD DOG STORY

PERFECTION

WORDS BY BWANGA 'BENNY BLOW' KAPUMPA
IMAGES BY KALICHI PICTURES

SILENCE LOOMS OVER A PATCH OF GRASSY SAVANNAH, AND YET, THERE IS A SUBTLE, ELECTRIC TENSION BY A WATERHOLE. LYCAON PICTUS—THE PAINTED WOLF, OR AFRICAN WILD DOG, BLENDS IN WITH THE YELLOW GRASS, BECOMING ONE WITH ITS HABITAT...

Elsewhere, at a small plant in the smog-choked light industrial area of Lusaka, Velten Tiemann is one with his own habitat, hand-packing cans of Wild Dog Beer — his signature brew and Zambia's first registered craft beer. Wild Dog embodies the spirit of the African canine. First brewed by Velten in 2016, it was birthed out of a need to not to be tamed.

"I was born and brought up in Ndola. After school, I left for Germany to study winemaking and worked there. Then I went to Australia to work as a winemaker and met my wife—she's from Lusaka. Seven years ago, she said let's move back to Lusaka and there wasn't much [for me]... there was no work as a winemaker or anything. But I had to ferment something".

Velten started small, making his beer on a 100-litre machine system with two batches a day.

"I'd make maybe 90 bottles of beer. This was great fun and was getting you know, getting the word out there. It was good experience," Velten says.

"We decided on the wild dog because I just like the animal. A friend who I grew up with, Astrid Krag-Olsen, came up with a picture of the dog and the first label, and then I started doing it on bottles."

In case you're wondering, craft beer is beer made by small, independent, traditional brewers. That means while larger corporations will mass-produce beer, craft brewers like Tiemann Beer will produce smaller quantities with a focus on unique taste.

USING ITS KEEN SENSES OF SMELL, SIGHT AND INTUITION, THE WILD DOG AND ITS PACK TRACK THEIR PREY TO THE WATERING HOLE. A LARGE, UNSUSPECTING BUFFALO GREEDILY QUENCHES ITS THIRST AND GRAZES FROM THE ABUNDANCE OF THE LAND. IT WILL BE QUITE THE CHALLENGE FOR THE SMALL PACK TO TAKE THE BEAST DOWN, BUT THE AFRICAN WILD



DOG HAS NEVER BEEN KNOWN TO SHY AWAY FROM A CHALLENGE.

While making wine would have been easier for Velten, he chose instead to brew craft beer. "With beer, you have to be very, very particular. See, to make a wine, it's a process that takes years... to make a beer it takes three to five weeks. Somebody goes to the pub and drinks your beer this week, and next year, he orders the same beer and if it tastes different? They're not happy. So you have to be, you know... it's the consistency. Getting the right taste or flavour profile and everything the same is much harder. But it's fun as well. There's a lot of different things that you can do".

Velten uses a combination of keen senses and intuition to get the unique taste of the different flavours of Wild Dog craft beer precise. There's an element of alchemy to Tiemann Beer's brewing process too, using the finest Zambian ingredients and only utilising

foreign material in small quantities.

"60 percent to 70 percent of our malt is local Zambian malt barley. That gives us the base and then we get other malt from England, but they're only a small percentage," says Velten.

While the company's product offering is growing, Wild Dog has four main beers. Velten shares, "We have the Amber Ale, which is 4.5 percent [alcohol volume]. That's all about the malt. Then we have the lager, which is just a bit more full body than the normal, commercial lagers. We don't use maize. We don't use sugars. Then we have our Pale Ale at 5.2 percent, which is a bit more about the hops. And [lastly] we have the Shempa Ale, which not only has the local malt, but it's also got a good percentage of cassava and sorghum—and that's our 6 percent brew."

Velten smiles in amusement as he talks about the origins of the name of their

strongest beer. 'Shempa' is a colloquial Bemba term for 'slap.'

"So when I was making beer in the old brewery, I used to make it in 750ml bottles, and I gave it to one of my friends, Israel Ngulube, and he came back saying, 'I want more of that shempa! I want another shempa!' I told him, 'It's craft beer!' He says, 'No, no, it's shempa! Now all my friends all call it shempa because it's so strong!'"

ORANGE AND BLACK PATCHES OF FUR FLASH THROUGH THE GRASS, THE PACK MOVING IN SPECTRE-LIKE SPEED TO POUNCE ON THE BUFFALO. THE CANINES LOCK THEIR JAWS INTO THE BEAST'S SOFT SPOTS. ALL WILD DOGS THE CONTINENT OVER, MOVE WITH A GRACE THAT APPEARS REHEARSED, EACH PACK WITH ITS OWN SIGNATURE HUNTING TACTICS.

Signature recipes and brewing methods are commonplace with craft beer makers. To compete with well-known brands and win the hearts of beer lovers, Velten employs his own version of a process called cold conditioning.

"It takes three weeks from the malt to the finished product. Can conditioning is when we can the beer with some sugar and yeast," he says. "And then we leave it out in the brewery for another two weeks to ferment and that just gives it that finer bead and small bubble. And then after those two weeks we put it in the cold room for a week."

Velten says that this is a meticulous process that they have to watch closely and it helps give Wild Dog its unforgettable taste. "You can even have beer finished in two and a half weeks if you want to. But this is just something I'm a strong believer in, this can conditioning, and that we get it right to make our beer."

TUFTS OF DRY GRASS AND FUR FLY AS TEETH SINK INTO FLESH AND PAWS AND HOOVES STOMP THE EARTH. THE BUFFALO IS FORMIDABLE, BUT THE COLLECTIVE EFFORTS OF THE PACK OVERWHELM THE LARGE ANIMAL...

Few successful ventures work off the sweat of just one man's back. Aside from his wife and small team here in Lusaka, Velten credits another man with helping him realise his vision. "There's a brewer in South Africa who helps me, Danie





Odendaal. I took my recipes to him. He changed them from small to big scale.”

Velten speaks highly of the brewmaster that helped him perfect his craft. “He’s the person behind it with all the beer knowledge. He’s one of the best, if not the best consultant to craft breweries in South Africa.”

Velten recalls starting out with a small tap system for his beer in a cool box and taking it to markets or festivals and sell it in disposable cups.

“I think I had six beers, six or seven beers,” he says. “And then when Danie came, he says, ‘No, we’re not going to do six or seven beers, let’s just do a core range’.” Today, Wild Dog Beer also has a gin and tonic, the Copper Mule, and there are even plans for a limited edition white ale for the winter.

The beer brand seems to be steadily growing, with Wild Dog not only being recognised in Zambia but South Africa as well. Tiemann Beer received a silver medal (there was no gold medal awarded) for the Shempa Ale in the ‘Alternative Fermentables Beer’ category in the African Beer Cup in 2021.

“Financially, what I’m doing might not be wise... but to me it’s much more important to have a proper product that’s good and has a name for itself. Because that’s what it’s about. Otherwise I can go and make Coca-Cola,” says Velten.

AS THE SUN SETS, THE WILD DOG COMES ALIVE. TAILS WAG AND SHORT BARKS OF EXCITEMENT ARE HEARD ACROSS THE PLAINS OF THE SAVANNAH. HOWEVER LARGE OR SMALL ITS PREY MAY BE, THE PACK LIVES FOR THE HUNT...

Asked about why anybody should pick Wild Dog Beer over another craft or local brew, Velten says, “At the end of the day, it’s up to you, your drink. What you think is nice and what your back pocket can afford. Not everybody’s going to like Wild Dog. But I’d like to stand out in the forefront...There’s so much variety in beer. You can choose whatever, but we’ve all got different tastes and everyone’s got to find their taste. Imagine if we all had the same taste. That poor girl!”

“But I’m not here to make everybody happy I’m here to make good craft beer”.



94th Show

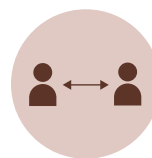
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2022

Available:

- Trade Exhibition
- Cross Country Golf Tournament
- Commemoration of Farmers Day
- Business Luncheon
- Green Demonstration Area

THEME:

**"INNOVATION THROUGH TECHNOLOGY -
TECHNOLOGY TRANSFORMS BUSINESSES"**

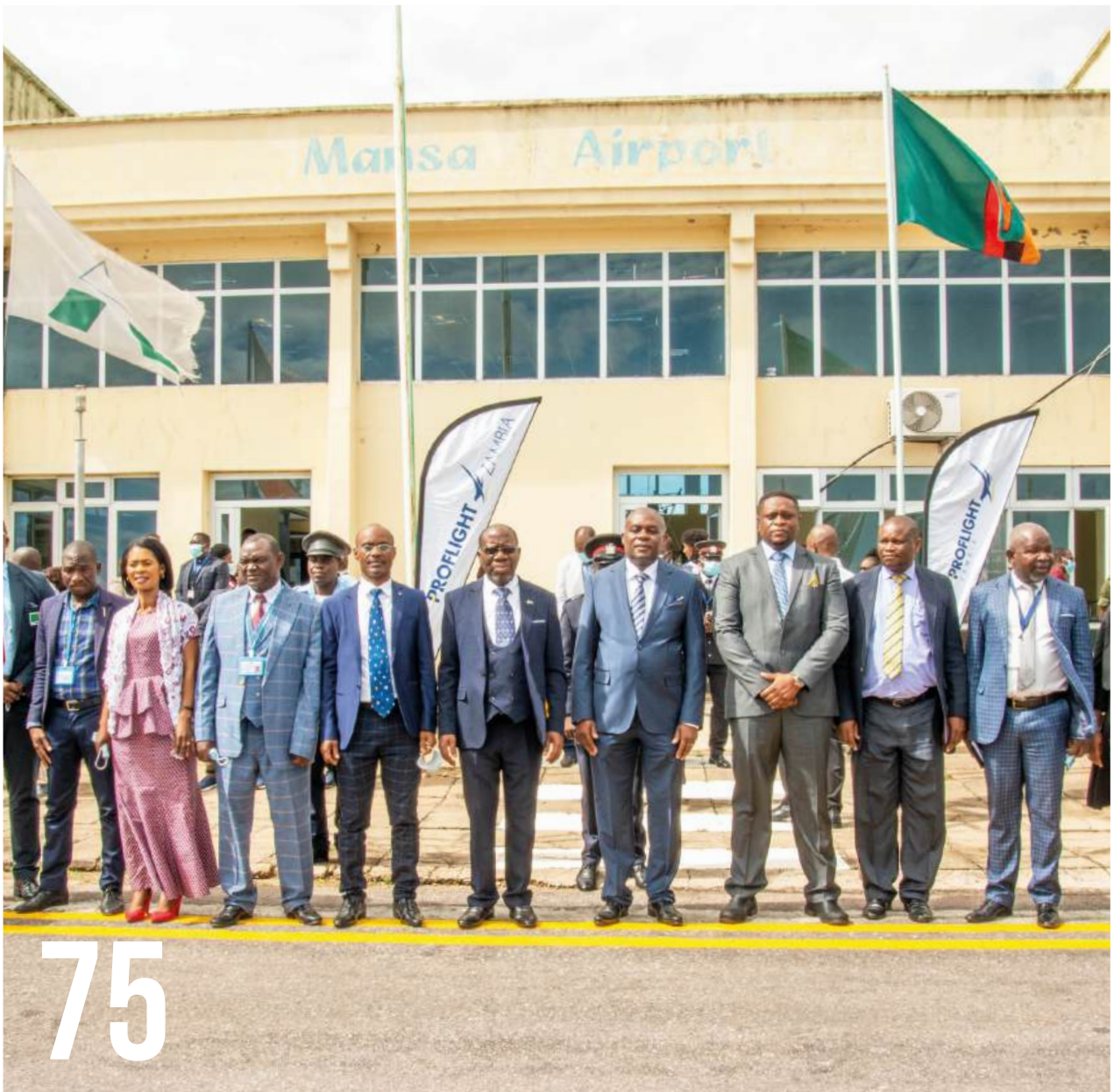


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TAKE OFF

72. FLIGHT SCHEDULE • 73. ROUTE MAP • 75. NEWS • 78. FLEET • 79. PROHIBITED GOODS



Your place for all things Proflight, from news updates to fleet and customs information.

FLIGHT SCHEDULE

MAY | JUNE 2022

+ SIDE NOTE

Proflight Zambia reserves the right to change, suspend or amend this published schedule without prior notification. Every effort will be made to operate as per the planned schedule.

LOWER ZAMBEZI

Proflight Zambia flies daily between Lusaka and Mfuwe to/from the Royal and Jeki airstrips in the Lower Zambezi National Park in Zambia.

Please check our website www.flyzambia.com for updated departure days and times.

LUSAKA - JOHANNESBURG

#	DEP	ARR	M	T	W	T	F	S	S
020	07:30	09:30			●	●	●		●
020	08:45	10:45	●	●				●	
024	11:45	13:45	●						●
026	14:45	16:45				●	●	●	●

LUSAKA - LIVINGSTONE

#	DEP	ARR	M	T	W	T	F	S	S
704	10:30	11:40	●		●				●
708	16:10	17:20		●		●	●	●	

LUSAKA - SOLWEZI

#	DEP	ARR	M	T	W	T	F	S	S
912	10:30	11:40					●	●	
914	15:00	16:10	●		●				●

LUSAKA - NDOLA

#	DEP	ARR	M	T	W	T	F	S	S
300	06:30	07:15	●	●	●	●	●		
332	09:00	09:45				●			
304	11:15	12:00			●			●	●
306	16:00	16:45	●	●	●	●	●	●	●

LUSAKA - MFUWE

#	DEP	ARR	M	T	W	T	F	S	S
800	7:10	8:20							●
804	10:30	11:40		●		●	●	●	
808	16:10	17:20	●		●				●

LUSAKA - MANSA

#	DEP	ARR	M	T	W	T	F	S	S
330	06:30	08:30		●					
332	09:00	11:00				●			

NDOLA - MANSA

#	DEP	ARR	M	T	W	T	F	S	S
330	07:45	08:30		●					
332	10:15	11:00				●			

NDOLA - JOHANNESBURG

#	DEP	ARR	M	T	W	T	F	S	S
040	08:10	10:40			●	●	●		
301/020	07:00	10:45	●	●				●	
303/024	09:15	13:45							●
305/026	12:40	16:45				●		●	●

JOHANNESBURG - LUSAKA

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

LIVINGSTONE - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
705	12:20	13:30	●		●				●
709	17:50	19:00		●		●	●	●	

SOLWEZI - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
913	12:10	13:20					●	●	
915	16:50	18:00	●		●				●

NDOLA - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
301	07:00	07:45	●	●		●	●	●	
303	09:15	10:00							●
331	10:05	10:50		●					
305	12:40	13:25			●	●		●	●
307	16:00	16:45			●	●	●		
309	17:30	18:15	●	●					●

MFUWE - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
801	09:00	10:10							●
805	12:20	13:30		●		●	●	●	
809	17:50	19:00	●		●				●

MANSA - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
331	08:50	10:50		●					
333	11:20	13:25				●			

MANSA - NDOLA

#	DEP	ARR	M	T	W	T	F	S	S
331	08:50	09:35		●					
333	11:20	12:05				●			

JOHANNESBURG - NDOLA

#	DEP	ARR	M	T	W	T	F	S	S
041	12:30	15:00			●	●	●		
045	14:30	17:00	●						●
023/306	12:00	16:45		●				●	

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PROFLIGHT ZAMBIA'S STATE-OF-THE-ART JET GETS AVIATION AUTHORITY SIGN-OFF



LUSAKA, ZAMBIA – Proflight Zambia’s high-tech 50-seater Bombardier CRJ-200 jet made its first commercial flight as a Zambian-registered aircraft this April, having been approved by the Zambia Civil Aviation Authority (ZCAA).

The new CRJ-200 jet – registration number 9J-PFZ - arrived in the Zambian skies in January 2022 and made its inaugural commercial flight in early April after its crew completed the type training in maintenance and operations in line with local safety regulations.

Flight P00704 from Lusaka to Livingstone was received by a traditional water cannon salute on arrival at Harry Mwaanga Nkumbula International Airport. It then went on to operate P00306 to Simon Mwansa Kapwepwe International in Ndola after returning from Livingstone. The crew on the maiden voyage were Captain Josias Walubita, First Officer Michael Mukela, Senior Cabin Crew Linda Madden and Engineer Lameck Chimoka Zulu.

The new 50-seater jet serves a dual purpose of expanding Proflight Zambia’s burgeoning fleet while also complementing the airline’s existing CRJ-100 jet and three Jetstream aircraft in bringing modern air travel to Zambia.

The new aircraft along with the CRJ-100 will enable Proflight to increase the frequency of its popular service between Lusaka and Johannesburg with double daily flights four times weekly from April and once daily three times a week. It will also facilitate the expansion of its footprint on other regional routes as part of its goal of bringing Zambian aviation to the rest of Africa.

Proflight Zambia Director Flight Operations Captain Josias

Walubita said the registration of the new CRJ-200 aircraft highlights the airline’s commitment to invest and deliver world-class air services in the local and regional air transport sector.

“We are excited to finally list our CRJ-200 aircraft on the Zambian register with the Zambia Civil Aviation Authority. The aviation authority has been very welcoming and helpful in certifying the aircraft into the Zambian skies,” said Capt. Walubita.

The airline has positioned itself as a truly Zambian company by having its operations and most of its aircraft maintenance done by locally trained professionals, thus directly impacting and growing the local aviation sector.

“Proflight’s acquisition of the CRJ-200 aircraft brings development and prosperity in Zambia’s aviation sector. We continue to show our commitment to growing our investment in the country by offering and delivering the most reliable, efficient, safe, and friendly air service in Zambia. We have been bringing world-class standards to the local aviation industry for the past 31 years,” Capt. Walubita stated.

“We will also deploy the 50 seat Jet aircraft on domestic routes; Ndola, Livingstone, Mfuwe and Solwezi where demand requires,” added Capt. Walubita.

The longest surviving Zambian airline has continued to grow its investment through the expansion of its fleet, benefitting local business and leisure travellers with fast, spacious capacity aircraft on its domestic and regional destinations. The airline has slated the CRJ-200 to be used to relaunch the Ndola-Johannesburg direct service on 25 April.

PROFLIGHT ZAMBIA DIRECT COPPERBELT-MANSA ROUTE TAKES OFF



LUSAKA, ZAMBIA - Proflight Zambia has officially launched its newest route, direct flights between Ndola and Mansa with connections to and from Lusaka. The airline previously operated the Ndola-Mansa route from 2010 to 2015.

Speaking during the launch, Luapula Province Minister Hon. Derrick Chilunduka said: "Proflight Zambia has remained consistent and true to its mandate despite the challenges. Luapula and the Northern Circuit stand to benefit greatly from the airline's decision to fly here, with many Zambians and international travellers alike now able to travel to the circuit with ease and to take advantage of the amazing business opportunities and experiences the province has to offer.

"I therefore urge you all to travel and explore this side of the country more than ever before. There is no excuse now we have a convenient and reliable option for travel."

Speaking at the same event, Proflight Zambia Director Flight Operations Captain Josias Walubita said the route was expected to create an efficient corridor to the once-closed off northern circuit, facilitating improved trade and helping boost tourism in Luapula Province.

He said: "In addition to bringing people to Mansa, we are also excited to provide much-needed connectivity to the people of

Luapula Province. We are confident the re-introduction of this route will greatly benefit the people of Luapula and stimulate the growth of trade and industry."

Captain Walubita added that the relaunch of the route signified the strong confidence the airline had in the growth of the local aviation industry and the economy.

"Air transport has a positive effect on Zambia's economy and the travel and tourism industry that plays an important part in that economy. And Proflight remains committed to providing air transport connectivity to all the ten provinces of Zambia." Travellers can enjoy easy travel to Mansa starting March 24, 2022, every Tuesday and Thursday from Ndola departing at 07:45hrs and arriving at 08:30hrs in Mansa. And an additional flight on Thursday from Ndola departing at 10:15hrs and arriving in Mansa at 11:00hrs.

The route will be serviced by Proflight's British Aerospace Jetstream aircraft. These aircraft are twin-turboprops with a pressurised fuselage. The Jetstream aircraft are the ideal aircraft for this type of route, offering speed, comfort and reliability, said Capt. Walubita.

The airline also has plans to commence scheduled operations to Kasama and/or Mbala in the second quarter of 2022 and is also looking at expanding its connections to Mongu.

CONNECTING THE COPPERBELT

PROFLIGHT RELAUNCHES DIRECT NDOLA-JOBURG ROUTE



LUSAKA, ZAMBIA - Proflight connects the Copperbelt by announcing the relaunch of Ndola-Joburg direct flights in addition to the recently announced Ndola-Mansa direct flights.

Travellers from the Copperbelt can enjoy easy travel to the 'City of Gold' starting April 25th 2022. Flights from Ndola will operate 3 times a week on Wednesday, Thursday and Friday, departing at 08:10hrs and arriving in Joburg at 10:40hrs. Flights from Joburg depart on the same days at 12:30hrs, arriving in Ndola at 15:00hrs. Two additional flights on Sunday and Monday depart Joburg at 14:30hrs and arrive in Ndola at 17:00hrs.

The route will be operated by the Proflight CRJ-100/ 200 50 seat Jet aircraft with onward connections onto the Cemair and FlySafair networks to other South African destinations and beyond.

"The aircraft is ideal for this route as it provides speed, comfort and reliability. We are excited to be announcing the relaunch of this route and providing more options to the people of the Copperbelt" said Director of Flight Operations

Captain Josias Walubita.

Proflight is relaunching the route as it recognises its importance, especially for business travellers from the region. Capt. Walubita noted that opening the route would facilitate trade, especially as the world readjusts to a new normal and endeavours to spur on the economy in the wake of COVID-19.

"This couldn't have come at a more opportune time as the Copperbelt is a prime destination for business travel. This is in line with our commitment to fostering growth in the economy by offering connections between more local destinations and beyond," said Capt. Walubita.

Our new Ndola-Joburg direct flight offers a morning flight option to South Africa enabling same day onward connections to passenger's final destination domestically and offers a later departure out of Joburg allowing same day connections from other cities in South Africa. We will maintain our convenient connections via Lusaka on all other days giving travellers the option of up to ten weekly flights between the Copperbelt and Johannesburg. Proflight Zambia is offering a free checked baggage allowance on the Ndola-Joburg route of 40 kg.

PROFLIGHT FLEET

BOMBARDIER CRJ200



FLEET	LENGTH	WING SPAN	HEIGHT	FUEL CAPACITY	MAX ALTITUDE	SPEED	MAX PASSENGERS
1	26.51m	21.03m	20ft	2159kg	41000ft	682km/h	50

BOMBARDIER CRJ100



FLEET	LENGTH	WING SPAN	HEIGHT	FUEL CAPACITY	MAX ALTITUDE	SPEED	MAX PASSENGERS
1	26.51m	21.03m	20ft	2159kg	41000ft	682km/h	50

JETSTREAM 4100



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

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.

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.

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,

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

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:

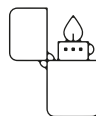
COMPRESSED GASES
 deeply refrigerated
 flammable non-flammable)
 such as butane, oxygen
 propane and aqualung
 cylinders

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.

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



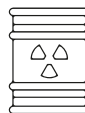
EXPLOSIVES
 such as fireworks, flares
 munitions, Ammunitions and
 pistol caps

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



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

POISONS
 such as insecticides, weed
 killers, arsenic & cyanides



TOXIC SUBSTANCES
 such as bleaching powder
 and peroxide

RADIO ACTIVE MATERIALS



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



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



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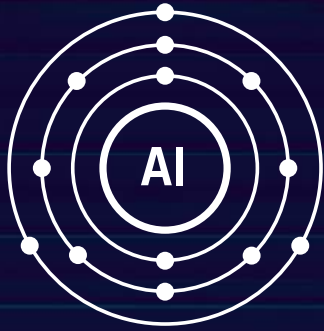


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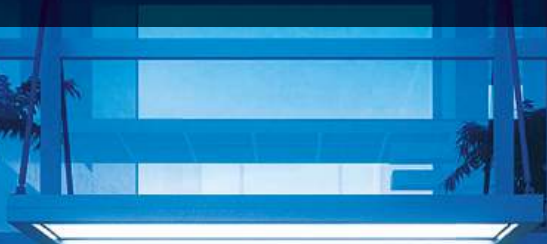
abdallah@nhppzambia.co.zm
info@nhppzambia.co.zm

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