

DUMELA



Newsletter from Botswana Sweden Friendship Association No 4/2018

Dear BOTSFA members and friends

Festive season has arrived and 2018 is about to end. I would like to take this opportunity to thank you all, members and friends of BOTSFA, for working hand in hand on implementing BOTSFA's objectives. Thank you for giving support to two ongoing projects in Botswana and also for maintaining and raising membership numbers both in Botswana and Sweden.

We are happy to continue producing DUMELA Newsletter with issues on various interesting articles and news. Warm thanks to all contributors. Please, continue sending, also in the future, to the editors your stories and reports on any interesting issue.

In this issue of DUMELA you will read about »Afro Botho Healing Centre«, near Maun in Botswana. You can also read about the news that our supportive and loved Ambassador, H. E. Mr. Lameck Nthekela will be leaving Sweden Sweden and will be replaced by H.E. Ms. Chandapiwa Nteta. Mr. Nthekela will be leaving Sweden after 5 years of admirable diplomatic services. May I take this opportunity to wish the best of luck and good health to you Mr. Nthekela and your family. Warm welcome to the new ambassador H.E. Ms. Chandapiwa Nteta.

May all of us enjoy reading our newsletter, while enjoying a happy and safe Christmas and Prosperous happy New Year 2019.

Nelly Kabomo-Hogård
BOTSFA Chairperson



Thank you Lameck and Ikanyeng!

H.E. Ambassador Lameck Nthekela arrived in Sweden with a bang. Shortly after landing, he graced BOTSFA by attending its Annual General Meeting on March 16, 2013.

This would be the beginning of a much-appreciated collaboration between the Embassy and the Association. Not only did Ambassador Nthekela establish a tradition of him and his Embassy staff, his wife Ikanyeng, and son Bakang attending BOTSFA functions – he made excellent presentations on Botswana's developments at most of the Association's get-togethers. Ambassador Nthekela and his family have been on BOTSFA get-togethers in Lyrestad; Vänersborg, where there is a museum established in the 1880 carrying, perhaps, the best-known collection of African birds; and a boat trip to Åland, to name but a few. He never missed BOTSFA's informal get-togethers held at Hotel Hellsten and Grappa Restaurant in Stockholm, unless hindered by his ever-busy schedule. Ambassador Nthekela's towering height makes it simple for anyone to identify the gentle giant who, together with his wife, are extremely easy people to relate to. He stands out in a crowd, physically and professionally.

BOTSFA and DUMELA wish Ambassador Nthekela and his family all the best in their new endeavours.



*Wishing all members
a Merry Christmas
and a Happy New
Year 2019!
BOTSFA BOARD*

Welcome to BOTSFA!

MEMBERSHIP FEES

• Individual: SEK 175 • Family: SEK 300 (incl. children up to 15) • Student: SEK 100 • Institution: SEK 500
Plusgiro 85 10 39-8, or Bankgiro 428-6472

visit us on www.botsfa.nu



Afro Botho Healing Centre

One of those crispy winter mornings when you tend to be dressed up in a warm sweater, a knitted hat and a scarf, one of those days I found myself at Afro Botho Healing Centre by Boro river, located 10 kilometer from Maun.

I'm here for a guided meditation by the mindfulness coach MotherK Masire. But before I lay down on the treatment sofa and hand myself over, I want to know more about the place I have been taken to.

– We want to bring personal rejuvenation and offer an escape from daily routine. Our retreats focus on unplugging and connecting with one's inner self, says MotherK, while we are walking by the glimmering lagoon frequented by elephants, hippos, crocodiles, and horses.

Out here you work together with Dr Didi Biorn, a clinical psychologist and trauma specialist – what do you offer and how do you compliment each other?

– In some of our training we call ourselves the why and how. Dr Didi usually share »why« people go through the emotions and mental challenges they experience and I share the »how« you can access your personal grounding and calmness while you are going through the motions.

Dr Didi prefer to do her therapy out of the four walls favouring outdoor. Some of her methods include, therapy while gardening, walk and talk as opposed the conventional

On the path down to the Afro Botho lagoon fed by the great Thamalakane River, I can read signs on the trees. Messages saying things like »your vibe attracts your tribe« and »listen from the heart, help others, use kind words«. The messages and the tranquillity surrounded by natural beauty feels like a warm up before the retreat.

TEXT BY Mats Ögren Wanger PHOTOS BY Mikael Rosen

clinic or office. And I mostly coach clients on mindfulness practices which include breathing exercises, crafting/ art therapy, meditation and just like Dr Didi I prefer the outdoors more that nature on its own prompt mindfulness.

Where does your call for healing people come from?

– I have always been fascinated by the human mind and also had a love for peace and harmonious interactions among people. In my 20:s i realised there were many people coming to me for refuge or needing a sounding board.

The former president, Sir Ketumile Masire was your father-in-law. Did he inspire you anyhow to where you are now as a mindfulness coach?

– I drew so much inspiration from him and I had a great admiration for his being. He was the epitome of the word BOTHO meaning inter connectedness amongst all people with the realisation that »I am because you are«.



– He was very open minded and allowed me to share some of mindfulness meditation with him and would give me honest feedback on his experience during our sessions.

Do you have any special message to people that wants to progress and make a good difference in other people and their own life?

– Everyone has experienced some sort of pain or hurt at some point in their lives so we need to be compassionate to others and ourselves. We need to put in time to heal and help others heal because, »hurt people hurt people« and if we do not do anything about our wounds the cycle of hurting each other will continue.

What do you wish for most now?

– For the world to pause and reflect on our state of affairs, to realise that hate has not brought anything good. Maybe it's time we give love a chance.

How do you best contact Afro Botho if you are interested in booking an Afro Botho retreat?
 WEBPAGE:
afrobotho.co.bw
 EMAIL:
Motherko9@gmail.com
Didi.biorn@afrobotho.co.bw

Afro Botho is inspired by the African concept of Botho, a social contract of mutual respect, responsibility and accountability that members of the society have toward each other and defines a process for earning respect by first giving it, and to gain empowerment by empowering others.
 See also a video about Afro Botho Healing Centre at:
https://youtu.be/WT9Ybi_-mkc

Dumelang dear Botsfa members!

The year of 2018 is coming to an end. This year we saw Eric Masisi taking over as Botswana's fifth president on April 1st. The new president has started making his mark on Botswana and has already made some positive changes.

A few weeks ago German President Steinmeier came on a state visit to Botswana. We were fortunate to receive him and his wife at Sanitas, as they were having a meeting with Civil Society at our @Linnaeus facility.

Summer is here with full force, with very high temperatures of over 40 degrees Celsius and so far we have only received 15 mm of rain. This of course is making us very worried and we now desperately need some good rains.

I'm currently enjoying a short break in Cape Town. Cool sea breezes do wonders to your mind after cooking in the Botswana heat. Today I had lunch with my old friend Görrel Espelund and her husband Andreas Karlsson. I received signed copies of their latest books, Vita Afrikaner and Det Nya Sydafrika.

Wishing you all a great Christmas with friends and family.

*Kent Nilsson
Swedish Honorary Consul*

Gaborone, 30 November – PRESS RELEASE

The Ministry of International Affairs and Cooperation wishes to announce that His Excellency the President, Dr. Mokgweetsi Eric Keabetswe Masisi has made the following diplomatic appointments:

Mr. Lameck Nthekela has been appointed Botswana's High Commissioner to the Republic of South Africa.

Mr. Nthekela is currently serving as Botswana's Ambassador to the Kingdom of Sweden and also accredited to the Nordic countries, Baltic States, Poland, Ukraine, the Russia Federation and the Holy See.

Mr. Nthekela has served in various capacities in the then Ministry of Commerce and Industry, until he was deployed at the then Botswana Export and Development Agency (BEDIA). While at BEDIA he was deployed to serve at the Botswana High Commission in London, United Kingdom as Commercial Attaché.

Ms. Chandapiwa Nteta has been appointed Botswana's Ambassador to the Kingdom of Sweden.



Ms. Nteta has served in the Ministry of International Affairs and Cooperation in various capacities both at headquarters and the Missions. She served at the Botswana Embassy in Beijing, China and Botswana Embassy in Addis Ababa, Ethiopia. While at Headquarters, she was deployed as Deputy Chief of Protocol, a position she has held to date.

The appointments are effective upon assumption of duty.



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