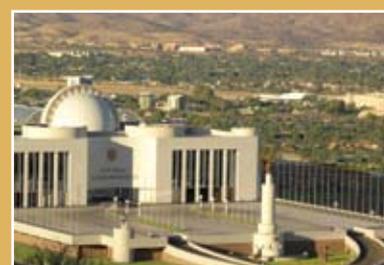
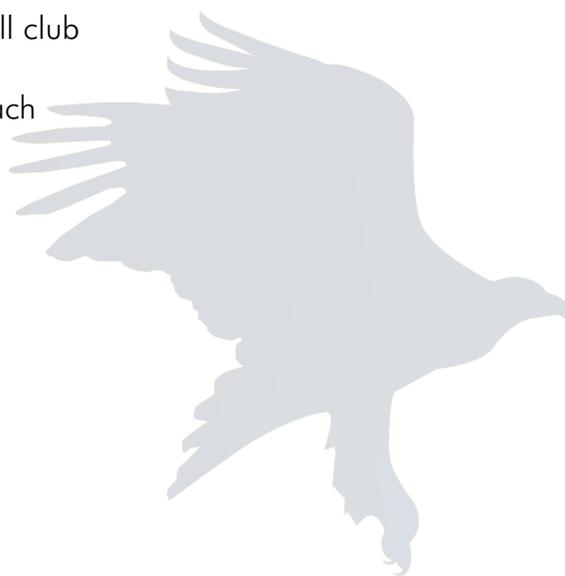


# Office of the President Newsletter



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## Editor's Note

Netha P. Muyunda - Deputy Director, Media Liaison  
Office of the President

A good day to you all, esteemed readers of this newsletter. I'm delighted to be part of the team that worked tirelessly to ensure the realization of this newsletter. The Public Management System (PMS) calls for efficiency and transparency in the public service. This is also a call that His Excellency Hifikepunye Pohamba reiterated during the launch of the Strategic Plan for the Office of the President earlier this year.

This newsletter, in compliance with PMS, aims to educate and inform the public about the activities of the highest Office in the land. As it is with many publications; planning, organizing, timing and meeting the deadlines, are an integral part of the newsletter development. It was indeed a process, but I'm happy and grateful to the enthusiastic staff members of the Office of the President, the winwingroup Namibia, contributors and the rest of the production team for their efforts and dedication.

The newsletter gives some highlights on the Office of the President's Strategic Plan for the period 2010 – 2015. This topic received prominence given its role in aiding the realization of Vision 2030 and the promises made to the electorate that elected this government into power.

The newsletter also carries an article on the appointment of Madam Penhupifo Pohamba, First Lady of the Republic of Namibia, as President of the Organization of the African First Ladies against HIV/AIDS (OAFLA). Madam Pohamba's election to this position is a blessing for Namibia as it is an indication to the world that Namibia is indeed committed to fight the HIV/AIDS pandemic not only at home but also at regional and international levels. This newsletter whole-heartedly congratulates the First Lady in her new role and wishes her a successful tenure of office.

In this edition, we have included an article on facts about HIV/AIDS, a contribution on health matters. The HIV/AIDS information will run as a series for a while in future editions. I want to give you the assurance that this quarterly newsletter is for you as readers and its success hugely depends on your valuable contributions. I therefore encourage you to send your contributions to me on time.

**"I'm happy and grateful to the enthusiastic staff members of the office of the President..."**

I wish you well and hope you enjoy this first edition.

.....  
Netha P. Muyunda  
Editor



# One-on-One with Permanent Secretary

Dr. Ndeutala Angolo

**Q: What does the Office of the President stand for and what does it aim to achieve?**

PS: The Office of the President aims to become an institution of excellence in service delivery. Its mission is to provide efficient and effective support services to the President and Cabinet in the Management and implementation of the national strategic development agenda.

**Q: What is the role of the Office of the President and how does it relate with other Ministries?**

PS: The Office of the President is the highest Office in the Executive structures of our Government. The President is elected by the Namibian people to lead the country towards, among others, social and economic development for the betterment of the lives of our people. In order to achieve this, Offices, Ministries and Agencies (OMAs) have been created to provide and facilitate services to the people. The Office of the President provides political leadership and coordinates with the OMA's to ensure effective delivery of public services.

**Q: What are the key points and the purpose of the strategic plan of the Office of the President (OP)**

PS: The Office of the President developed a Strategic Plan aimed at transforming the Office into an institution of excellence in service delivery. The purpose of the Plan is to direct the Office towards the achievement of the objectives set out in the Plan by having clearly stated objectives as presented

by this Plan and committing financial and human resources for the execution of activities leading to the achievement of those objectives.

**Q: How will the Strategic Plan (STP) be used as a tool to serve the Office of the President and Cabinet better in the execution of their Constitutional Mandates?**

PS: The Strategic Plan of the Office of the President was developed following a wide process of consultations with stakeholders to ensure that the Plan answers to their needs. However, the core functions of the Office of the President include providing support services to the President and Cabinet. Therefore, strategic objectives in the Plan have been developed to ensure that both the President and the Cabinet receive the support needed for the efficient and effective execution of their constitutional mandates.

“Challenges are what make life interesting. We live in a dynamic environment where change is inevitable.”

**Q: In the acknowledgement of the STP, you indicated that “We will cascade the strategies to the various Directorates to develop plans to achieve the objectives that have been agreed to by implementing the various initiatives.” How far is the OP with these plans?**

PS: We are now working with the Office of the Prime Minister for the development of Management Plans. It is expected that this process will be done soon and once it is completed, the next step will be the signing of Performance Agreements by staff members, to which they will commit themselves and according to which their performance will be measured.

**Q: How is the STP related to Vision 2030 and NDP4?**

PS: The Strategic Plan of the Office of the President is linked to Vision 2030 and NDP3, especially in its commitment to ensuring peace, security and political stability, development of productive and competitive human resources and through its commitment to quality of life and promotion of a knowledge-based and technology driven nation.

**Q: Have there been any recent appointments at State House and how will these appointments benefit the Office of the President?**

PS: All the objectives I have mentioned earlier will only be realized if adequate resources, both human and financial, have been allocated. In this context, I should state that a few appointments were made at all levels in the Office. Recently, Ambassador Hinyangerwa P. Asheeke was appointed as the Executive Director with Mr. Sebastian Karupa as his deputy in the Office of the President. In addition, Mr. Mukwaita Shanyengana has also been appointed as Special Advisor to the President on Media. I am convinced that with their many years of experience, they will undoubtedly contribute to the attainment of the objectives as set out by the Office of the President.

**Q: There were a number of key issues in the President’s New Year’s message. How far has your office gone in ensuring that these are implemented or that the wishes of the President are met?**

PS: I remember at the beginning of the year the President spoke about issues of punctuality, courtesy, respect and quality service and the importance of upholding the core values of the Office of the President. I must say that remarkable improvement has been noted since the message of the President and subsequent steps taken by management to ensure that this message is taken seriously.

**Q: What were the challenges your office faced during the last financial year and how do you intend to overcome them?**

“The President is elected by the Namibian people to lead the country towards, among others, social and economic development for the betterment of the lives of our people.”

PS: Challenges are what make life interesting. We live in a dynamic environment where change is inevitable. More often, these changes affect policy implementation.

Last year, the biggest challenge was the completion of the Presidential Residence and the relocation of the President and his family to the new residence. The other challenge was the completion of the Strategic Plan of the Office of the President. These are some of the many challenges my office was faced with in the 2010/2011 Financial Year.

# THE STRATEGIC PLAN OF THE OFFICE OF THE PRESIDENT (OP)

Ben Nangombe - Director in the Department of Executive Policy Services, Research and Media Liaison.



## Question 1

### **When did the Office of the President launch the Strategic Plan for 2010 – 2015?**

The Strategic Plan of the Office of the President was launched in February this year.

## Question 2

### **What is the purpose of the strategic plan and how will it enable citizens to enjoy quality standards of living?**

The purpose of strategic planning is to set overall goals for the Office and to develop a plan to achieve those objectives. It involves stepping back from your day-to-day operations and asking where your institution is headed and what its priorities should be. As such, the Office of the President put in place a capable and dedicated committee responsible for strategic planning, which conducted a situation analysis with assistance from the Office of the Prime Minister, to determine the current status of the Office of the President in terms of service delivery, where it needs to be and what should be done to get it there. Hence the development of the 2010-2015 Strategic Plan.

Our Government has adopted National Development Plans (NDPs) which serve as vehicles towards the realization of our national vision, Vision 2030, according to which Namibia is expected to be an industrialized nation by the year 2030 developed by her own people. Through the implementation of this strategic plan, the Office of the President aims to achieve the set objectives which feed into the NDPs and eventually lead to the realization of Vision 2030.

## Question 3

### **How relevant is the OP Strategic Plan to other Ministries?**

The strategic plan of the Office of the President puts emphasis on, amongst others, improved co-ordination, responsiveness and information sharing with Offices, Ministries and Agencies (OMAs) It also aims to improve service delivery to Cabinet. This will ultimately lead to efficient service delivery.

## Question 4

### **What is the linkage of the Strategic Plan to Decentralization?**

The Plan aims to ensure speedy implementation of Cabinet decisions and improved interaction with OMAs. This will eliminate bottlenecks and lead to faster and efficient implementation of the Decentralization process.

Question 5

**What is the link between the Strategic Plan and the SWAPO Party Manifesto?**

It is important to ensure that there is a linkage between the implementation of Government policies and the Election Manifesto of the ruling party. This is the most obvious way we can see that the Government of the day delivers on its promises to the electorate. In this context, our strategic plan is aligned to the 2004 and 2009 SWAPO Party Election Manifesto, especially by putting emphasis on human resources development and the strengthening of economic management and accelerating sustainable growth.

Question 6

**Can you elaborate on the progress made by the OP with regard to the Balanced Scorecard? If you could please explain what it is and how it works.**

A Balanced Scorecard is a strategic planning and management tool used in private and government set-ups to align organisational activities to the vision and strategy of the organisation, improve internal and external communications, and monitor organisation performance against strategic goals. It gives managers and executives a more balanced view of organisational performance. As such, a Balanced Scorecard was developed as an instrument to manage, control and monitor progress for the successful implementation of the strategic plan of the Office of the President. In terms of progress, the Office of the President is currently busy with the development of Management Plans. These are annual action plans cascaded from the corporate plan of the Office. Simply stated, the objectives in the main plan are broken down into manageable activities to which Departments/Directorates/ Divisions commit themselves for a period of twelve months.

Question 7

**Any other relevant information about the Strategic Plan?**

Strategic Planning ensures that an institution's activities remain focused towards the achievement of its strategic objectives. The Office of the President is committed to the full implementation of the plan after which a review will be done at the end of the life cycle of the plan and a new plan will be developed.

It should be noted that the plan is not cast in stone. The Office of the President operates in an ever- changing environment and should the situation dictate, the plan can be adjusted accordingly to accommodate issues of national interest demanding immediate attention.



“The purpose of strategic planning is to set overall goals for the Office and to develop a plan to achieve those objectives.”



Interview conducted by the Office of the President (Editorial Team)



# Introducing the Organisation of the African First Ladies against HIV/AIDS (OAFLA)

## Madam Penehupifo Pohamba

Madam Penehupifo Pohamba recently took up her role as President of OAFLA.

In this article we look at the background information, objectives, activities and the framework of action as we introduce OAFLA in this newsletter.

Source: [www.oafla.org](http://www.oafla.org)

### **BACKGROUND**

On July 18 2002, thirty-seven African First Ladies and representatives gathered in Geneva for a special meeting. They all signed a framework of action to combat HIV/AIDS on the continent and created the Organisation of African First Ladies against HIV/AIDS (OAFLA). This was a response to the call to action from both the African Summit on HIV/AIDS, Tuberculosis and Other Related Infectious Diseases held in Abuja, and United Nations General Assembly on HIV/AIDS.

The OAFLA framework defined the goals, guiding principles, beneficiaries, objectives, strategies and structures of OAFLA. A principal aim of the creation of the organisation was to reinforce the capacities of First Ladies to respond effectively to the challenges presented by HIV/AIDS in their countries and on the continent.

OAFLA aims to advocate for increased awareness and to mobilise resources for the development of leadership, policies, strategies and actions to fight HIV/AIDS at the national, regional and international level. OAFLA members have developed a five-year strategic plan (2004-2008) that aims to advance the implementation of OAFLA orientations and mobilise resources. It represents a working tool for monitoring and evaluating the organisation for the five years.

### **OBJECTIVES**

- To reduce stigmatisation and discrimination of people infected and affected by HIV/AIDS and encourage their participation in the fight;
- To mobilise partners, financial and operational resources at local, national, regional, and global level in order to confront and fight the pandemic;
- To initiate the development of effective strategies in HIV/AIDS prevention;
- To advocate for effective strategies of treatment and care for PLWH;
- To ensure follow-up and evaluation of the implementation of OAFLA activities.

### **ACTIVITIES**

At national level, the First Ladies implement their respective Action Plans to contribute to the fight against HIV/AIDS with the collaboration and support of governments, National AIDS Control Commissions, NGOs, private sector and local community organizations. Their involvement adds value and often catalyses innovative responses in the fight against AIDS. The First Ladies have participated in radio and television broadcasts, organized press-conferences and advocacy events, and initiated activities for the support of orphans and vulnerable children; and for the prevention of mother to child transmission of HIV.

At the sub-regional and international level: The African First Ladies participate in international conferences, and have initiated joint inter-country activities in the central, western and eastern sub-regions.



## BENEFICIARIES

OAFLA advocates for better access to the essential services of prevention, treatment, family health care, support for vulnerable groups, most notably women, children, youth and people infected and affected by HIV/AIDS.

## FRAMEWORK OF ACTION

### introduction

The First Ladies of Africa, as leaders, women, and mothers, bring a unique passion, perspective, and position to the fight against HIV and AIDS. Through participation in various African events, the African First Ladies have expressed a desire to focus much needed attention on the special challenges facing families, vulnerable groups including women, children, and youth, and persons infected and affected by HIV/ AIDS. These leaders want to utilize their roles as First Ladies and join forces with those responding to the HIV/AIDS epidemic in Africa.

### Purpose

The goal of the Organization of African First Ladies against HIV/AIDS is to advocate for the mobilization of awareness and resources as well as the development of leadership, policies, strategies and actions to fight HIV/AIDS at the national, regional and global level.

“A principal aim of the creation of the organisation was to reinforce the capacities of First Ladies to respond effectively to the challenges presented by HIV/AIDS in their countries and on the continent.”

Specifically, the Organization will:

- Cultivate a spirit of solidarity and the exchange of experiences on HIV/ AIDS among the African First Ladies;
- Increase the capacity of First Ladies and other women leaders to advocate for effective solutions to respond to the epidemic, and against stigma and discrimination in the fight against HIV /AIDS;

- Develop critical partnerships with international donors and organizations, regional and local partners to mobilize resources, raise awareness and develop and support HIV/ AIDS prevention, treatment and care programmes.

### Guiding principles

The Organization of African First Ladies against HIV/AIDS will:

- Conform to regional and international Conventions and declarations on HIV/AIDS;
- Enhance national strategic frameworks, priorities and policies;
- Give due regard and complement existing achievements and initiatives;
- Recognize that accountability should be to the national programme goals rather than donor goals;
- Promote and protect the fundamental rights of women and children;
- Advocate for the respect of human rights in general and especially the rights of persons living with HIV/AIDS;
- Endeavour to protect the rights of the child;
- Promote the integration of a gender perspective into HIV/ AIDS programmes;
- Adopt a consensus approach;
- Support the continuum of services including prevention, treatment, care and social support;
- Recognize the value added the office of the First Ladies can bring to the fight against HIV/ AIDS.





# Interview with Dennis Shikwambi on visits to the State House

Chief Liaison, Office of the President

**Newsletter: When did the new Office of the President open its doors to the public?**

Shikwambi: The new State House opened its doors for the public in the year 2010

**Newsletter: Is the State House open to everybody; if yes, what do people need to know before they can visit the State House?**

Shikwambi: I would say yes, because the Office of the President is a public institution like many others and it is being managed by people like you and I, however, there are terms and conditions to the visits by the public.

Let me explain what I mean by that. The new State House was built for Namibians and the public (Namibians) are welcome to visit the State House provided that they adhere to the rules and regulations that govern this institution which are of importance because State House hosts the President of this country.

**Newsletter: What are these terms and conditions?**

Shikwambi: People come to the State House for various reasons and from various walks of life. If there are no proper procedures and regulations in place we would face a problem.

**Procedures**

We expect the public to apply in writing should they wish to visit the State House. We also expect that they indicate the desired date of their visit to enable us to fit them within our schedules. The public is only allowed a tour of the State House

when in groups. What it means is that we need to receive 15 or more applications from individuals to constitute one visit. The maximum total number allowed per tour is 45. Individuals who are exempted from following the process/procedure of the application are only those invited for official matters. However, no one is exempted from security checks.

The public is therefore encouraged to exercise patience because all applications are handled within a period of 45 days for security purposes. Also, what is important to note is that we try to keep two days per week open and preferably times between 14H15 to 16H15 for such visits, unless agreed otherwise.

Learners are encouraged to wear uniform whilst adults are expected to dress formal and not wear sneakers or jeans. Security personnel will refuse you entry should you contravene these procedures.

**Newsletter: What should the public expect when they get to State House, who is more likely to receive them?**

Shikwambi: Once State House personnel have contacted you and informed you about the visit, you should just ensure that you arrive on the time agreed upon.

**Newsletter: Do these procedures apply to all citizens or are there exceptions in case of school children?**

Shikwambi: For schools, learners from Grade 1 – 12 are exempted from certain restrictions, for example, they are

not required to submit their personal details as long as a list of their names is provided by the accompanying teacher. It is important to note that teachers and tertiary students are required to submit their Curriculum Vitae forty-five (45) days in advance for security purposes. It should also be noted that change of names other than the ones approved is not allowed.

The following items are prohibited during visits:

- Fire arms and ammunition
- Sharp objects
- Fireworks
- Cellphones
- Aerosol containers
- Cameras
- Laptops and palmtops

These restrictions apply to all visitors unless prior approval is given.

**Newsletter: Any other condition that people should be aware of?**

Shikwambi: There are still a few conditions that visitors should adhere to, for example: It is expected from all prospective visitors to wait on a response before undertaking a journey to State House. Visitors should note that security personnel/ Namibian Police reserve the right of admission and to prohibit any suspicious personal items from being brought into State House premises, however wheelchairs and strollers are permitted.

“The first people you are more likely to meet at the entrance are security personnel and then the staff of the Media Liaison Department.”

**Newsletter: What areas are open for visitation?**

Shikwambi: On the ground floor- State visit ceremonial area, reception and drop off area. On the first floor- Banquet hall, entertainment area and paintings. On the second floor-

the Cabinet Chambers, boardrooms, tete-a-tete room and the press conference area. Public visits to the residence are prohibited, hence it is not included in any visit to state house.

**Newsletter: Are the people who come to State House able to see the President?**

Shikwambi: Not really, there’s a difference between a visit to the President and a visit to State House.

**Newsletter: Are dates for visits fixed?**

Shikwambi: Most of the time not. It depends on circumstances, just like any other office. There can be days when you need to attend to an emergency.

**Newsletter: What would you want to tell the public in conclusion?**

Shikwambi: I just want to inform the public that despite these procedures and conditions, they should feel free to apply for visits through the Office of the Permanent Secretary, Private Bag 13339, Windhoek. For follow up on applications, they are welcome to contact us as follows:

E-Mail: [visits@op.gov.na](mailto:visits@op.gov.na)

Tel: +264 61 2707431

Tel/Fax: 264 61 221780

Application form to visit State House can be obtained from the official website of the Office of the President or simply call the Media Liaison Office and one can be faxed to you.

Disabled people, especially those on wheelchairs, are also encouraged to visit.



Interview conducted by the Office of the President (Editorial Team)

# Useful tips about Lithography

## a chat with Wilhelm Nangolo

State House, like many other government offices, needs effective administrative support. Without internal administrative support like typing, photocopying, binding and computer systems the work environment of most administrative and management staff would be a lot more stressful. It is, therefore, imperative that knowledgeable and skilled personnel are sought and utilized to keep administrative work flowing efficiently and related delays at a minimum.

The OP Newsletter, in a recent interview with the Mr. Wilhelm Nangolo, learned the following: When the OP Newsletter arrived at Mr. Nangolo's desk he was busy replenishing papers in the trays of the photocopier, a new state-of-the-art machine indeed. For a while, I just sat there and observed how the young man was handling this cumbersome machine. Not long after that, about three staff members arrived and Mr. Nangolo, whom we thought was not busy, was suddenly presented with various tasks which varied from photo copying of relatively thick documents, to binding, enlargement and reduction of photos among others.

It became impossible to interview him after that since he became even busier. What caught my attention is the unruffled manner in which Wilhelm Nangolo handled his customers despite the fact that they each expected services from him by a given deadline. Whilst Wilhelm was busy with his work, I opted to use the opportunity to talk to some of the staff members about him and they described him as one with a pleasant disposition and who diligently carries out his assignments.

A young lady I spoke to told me that she felt blessed to be assisted by Wilhelm and urged many other staff members to follow suit.

When the chance presented itself to talk to Wilhelm, I asked him a few questions relating to interpersonal relationships with other staff members, which he seems to be managing well. Wilhelm acknowledged that he is an easy-going person and does his work like many other employees. After further probing, I established that what causes frustration to Wilhelm are breakages or paper jams that cause mechanical related problems to the machine. However he was quick to point out that breakages have been very minimal. He disclosed that faults used to occur a lot in the beginning when he was still familiarizing with the panel of the machine and its set of instructions.

He further acknowledged that Nashua technicians and a staff member named Kaveto have been supportive in imparting to him the necessary trouble shooting skills. Wilhelm described his work environment as challenging but manageable. The photocopier he uses has a feature of photocopying various sizes of paper, for example, A5, A4 up to A3. It takes papers from 80 to 250gsm. Other features include sorting, staple and double sided photocopying. The paper trays take up to 300 pages with bin 1 and 2 for A4 papers only and the 3rd bin can take both A4 and A3 although it is mostly used for A3 papers only.

Wilhelm described his work as enjoyable and was thankful that the staff at State House are co-operative and that this encourages him so much that at times he delivers the documents to their doorsteps when not too busy.





# Interview with Ms. Elizabeth Murangi

HOD DR. FRANS OUPA INDONGO PRIMARY SCHOOL.

Learners from Grade 1 – 7 at Dr. Frans Oupa Indongo Primary School paid a visit to State House on the 6th July 2011, with the aim to educate themselves on State House and its functions. After the visit, the Newsletter caught up with Ms. Elizabeth Murangi, one of the Heads of Department of the school for a brief interview.

## **Newsletter: Ms. Murangi, how would you describe your visit to State House?**

Murangi: Well, I'm short of words, but let me start by thanking the staff of the Office of the President for according our school learners and us the accompanying teachers, a chance to visit State House. I believe that you can also clearly tell from the look on these children's faces, how excited they are to have seen and learned about State House and its functions during this tour.

## **Newsletter: What do you think excited them the most during the visit?**

Murangi: Everything, from the staff members' hospitality to this magnificent building. You can imagine the environment where my learners are from and now this, it's a different environment altogether. Imagine a child coming from the outskirts of Windhoek or in Katutura, finding themselves in this environment, this was definitely breathtaking.

## **Newsletter: What did you learn as a teacher and how will this assist you or your learners in future?**

Ms. Murangi: This visit was a blessing; it's an addition to things we already know like the functions of Cabinet and its members, the National flag, the AU flag etc. It is things we already teach our children but the difference is that what we teach will remain theory, unlike being here in person. This is practice and teaching about the Office of the President will just be easier for the children from now on because they now know a lot more by having been here.

## **Newsletter: Do you think that your learners are inspired by this visit?**

Ms. Murangi: For sure, one could immediately tell from the participation in the deliberations as your colleagues were explaining during the tour and I believe that they will have a lot to talk about when they go back to school.

## **Newsletter: Any final words or message to other schools?**

Ms. Murangi: As much as we hoped to see the President, we did not but we understand his tight schedules and that it is practically impossible for him to meet with every visitor to State House. I would just want to encourage other schools to do the same. They should not shy away from applying to visit State House. It is worthwhile and educational. It is an experience we will not easily forget and once more, thank you so much.



# Basic facts on HIV and AIDS



## The basics

- HIV is the virus (germ) that causes AIDS
- HIV enters the body and attacks the immune system
- When the immune system is weak, the person gets many different illnesses – we call this AIDS
- There is no cure for HIV & AIDS

## History of HIV in the world

1981: Five cases of a rare lung infection in LA, USA

1981: Health workers in Central Africa diagnose a new disease which they called “slim disease”

1983: A virus was identified and called ‘LAV’

1984: The virus was renamed ‘HIV’

1986: A second virus was identified and called HIV-2

## History of HIV in Namibia

The first cases of HIV were reported in Namibia in 1986

1998: more than 53 000 HIV cases

2007: 180 000 Namibians living with HIV & AIDS

2007: 15.3% (aged 15 and 49) infected with HIV

## AIDS terminology

HIV: Human Immunodeficiency Virus

AIDS: Acquired Immuno-Deficiency Syndrome

STI: Sexually Transmitted Infection

MTCT: Mother-To-Child Transmission

VCT: Voluntary Counselling and Testing

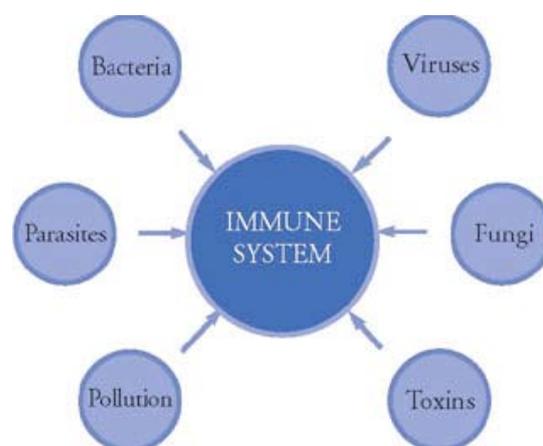
ART: Antiretroviral Therapy

PWA: Person living With AIDS

OI: Opportunistic Infection

## A healthy immune system

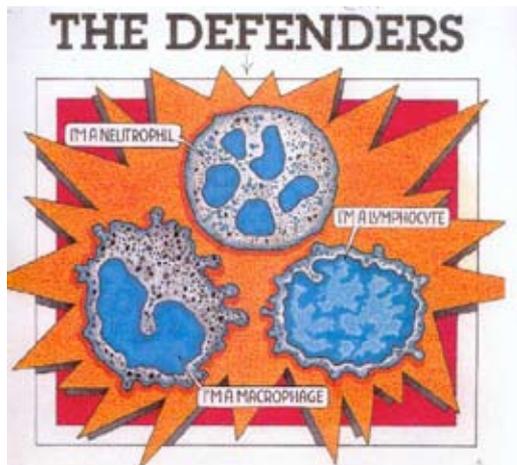
- Immune system continuously fights against invaders, protecting us from diseases
- The system is like an army
- Defense posts all around the body
- HIV infiltrates and hijacks these posts, so other enemies can enter and damage the body



## How does the army work?

- Macrophages: The scouts or guards
- CD4 cells: The army’s commanders. They direct and control the necessary defense actions

- B cells: Alerted to produce the kind of weapons needed to kill the enemy (anti-body-producing factories)
- Antibodies: These are the soldiers who fight to kill the enemy



### HIV infected immune system

- HIV infiltrates the human immune system
- The virus enters the engine room of the CD4 cell
- Changing the CD4 cell and turning it into a virus-producing factory instead of a defence force.
- HIV kills the CD4 cell in which it lives and infects other CD4 cells
- The loss of CD4 cells finally results in the complete inability to fight against invaders

### The five stages of infection

- Stage 1: HIV infection
- Stage 2: Asymptomatic or silent phase
- Stage 3: Minor symptomatic phase
- Stage 4: Symptomatic HIV-disease
- Stage 5: Full-blown AIDS

### Stage 1: HIV infection

First 6-12 weeks after infection flu-like symptoms may occur, like:

- Fever, headache, large nodes in the neck and groin, skin rash, painful muscles and joints, sore throat
- Not everyone gets these symptoms
- Window period: The HIV test will show a negative result during these first 6-12 weeks, but the person HAS the virus and can give it to other people!

### Stage 2: Asymptomatic or silent phase

This phase can last anything from 3-7 years, sometimes even longer!

### Stage 3:

The immune system gets weaker and a number of minor illnesses will occur, such as:  
Frequent fevers, oral or vaginal thrush, weight loss, nail infections, shingles

### Stage 4: Symptomatic phase

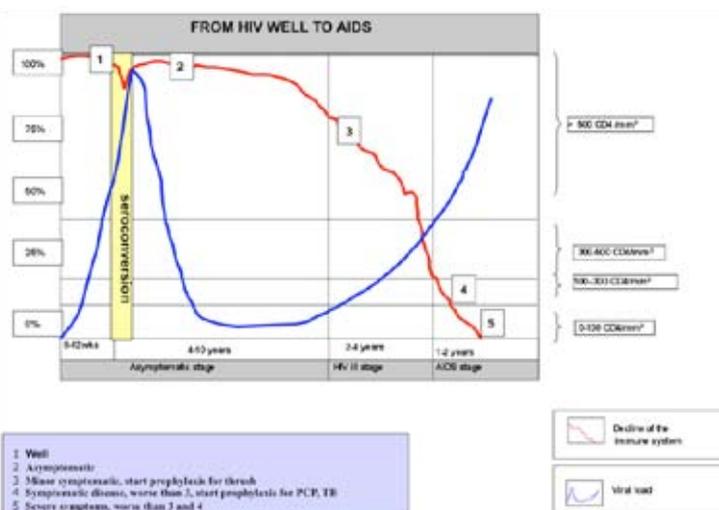
Usually 5-8 years after infection, more severe illnesses start to appear, such as:  
Recurrent oral/vaginal thrush, recurrent fever blisters/cold sores, shingles, chronic diarrhoea, tuberculosis

### Stage 5: Full blown AIDS

The final and most serious stage usually followed by death  
Many illnesses and cancers may appear in this stage

### What are opportunistic infections?

- These are infections that take advantage of a poorly working immune system
- No two people with AIDS will have exactly the same illnesses
- Which diseases develop depends on which organisms enter the body of a person with HIV
- Certain diseases occurring in a person with HIV will determine that a person now has AIDS. These are called AIDS Defining Conditions.



# Office of the President



The year 2011 has been viewed by many footballers as the year of the freshman. As many teams in the Social league are re-organizing themselves and coaches continue to demand the best performances from their respective teams, the OP newsletter caught up with footballers from Office of the President Football Club to learn about their role, performance, social lives and past soccer experiences with other clubs before joining the Office of the President's soccer team.

One good Saturday, when we arrived at Sam Nujoma stadium in Katutura suburb, the football team was warming up for a match against Windhoek Diplomats. Hardly 5 minutes into the first-half, the Office of the President missed a goal that could have given them a lead very early in the game. This was an opportunity created by the centre forwards as soon as they received the ball from the midfielders. As a former footballer myself, it didn't take me much time to notice the talent of these skillful youngsters on the soccer pitch, who were threatening the defense of the Windhoek Diplomats on numerous occasions.

This intrigued me and I could not help but get closer to the guys with my camera and take a few shots. It was a cat and mouse game in the first half since every goal scored by the Windhoek Diplomats was responded to with well calculated teamwork that saw the boys in blue and purple netting as well, a move that gave their senior opponents a good run for their money.

It was not all doom and gloom for the boys in blue and purple even though the Windhoek Diplomats used their experience to their advantage and this helped them cruise to victory. The Windhoek Diplomats eventually capitalized on most opportunities the game presented to them and ended up victorious. After the match, I met with the caretaker coach who alluded to me about the technical challenges the team were experiencing since its establishment.

# Interview with Donovan Tjibareko ( Caretaker Coach )

**OP Newsletter: Donovan, can you briefly tell me about yourself and your football career?**

Donavan: Just like many teenagers way back then in Swakopmund, we used to play soccer in the backyard, at school or in the street. As I grew older I played for the under 17 soccer team.

**OP Newsletter: What was so interesting about playing soccer in the street with all its risks of vehicles or adults who despise that type of behaviour?**

Donavan: My brother, you were a child before and if you can correctly recall when you were growing up, street soccer was as unavoidable then as it is now. The urge is just greater when you are at that age. In fact, that experience is what led to some of us qualifying for under 16 teams. Street soccer was practice; but I'm not saying that children should play in the street because we used to play in the street. Nowadays, there are many vehicles on the road compared to our times and this makes the streets of today very unsafe for street soccer. We did not always play street soccer though; at times we used to play soccer at the hostel grounds at Paresis.

**OP Newsletter: What was the highest achievement in your soccer career so far?**

Donavan: I went for under 20 trials and Windhoek Vocational Centre trials.

**OP Newsletter: What can you tell us about coaching the Office of the President's soccer team?**

Donavan: I'm not the Coach of the team but assist in many respects such as logistical arrangements. As you know, the team cannot manage itself. It needs to be managed by other people. When we started the team in the year 2010, we didn't have anything. The Office of the President rendered its support in ensuring that we are well and are happy socially. There are those technical aspects that need to be addressed on the pitch but as players we coach each other on the pitch and as time passes we might find ourselves among the top five teams. For now, we regard every game as a new experience and will work hard to achieve the results every player in a soccer league team desires.





# Photo Gallery



A visit by Martin Luther Parish - Khomasdal



School Visits by learners to the State House



School Visits by learners to the State House



A visit by learners organised by FAWENA



H.E. Hifikepunye Pohamba and staff members of the Office of the President

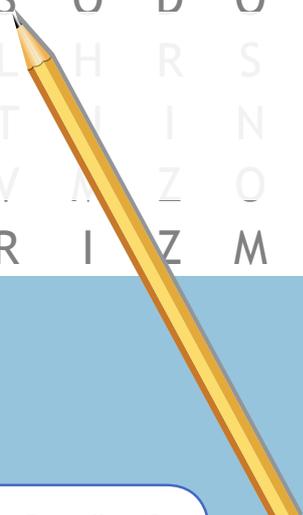


Floods in the Northern part of the country



A visit by Kosmos kids pre school - Windhoek

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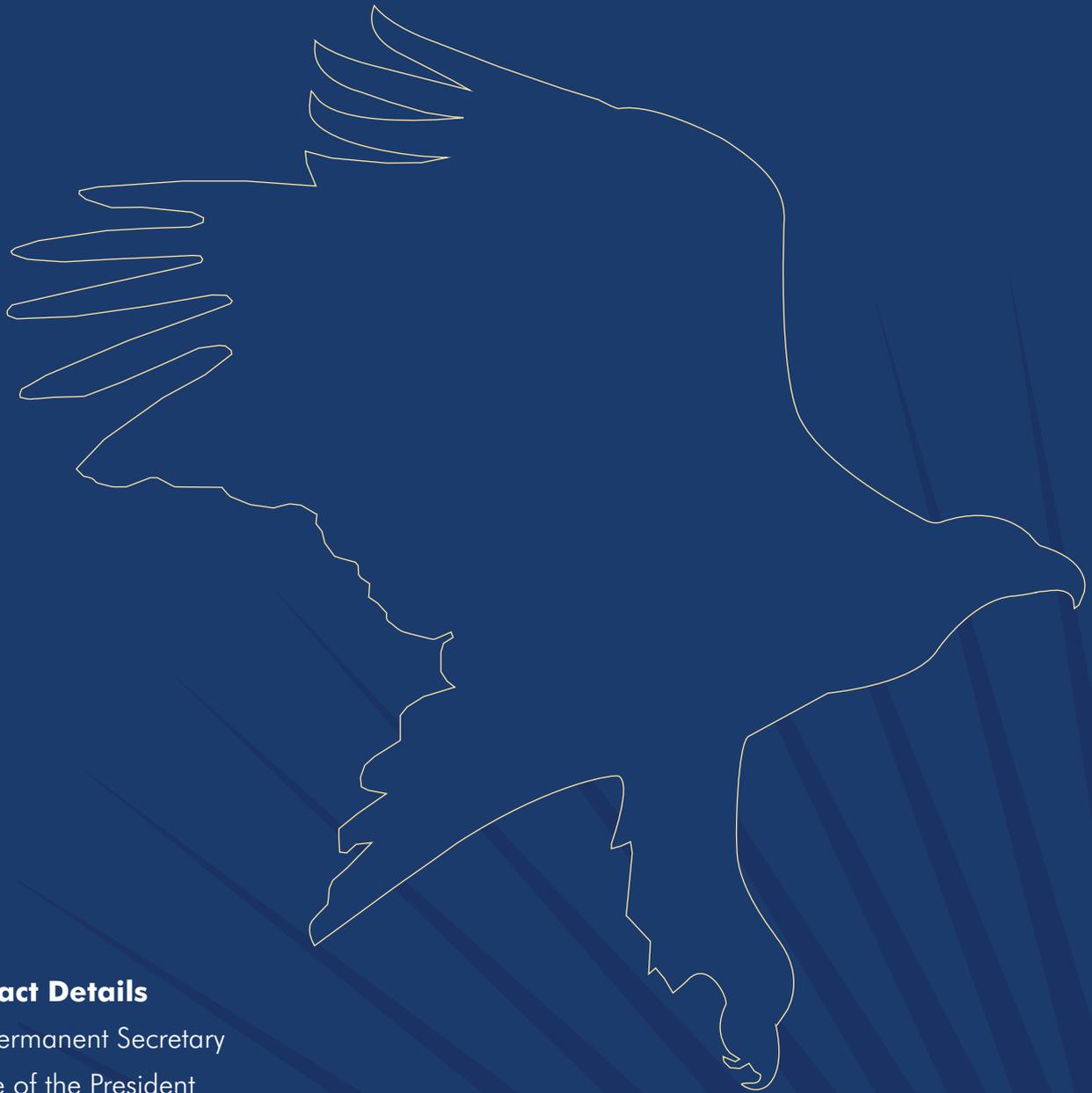
## Weather

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 BREEZE  
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 CIRROCUMULUS  
 CIRROSTRATUS  
 CIRRUS  
 CLOUDY  
 COLD  
 CUMULONIMBUS  
 CUMULUS  
 CYCLONE  
 THUNDER  
 TORNADO  
 SUNSHINE  
 SNOW**

**DOLDRUMS  
 DRIZZLE  
 DRY  
 FAIR  
 FOG  
 FREEZING  
 FROST  
 HAIL  
 HARMATTAN  
 HEATWAVE  
 HOT  
 SHOWER  
 SIROCCO  
 SLEET  
 SLUSH**

**HUMID  
 HURRICANE  
 LIGHTNING  
 MILD  
 MIST  
 MISTRAL  
 MONSOON  
 NIMBUS  
 OVERCAST  
 PRECIPITATION  
 RAIN  
 TYPHOON  
 WIND  
 ZEPHYR  
 STORM  
 STRATUS**



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