

# 1 STAKEHOLDER CONSULTATION

Section 21 of the ESIA Regulations requires the undertaking of an ESIA to follow a robust and comprehensive stakeholder consultation. This is an important process, because it gives members of the public, I&APs an opportunity to comment or raise concerns that may affect their socio-economic or general environment consequent of the project. Furthermore, it solicits crucial local knowledge that the Environmental Assessment Practitioner (EAP) may not have.

## 1.1 Site Notices and invitation to register as I&AP

In accordance with Section 21 (a) a notice board was placed at the project site to inform and create public awareness about the project and the application of ECC.



**Figure 1.** Site notices at project site

## 1.2 Written Notice

In accordance with Section 21 (b) written notices (see **Annex 1**) was sent out to the public, to inform them and create awareness about the project and the application of ECC.

### 1.3 Newspaper Advertisement

In accordance with Section 21 (c), the project must be advertised once a week for two consecutive weeks in two newspapers that are widely circulated in Namibia. The public was notified through Newspaper adverts as per (Table 1 and Annex 2).

**Table 1.** Newspaper Adverts

Newspaper	Advert	Date Advertised
The Namibian	1 <sup>st</sup> Advert	06 June 2024
	2 <sup>nd</sup> Advert	13 June 2024
New Era	1 <sup>st</sup> Advert	06 June 2024
	2 <sup>nd</sup> Advert	13 June 2024

### 1.4 Public Meeting

In accordance with Section 21 (5,6) a public meeting was undertaken at Havana High School near the project location (Figure 2 and Annex 3). The meeting was mainly attended by the staff of the MoHSS. RDC presented a power point presentation outlining the regulatory requirement in accordance to the EMA and the process to be followed for applying the ECC.

The MoHSS staff had few concern pertaining to some design component as follows;

- i. The Incinerator to be constructed must be of a bigger capacity to be able to handle big volumes of waste that will be coming from the other public hospitals around Windhoek. The current incinerator at Katutura Hospital is small in capacity and is often malfunctioning which results in MOHSS resorting to the use of City of Windhoek's incinerator at a higher cost.
- ii. Consider adequate cool rooms to store waste in cases where the incinerator breaks down or there are long periods of waiting while the incinerator is operating.
- iii. The waste handling or storage area must be big enough to handle bulk storage of medical waste while awaiting disposal.
- iv. Consider ample parking space. Parking is a challenge at the existing public hospitals in Windhoek.

- v. It is recommended that the design must make provision for teaching and office blocks to enable delivery of practical lessons at the hospital.
- vi. Further, the staff recommended that the draft design for the hospital be made widely availed to enable input from the ministry's staff members.

Overall, general member of the public / Havana communities has been calling RDC after seeing the site notices / advert. Their concern is to be considered for job opportunities by the project.



**Figure 2.** Public meeting at Havana High School

## 2 ANNEXURES

### 2.1 Annex 1: Written Notices



Red Dunes <reddunes18@gmail.com>

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#### Invitation to Stakeholder Consultation: Environmental Impact Assessment for Windhoek District Hospital

8 messages

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**Red Dunes** <reddunes18@gmail.com> 5 June 2024 at 13:50  
To: Timoteus Mufeti <Timoteus.Mufeti@mefi.gov.na>, ed@mhss.gov.na, Thomas.Mbeeli@mhss.gov.na, Allan.Ogonje@mhss.gov.na, Martin.Mukulu@mhss.gov.na, kamanaku@gmail.com, Vee.Tagarira@mhss.gov.na, Tomas.Ukola@mhss.gov.na, ed@mwt.gov.na, ed@murd.gov.na, "ed@mawlr.gov.na" <ed@mawlr.gov.na>, information@hpcna.com.na, naphboard@gmail.com, EnquiriesFHSVM@unam.na, ncbeukes@unam.na, "BP: Begona Garcia" <begona@burmeister.com.na>, perez@burmeister.com.na, "BP: Hendrik Boshoff" <hboshoff@burmeister.com.na>, Horst.Lisse@windhoekcc.org.na, Koujo.freddy@windhoek.org.na, hub@ongosvalley.com.na, pr@khomasrc.gov.na  
Cc: Grace Shihepo <grace.shihepo@gmail.com>, Nangula Amutenya <nangula.a@gmail.com>

Dear ESTEEMED stakeholders,

Kindly allow me to observe all protocols. I trust this email finds you well. My Name is Ipeinge Mundjulu, Director at Red-Dune Consulting CC. Our Company has been appointed to undertake an Environmental Impact Assessment and subsequently develop an Environmental Management Plans for the application of the Environmental Clearance Certificate.


Your institution has been identified as a key stakeholder for the project. Thus, you are hereby invited to register as an Interested and Affected Party as well as to the public consultation meeting.

Please find attached invitation letter and the Background Information Document (BID) for your perusal.

Sincerely yours  
Mr. Ipeinge Mundjulu (Bsc, MSC)  
+264 81 147 7889

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#### 2 attachments

 **Background Information Document\_Windhoek District Hospital.pdf**  
1403K

 **Invitation Letter\_EIA for Windhoek District Hospital.pdf**  
500K



Reg No. cc2018/09606

Mobile: (+264 81) 147 7889  
Email: [reddunes18@gmail.com](mailto:redunes18@gmail.com)  
Red-Dune Consulting CC  
P O Box 27623  
WINDHOEK  
9000

Environmental Management | Socioeconomic Valuations | Fisheries and  
Marine Resources Management | Wildlife Management

5<sup>th</sup> June 2024

Dear ESTEEMED Stakeholder

**RE: NOTICE AND INVITATION TO AN ENVIRONMENTAL IMPACT ASSESSMENT CONSULTATION MEETING FOR THE CONSTRUCTION OF WINDHOEK DISTRICT HOSPITAL**

The Ministry of Health and Social Services and the Ministry of Works and Transport are constructing a new Windhoek Class C District Hospital (WDH). The proposed construction is a listed activity under the Environmental Management Act 2007, (Act No 7 of 2007) that cannot be undertaken without Environmental Clearance Certificate (ECC).

Consequently, Red-Dune Consulting cc has been appointed to carry out an Environmental Impact Assessment (EIA) and compile an Environmental Management Plan (EMP), which will be used to apply the ECC for the construction and operation of WDH and associated infrastructures.

Section 21 of the Environmental Impact Assessment Regulation requires the undertaking of an Environmental Impact Assessment (EIA) to follow a robust and comprehensive stakeholder consultation. This process notifies members of the public, Interested and Affected Parties (I&APs) and provide them an opportunity to comment or raise concerns that the project may cause to their socio-economics or general environment.

With this letter, Red-Dune is inviting you to a public meeting scheduled as follows;

Place	Date	Time
Havana High School	20 <sup>th</sup> June 2024	10:00 – 13H00

Attached, kindly find the Background Information Document, that provides an overview of the project and the EIA process. Please register as I&APs on [reddunes18@gmail.com](mailto:redunes18@gmail.com).

Please accept assurance of my highest consideration

Sincerely Yours,

Ipeinge Mundjulu  
**DIRECTOR**



The Republic of Namibia  
Ministry of Health and Social Services  
&  
Ministry of Works and Transport





**Let's play...** Ongwediva Town Council officially handed over the site for construction of a football pitch to Windhoek Consulting Engineers as a consultant and ROHA Trading CC as the contractor. Photo: Nampa

### Ongwediva to construct modern sports complex

ONGWEDIVA – The Ongwediva Town Council will construct a new state-of-the-art sports complex at a cost of N\$5 million. Ongwediva Town Council acting spokesperson Penda Kashihakumwa said in a press statement on Tuesday this significant project marks a pivotal moment in the town's development and commitment to enhancing recreational opportunities for its residents and visitors alike. Council officially handed over the construction contract to the appointed companies on Monday and the first phase of the project is scheduled to be complete by November 2024. "The initial phase of construction focuses on the development of a football pitch, encompassing essential elements such as earthworks, irrigation and subsoil drainage," he said. He indicated that the envisioned sport complex situated at Extension 17 in Ongwediva signifies the council's dedication to meeting the growing demand for modern sports facilities in the town. Kashihakumwa noted that the facility is designed to international standards, and will serve as a hub for both local and international sporting events, fostering a vibrant culture of athleticism and community engagement. He said the complex would accommodate a diverse range of sports codes, including but not limited to football, netball, volleyball and athletics. In future, the complex will incorporate additional sports disciplines reflecting the evolving needs and aspirations of the community. Windhoek Consulting Engineers are the project consultants while ROHA Trading CC will construct the facilities. -Nampa

## N\$690m budget to drive Swakopmund's growth



**Fix...** The Swakopmund Municipality has allocated N\$29.5 million for road infrastructure. Photo: Contributed

■ Eveline de Klerk

**S**WAKOPMUND - The Swakopmund Municipal Council has tabled an ambitious budget plan for the 2024-2025 fiscal year, focusing on infrastructure development, housing and maintenance geared towards sustainable growth. The chairperson of the management committee Blasius Goraseb tabled the council's budget, which totals N\$690 million, on Wednesday evening. The budget, comprising 84% operating and 16% capital expenditure, is set to drive significant growth and improvements in the town. The council has approved a capital budget of N\$111.7 million and N\$578.2 million for the operational budget. Goraseb said the council's key allocations include N\$29.5 million for road and street infrastructure, N\$19.3 million for bulk wastewater infrastructure, and N\$19 million for design and construction. Additionally, N\$18.9 million is earmarked for bulk water infrastructure, N\$10.1 million for town planning and housing, N\$6 million for beach development, N\$4.7 million for solid waste management and N\$980 000 for vehicles, machinery and equipment. "This year's budget priorities are designed with a clear focus on the main areas of expenditure that are pivotal to Swakopmund's development, with the major areas that are crucial for any growth and development," he said. These are not merely expenses, but investments in future services aimed at

ensuring sustainable growth, enhanced quality of life and resilience in the face of future challenges for a very fast-growing town. Goraseb added that the budget also aims to enhance water infrastructure, with N\$18 million allocated to improve water accessibility. This includes designing a water reservoir for various regions, and introducing pilot domestic prepaid water meters to promote financial inclusivity and effective water management. "Urban planning is another priority. We allocated N\$10 million for zoning and development projects to ensure environmentally-sustainable and economically-viable growth. This includes developing master plans, and establishing new townships in northern Swakopmund," he said. The budget allocates substantial funds towards salaries and wages (N\$218 million), general expenditure (N\$137 million), and social contributions (N\$64.5 million). The current administration has paved a structured plan to identify potential socio-economic opportunities for enhancing the growth and development of Swakopmund, creating a vision to move towards sustainable growth in terms of the standard of living and

environmental sustainability. "Our mission is to make Swakopmund work by investing, on an unprecedented scale, in Swakopmund's development," he said. -edeklerk@nepc.com.na



**The Republic of Namibia**  
**Ministry of Health and Social Services**  
**& Ministry of works and Transport**

**PUBLIC NOTICE**

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**Project:** Construction of a new Windhoek Class C District Hospital.

**Proponent:** Ministry of Health and Social Services and Ministry of Works and Transport.

**Location:** Havana Informal Settlement, Windhoek.

**Public Meeting Date:** 20<sup>th</sup> June 2024.  
**Venue:** Havana High School.  
**Time:** 10H00-13H00.

**Deadline for submission of comments:** 20<sup>th</sup> July 2024.

**Register as I&APs @:**  
 residunes18@gmail.com;  
 Tel: +264 81 147 7889.




## Supreme Court sends Menzies packing

■ Maria Sheya

The Supreme Court has upheld the High Court's decision to have Menzies Aviation vacate Hosea Kutako International Airport, where it was providing ground handling services. Menzies lodged an appeal against the High Court's decision that the notice to vacate, given by the Namibia Airports Company (NAC) to the company, was unreasonable, and suggested that a 30-day notice was reasonable. The aviation company reasoned that it was not the court's place to suggest a time frame, and such determination should have been left to the NAC. Menzies also appealed against the High Court's decision to set aside the certification of the personnel and the equipment of the joint venture between Paragon and Ethiopian airlines as being fit for purpose for the ground handling services at the HKIA. Supreme Court acting judges of appeal, Theo Frank, Sylvester Mainga and Elton Hoff found that Menzies' application lacked details as to why they could not hand over to the joint venture within the time stipulated by NAC. "It was for Menzies to persuade the court based on facts that it was impossible to give



**Legal loss...** The fight over the ground handling services tender at HKIA is still raging. Photo: Menzies Aviation

effect to the eviction order by 13 June 2023 and how long it would take them, having regard to what is feasible and practical in the circumstances to give effect to the order," said the judges. The court noted that without such information, the High Court could not halt the eviction notice. On the certification, the judges said despite agreeing with Menzies that the certification process was flawed, it was up to NAC to deal with any breaches of its contract with the joint venture. "Menzies does not make out any case why they are detrimentally affected by such breaches, or that the legislative requirements are put in place for their benefit, among others," said the judges.

They further said Menzies' attack on the certification is irrelevant to their application. Thus, the court dismissed the application with costs. In its fight to keep on providing ground handling services at HKIA, Menzies has a review application before the High Court, where it wants the court to declare that NAC is a category one public entity and in terms of the law, may not handle a bidding process of a tender that exceeds N\$25 million. According to Menzies, the tender handled by NAC and awarded to the joint venture exceeds the threshold, suggesting the Central Procurement Board of Namibia should have handled the bidding process instead. The company also wants the court to review and set aside NAC's decision to declare its bid invalid because it failed to initial all its pages, and certify its registration documents. Furthermore, it wants the court to set aside NAC's decision to award the joint venture the tender, and disqualify it. Apart from the decisions to be reviewed, Menzies wants section 4(2) of the Public Procurement Act, 15 of 2015 to be declared unconstitutional. -mamakali@nepc.com.na

**GIVE BLOOD SAVE LIVES**

**OKAHANDJA MALL**

For any assistance or transport call Michael on 081 113636

**SATURDAY 08 JUNE**

**VENUE:** Next to MTC

**TIME:** 09h30-15h30

**TARGET:** 50+ blood donations



**NAMBTS** Namibia Blood Transfusion Service

1 800 00 000 | nambts.com.na | www.nambts.com.na

# Lowe, Hough win Nedbank Namibia Rock, Rut XC2

■ Staff Reporter

Cyclist Kevin Lowe and Mimi Hough produced stunning masterpieces to win the Nedbank Rock and Rut XC2 races at the IJG Trails in Windhoek last weekend.

In the elite men's category, Lowe beat Theuns van der Westhuizen and Adrian Key to win the race in 01:07:11.

Van der Westhuizen clocked 01:09:11 in second place, while Key was third in 01:13:24.

Hough completed the elite women's race in 01:02:19 after six laps.

She was the only cyclist competing in

the category.


Mitchell Dorman was crowned winner in the sub-vet women's category ahead of Nicola Fester, while Sonja Obholzer triumphed in the veteran women's category.

Lowe said he was happy to have won despite the low turnout.

"I enjoyed the track, it was nice and fast. The weather was a bit cold. Hence, I knew a decent warm-up would do the trick. The first two laps, I could feel my feet were a bit cold - but after that, I was fine. I had a good battle in the first two laps with Marco (Thiel), but I decided to ride my race. It's good to see the young ones coming through," said Lowe.



Victor... Namibian cyclist and winner of the elite men's race in the Nedbank Rock and Rut XC2, Kevin Lowe.  
Photo: Contributed



## INVITATION FOR BIDS

### NAMIBIAN PORTS AUTHORITY (NAMPORT)

Bids are invited through Open National Bidding (ONB) bidding procedures for the **Main Entrance Gate Complex Civil Works Port of Walvis Bay (Earthworks, Bitumen and ICB Pavements, Palisade Fence, Etc.)**. The bid is open to all Eligible Namibian Bidders and a margin of preference will apply as detailed in the bidding document.

The Bid is open to all eligible Namibian entities or persons ("Bidders") who wish to respond. Bidders may only associate with each other in the form of a joint venture or under a sub-contractual agreement to complement their respective areas of supply to enhance their capacity to carry out the supply of goods and provision of required services and so long as any association is formed, or sub-contract is entered into in accordance with the bidding document associated with this IFB.

Bid Reference Number	Brief Description	Pre-bid Conference	Last Day for Clarification Requests	Closing Date
<b>W/ONB-NAMP-ORT-3622/2024</b>	Main Entrance Gate Complex Civil Works Port of Walvis Bay (Earthworks, Bitumen and ICB Pavements, Palisade Fence, Etc.	Non-Compulsory Pre-bid/ Site Visit meeting on 14/06/2024 @ 10h00 AM	01/07/2024	19/07/2024 @ 12h00 PM (Virtual Bid Opening Link will be available on website)

Interested eligible bidders are requested to visit the Namport website at <https://www.namport.com.na/Procurement/> for details of the bidding requirements. Bidders must register as suppliers, express interest in a specific bid, make a payment of the bid levy (non-refundable) **NS600.00** and submit the proof of payment in order to be granted access to the bidding documents. The Namport Banking Details are available on the Procurement Portal on the website.


A Non-compulsory Pre-Bid/Site Visit meeting is scheduled for **14 June 2024 at 10h00 am**. Bidders should take note that the meeting venue is at **Namport, Head Office, Executive Boardroom, thereafter bidders will be directed to the site.**

Bids must be delivered to the following address before or on the deadline for submission: **The Tender Box, Namibian Ports Authority (Namport) Reception, No. 17 Rikumbi Kandanga Road**. Electronic submission of bidding documents will not be accepted.

All enquiries related to these bids must be directed in writing by email to the following contact details:

**Tender and Contracts Administrator**  
Owiike Amunkete  
Tel.: +264 64 208 2217  
E-Mail: [o.amunkete@namport.com.na](mailto:o.amunkete@namport.com.na) or [procurement@namport.com.na](mailto:procurement@namport.com.na)

**Procurement Manager**  
Melani de Klerk  
Tel: +264 208 2319  
Email: [m.deklerk@namport.com.na](mailto:m.deklerk@namport.com.na)





**The Republic of Namibia**  
Ministry of Health and Social Services  
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Register as I&APs @:  
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Tel: +264 81 147 7889.





GIVE BLOOD  
SAVE LIVES

USAKOS  
TOWN


For any assistance in understanding our website or 888 1000000


VENUE: Walvis Control

TIME: 11:00-18:00

TARGET: 40+ Blood donations

THURSDAY  
**13**  
JUNE







# REPORT



**ENERGY AGREEMENT** ... Namibia and Angola's energy ministers held a bilateral meeting on Monday on the 881 megawatt Baynes Binational Hydro power project. The two governments are developing the project on the lower Kunene River, along the common border of the two countries. The two ministers, João Baptista Borges and Tom Alweendo, signed an agreement at the Laúca Hydroelectric Power Station in Angola.

Photo: Contributed

## B1 credit rating reflects improved growth prospects – Shiimi

• DONALD MATTHYS

FINANCE and public enterprises minister Iipumbu Shiimi hailed Moody's Investor Service's decision to upgrade the country's credit rating outlook at B1, saying that the shift from stable to positive reflects positive growth expectations, fuelled by Namibia's emerging hydrocarbon industries.

Shiimi says the concerted efforts of the government in ensuring fiscal sustainability and the economic recovery and development of new industries have produced formidable outcomes.

"The positive outlook reflects Namibia's improved growth prospects supported not only by cyclical factors like higher commodity prices in a post-pandemic environment and renewed investments in the traditional mining industries, but also by the prospect of significant new hydrocarbon and renewable energy resource developments," Shiimi told parliament on Tuesday.

In its assessment, Moody's said the positive outlook reflects Namibia's improved growth

prospects, which are supported by renewed investments in the mining and energy sectors, especially the nascent oil and gas and green hydrogen industries.

However, the agency warned that the future of these promising new industries remains highly uncertain.

"The affirmation of the B1 rating captures the government's relatively high debt burden and elevated cost of debt compared to higher-rated peers, in addition to its comparatively large gross financing needs," Moody's said.

Moody's expects continued robust economic growth and a stabilisation in debt levels over the medium term, which will stem the tide of credit rating downgrades that Namibia has faced since 2017.

With an economy highly dependent on the exportation of minerals, the highly volatile commodity prices are generally considered a risk to Namibia's revenue performance.

With the post-2016/2017 economic recession and the bust in commodity price cycles, Namibia's economy weakened and the government debt, both domestic and foreign, started

rising, which led to the high cost of debt service.

"These developments affected the trust and credibility of the fiscal policy stance as public debt levels were deemed unsustainable, which led to the adjustment in the outlook to negative, and eventually the first downgrade of Namibia's credit rating in August 2017 from Baa3 to Ba1," Shiimi said.

In the subsequent years until 2022, Namibia's credit rating came under pressure and continued on the downward path until April 2022, when the sovereign credit rating was downgraded to stable at B1.

Shiimi said the downgrade reflected the economy's reduced shock absorption capacity and the continued increase in the debt ratio to gross domestic product at the time induced by Covid-19 effects.

"The government implemented the economic growth strategy and post-Covid-19 policy reforms to resuscitate economic activities and boost government revenue. The outcome of these policy initiatives is reflected in our growth and fiscal metrics as tabled in this august house in February 2024," Shiimi said.

## Namibia, Angola maintain energy talks

• CHARMINE NGATJIHEUE

THE Angolan and Namibian governments have reiterated the need for the two countries to collaborate on the Baynes Binational Power Project.

The two countries held a bilateral meeting on the 881 megawatt hydro power project at the Laúca Hydroelectric Power Station in Angola on Monday.

The two governments plan on developing the project on the lower Kunene River, along the common border of the two countries.

Monday's meeting was followed up to a bilateral virtual meeting

between the two countries' energy ministers in November last year.

In a joint statement, João Baptista Borges and Tom Alweendo stressed the importance of the Baynes Binational Power Project for Angola and Namibia, as well as for the Southern African Development Community (SADC) region.

"Considering that Angola is not yet connected to the regional transmission network of SADC, it has become crucial that the Angola-Namibia

Transmission Interconnection is expedited to ensure that Angola is connected to the regional power trading platform," noted the statement.

The transmission network to

the Baynes project will further complement the interconnectivity of the two countries to the rest of the region and provide extra export routes for excess power on the Kwanza and Kunene river basins.

It has been recommended that a joint Baynes implementation unit be set up in either country, as well as a joint bank account, with both governments expected to allocate annual budgets.

The two countries' energy ministers also approved the updated Techno-Economic Feasibility Study report of 2023, as well as the development of an additional regulating dam, about 12km down-

stream from the main dam. The dam will have an installed capacity of 21 megawatts.

"It will also serve as a road corridor bridge," noted the ministers.

The two governments are expected to finalise and endorse that the project be implemented using the public model, before September this year.

"The government lawyers of Angola and Namibia have to meet and finalise the legal review of the Baynes Binational Implementation Agreement, and that Namibia is to host the joint review meeting in Windhoek in June 2024," the statement noted.

### Strategy Tips

by Desmond

#### 'I Did Not Have Enough Time'

• DESMOND NIKANOR

OF the many reasons one may give for not completing a task, not having enough time should never be one.

We often use this flimsy reason to justify why something was not done, but it is almost never the real reason.

Since we cannot own or control time, we cannot claim we did not have enough of it.

We all have the same amount of time allotted to us in any given period.

The only differing factor is how you use it. No individual or organisation has more time than the next.

There is always enough time, and we have all there is to have of it.

Granted, in certain circumstances some tasks are psychically impossible to do within a specific period of time, but even those are rare.

For instance, it is impossible for me to drive to Johannesburg in the morning, drop off an envelope and drive back before lunch.

But that is not a time issue, that is a task issue. In other words, if I had a plane to travel on, it would be possible.


Or if I had known weeks ago that the letter needs to be in Johannesburg on a specific date, then it's a planning and procrastination issue.

The point is that time is the ultimate equaliser, because it is equally applied to all.

A minute will always be 60 seconds – irrespective of circumstances.

Habits such as planning, foresight, scheduling, delegating, and upskilling are all disciplines that can increase what can be done within that minute.

You do not have time for everything, but you have enough time for anything if you so choose.



Republic of Namibia



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&  
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**Tel:** +264 81 147 7889.



# Challengers director serves fun sport drama

• ANNE HAMBUDA

CHALLENGERS is a tennis themed film that managed to capture the riveting back and forth excitement of the sport in its 131-minute run.

Starring Zendaya as retired tennis star Tashi Donaldson volleying between her ex boyfriend and husband—who also happen to be players and former best friends Patrick Zweig, played by Josh O'Connor, and Art Donaldson, played by Mike Faist—the film chronicles a steamy and seemingly never-ending love triangle between the three.

The story unfolds against the backdrop of a tennis tournament known as Challengers, as it goes back and forth along two timelines.

One timeline shows how two friends went from

being teammates and best friends to foes, while the other timeline shows the present, where Tashi and Art are married with one child and trying to revitalise his competitive and professional spirit.

The jumps in time would definitely be a bit much if this were not a movie about the constant back and forth motion a tennis ball makes during a match.

This parallel is drawn quite often in the film, showing itself in the fact that Zendaya's character is never fully sure of which side she wants to be on.

O'Connor and Faist compliment each other well; equals, peers, but different from each other in so many ways.

They've always competed against one another and while Patrick seems to be in the lead initially, as both the superior tennis



Photo: Contributed

player and the one who won Tashi's heart, by the end of the film you might still not be sure who's the real winner.

This is Tashi's dilemma. As a character, it's clear early on that she cares very little about anything other than tennis.

In a heart-breaking flash-

back, we come to learn how she went from being a rising star athlete to coaching her husband through multiple victories.

We come to understand how the two of them found love with each other years after her relationship and his friendship with Patrick fell apart.

We come to see how she met the both of them at the same time, how they both wanted to be with her and how they both seem to satisfy her spirit in different ways.

What seems like a good marriage at the start of the film is quickly exposed to be something else.

As we go back and forth between the three's interactions in the past and the face off that is taking place in the present, it feels like we too are darting our eyes back and forth.

That's what makes this film interesting.

And what makes it hard to guess what would happen next.

You can call this film many things, but definitely not predictable.

I think O'Connor and Faist's acting was good and their natural chemistry was inviting.

By the end of the film, I felt it was a story about their journey, if anything else.

Zendaya, on the other hand, left a lot to be desired.

I don't know if it's how it was scripted and how she was directed or if this is emanating from her, but I couldn't stand the scowl

she wore the entire time. Her character, which is the case for many of this actress' roles, seemed bored and disinterested.

While some of the visuals were breathtaking, like seeing the vantage point of the ball as it flies across the court, I feel that too much time was spent zooming in and out of the match without the plot progressing.

There were plenty of good artistic choices made, but it left some of the film a bit boring.

Overall, Challengers was a good watch.

It stirred up a lot of emotions; intrigue, anger, laughter and hope and it showcased the world of tennis in an interesting way.

— Anne Hambuda is a poet, writer and social commentator. Follow her online or email her [annehambuda@gmail.com](mailto:annehambuda@gmail.com) for more.



Vasilios 'Billy' Kalaitzis

## Greek restaurant caters for those freezing and in a hurry

• FENI HIVELUAH

IF you're looking for Greek comfort food in the chilly season, look no further than the corner of Rehobother Road and Dr Agostinho Neto Road in Windhoek.

Here you will find Greek restaurant Billy's BBQ Temple.

Restaurant owner Vasilios 'Billy' Kalaitzis says the family business is the only one of its kind in Namibia.

"I believe we are between 'good enough' and 'perfect'. It's not about the skills, I have made these lunches a hundred times, it's about the craft of making these foods," he says.

Kalaitzis says he and his family relocated to Namibia from Germany after a visit to the country had them hooked.

He says he realised Namibia has no Greek restaurant.

"A lot of people told me they were fed

up with eating the same food all the time: pizza, pasta, burgers, kapana... We need Greek here, they said," Kalaitzis says.

This was his 'a-ha' moment, he says. The small restaurant's walls are covered in pictures of his hometown in Greece.

Kalaitzis says the restaurant's current location is not ideal due to a lack of traffic. He says the establishment does have a few regulars and people coming in for a morning coffee or lunch.

The restaurant caters for "he who has no time, he who is freezing outside" he says.

For "he who is freezing", Billy's BBQ Temple's menu offers a variety of coffees, such as from espressos, cappuccinos and Americanos.

For "he who has no time" the restaurant offers a range of feel-good foods, such as pork gyros (marinated pork necks), kotopoulo (chicken breast fillet), bifteki (traditional beef patty) and more.

**Five reasons why exercise is good for your mental health**

Exercising releases endorphins.  
Photo: Freepik

REGULAR exercise has long been recommended for its physical health benefits, but did you know it also has a significant effect on your mental health? In fact, numerous studies have shown that exercise can help improve mood, reduce anxiety and depression and even boost self-esteem.

Here are five reasons why exercise is good for your mental health.

### Releases endorphins

When you exercise, your body releases chemicals called endorphins, which are known to reduce pain and induce feelings of euphoria.

These "feel-good" chemicals can help combat feelings of stress and anxiety, leaving you feeling happier and more relaxed.

### Improves sleep

Regular exercise can help improve the quality of your sleep, which is essential for maintaining good mental health.

A lack of sleep can contribute to feelings of irritability, anxiety and depression, so getting enough exercise can help

you get the rest you need to feel your best.

### Reduces cortisol levels

Cortisol is a hormone that is released in response to stress and high levels of cortisol have been linked to anxiety and depression. Exercise has been shown to reduce cortisol levels, helping to alleviate symptoms of stress and improve overall mental well-being.

### Boosts self-esteem

Engaging in regular exercise can help boost your self-esteem and confidence. As you set and achieve fitness goals, you'll gain a sense of accomplishment and pride in your abilities, which can translate to improved self-image and overall mental well-being.

### Provides a distraction

Exercise can serve as a healthy distraction from negative thoughts and worries. Focusing on physical activity allows you to shift your attention away from stressors and instead concentrate on the present moment, promoting mindfulness and relaxation.

— IOL Lifestyle

Republic of Namibia  
Ministry of Health and Social Services & Ministry of Works and Transport

**PUBLIC NOTICE**

**ENVIRONMENTAL IMPACT ASSESSMENT FOR THE CONSTRUCTION OF THE WINDHOEK DISTRICT HOSPITAL IN KHOMAS REGION & INVITATION TO A PUBLIC MEETING**

In accordance with the Environmental Management Act 2007 (Act No. 7 of 2007), notice is hereby given to all possible Interested and Affected Parties (I&APs) that an application will be made to the Environmental Commissioner for environmental clearance as follows:

**Project:** Construction of a new Windhoek Class C District Hospital.  
**Proponent:** Ministry of Health and Social Services and Ministry of Works and Transport  
**Location:** Havana Informal Settlement, Windhoek.  
**Public Meeting Date:** 20<sup>th</sup> June 2024.  
**Venue:** Havana High School.  
**Time:** 10H00-13H00.  
**Deadline for submission of comments:** 20<sup>th</sup> July 2024.  
**Register as I&Aps @:** [radclines19@gmail.com](mailto:radclines19@gmail.com)  
**Tel:** +264 81 147 7889.

## 2.3 Annex 3 Attendance Register



### Environmental Impact Assessment For The Construction Of The Windhoek District Hospital In Khomas Region


Place: Havana High School, Windhoek

Date: 20th June 2024

Time: 10:00

No	Name	Gender	Organization	Position	Cell	Email	Signature
1	Jan van der	male	Khomas	Control Administration	0816355918	jan.van.dijk@whs.gov.na	[Signature]
2	Justina Hamunghela	Female	Khomas	PHC Supervisor WDC District	8812508869	justinahamunghela@gmail.com	[Signature]
3	Wagracau H. Eiko	Female	MOHSS - District	Senior Engineering and Health Planning	0813046302	wagracau91@gmail.com	[Signature]
4	Sarah Shoanika	Female	MOHSS - District	EHHP	0812738075	sarahshoanika@gmail.com	[Signature]
5	Paulus Shivate	Male	MOHSS - Khomas Region	Senior Admin Official	0818998611	paulus84@gmail.com	[Signature]
6	Mr. Nathaniel Kun	M	MOHSS - KRS	RIMO	0814169068	nathaniel.kun@whs.gov.na	[Signature]
7	Michael Uyuni	Male	Khomas - District	EHPO	0814409634	Michael.Uyuni@whs.gov.na	[Signature]
8	Kashululu.h	male	Khomas	[Signature]	0812818886		[Signature]
9	Peng Zhou	Male	CGAC	Marketing	081853945	zhangpeng@cgacupr.com.na	[Signature]
10	Franisca G. Shabete	Female	Red-dune	Scientist	0817567709	franca.shabete@gmail.com	[Signature]
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12 JOSEPH BENNY male KHOMAS 0812329090 [Signature]

12	TIBERGE-M.	M	RDC	Directeur 08147889	kelebu no18@gmail.com	
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