

MDCB

NEWSLETTER

ISSUE 2 - NOVEMBER 2024

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Minerals
Development
Company
Botswana

DRIVING BOTSWANA'S ENERGY FUTURE THROUGH SUSTAINABLE RESOURCE DEVELOPMENT INITIATIVE.



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From the Editors Desk



Dear Esteemed Colleagues,

Welcome to the **2nd digital issue** of the Minerals Development Company Botswana (MDCB) Newsletter!

I must say, putting this issue together has been an absolute blast! The energy, enthusiasm, and collaboration that went into creating it are palpable on every page. Each submission, whether it was an article, photo, or story, truly captures the essence of what makes MDCB such a dynamic and inspiring place to work.

A special shoutout goes to all the incredible contributors who took the time to share their knowledge, experiences, and creativity. From project updates to team milestones and personal reflections, you've made this issue a vibrant and engaging platform that speaks to the heart of our organisation. Your dedication to making this newsletter a success has not gone unnoticed, and for that, I extend my deepest appreciation. You're the real MVPs!

On the process of putting this issue together, one thing stands out: **collaboration**. The spirit of working together, sharing ideas, and supporting one another is what made this newsletter such a joy to create. It's amazing to see how much we can achieve when we come together to share our collective knowledge and experiences.

This brings to mind one of my favourite quotes:

"Alone we can do so little; together we can do so much." - Helen Keller

Indeed, the power of collaboration is evident in this newsletter, and it serves as a reminder that we are strongest when we work as one team. This issue is not just about informing or updating; it's about celebrating the unique contributions and talents that each of you brings to MDCB.

And now, with the festive season just around the corner, I can't help but feel excited for what's to come. But before we jump ahead to the festive fun of the next issue, I encourage you to take a moment to dive into this current one. You'll find inspiring stories of teamwork, exciting project highlights, and thoughtful reflections on the journey we've shared this year.

Once again, thank you to all our contributors for making this issue a success. Your creativity, team work, and willingness to participate have made this newsletter truly special.

Here's to the continued spirit of working together—and to all the fantastic things we'll achieve in the months to come!

Esther Norris
Chief Editor, MDCB Newsletter



A WORD FROM THE CEO

Matome Tsholetsa Malema
CEO, Minerals Development Company Botswana



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Minerals Development Company Botswana (MDCB) has embarked on a transformative journey with an ambitious vision of achieving a USD 1 billion valuation by 2030. This transformation aims not only for financial expansion but also for repositioning MDCB as a globally competitive mining and minerals investment company. It seeks to contribute to Botswana's financial stability and the sustainable development of its economy. The journey is founded on a meticulously designed strategy emphasising growth, diversification, asset optimisation, and resilience in a rapidly evolving mining landscape.

MDCB was founded to address pressing challenges in Botswana's mineral sector, including over-reliance on diamonds, diminishing returns from ageing mining assets, and the projected sharp decline in diamond revenues as global markets shift and the country's primary mines reach the end of their productive life. The company was tasked with expanding and diversifying the Government's mining and mineral investment portfolio to secure new revenue streams and ensure financial security for Botswana.

MDCB operates in an increasingly challenging global environment where the mining industry is contending with evolving environmental, geopolitical, societal, and technological risks. To thrive, MDCB must align with these trends, embrace innovation, and adapt to new business models that prioritise sustainable practices and stakeholder management.

Botswana possesses vast under-explored mineral resources, with 75% of its land mass remaining under the cover of the Kalahari sands, largely untapped. This presents an exceptional opportunity for MDCB, as modern deep-sounding exploration technologies can unlock hidden mineral wealth in the Kalahari region. Strategic minerals such as copper, nickel, lithium, cobalt, and manganese are of particular focus due to their increased global demand driven by their use in green technologies.

MDCB's journey to achieving a USD 1 billion portfolio book value is underpinned by a multi-phase strategic evolution:

- **Early Works (2014-2016):** Laying the groundwork for MDCB's formation, including the establishment of the company's structure and mandate through a Presidential Directive CAB 19 (B)/2014.
- **Awakening the Giant (2017-2021):** Initiating asset transfers, investment opportunities, and strategy implementation to unlock value from existing and new mineral assets.
- **Building the Unicorn (2022 to present):** Focusing on optimising the business plan, reviewing the investment strategy, and driving portfolio growth and diversification through actions such as strengthening organisational resilience, active stakeholder management, and integrating digitisation into operations.

To reach the USD 1 billion milestone, MDCB's investment strategy concentrates on strategic and critical minerals, targeting projects with long mine life that are scalable and productive. Investments are made in mining, processing, and beneficiation within Botswana and other regional jurisdictions, guided by responsible investing principles with a focus on ESG compliance and supporting a low-carbon future.

Recognising the importance of active stakeholder engagement and maintaining high-performance standards in ESG, MDCB positions itself as a leader in responsible mining practices. The company's commitment to ESG is a key element of its strategic growth, aiming to create long-term value for the business and the nation of Botswana.

MDCB has made significant progress in delivering on its mandate, playing a pivotal role in ensuring that Botswana maximizes its diamond resources. Through strategic partnerships and investments, MDCB provides technical and commercial advisory services to the Government of Botswana and actively shapes the country's minerals investment policy. Additionally, the company has identified promising investment opportunities to support the nation's economic development and growth.

Together forward: Relationships, Accountability and Ownership.

MDCB SHINES AT THE FUTURE MINING SUMMIT 2024

The Future Mining Summit 2024, held at Boipuso Hall on the 12th and 13th of June, was a resounding success, with MDCB taking centre stage through significant contributions to the event's discussions and impactful exhibition.

Our CEO, Mr. Matome Tsholetsa Malema, captivated the audience with his well-received presentation, where he outlined MDCB's ambitious vision of achieving a USD 1 billion valuation by 2030. This vision reflects our dedication to transformative growth and innovation within the mining sector.

Additionally, our Chief Investment Officer, Modise Mokone, made a notable impact as a panellist in a discussion on "Access to Finance for High Capital-Intensive Sustainable Mining Projects." His insights highlighted the critical financial strategies necessary to drive sustainable projects in our industry.

Our exhibition stall, expertly manned by Loren Mphee and Langa Khumalo, was a hub of activity, attracting a diverse range of visitors, including several high-profile guests, notably Loren hosting the Honourable Minister of Minerals & Energy, Lefoko Maxwell Moagi, the Honourable Minister of Trade and Industry, Mmusi Kgafela, and the Honourable Minister of Entrepreneurship, Karabo Socraat Gare. Their presence at our stall highlights MDCB's vital role in the mining sector and our ongoing partnerships with key governmental stakeholders.

This event was not just a showcase of MDCB's current capabilities, but a clear statement of our future potential as we strive towards our 2030 goals. The discussions, presentations, and networking opportunities have further solidified our position as a leader in the mining industry, poised for exponential growth.

We look forward to continuing this momentum as we work towards our ambitious targets and further establish MDCB as a trailblazer in the mining world.



MDCB CELEBRATES FATHERHOOD AT WAGGA GARDENS: A DAY OF REFLECTION, CONNECTION, AND TEAM BUILDING

On June 16th, 2024, Minerals Development Company Botswana (MDCB) hosted a special Father's Day event at Wagga Gardens, bringing together fathers and fathers-to-be from within the organisation for an afternoon of relaxation, meaningful discussions, and camaraderie. The event served as a unique opportunity for the men of MDCB to celebrate fatherhood, connect with one another, and explore important topics related to their well-being.

The program kicked off at 1:00 PM and extended into the late hours of the evening, creating a warm and supportive environment for all attendees. A key highlight of the day was a thought-provoking session on mental well-being, led by Desmond Lunga from Men and Boys for Gender Equality. This session focused on the critical importance of mental health for men, encouraging open dialogue and providing valuable insights into maintaining emotional and psychological well-being in their roles as fathers and leaders.

Meat on Fire Africa catered the event, ensuring that everyone enjoyed delicious food throughout the day. The event was also documented through film and photography, capturing the memorable moments and the spirit of the day.

The Father's Day celebration at Wagga Gardens was more than just a gathering; it was a testament to MDCB's commitment to the well-being of its employees. By providing a platform for reflection, connection, and team building, MDCB continues to support its staff in balancing their personal and professional lives, recognizing the vital role that fatherhood plays in shaping both.

This event not only highlighted the importance of fatherhood but also emphasized the need for ongoing support and dialogue around the well-being of men in the workplace and beyond. MDCB is proud to have hosted such a meaningful and impactful event and looks forward to continuing to celebrate and support its employees in all aspects of their lives.



MDCB'S COMMITMENT TO SUSTAINABLE GROWTH HIGHLIGHTED AT VOORSLAG BOTETI AGRICULTURAL AND MINING SHOW

The Voorslag Boteti Agricultural and Mining Show was a testament to the power of collaboration and the shared vision for a sustainable future. As a key sponsor, Minerals Development Company Botswana (MDCB) played a prominent role in the event, further solidifying its position as a key player in the nation's economic and sustainable development.

The show, which brought together leaders and stakeholders from both the mining and agricultural sectors, was officially opened with a series of impactful speeches, including one from MDCB's Chief Investment Officer (CIO), Mr. Modise Mokone. In his remarks, Mokone emphasised the significance of the event as a platform for fostering partnerships and innovation between these two vital sectors. He noted that such collaborations are critical for driving the growth of Botswana's economy and ensuring a prosperous future for generations to come.

Mr. Mokone highlighted MDCB's mission to drive the development of Botswana's mineral and mining sectors, focusing on sustainable investments and economic growth. He reiterated the company's commitment to supporting initiatives that align with its vision of "Building a Sustainable Botswana for Future Generations."

Reflecting on the theme of the event, "Growing Dreams, Harvesting Success for a Greener Botswana," the CIO underscored the importance of nurturing dreams and investing in opportunities that not only benefit individual sectors but also contribute to the overall prosperity and sustainability of the nation. He shared a personal anecdote about a student's art piece that illustrated the

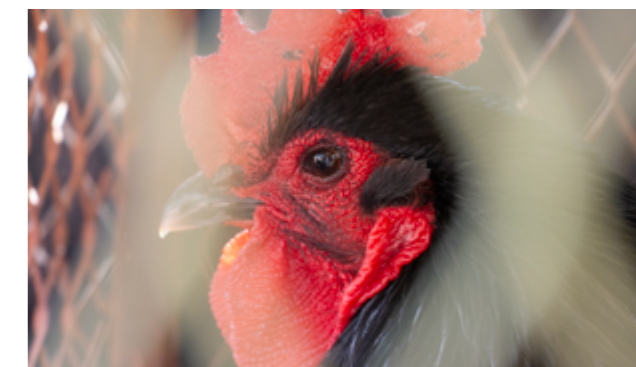


interconnectivity of the mining, agricultural, and tourism sectors. This left a lasting impression on him and reinforced MDCB's commitment to its mandate.

MDCB's involvement in the Voorslag Boteti Agricultural and Mining Show is a clear demonstration of the company's dedication to fostering sustainable economic development, diversification, and transformation in Botswana. Through its partnerships and sponsorships, MDCB is not only promoting the growth of the mining sector but also encouraging cross-sector collaborations that are essential for creating a balanced and sustainable economy.

As the show concluded, Mokone extended his gratitude to the organisers, participants, and sponsors, acknowledging their contributions to the success of the event. He encouraged all stakeholders to continue exploring new opportunities for growth and collaboration, emphasizing that by joining forces, lasting benefits can be created for Botswana, its people, and future generations.

MDCB's participation in the Voorslag Boteti Agricultural and Mining Show serves as a reminder of the company's unwavering commitment to sustainable development and its strategic vision for a greener and more prosperous Botswana.





THE EVOLVING ROLE OF THE COMPANY SECRETARY IN BOTSWANA

The role of the Company Secretary in Botswana is traditionally perceived as an administrative one owing to the thematic duties sourced from Section 160 to Section 163 of the Companies Act (of Botswana). The Companies Act bestows the Company Secretary with the statutory duties of all post incorporation notices including annual returns and changes, maintaining a register of shareholders, directors, and secretaries, maintaining an adequate system of record keeping within the company, and many others.

The complex business landscape in Botswana however presents several factors including the need to facilitate business transactions in line with not only operational efficiency but good governance practice that is dependent on maintaining sound relationships with stakeholders. It is due to this dynamic corporate environment that the Company Secretary's role has evolved from being a passive participant in the meetings of the Board of Directors to a much more active and important position.

Being a Company Secretary was always an important role, now it has become strategic

- *Parmi Natesan & Dr. Prieur du Plessis*

What is the Company Secretary's Evolved Role?

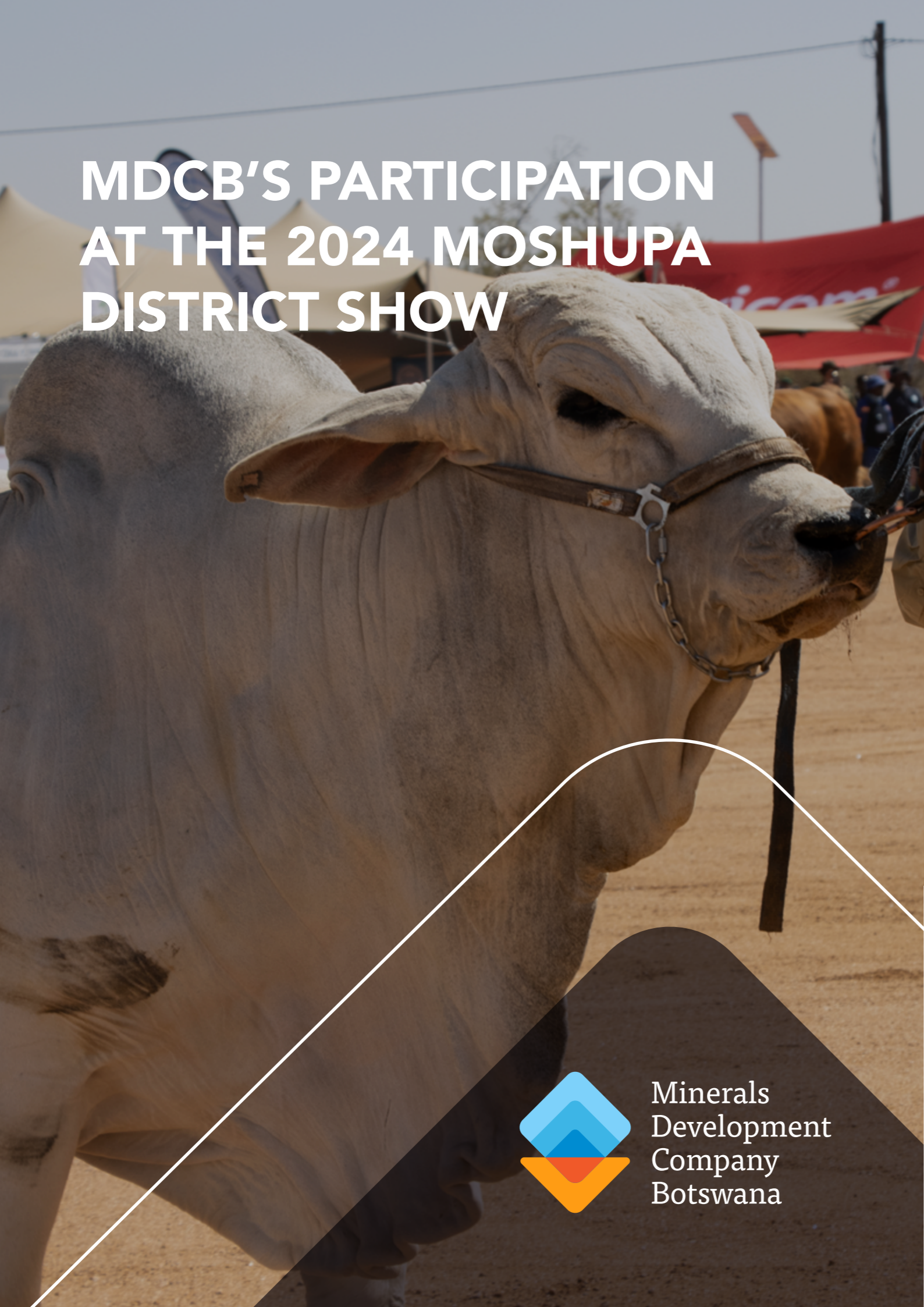
A 2018 survey by Grant Thornton asked whether the role of the Company Secretary was 'fit for the future'. 80% of the respondents felt that the role had increased in responsibilities and breadth, with increased regulation and the compliance requirements associated with it seen as the main causes.

The Company Secretary's role has evolved to include a more key strategic focus, working closely with the most senior members of the organisation. They are now directly involved in driving business growth through initiatives which include the following:

- 1. Governance** - interestingly, the 2008 financial crisis revealed that corporate governance weaknesses contributed significantly to the quandary. To respond rapidly to the problem of excessive risk taking in credit institutions, the European Commission launched a 2010 Green Paper which cemented the necessitation for Company Secretaries to be responsible for advising the Board of Directors on all governance matters. Today, the Company Secretary is widely accepted as the key advisor to the Board of Directors on matters of corporate governance and their duties. This encompasses managing the interests of the shareholders and other stakeholders, ensuring the Board of Directors has the proper advice and resources to perform fiduciary duties accurately, as well as ensuring adherence to applicable codes and investor guidelines.
- 2. Commercial support** - Company Secretaries are trained experts that legally manage commercially attractive deals through the review, drafting and advising on technical agreements. Through the negotiations and drafting of these agreements, the Company Secretary contributes to successful commercial outcomes of the organisation as they usually dabble in non-legal oriented engagements through the provision of this support.
- 3. Risk management** - by having an in-depth understanding of the organisation, people involved, and applicable risk principles, Company Secretaries are relied on to make informed decisions about the level of risk the organisation can withstand while simultaneously pursuing its strategic business objectives. Through the adopted risk management initiatives, Company Secretaries preserve and add to overall enterprise value by ensuring that smart risk decisions are undertaken.
- 4. ESG** - Increasingly, Company Secretaries are now required to be technically knowledgeable on the subject to assist the Board of Directors to prioritise and incorporate ESG factors into its decision-making processes. In their day to day tasks, Company Secretaries ensure that the organisation complies with all applicable ESG rules and regulations through managing stakeholder interaction and ensuring that there is reporting on ESG performance.
- 5. Cross-functional advisory services** - Company Secretaries deliver technical knowledge advice to various business units in a manner that has a transformative impact on the organisation.

Per the above, the role played by a Company Secretary is crucial in an ever-changing corporate governance landscape.

MDCB'S PARTICIPATION AT THE 2024 MOSHUPA DISTRICT SHOW



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Minerals Development Company Botswana (MDCB) marked its presence at the 2024 Moshupa District Show with an impressive exhibition stall aimed at engaging stakeholders and the public on its role in driving economic growth and contributing to Botswana's national development agenda. As part of its commitment to strengthening relationships with key stakeholders, MDCB's participation went beyond just showcasing the company's services; it also featured high-level discussions with prominent figures from Botswana's leadership.

A significant highlight of the show was the intimate and informal networking session held around a bonfire, where the CEO of MDCB and his team had the honour of engaging with His Excellency, Dr. Mokgweetsi E.K. Masisi, President of the Republic of Botswana. This setting provided a relaxed yet meaningful opportunity for MDCB's leadership to delve into insightful discussions with the President about national development priorities. The conversation emphasised how MDCB plays a crucial role in contributing to Botswana's economic transformation through responsible mining and sustainable minerals development, aligning with the government's

broader goals of diversification and job creation.

In addition to this remarkable engagement, both the Chief Executive Officer and the Chief Corporate Affairs Officer of MDCB participated in exclusive, one-on-one coffee sessions with Her Excellency, the First Lady of Botswana, Mrs. Neo Masisi. These sessions offered a platform for deeper conversations on social impact initiatives, corporate responsibility, and potential collaborations between MDCB and other stakeholders. The focus of these discussions was on advancing initiatives that align with Botswana's vision for inclusive growth, empowering local communities, and addressing key social challenges.

MDCB's active participation in the 2024 Moshupa District Show underscores the company's commitment to forging strong stakeholder relationships and contributing to the nation's development goals. Through strategic engagements with the country's leadership, MDCB continues to position itself as a key player in driving sustainable growth, economic diversification, and social impact in Botswana.





**Wellness is a journey,
not a destination.**

- Esther Norris

MDCB HOSTS SUCCESSFUL 2ND ANNUAL WELLNESS WEEK

MDCB proudly hosted its 2nd Annual Wellness Week under the theme *“Wellness Reimagined: A Week of Holistic Health.”* The event, which ran from 19th to 23rd August 2024, was designed to encourage employees to explore the multifaceted dimensions of wellness, embracing a balanced and fulfilling life. The week-long event culminated in the final Wellness Day held at the Dinaledi Football Academy in Matebeleng.

A Week of Holistic Health
The Wellness Week began with essential health screenings that set the tone for the days ahead, emphasizing the importance of regular check-ups in maintaining overall well-being. This was followed by the “Elevate, Accelerate, and Impact Entrepreneurship Sessions,” where participants explored how financial stability and entrepreneurial endeavours contribute to

a holistic approach to health. Employees also benefitted from oral health, eye, and ear testing presentations, ensuring that their physical health was comprehensively addressed.

Wellness Day Activities

On Friday, 23rd August, the Wellness Week reached its peak with the highly anticipated Wellness Day. The event, which ran from 08:00 to 17:00 hrs, was a day dedicated to the overall well-being of MDCB employees. Esther Norris, representing the Chief Executive Officer, delivered opening remarks, emphasizing the interconnectedness of mind, body, and spirit in achieving holistic health.

“Wellness is a journey, not a destination,” said Esther Norris. She encouraged employees to approach the day with an open mind and a willingness to explore new ideas and practices.

She highlighted that true wellness is unique to each individual and urged everyone to support one another in this transformative journey.

The activities of the day were diverse, catering to various aspects of wellness:

Mental Wellness: Recognizing that mental wellness is the foundation of holistic health, employees were encouraged to focus on positive mental states such as joy, gratitude, and resilience. Discussions and activities centered around maintaining a positive mental outlook in the face of daily challenges.

Physical Fitness:

Employees participated in a variety of physical activities, including yoga, Pilates, strength training, and Zumba dance sessions. These activities celebrated the joy of movement and its benefits to both physical and mental health.

Spiritual Growth:

Spirituality, as an essential dimension of wellness, was also explored. Whether through meditation, nature walks, or personal reflection, employees were encouraged to nurture their spiritual well-being, finding a sense of purpose and inner peace.

A Day for Self-Focus

Team A and Team B had the opportunity to focus on activities that promoted a healthier work-life balance and enhanced their emotional, mental, and physical well-being. The activities that resonated with their personal wellness goals allowed for a truly personalised experience.

Conclusion

MDCB’s 2nd Annual Wellness Week was a success, providing employees with the tools and opportunities to re-imagine their approach to health and well-being. The holistic approach taken by MDCB underscored the importance of nurturing the mind, body, and spirit to achieve a balanced and fulfilling life.

As the event concluded, participants left with a renewed commitment to their wellness journeys, supported by the knowledge and experiences gained throughout the week. MDCB looks forward to continuing this tradition of promoting holistic health and well-being among its employees in the years to come.



MDCB TEAM SHINES AT GIA LAB COURSE AND GJEPC SHOW IN MUMBAI

In a remarkable two-week trip to Mumbai, the MDCB team made significant strides in the global diamond industry, broadening their expertise and strengthening international connections. The first week saw Robert, Josephine, and Martine successfully complete the renowned GIA Lab Grading Course, earning their well-deserved certificates. Their accomplishment marks a key milestone in MDCB's ongoing efforts to bolster technical knowledge in the diamond sector.

The second week brought the rest of the team—Norman, Charles, Alice, Keneilwe, Humphrey, Tiro, and Kagiso—to one of the largest gem and jewellery expos, the GJEPC Show. Their participation offered valuable insights into the rapidly evolving market, particularly the growing presence of lab-grown diamonds. Engaging with industry leaders, they gathered intelligence on the latest trends and the potential impact of lab-grown diamonds on the global market.

A highlight of the week was a presentation by DeBeers at NESCO, showcasing their Tracr traceability platform. This technology, which allows diamonds to be tracked from origin, underscores the increasing importance of traceability in today's diamond industry. MDCB's interest in adopting cutting-edge technology was also heightened by a demonstration of synthetic diamond detection tools. The GDV is considering acquiring some of these advanced systems to strengthen the Diamond Hub's capacity in distinguishing synthetic diamonds from natural ones.

The team also had the honour of being hosted for dinner by SRK Diamonds after a rewarding ceremony celebrating individuals who have made a meaningful impact within and outside

the diamond industry. This gathering provided an opportunity to further network with industry peers.

Adding a diplomatic touch to the trip, the delegation was warmly welcomed by Botswana's High Commissioner to India, H.E. Gilbert Shimane Mangole, over breakfast and dinner. He highlighted the importance of Botswana's growing presence in India and expressed his wish for His Excellency, President Mokgweetsi Masisi to lead the delegation on future visits, underscoring the deepening ties between Botswana and India in the diamond trade.

A select group of team members also travelled to Surat, where they visited three prominent factories: KGK, Finestar, and Lexus Technology. The factory visits were insightful, with discussions revolving around current market challenges and strategies to maintain business resilience in tough times. The facilities left a strong impression, demonstrating innovation and scale in diamond manufacturing.

The trip concluded with a tour of the iconic Diamond Bourse, led by Mr. Anoop Metha of Mohit Diamonds. The team marvelled at the impressive organization of the facility, which hosts 45,000 traders daily, and observed firsthand the dynamic trading activity that fuels the global diamond market.

MDCB's participation in these events and engagements has not only enriched the team's understanding of the diamond industry but also strengthened the corporation's international networks, paving the way for future collaborations and advancements.



MDCB HOSTS MINING INDABA APPRECIATION COCKTAIL DINNER

On the evening of September 24th, 2024, Minerals Development Company Botswana (MDCB) hosted a prestigious **Mining Indaba Appreciation Cocktail Dinner** at Hotel 430, Gaborone. The event brought together key stakeholders in Botswana's mining sector to celebrate the successes of the 2024 Africa Mining Indaba and express gratitude to the partners who played pivotal roles in Botswana's exceptional participation.

The evening opened with welcome remarks from MDCB's Chief Corporate Affairs Officer, Esther Norris, followed by a Safety, Health, and Environment (SHE) Moment delivered by Acting Chief Technical Officer, Segale Mangope. Attendees were then treated to a presentation by Acting CEO, Geoffrey Mahlaka, who provided insights into the Botswana Pavilions strong presence at the Indaba under the theme, "Botswana: The Destination of Choice for Responsible & Sustainable Mining." With a delegation representing 12 companies, Botswana was exposed to nearly 10,000 delegates and over 1,200 potential investors.

Honourable Minister of Minerals and Energy, Lefoko Maxwell Moagi, delivered the keynote address. In his speech, the Minister emphasized the collective achievements of Botswana at the Mining Indaba, where Botswana's pavilion stood as a beacon of innovation and sustainability. He

thanked the partners whose financial support made the pavilion possible and stressed the importance of continuing the momentum as preparations were set to begin for the 2025 Indaba.

During the event, key aspects of Botswana's participation were highlighted, including the success in generating awareness, securing leads, and building prospects for future investments. The strategic engagement fostered during the Indaba will help stimulate job creation, advance sustainability goals, and attract further investments to Botswana's mining sector.

Looking ahead, the 2025 Mining Indaba offers even more opportunities for Botswana to solidify its global presence, focusing on critical minerals, innovative technologies, and sustainable mining practices. Minister Moagi called for continued collaboration to elevate Botswana's pavilion to even greater heights next year.

The evening concluded with the presentation of certificates to recognise the efforts of valued partners and a networking session accompanied by live entertainment from Sebaga the Saxophonist. The appreciation dinner was a fitting tribute to the collaborative efforts that continue to propel Botswana's mining sector forward.



MDCB HONORS EXCELLENCE IN GEOLOGY AT BIUST GRADUATION CEREMONY



Palapye, 20th September 2024 – Minerals Development Company Botswana (MDCB) continues its commitment to supporting academic excellence by sponsoring the Best Female Student in BSc Geology at the Botswana International University of Science and Technology (BIUST). This initiative, launched in 2023, is part of MDCB's ongoing efforts to develop the mining sector through the positive reinforcement of academic excellence.

At the 9th Class of 2024 Graduation Ceremony held at BIUST in Palapye, MDCB's Acting CEO, Mr. Geoffrey Mahlaka, and Public Relations Officer, Ms. Loren Mphee, were in attendance to represent the company. During the ceremony, Mr. Mahlaka presented a P10,000 cheque to Ms. Shamilla Boikaego Madieletsa, who was recognised as the Best Female Student in BSc Geology for her outstanding academic achievements.

It is MDCB's dedication to fostering young talent in Botswana's mining and minerals sector. We believe in empowering the next generation of industry leaders, especially women, as they are critical to the future of the industry. MDCB

is proud to support Ms. Madieletsa and look forward to seeing her future contributions to the field.

This sponsorship underscores MDCB's broader commitment to research & development, gender inclusivity and academic excellence in the mining and geological sciences. By providing financial incentives, MDCB aims to inspire more women to pursue careers in these traditionally male-dominated fields.



In a one on one session, speaking with Ms. Mphee on the side, Ms. Madieletsa expressed her gratitude to MDCB for the recognition and support, stating that it was an honour to receive the award and that it motivates her to continue striving for success in her career.

MDCB is proud to be a part of this initiative and looks forward to continuing its partnership with BIUST to support academic achievements and professional development in Botswana's growing mining industry.





INTRODUCING SEBOKA: MDCB'S NEW DIGITAL RECORDS MANAGEMENT SYSTEM

We are excited to announce the onboarding of Seboka, a comprehensive electronic records and document management system designed to revolutionize how we manage documents and records at MDCB. Seboka will streamline our operations by enabling the efficient capture, storage, management, search, retrieval, and printing of documents throughout their lifecycle.

What is Seboka?

Seboka is an intuitive and easy-to-use platform that empowers users to manage records and documents effortlessly. With features like electronic "cabinets" for storing records of any type, optional PDF conversion, and controlled access, Seboka ensures that our records are always organized and secure.

Purpose and Benefits of Seboka

The primary goal of Seboka is to help MDCB transition from manual to modern, digital record-keeping systems. This transformation will not only make our processes more efficient but also enhance the security and accessibility of our documents.

Here are some of the key benefits Seboka offers:

Improved Security

Seboka safeguards our data by implementing access controls and encryption, ensuring

that sensitive information is protected from unauthorized access and data breaches.

Better Organized Operations

By reducing physical clutter and increasing document accessibility, Seboka enhances overall productivity. The risk of misplacing or losing crucial files is minimized, allowing MDCB to operate more efficiently and reliably.

Greater Accessibility

With advanced security features and offsite backups, Seboka provides robust protection against unforeseen disasters. Our documents are not only secure but also easily accessible, whether on-site or remotely.

Environmental Sustainability

Transitioning to Seboka supports our commitment to sustainability by reducing paper usage, energy consumption, and waste. By adopting this paperless solution, MDCB contributes to lowering carbon emissions and promoting environmental responsibility.

As we embark on this holistic journey, let us embrace Seboka and shape the future of MDCB in the digital economy. Together, we can ensure that our operations are not only efficient but also secure and sustainable.

WHY HIT THE GYM! *A Must-Read*

Regular exercise is a cornerstone of good health. Whether you're aiming to lose weight, build muscle, or simply improve your overall well-being, hitting the gym can make a significant difference. Here's why:

Physical Benefits:

Weight Management: Regular exercise helps you burn calories, making it easier to maintain a healthy weight.

Muscle Strength and Endurance:

Strength training builds lean muscle mass, which can boost your metabolism and improve your overall physical performance.

Improved Cardiovascular Health:

Aerobic exercises like running, swimming, or cycling strengthen your heart and lungs, reducing your risk of heart disease and stroke.

Better Bone Density:

Weight-bearing exercises, such as walking, jogging, or dancing, can help prevent osteoporosis.

Increased Energy Levels:

Regular physical activity can boost your energy levels and reduce fatigue.

Mental Benefits:

Stress Reduction:

Exercise is a natural mood booster. It releases endorphins, which can help reduce stress and anxiety.

Improved Sleep:

Regular physical activity can improve your sleep quality, helping you feel more rested and alert.

Remember, the key to staying healthy is finding an exercise routine that works for you and sticking with it. So grab your gym bag and start reaping the benefits of regular physical activity.

Enhanced Cognitive Function:

Exercise can improve brain function, memory, and focus.

Boosted Confidence:

Achieving your fitness goals can give you a sense of accomplishment and boost your self-esteem.

Tips for Getting Started and Staying Motivated:

Find an Activity You Enjoy: Whether it's dancing, swimming, or weightlifting, choosing an activity you enjoy will make it easier to stick with.

Set Realistic Goals:

Start with small, achievable goals and gradually increase the intensity and duration of your workouts.

Make Exercise a Habit:

Incorporate exercise into your daily routine by scheduling workouts at the same time each day.

Find a Workout Buddy:

Having a workout partner can help you stay motivated and accountable.

Listen to Your Body: Pay attention to your body's signals and rest when needed.

Reward Yourself:

Celebrate your achievements, whether it's with a new workout outfit or a relaxing massage.





HEALTHY BANANA OAT COOKIES

PLANNING AND PREPARATION:

Ingredients:

- 2 ripe bananas
- 1 cup rolled oats
- 1/4 cup dark chocolate chips (optional)
- 1/4 cup chopped nuts (walnuts, almonds, etc.)
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon (optional)

Instructions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mash the bananas until smooth.
3. Stir in the rolled oats, vanilla extract, and cinnamon.
4. Add the chocolate chips and chopped nuts, mixing everything until well combined.
5. Scoop spoonfuls of the mixture onto the baking sheet and flatten slightly.
6. Bake for 12-15 minutes until the edges are golden brown.
7. Let the cookies cool and enjoy!

Eating healthy doesn't mean sacrificing flavour or indulgence. You can still enjoy your favourite desserts by making a few simple swaps, like using natural sweeteners or whole ingredients. For example, these banana oat cookies are a perfect treat—they're naturally sweetened, packed with fibre, and have the option of adding dark chocolate or nuts for extra texture and flavour. The key is balance and making choices that nourish your body while still satisfying your cravings. A healthy lifestyle should be about enjoyment as much as it is about making mindful decisions.

HEALTH BENEFITS OF BANANA OAT COOKIES:

1. Bananas:

Pack appropriate portions to avoid overeating. Aim for a balance of protein, carbohydrates, and healthy fats to keep you energized throughout the day.

2. Oats:

Pack appropriate portions to avoid overeating. Aim for a balance of protein, carbohydrates, and healthy fats to keep you energized throughout the day.

3. Dark Chocolate (Optional):

Pack appropriate portions to avoid overeating. Aim for a balance of protein, carbohydrates, and healthy fats to keep you energized throughout the day.

4. Nuts:

Pack appropriate portions to avoid overeating. Aim for a balance of protein, carbohydrates, and healthy fats to keep you energized throughout the day.

5. Cinnamon (Optional):

Pack appropriate portions to avoid overeating. Aim for a balance of protein, carbohydrates, and healthy fats to keep you energized throughout the day.





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