



BR HEALTH AND WELLNESS DAY



BR Chief Executive Officer Mr. Dominic R. Ntwaagae (Centre), Honourable member of Parliament for Mahalapye West Mr. Joseph Molefe (Right) and BR Board Member Mr Adolph C. Hirschfeld (Left) walking to the BR grounds.

Botswana Railways hosted a Health and wellness event on August 27, 2015 at Botswana Railways Grounds under the theme, "Health and Wellness for Unity". The primary objective behind hosting this day was to recognise and appreciate that the Organisation is cognisant of the fact that a healthy workforce is paramount in helping Botswana Railways achieve its strategic objectives. The one (1) day activity gave employees an opportunity to interact with Professionals in the Health fraternity and get to appreciate the importance of leading a healthy lifestyle.

In his welcome remarks the host CEO Mr. Dominic Ntwaagae said that as an Organization they do not take the wellness of staff members for granted because they truly believe that a healthy workforce is a happy workforce and a happy workforce is a productive one. "We have made a commitment to embrace health and wellness in the work place" he noted. He defined Wellness as a Healthy

balance of the body, the mind and the spirit that results in a holistic feeling of wellbeing. "The dimensions as you may be aware include among others, Physical, mental, spiritual and environmental health conditions" he said.

In his key note address Honourable member of Parliament for Mahalapye West Mr. Joseph Molefe said he was much impressed and commended the Botswana Railways for according their employees the opportunity to reflect on their health and wellness issues. "Since the event's theme is Health and wellness for Unity, the theme alone is relevant to the national vision, and it is a call to action to making sure Botswana are a "Healthy, prosperous and united nation."

In his closing Remarks Botswana Railways Board member Mr. Adolph C. Hirschfeld said Botswana Railways Management has approved the Human Capital Strategy. The strategy

recognizes amongst other key issue the importance of having a motivated workforce. He concluded by saying that they intend to make Botswana Railways an employer of choice and would not derail from such.

The event was characterised by the following activities:

- a) A morning walk;
- b) Motivational Talk from various speakers;
- b) Body Mass Index measurement;
- c) Cholesterol level testing;
- d) Eye Testing;
- e) Blood Pressure Monitoring;
- f) Blood Glucose Level Testing;
- g) Voluntary Counseling and testing (HIV);
- h) Education on Cervical Cancer;
- i) Education on Prostate Cancer;
- j) Breast Examination;
- k) Field Events (egg race, sackrace, 100m race, relays, team building games, skipping rope, tug of war, netball and football among others.)



WELLNESS DAY IN PICTURES



BOTSWANA RAILWAYS PREPARES FOR THE PASSENGER TRAIN

In preparations for the passenger train which is expected to start operating in December, Botswana Railways held a site visit on the 18th - 21st August 2015 from Lobatse to Francistown stations. The site visit was in response to the Tender advert which requested for suitable companies that could provide a broadcasting system at all stations. Nine companies showed an interest and were present at all stations where they were showed the tickets office and waiting rooms of which they are expected to install the systems in. A broadcasting system for stations is a complete passenger information

system that is capable of making voice and display announcements. It comprises of a public address system integrated with LED display monitors and will be installed in Lobatse, Gaborone, Mahalapye, Palapye, Serule and Francistown. The primary objective of this system is to produce audible sound that can be heard by passengers within the station and those at close range. Through the system the organization also hopes to make announcements, spread messages, play music and play videos where applicable. The Signals and Telecoms Engineer

Mrs. Lesedi Gaolemoge noted the importance of seeing the project through before the launching of the passenger train. "The idea is to have the systems installed and ready for usage before the arrival of the passenger train" she said. The site visit went well although some of the tenderers were concerned about the state of the station which they felt were a bit too old but Mrs. Gaolemoge reassured them that the stations are soon to be renovated so that they meet the standards of the organization's image.



HIV/AIDS STATISTICS IN MAHALAPYE SUB

HIV and AIDS is one of the serious and biggest challenges we face in the workplace in the whole wide country. Everyday people are getting new HIV infections.

Of all the people living with HIV/AIDS in the world, it is estimated that 6 out of every 10 men, 8 out of every 10 women and 9 out of every 10 children live in Sub-Saharan Africa. Botswana has one of the fastest growing rates of infection in the world. HIV/AIDS is a scary and traumatizing topic for individuals to talk about freely. This is associated with stigma, which is becoming such a great hindrance in the fight against HIV. HIV is a very well managed disease as our country has availed resources to prevent and manage the already existing infections. Let us all take responsibility to prevent any new HIV

infection to attain the vision 2016. HIV can be prevented by using condoms at all times, reducing multiple concurrent partners, safe handling of blood and its products by using gloves and safe male circumcision. Most importantly we must embrace the fact that HIV is here and for us to win a war against it, we must disassociate with stigma and speak about it freely. For the already existing HIV infections there is free and always available treatment and other services which insure the population leads a normal life. Botswana Railways has information about such services and willing to assist individuals to get such help. Botswana Railways clinic is always open for discussions relating to the fears, concerns and also to answer any questions related to HIV/AIDS. HIV/AIDS is a very huge concern in Mahalapye Sub. The Technical Advisory Committee (TAC) which is

tasked with developing evidence based ways to reduce HIV infections and to control the already existing HIV infections, together with DAMSAC provided the following results.

SOURCE: DHMT AND TEBELOPELE

Reporting Period: April 2015 to March 2015

The results are obtained from 39 villages in Mahalapye Sub

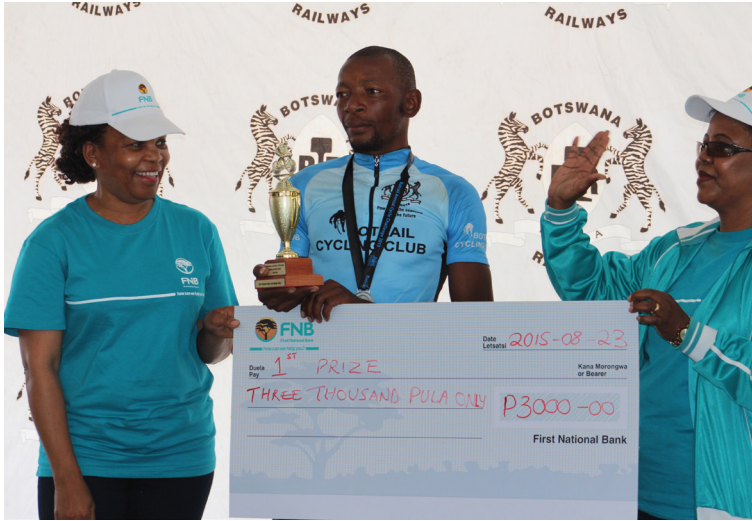
PEOPLE ON ARV THERAPY

Males started on ARV therapy since 2015= **425**

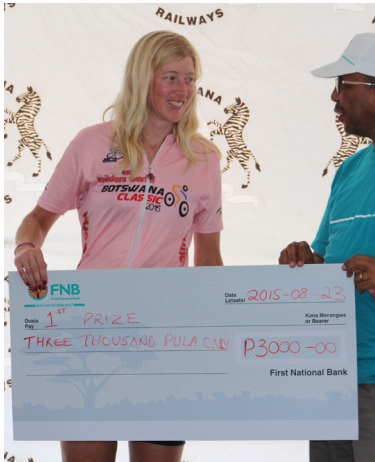
Females started on ARVs since 2015= **660**

Accumulative males on ARVs (Every males on ARV therapy in the whole district= **6205**)

Accumulative females on ARVs (Every female on ARV therapy in the whole district= **10131**)



BOTRAIL AFTER WINNING THE 63KM CORPORATE TEAM RACE



Botswana Railways in conjunction with its cycling club, Botrail Cycling Club, hosted their annual cycling event themed Botrail Annual Cycling Challenge 2015. The event, which attracted 119 cyclists, was held at Watershed Piazza, Mahalapye on Sunday the 23rd of August.

The race was categorized into 134km, 63km, 30km and 10km kiddies' category. The 134km race started in Mahalapye, along the A1, turning off onto the hospital road, leading to the Shoshong roundabout all the way to Shoshong. The 63km category turn-off point was at Tobela, a village 30km west of Mahalapye.

This year's race was a fundraising initiative by the club to implement their youth development program, which they intend to undertake this year going forward. The race started at 7:30am, with the winner of the 134km main race crossing the finish line in 3hrs 55m 04 seconds.

RACE RESULTS: 134 KM CATEGORY

- 1. Senior men**
1st position Boipuso Masepe,
2nd position Kyle Poppleton
3rd position Aleck Musariri

- 2. Senior women**
1st Position Anouk van der Geest
- 3. U-23 men**
1st position Lulu Telekelo
2nd position Sethomo Masepe
3rd position Amogelang Thwabi

- 4. U-23 female**
1st position Bakang Ebudilwe.

RACE RESULTS: 63 KM CATEGORY

- 1. Senior men**
1st position Miguel Barata
2nd position Loago Swallow
3rd position Tebo Kuate

- 2. Senior Female**
1st position Game Mompe

- 3. Junior men**
1st position Dimpho Masi
2nd position Arnold Kokwane
3rd position Thabiso Mokalake

- 4. Junior females**
1st position Jip Vander
2nd position Promise Ntshese
3rd position Segomotso Dithakeng

RACE RESULTS: 30 KM CATEGORY

- 1. Open Male**
1st position Khumo Ramontshona
2nd position Kopano Kgosibodiba
3rd position Thuso Letlhare

- 2. Open Female**
1st position Nonfo Maswabi
2nd position Poloko Kegaisitse
3rd position Lebogang Radikara

RACE RESULTS: 10 KM CATEGORY

- 10-year-old Leagilwe Sibanda of Motloutse Cycling Club was the only participant in this category.

Cycling clubs that partook in this event were Botrail Cycling Club, Motloutse Cycling Club, Karowe Cycling Club, Boteti Mining, Minopex, MVA Fund, Jonmol Cycling Club, Morupule Cycling Club, Tsela Riders Cycling Club, Jwaneng Cycling Club, BAF Cycling Club, KBL, Gaborone Cycling Club and MTN Khemani Cycling Club from Swaziland.