



Swakopmund Lighthouse



Newsletter of
the Municipality
of Swakopmund

February 2012

SWAKOPMUND IN A BID TO HOST WORLD TOURISM SUMMIT



City of Swakopmund: "Where sand dunes meets the sea."

Namibia is in a bid to host the World Adventure Travel Summit in 2013 and Swakopmund has been selected as the host city should Namibia's bid succeed.

The summit which is under the auspices of the Adventure Travel Trade Association (ATTA) is held annually and this year's summit will be held in Lucerne, Switzerland and this is where Namibia's bid will be decided.

The Ministry of Environment and Tourism has selected Swakopmund on the basis of it being the mega tourism attraction of Namibia. This summit will undoubtedly solidify Swakopmund's position on the interna-

tional tourism map and will bring along the much needed exposure. Tourism is a great contributor to Namibia's GDP and the long term economic benefits to be accrued from this summit will boost the country's economy.

ATTA is a global membership organization and home a thriving community of more than 700 responsible, profitable businesses, destinations and media who transform customers and businesses alike into advocates for sustainability and justice worldwide. Its members include tour operators, destination marketing organizations, tourism boards, specialty travel agents, guides, ac-

commodation, media and service providers.

This is a great opportunity for Swakopmund and all its residents stand to benefit since the summit is expected to draw 600 adventure tourism professionals from more than 50 nations and the media will be focused on our city.

The proposed venue for the summit is the New Indoor Sport Center which will be built between the Vineta North and South sportfields adjacent to new swimming pool. Everyone and more importantly the tourism fraternity should rally behind Namibia's bid to host the World Adventure Travel Summit in 2013.

GAS DEPOT FOR THE COMMUNITY



Staff and customers in front of G P Gas Depot



Mervin Denis pictured at the gas refill tank

A local entrepreneur, Mervin Denis trading as Mervin Denis Domestic Solutions, has set up a gas depot in Mondesa to help the less privileged members of the Swakopmund Community with their need for gas. The gas depot is strategically located between Hanganeni Primary School and the DRC and caters for all the residents of Swakopmund.

Gas is amongst the cheapest heat / power generators and thus affordable to the general members of the community. With the increasing prices for conventional electricity, many residents use gas stoves and

solar geysers to save cost. Recent gas shortages experienced did not affect their operations since the supplier always has had an adequate gas reserve available.

According to Mr Denis the project and its location is benefiting the community since no taxi expenses are incurred. The project currently employs two persons across the gender divide.

In future, provisions will be made to deliver gas at the clients' residences. 'We are a very flexible business entity and we are a 24/7 business outlet and in order to provide efficient service to our clients we came up with a delivery programme whereby our clients can just

call and we deliver the gas bottle in exchange for an empty one,' said Mervin Denis. Special provision has been made for pensioners in term of reduced prices for their delivery. 'We value our senior citizens and the contribution they made to the development of our town and country in general, therefore we offer the service at a discount to them', he continued.

Apart from selling gas, the company also provides consumer education on how best to handle gas in view of the fact that gas is highly flammable and might have catastrophic consequences should it not be handled properly. Their employees received safety training and the same is provided to consumers. The company also sells fire extinguishers of various sizes. Mervin Denis can be reached at 0813385707.

Emergency Services

Section	Office hours	At All times
Fire Brigade	081 128 5613 or 4104299	081 128 5613
Water	081 128 4998 or 4104279	081 128 4998
Sewerage	081 128 4993 or 4104285	081 128 4993
Traffic	081 122 4679 or 4104301	081 122 4677/ 8/ 9



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garden rubbish etc. **Skip size 2m³**

TAKING GOVERNMENT TO THE PEOPLE



Members of the public attending a Council meeting at the Meduletu Hall

A memorable milestone was set when for the first time since the Swakopmund Municipal Council came into being a Council meeting was held at a venue other than the Council Chambers. In a true fashion of taking Government to the people, the first Council meeting for 2012 was held at the Meduletu Community Hall - in one of the most densely populated areas of Mondesa.

The history of the Meduletu Community Hall stands in sharp contrast with the activities currently taking place there, and it is thanks to the thoughtfulness of Council for turning an erstwhile symbol of oppression into a symbol of democratic governance and happiness. The hall was formerly used as a kitchen for contract labourers who resided in the single quar-

ters and the compound. Both the compound and single quarters were transformed into residential units.

Council meetings are public and normally take place on the last Thursday of each month except in December when Council is on recess. The community should make it a point to attend these meetings and to keep abreast with the development of their city. The meeting at the Meduletu Hall was well-attended compared to previous Council meetings which were held in the Council Chambers and it is hoped that such outreach programmes will be continued in the future. Community participation is vital for democratic governance, after all democracy is *Government of the people, by the people, for the people*.

GET YOUR ELECTRONIC COPY

The costs for the printing and distribution of the Swakopmund Lightbeams continue to increase and as a cost-cutting measure we are requesting our esteemed readers who normally receive the Newsletter through their Post Office Boxes to provide us with their email addresses in order for them to receive the electronic version which is faster and better. Please send your email address to: utjiurutue@swkmun.com.na

LETTERS TO MUNICIPALITY



Remember that all correspondence must be addressed to:

The Chief Executive Officer
Municipality of Swakopmund
P O Box 53
SWAKOPMUND

Email address: swkmun@swkmun.com.na

Hand deliveries can be made directly to the Office of the Chief Executive Officer, Block F at the Municipal Office Complex in Rakotoka Street.

Note: Letters must be duly signed and should reflect the correct Returning Postal Address, Telephone Number and Erf Number (if applicable).

From the Editor's Desk



Dear Reader

In this first edition of our newsletter for the year 2012, I wish you the best for this year and welcome you to yet another informative and exciting edition of the *Swakopmund Lightbeams*.

I trust that all our holiday makers enjoyed their holiday at our coastal town in peace. You are welcome to visit again during the Easter weekend and other long weekends but please remember to make your reservations very early to avoid disappointments.

Special thanks to the Namibian Police, private security services, Health Services and Traffic Section that ensured that we had a safe holiday in a clean town. Thanks to the road users that adhered to the traffic and road rules. Condolences to the bereaved families who have lost family members, colleagues or friends during the festive season.

Enjoy the newsletter and send us your ideas or feedback on how we should improve our publications.

Regards, Ailie

The Editor

Swakopmund Lightbeams

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Swakopmund

Email: agebhardt@swkmun.com.na

Hand Deliveries: Swakopmund Municipality - Room B1-28A, 1st floor, Municipal Office Complex

UNDERSTANDING STRESS

At the start of any new year there are so many resolutions that we make and there seems to be a general sense of running around to set things up. Children have to go to school, young adults have to go to learning institutions, and some of us even get transferred to new jobs. Essentially, these changes are not always bad, yet it is not uncommon to hear individuals say, "I'm so stressed!"

What is your first response when you hear the term "stress"? Most people believe that stress has a negative connotation and only refers to problems, worries or tension. However, it can be considered as something much broader and is defined as the physiological, psychological, emotional and behavioural response of a person looking for ways to adapt to internal and external pressures or demands. This means that any change that we have to adjust to can create stress. Whether we are busy or having nothing to do, it can be experienced as stressful. Interestingly, we *need* stress to function. If there were no deadlines, we would not be pushed to perform. Therefore, stress is not necessarily always bad. Anyone can experience stress, even children, and there appears to be an overall lack of understanding the dynamics of stress responses.

Stress affects our bodies and certain hormones are released into the blood to create changes in our immune system, heart rate, blood sugar, breathing, muscle tension and cholesterol. This means that chronic stress can lead to severe health problems and even death. Some of the signs of stress include the inability to concentrate, emotional tension, irritability, feeling depressed, sleeping problems, stomach problems, muscle aches, and general anxiety. This will certainly change the way we function at work and in other aspects of our lives.

Stress can be created by triggers outside or inside us. External stress is brought about by our jobs, our homes or our interpersonal relationships. Internal stress refers to our thought processes, our nutritional status, over-

all health and fitness, as well as our emotional wellbeing. Both internal and external aspects are interwoven, moreover no two individuals will respond to stress in the same way. How we perceive any particular stressor will determine how we will respond. We should know ourselves well enough to know how we normally respond to stress. Understanding our own reactions to stress can help in developing correct ways to deal with our circumstances. There are healthy and destructive ways to cope with stress. Complaining about everything is probably how most of us respond to built-up tension or denying the fact that we indeed have a problem. Through working harder and harder, we then believe that we could overcome the feeling of being stressed. Others take alcohol or drugs to feel better or eat more in order to self-soothe. There are indeed healthy, effective ways to control stress and these should be used in combination in order to be helpful. Here are some examples:

- Taking a break can help you clear your mind. Divide activities into smaller portions to make them more manageable. Delegate some of your work to relieve the load.
- Dwelling on issues from the past can increase the level of stress experienced and this should be minimized by forgiveness and acceptance.
- Practicing positive thinking takes some time and effort, but can reduce feelings of stress significantly.
- Manage your time and work out clear goals for work as well as home.
- Allow yourself time to rest, exercise, and eat healthily.
- Become involved with family, friends or even a support group.
- Nurture yourself spiritually. Church activities can create a sense of purpose and inner peace.
- Be in nature. It is therapeutic and can reduce anxiety.
- Turn your crises into challenges. This will help you change your perception of problems.

Article contributed by Nikki Meiring



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THE VEGGIE GARDEN YIELDS



Municipal Veggie Garden behind the Municipal Nursery in Tamariskia

The Municipal Veggie Garden which is situated within the old Municipal Sewage Plant in Tamariskia was allocated to the Community of Hope Project during April 2011. The Community of Hope Project consist of nine (9) members of which five are unemployed whilst four are parttime employees.

The group has little knowledge of gardening but are eager and determined to make a success out of the venture. Their resolve and determination has made it possible for them to archive success. A recent visit at the garden shows

tremendous improve as the garden is now yielding. The Municipality assisted the group with seeds, tools and pesticides. The fresh produce from the garden include, tomatoes, cabbages, spinach etc. The youth group has found a market in Mondesa and DRC to sell their fresh produce and the generated Funds is deposited into their account for the sustainability of the project.

The group sees the garden as a form of self-employment since they are struggling to eke out a living due to unemployment.



SWAKOPMUND MUNICIPALITY

NOTICE TO ALL SUPPLIERS

To all our valued service providers and suppliers:

Please be informed of the enforcement of the following policy regulating all payments as from **1 March 2012**:

- No supply of goods or service delivery should be done without receipt of an official **ORDER** from the Municipality of Swakopmund.
- The quoted amount and quantity of units of the quotation must be similar to the invoice.
- All quotations must be inclusive of VAT if you are VAT registered.
- The processing of payments for invoices that do not specify order numbers **WILL** severely delay the time within which you receive your payment and may result in a refusal to pay as the purchase might have been an unauthorised or illegal transaction.

The above measures are aimed at ensuring the payment process is managed as effectively as possible thereby ensuring better customer service.

We trust that we can be assured of your valued support in our aspirations to be as proficient as possible.

GM:FINANCE
H !Naruseb



MUNICIPALITY OF SWAKOPMUND

NOTICE NO : _____/2012/HS

REGISTRATION FEES FOR DOGS: BY-LAWS RELATING TO THE KEEPING AND CONTROL OF DOGS

(Section 94(1)(z)(af) of the Local Authorities Act, Act No 23 of 1992)

The public is hereby reminded to renew their dog licences on or before 29 February 2012.

1 st Dog (sterilised with proof of sterilisation)	
(This option will lapse if late registration is done)	: N\$16-00
1 st Dog (government pensioner with proof)	: N\$16-00
1 st Dog (not sterilised or without proof of sterilisation)	: N\$50-00
2 nd Sterilised dog on the same premises	: N\$50-00

(a maximum of 4 dogs per Erf is allowed)

3 rd Dog on same premises	: N\$150-00
4 th Dog on same premises	: N\$250-00

Or as prescribed by Council from time to time
Any person convicted of an offence in terms of the above-mentioned by-laws, shall be liable to a fine of N\$300-00.

**Dogs must be registered on or before
29 February 2012.**
**Failure to do so will result in the levying of a penalty
at a rate of 10% per month as from 01 March 2012**

For further enquiries, please contact the Health Department at telephone number 4104500.

NOTICE NO. _____/2012/HS

E U W DEMASIU
CHIEF EXECUTIVE OFFICER

EMPLOYER OF CHOICE

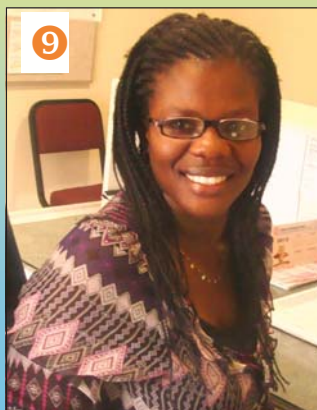
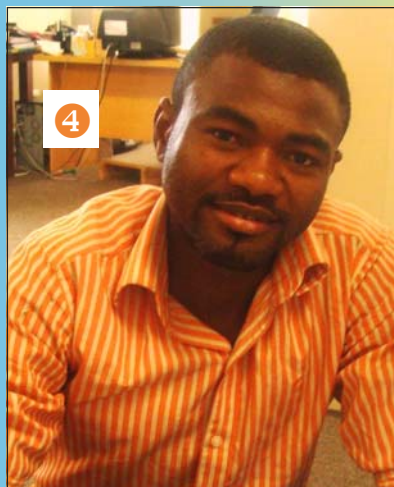
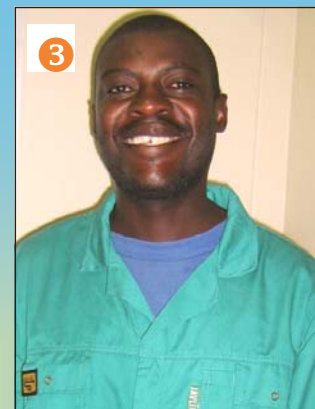
The Swakopmund Municipality has established itself as the employer of choice and continue to attract skilled and professional workers. It is evident that there is a burning desire amongst citizens to work for the Swakopmund Municipality judging from the number

of applications received for any vacancy advertised.

The salaries and other benefits offered by the Swakopmund Municipality is amongst the best in the country. Apart from the salaries and fringe benefits

the Municipality offers interest free loans to staff members in order to build capacity and for staff members to improve their qualifications which will enable them to move into strategic positions in future. Below are some of the recent entrants in to the Municipality.

- ① Robeam Ujaha
- ② Mekondjo Nambudu
- ③ Abel Madume
- ④ Mwaameni Kalondo
- ⑤ Clint Simasiku
- ⑥ H Kakodhi
- ⑦ Cecil Mouers & Amutenya Shikesho
- ⑧ Mercia Garises
- ⑨ Edla Kazondandona
- ⑩ Eddie //Khoaseb
- ⑪ Sandra Clark



MANAGEMENT COMMITTEE IN SESSION

The first Management Committee meeting for the year and which happened to be the first in the New Municipal Complex was held on 12 January 2012. The meeting is historic and will be reflected in Council's archives as the first Management Committee ever held in this building. The function of the Management Committee is to consider applications, proposals and the budget before such are submitted to Council.

Addressing fellow councillors and officials at the inaugural meeting, the chairperson of Management Committee, Councillor Nehemia Ndara Salomon reiterated his commitment and that of his fellow councillors to serve all the residents of Swakopmund successfully and urged the staff to continue to serve and deliver services to the community of Swakopmund with dedication and commitment.

'I am aware that last year we performed and addressed some of the outcries out there, but we realize that much still needs to be done and want to achieve more this year', stated Councillor Nehe-

mia Ndara Salomon.

He further urged for respect amongst all the councillors and staff. 'As leaders, we should set parameters and lead by example of hardwork, cultural ethics, respect and act responsibly at all times. Therefore I call on all of us to mind our words and behaviour, especially when exchanging views with each other. We should develop mutual respect and understanding amongst ourselves', he emphasised.

Councillor Nehemia Ndara Salomon expressed great optimism for Swakopmund to be declared a city. 'We must be optimistic about the future of our town.



Chairperson of Management Committee, Councillor Nehemia Ndara Salomon with his wife Appolonia

Swakopmund can be declared a city any time since we are a winning Municipal Council with good governance, clean audit reports etc. Let us therefore, keep the faith, hope, life and demonstrate a culture of duty to serve and excel through unity and hard work', he concluded.

CORPORATE VOLLEYBALL FUNDAY



The public is invited to join the Municipal Volleyball Team for a Fun Volleyball day on Tuesday the 1st May 2012 at the Central Sports Grounds (Tartan Field).

Although it is a Tuesday we are fortunate that it falls on public holiday and we will be honoured to keep you company for the whole day.

Volleyball is regarded as one of the most interesting games and we would love to promote the sport amongst companies, families and friends. There will be entertainment for the whole family, even for the little ones.

Lots of prizes up for grabs for the winning teams, best dressed team and also for the team with the best team spirit. Now's the chance to show off in the public.

Registration Date: 02 April 2012

For any information and RSVP contact Ms A Jacobs at ajacobs@swkmun.com.na or Tel: 064 - 4104301 (w) or Cell. 0812555093.

DOLPHIN RUGBY CLUB JOINS TOP LEAGUE



Members of the Dolphin Rugby Club pictured with the Mayor and Chairman Jan Groenewald on the extreme right in a black jacket

Dolphin Rugby Club made Swakopmund proud by making it to the country's top rugby league. The club was founded in 1981 and it is the first time that it will participate in the country's top-flight league. Swakopmund has always been a rugby town but luck evaded local clubs to make it to the top league.

Finally with a bit of luck on its side, Dolphin Rugby Club will now test its trade against the likes of United and Reho Falcons which are amongst the big name which have dominated the sport for decades.

With more determination from the players' side and unwavering support from all the residents of Swakopmund, the club is destined for greater heights and soon we will see some of the local names featuring in the national team again. Big names such as Riaan Jantjies, Sopsop de Waal were members of the club and represented the land of the brave internationally. Marco Swarts, the General Manager of Corporate Services and Human Resources at the Municipality of Swakopmund is also rumoured to have ducked and dived with the club in his heydays as a rugby player.

Dolphin Rugby Club has enlisted the services of young players who are determined to keep the name of Swakopmund high. We should all support our boys in their endeavours to put Swakopmund on the rugby map. Let us attend their local games in numbers and make the loudest noise possible.

Tamariskia Sportfield is the home ground for Dolphin Rugby Club and it should be turned into a slaughterhouse for all visiting teams.

Jan Groenewald, the club chairperson could not hide his excitement when interviewed by the *Swakopmunder Lightbeams* recently and stated that his boys are ready for action. 'We are physically and emotionally ready for action, all we need is just your support,' he said.

SWAKOPMUNDER AT HEART



Pictured above from left to right is Bana Elkana the Manager of Blue Boys FC and the Chief Executive Officer of the Swakopmund Municipality Eckart Demasius. The Chief Executive Officer demonstrates his patriotism by sporting a jersey of Blue Boys FC, which is one of the top performing local clubs.

Many people are seen wearing jerseys of European clubs e.g. Arsenal, Chelsea and the list goes on, but to the CEO 'charity begins at home'.