



# MDCB

# NEWSLETTER

ISSUE 3 - DECEMBER 2024  
The Festive Edition

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



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## From the Editors Desk



### Dear Readers,

Welcome to the festive edition of the MDCB Interactive Newsletter! As we close out the year, this edition offers a reflection on our shared accomplishments, insightful articles, useful festive tips and delicious recipes.

A heartfelt thank you goes out to all the contributors who made this issue possible. Your creativity and willingness to share your thoughts and expertise have enriched this publication. From thought-provoking think pieces to practical tips on road safety and home security, your contributions continue to make this newsletter an engaging and informative resource for us all.

This newsletter truly belongs to every member of the MDCB family. It thrives on collaboration, innovation, and the exchange of ideas. I want to encourage even more of you to step forward and make your mark on future editions. Whether you're sharing reflections on your professional journey, industry insights, or practical advice, your voice matters, and your contributions can inspire and uplift our team.

As we look ahead to the next year, we hope to see a greater variety of thought leadership pieces. This is your opportunity to flex your intellectual muscles, share your unique perspectives, and nourish the rest of the team with your vast knowledge and experience. The more we share, the more we grow together as an organisation.

Finally, let us remember that the festive season is a time to celebrate, reflect, and recharge. As you enjoy the holiday break, take a moment to think about how you can contribute to the growth and vibrancy of our newsletter in the coming year.

Let's continue to work together to make 2025 a year of excellence for MDCB!

Warm regards,

**Esther Norris**  
Chief Editor, MDCB Newsletter



# A WORD FROM THE CEO

**Matome Tsholetsa Malema**  
CEO, Minerals Development Company Botswana



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## Season's Greetings

As we are in the festive season and approaching the close of another remarkable year, I wish to take this moment to reflect, celebrate, and express my heartfelt gratitude to each of you for your dedication and hard work.

## Reflection on Our Journey

Since April 2022, when I joined MDCB as the CEO, we have charted an inspiring course marked by resilience, teamwork, and innovation. We continue to build on the work MDCB employees have done since its inception. Despite the challenges we have faced, we have grown stronger together, embracing our shared vision of becoming a globally competitive mining and minerals investment company. Our unwavering focus on contributing to Botswana's financial security by 2028 remains a guiding light.

This journey has not only shaped us but has reinforced the core values that define MDCB — *Performance, Perseverance, and Passion*. Each of you has embodied these values, demonstrating remarkable character and commitment as we strive to achieve our strategic goal of being a billion dollar company.

These set of principles "*Together forward: Relationships, Accountability, and Ownership*" has been at the heart of our progress. I see these principles have guided us in building a culture of collaboration, fostering trust, and taking responsibility for the future we are creating together.

## Key Milestones and Accomplishments

This year has been a testament to what we can achieve when we work together. We have achieved significant milestones that have been instrumental in advancing our organisation's strategic goals and laying the groundwork for long term success. Among the highlights of 2024 are significant milestones that have advanced our strategic goals:

- **Business plan development and approval:** During the year, we have continued to firm up the development of our business plan, in line with our strategic BHAG. I'm happy to announce that the Board and Shareholder approval request for our business plan is underway, and this will be concluded in the new year.
- **Strategy Cascading:** Over the year, we have continued with our strategy cascading despite challenges in scheduling specific cohorts. However, I am happy to note there is significant progress and this will be concluded in the new year.
- **Investment framework review and implementation:** The development of our investment evaluation framework was undertaken during the year and is currently at the tail end. The review undertaken will significantly aid with providing a clearly defined

process for evaluating new investment opportunities as well as unlocking value from existing assets.

- **Brand Identity** - This accomplishment is a representation of the evolution of our organisation and the bold direction we are taking for the future. This brand marks a significant step towards enhancing our market presence and ensuring consistency in how we present ourselves to the world – as a globally competitive mining and minerals investment company.

## Staff complement

We have over the year excelled in our staff recruitment and retention despite industry challenges. Whilst we've parted with friends whom we wish well in their respective paths, we have remained near full complement for the balance of the year, well within our staff retention ratios.

## Key Projects

There is significant traction in converting our pipeline into executable investment opportunities with notable opportunities being **Project Thebe** and **Project Makgabaneng**. The successful execution of these projects will set the stage for us to build a diversified portfolio beyond 2025 and achieve our mandate.

## Looking Ahead to 2025

As we reflect on 2024's accomplishments, and as we close off the year, I challenge each of you to return in the new year with renewed energy and determination. The successes of this year are a foundation upon which we will gain even greater successes in 2025. Let us tune our mindset to be ready to tackle new challenges and seize new opportunities with the same determination and passion that defines MDCB.

## Closing Note

In closing, I want to thank you for your dedication, resilience, and commitment to our shared mission. Your contributions have made this year a success, and I am deeply grateful for your hard work. I am further grateful for the support, contributions and sacrifices our families continue to make towards our success.

I wish you and your loved ones a safe and joyous festive season. May this time bring warmth, cherished memories, and well-deserved rest. Merry Christmas and a Happy New year.

Yours Sincerely

**Matome Tsholetsa Malema**



# MDCB'S INSIGHTS SHINE AT THE BOTSWANA SUPPLY CHAIN SUMMIT

by Keorapetse Mooketsi

The inaugural Botswana Supply Chain Summit, held on November 6, 2024, brought together industry leaders to discuss critical topics shaping logistics and supply chain management in the bulk commodities and mining sectors.

Representing Minerals Development Company Botswana (MDCB), Keorapetse Mooketsi, Procurement Advisor, participated as a panellist on behalf of the CEO, offering valuable insights into key discussions that resonated with the audience.

The first plenary session explored opportunities and challenges in logistics and supply chain management for bulk commodities such as coal, soda ash, and copper concentrates. Keorapetse was joined by Meshack Tshekedi, CEO of Botswana Oil, and Tsholofelo Tsholofelo, Chief Growth Officer at Procura, with Karen Pretorius, Founder of Cubed Supply Chain Consultancy, moderating.

Keorapetse highlighted Botswana's vast mineral wealth and its pivotal role in facilitating the movement of bulk commodities, essential to the mining sector's daily operations. Key opportunities identified included:

- **Transport Corridors:** Leveraging the Trans-Kalahari Transport Corridor to decongest South African ports by utilising alternative routes through Namibia.
- **Kazungula Rail-Road Bridge:** Enhancing access to regional markets like Zambia and the DRC for bulk commodity movement.
- **Botswana's Strategic Location:** Positioned as a central hub in Southern Africa, Botswana is well-placed to capitalise on increased intra-African trade through the AFCFTA agreement, boosting throughput and infrastructure returns.

Addressing the topic of barring foreign vendors, Keorapetse advocated for a balanced approach. While supporting protectionist policies to nurture local industries, he emphasised avoiding economic bottlenecks where local capacity is insufficient, ensuring economic growth remains unimpeded.

The second plenary session focused on sustainable ethical sourcing, with Keorapetse sharing the stage with Debswana's Strategic Sourcing Manager, moderated by Mokwadi Koloka, Senior Commercial Manager at Debswana.

In his opening remarks, Keorapetse reiterated MDCB's commitment to ethical mining practices anchored on Environmental, Social, and Governance (ESG) principles. MDCB's mandate is to grow and diversify the government's minerals investment portfolio while ensuring ethical operations across its investees.

He highlighted MDCB's efforts to ensure ethical sourcing by embedding ESG principles into procurement processes, including supplier solicitation and onboarding. Reputation due diligence is a cornerstone of MDCB's approach, ensuring that partnerships align with high ethical standards.

In response to a query about areas needing improvement in ethical sourcing, Keorapetse proposed developing vendor capacity. By equipping suppliers to meet ESG expectations, MDCB can foster a sustainable and ethical supply chain ecosystem.

This participation not only reflects MDCB's dedication to sustainable development but also cements its position as a key player in transforming Botswana's mining and supply chain landscape.

# MDCB SUPPORTS EDUCATION FOR GLOBAL IMPACT AT UB FOUNDATION DINNER DANCE

by Loren M Mphoe



On 29th November 2024, MDCB participated in the 22nd Annual UB Foundation Dinner Dance, held at the Gaborone International Convention Centre under the theme “Advancing Global Health through Science Innovation: In Pursuit of the Next Generation of Scientists for Global Health Impact.”

Representing MDCB were the Chief Investment Officer, Chief Finance Officer, and Public Relations Officer. The event, which aimed to raise funds to support less privileged individuals in accessing graduate education at the University of Botswana, featured a keynote address by Hon. Prince Maele, Minister of Higher Education.

MDCB contributed P70,000 as sponsorship, reaffirming its commitment to education, research and community development. Hon. Maele emphasised the transformative power of education, stating, “The impact of education goes beyond the classroom, reaching into the heart of our communities.”

Through such initiatives, MDCB continues to play a vital role in encouraging inclusivity and uplifting lives in Botswana.



## FESTIVE SEASON HOME SECURITY TIPS PROTECTING YOUR HOME AND PEACE OF MIND

The festive season is a time for joy and celebration, but it's also when home burglaries and security risks tend to rise. Whether travelling to visit loved ones or simply busy with holiday activities, taking precautions to secure your home can save you from stress and loss. Here are practical tips to keep your home safe this festive season:

### 1. Lock It Down

Ensure all doors, windows, and entry points are securely locked before leaving home, even if you're stepping out for a short time. Invest in high-quality locks or deadbolts for added security.

### 2. Don't Advertise Your Absence

Avoid announcing travel plans or long absences on social media. While it's tempting to share holiday updates, this information can alert potential intruders that your home is unoccupied.

### 3. Invest in a Security System

Install a reliable home security system with alarms and motion detectors. Modern systems often come with smartphone connectivity, allowing you to monitor your home remotely.

### 4. Use Timers for Lights

Install timers on your indoor and outdoor lights to give the appearance that someone is home. Smart home devices can also automate light and appliance usage to mimic regular activity.

### 5. Secure Valuables

Keep valuables like jewellery, electronics, and important documents out of plain sight. Use a safe or lockbox for extra protection.

### 6. Build a Trusted Network

Inform a trusted neighbour or friend about your plans if you'll be away. They can keep an

eye on your property, collect mail, and alert you of any suspicious activity.

### 7. Maintain Your Yard

An unkempt yard can signal that no one is home. If you're travelling, arrange for someone to mow the lawn, water plants, or clear any fallen leaves.

### 8. Avoid Hiding Spare Keys

Burglars often know to look under mats, flower pots, or other common hiding places. Instead, give your spare key to a trusted friend or neighbour.

### 9. Stay Vigilant with Strangers

Be cautious about who you allow into your property during the festive season. Verify the identity of service providers (Water Utilities, Botswana Power Corporation & others), delivery personnel, or anyone else who may require access to your home.

### 10. Don't Overlook Fire Safety

Holiday decorations like candles and fairy lights can pose fire hazards. Turn off all lights and extinguish candles before leaving home or going to bed.

### 12. Join or Strengthen Community Watch Programs (Ntebelle Ke Go Lebelle)

If your neighbourhood has a watch program, actively participate or encourage starting one. Collaborative vigilance can significantly deter criminal activity.

By taking these simple yet effective precautions, you can enjoy the festive season with peace of mind, knowing your home is safe and secure. Wishing you a joyful and worry-free holiday season!

# PROMOTING A CULTURE OF A CLEANER, SAFER FLEET FOR MDCB

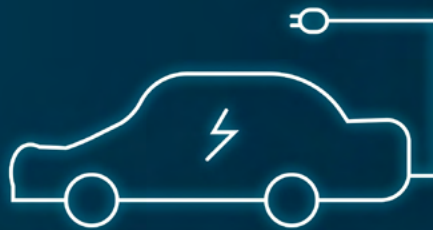
by Boykie Theophilus Kelebonye

At Minerals Development Company Botswana (MDCB), ensuring a cleaner and safer fleet is essential to our operations. A well-maintained vehicle not only enhances safety but also improves efficiency, reduces costs, and reflects our commitment to operational excellence.

Safety begins with small, consistent actions. Regular vehicle inspections, adherence to maintenance schedules, and keeping vehicles clean inside and out are critical steps that ensure the fleet remains reliable and accident-free. Clean vehicles improve focus by reducing distractions, while proper maintenance helps avoid breakdowns that disrupt productivity.

A cleaner, safer fleet also speaks to the high standards we uphold at MDCB. Vehicles that are well taken care of send a clear message: we value safety, responsibility, and quality in every aspect of our work. This culture of care helps us operate more efficiently and reinforces our reputation as a company that prioritises sustainability and safety.

Maintaining clean and safe vehicles is a collective effort. By embracing this responsibility, we ensure the smooth flow of operations and the safety of everyone on the road. Let's continue to uphold these standards—because a cleaner, safer fleet drives us all forward. Remember a clean driver



# REFLECTIONS ON MY HR INTERNSHIP AT MDCB

By Tiiso Mmopi



I joined the Minerals Development Company Botswana (MDCB) on August 28, 2023, as an intern in the Human Resources (HR) department. This internship has provided me with an invaluable opportunity to delve into the dynamic field of organisational management and employee relations. Being part of the HR team has allowed me to contribute meaningfully to processes that shape workplace culture while honing skills essential for a thriving career in human resources.

## Diverse Learning Opportunities

One of the most rewarding aspects of interning in HR is the opportunity to learn about the key functions that drive an organisation's people management strategies. At MDCB, I have gained hands-on experience in:

- **Recruitment and Talent Acquisition:** Assisting with resume screening, interview coordination, and onboarding processes.
- **Employee Engagement:** Supporting activities that promote a positive workplace culture and help retain top talent.
- **Performance Management:** Observing and participating in processes that ensure employees' goals align with organisational objectives.

These experiences have given me a well-rounded understanding of HR's pivotal role in fostering a productive and harmonious work environment.

## Skill Development

Interning in HR has been an excellent platform for developing crucial skills:

- **Communication and Interpersonal Skills:** Collaborating with employees across all levels of the organisation has enhanced my ability to navigate diverse perspectives and build rapport.
- **Problem-Solving and Conflict Resolution:** Tackling employee concerns and



contributing to solutions has sharpened my decision-making abilities.

- **Organisational and Multitasking Skills:** Balancing administrative tasks, employee engagement initiatives, and HR projects has taught me the importance of prioritisation and attention to detail.

These competencies not only prepare me for future roles in HR but also equip me to handle challenges in any professional setting.

### **Hands-On Exposure to HR Tools and Technologies**

The HR landscape today is heavily influenced by technology. During my internship, I have had the opportunity to work with modern HR tools like Sage and software for functions like payroll management, employee performance tracking, and data analysis. These experiences have made me more proficient in the technologies that are shaping the future of HR, giving me a competitive edge as I continue my career journey.

### **Networking and Professional Growth**

An HR internship is as much about relationship-building as it is about skill acquisition. At MDCB, I've had the privilege of interacting with HR professionals, department heads, and fellow interns. These connections have provided

mentorship opportunities, industry insights, and the foundation of a professional network that will undoubtedly benefit me in the years ahead.

### **Navigating Challenges and Embracing Rewards**

Every internship comes with its share of challenges, and my experience at MDCB is no exception. Balancing multiple tasks and handling sensitive employee issues required a great deal of tact, emotional intelligence, and adaptability. However, the rewards far outweighed the difficulties. Seeing the tangible impact of HR initiatives—whether through a successful onboarding process or a resolved workplace concern—has been deeply fulfilling.

### **A Stepping Stone to a Career in HR**

Interning in the HR department at MDCB has been a transformative experience. It has given me the practical experience, essential skills, and professional connections necessary to pursue a successful career in human resources. Beyond that, it has reinforced my passion for creating inclusive, supportive workplaces where employees can thrive.

For anyone considering a career in HR, an internship is more than just a learning experience—it's a platform to make meaningful contributions and lay the foundation for a fulfilling career.



# DIVERSITY AND INCLUSION: A JOURNEY TOWARD A CULTURE OF EXCELLENCE

by Joshua Montwedi



At MDCB, diversity and inclusion are more than just buzzwords—they are the heartbeat of our shared success as we continue to make strides in our targeted mandate. Every day, we come together with our unique personalities, perspectives, experiences, and yes, even our biases. And it is precisely in recognising these biases—our own and others—that we find the magic of excellent performance through collaboration and cultivation of a positive culture that recognises differences and accepts diversity.


Working in a diverse team is like creating a symphony: each instrument has its quirks and distinct sounds, but when they are all played together in harmony, the result is an extraordinary melody that we call music. Similarly, by embracing curiosity instead of judgment and replacing assumptions with understanding, acknowledging weaknesses and harnessing each other's strength, we unlock the strength that comes from our differences and build a winning Team.

Over time, we have seen firsthand how companies are transformed by embracing these values in the workplace. Those special moments where a colleague relays, "I hadn't thought of it that way!" or, "Your way is better than mine, thank you," are reminders that we are not just working together, we are accepting our weaknesses, embracing each other and cohesively create a conducive working environment for all for us.

The way we embrace each other's diversities and accept our differences help facilitate our learning, growth and thriving as a team, indomitable and relentless.

When we choose to challenge biases—whether it's about a protocol, an idea, or a person—we open up the door to agile innovation and inclusivity. We must not choose to do so only because we feel the environment is "safe", but we must make it one of our values and moral attributes to challenge the status quo. Every time we do, we are continuously building ourselves a culture that is not just diverse but is also genuinely welcoming and recognises the unique value of each team member, where everyone feels they belong and can contribute their ultimate best.

So here is to the journey we have taken: the one where we have met our personal biases, embraced them, acknowledged our weaknesses and differences and work together to strive towards excellence. By this virtue, we are all leaders, and we know that "the strength of a Leader is not measured by those he/she puts down but by those he/she lifts up" – Kamala Harris 2024. Let us continue to respect each other, embrace our differences, accept our shortfalls, celebrate what makes each of us unique and appreciate the way those characters together make MDCB exceptional and employer of choice.



“  
Not all thought leaders are immediately recognized, many are disregarded at first. Great thought leaders have the fortitude to keep moving forward in the face of adversity because they see the value they can bring to society in the long run


*- Peter Arvai, Co-Founder  
and CEO, Prezi*

Colleagues, the prevailing challenges in our industry should not influence a sense of doubt on our capabilities as an entity or our ability to fulfil our mandate. Rather, let it serve as a true test of our determination and sheer brilliance as we will persevere and achieve what our government and people have entrusted us to do.

*By Kennedy Seelo*



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## JERSEY NUMBER 10 THE STAKEHOLDER MANAGER'S GUIDE TO ORCHESTRATING SUCCESS

By Langa Khumalo

Have you ever wondered what makes a team truly exceptional? Is it the star striker who scores the goals or the goalkeeper who makes match-winning saves? Often, the unsung heroes play the most critical roles—those who operate behind the scenes, creating opportunities and ensuring harmony. In football, this role is epitomised by the jersey number 10, the playmaker. Known in Setswana as “Mala a team” (the “core of the team”), the playmaker doesn’t always score but ensures the team performs seamlessly.

This article draws on football to spotlight a different kind of playmaker: the stakeholder manager. Much like the number 10 on the pitch, stakeholder managers orchestrate collaboration, balance competing interests, and drive organisational success. In today’s increasingly interconnected and complex world, effective stakeholder management is more crucial than ever.

### **Vision and Strategy: Seeing the Field**

Great playmakers like Lionel Messi or Pelé are celebrated not just for their technical skills but for their vision. They anticipate plays, spot opportunities others miss, and position their teammates for success. Similarly, stakeholder managers must adopt a forward-looking approach.

For example, consider a stakeholder manager at a renewable energy company launching a solar project in rural communities. Success hinges on understanding local needs, anticipating regulatory hurdles, and building partnerships with governments and other key stakeholders. Just as a jersey number 10 sets the tempo for a game, a stakeholder manager defines the strategic direction of a project, ensuring every “pass” advances the team toward shared goals.

Research backs this up: organisations that excel at stakeholder management are 38% more likely to exceed performance targets, according to a study by Harvard Business Review. The ability to connect the dots and see the bigger picture is the playmaker’s most valuable skill.

### **Communication: Passing the Message**

A playmaker’s pass can turn a routine play into a scoring opportunity. Stakeholder managers, too, excel at delivering the right message to the right audience at the right time. Communication is their superpower.

Take the example of corporate restructuring. Without effective communication, employees may feel alienated, and rumours can derail progress. A skilled stakeholder manager ensures that messaging is clear, transparent,



and empathetic. They communicate updates to employees, align management's vision, and engage external partners, minimising resistance and fostering trust.

Football legend Johan Cruyff once said, "Football is a game of mistakes. Whoever makes the fewest mistakes wins." In stakeholder management, poor communication is the equivalent of a wayward pass. Precision is essential to avoid misunderstandings that could disrupt the team's flow.

### **Adaptability: Turning Defence into Attack**

Football is unpredictable—a deflection, an injury, or a tactical switch by the opposing team can change the game's dynamics in seconds. Likewise, stakeholder managers must be agile, navigating shifting priorities, unforeseen challenges, and competing interests.

Consider the early months of the COVID-19 pandemic. Companies faced supply chain disruptions, remote work transitions, and heightened stakeholder concerns. Effective stakeholder managers adapted quickly, implementing strategies that addressed employee safety, maintained customer engagement, and reassured investors. This ability to pivot under pressure kept many organisations afloat.

Much like a playmaker who recalibrates the team's strategy mid-game, stakeholder managers thrive by embracing flexibility and responding to evolving circumstances.

### **Teamwork and Trust: Building Play for the Goal**

The jersey number 10 is often the glue that holds a team together, fostering trust and collaboration among players. Similarly, stakeholder managers must balance diverse and sometimes conflicting interests.

Imagine a mining company negotiating with local communities, environmental activists, and government regulators. Stakeholder managers act as mediators, ensuring every voice is heard and crafting solutions that meet organisational objectives while addressing stakeholder concerns.

Critics might argue that this balancing act can slow decision-making or consume excessive resources. However, neglecting stakeholders can lead to far greater risks—protests, lawsuits, or reputational damage. By aligning interests and maintaining open communication, stakeholder managers prevent conflicts from derailing progress.

### **Counterarguments and Challenges**

Some sceptics view stakeholder management as an optional "soft skill" rather than a core function. Others worry that trying to please everyone dilutes organisational focus. Yet, evidence shows that effective stakeholder engagement enhances trust, strengthens relationships, and ultimately drives long-term success.

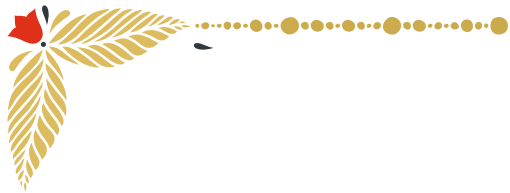
Stakeholder managers address these challenges by prioritising effectively. They identify the most critical stakeholders and focus on areas where collaboration delivers the greatest value. This approach ensures resources are used wisely while maintaining alignment with the organisation's mission.

### **The Final Whistle: Why Stakeholder Managers Matter**


At the end of a match, a playmaker may leave the pitch without a single goal or assist recorded, yet their impact is undeniable. They were the architect of every move, the heart of every play. The same is true for stakeholder managers.



By combining vision, communication, adaptability, and teamwork, stakeholder managers ensure their organisations thrive in a complex, interconnected world. They may not always be in the spotlight, but their contributions are felt in every success.

Whether on the pitch or in the boardroom, one truth remains: it's not just about scoring goals but ensuring the entire team performs as one. Stakeholder managers, like the iconic jersey number 10, are the "Mala a team"—the true core of every successful team. There is a jersey number 10 in all of us.



# CHRISTMAS MEANS TO ME

VOTE FOR YOUR FAVOURITE

CHOICE ASSORTED BISCUIT

UNITED TOPPER MOVEMENT (UTM)		
TOPPER RASBERRIES FRONT (TRF)		
CONGRESS OF THE NUTTIKRUST (CON)		
STRAWBERRY WHIRL PARTY (SWP)		 
EET-SUM-MOR ALLIANCE (EA)		
STRAWBERRY WAFERS ORG (SWO)		
LEMON CREAMS CONGRESS (LCC)		
CHOC DELIGHT FIGHTERS (CDF)		

## Neelo Obusitse

Christmas means spending uninterrupted time with my amazing family. It means sleeping on the mattress in the sitting room for days on end whilst watching movies and eating too much food together in between visits to my grandfather's moraka and my grandmother's home. The 1kg box of Choice Assorted biscuits is always open during this happy time.

It is more importantly a reflective period to thank God for gracing us with the birth of His son. Praise is showered to the Almighty by attending Christmas carols to worship with song. Giving is also embraced through sharing food with neighbours, donating supplies to the needy and being of service whenever needed.

## Tshepo Rantho

Christmas is a time to reflect on the birth of Christ, the Saviour of the world. He was born to reconcile sinful men to a holy God. I spend the Christmas holidays connecting with family members, relatives, friends and fellow Christians. I host lunches at my house, travel to my home villages, host my son's birthday party and visit the farm.

## Galeboe Dikgang

The birth of our Saviour Jesus Christ, so it means starting the day with attending church, then family lunch, and spending the rest of the day with family.

## Thabiso Sechele

My mother's cooking – no specific dish in particular, but she makes any traditional dish I ask for, and we would enjoy it as a family while my baby sister picks on our father.

## Mafoko Makhao

Christmas means family to me, spreading love and making others feel important and cared for either by family or the community. Giving to the less privileged and celebrating Christmas together as one. Family, giving, caring, love, laughter and celebration are my Christmas language.



# MDCB HEALTH CORNER

# HEALTHY CHRISTMAS ROASTED VEGGIE PLATTER WITH GARLIC TAHINI SAUCE

This colourful roasted vegetable platter is packed with flavour, nutrients, and festive charm. It's perfect as a side dish or even a light main course for a healthy Christmas celebration.

## Ingredients

For the Vegetables:

- 2 cups Brussels sprouts, halved
- 2 cups butternut squash, cubed
- 1 large red bell pepper, sliced
- 1 large zucchini, sliced
- 1 cup baby carrots
- 1 medium red onion, cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- Salt and pepper to taste

## For the Garlic Tahini Sauce:

- 1/4 cup tahini
- 1 clove garlic, finely minced
- 2 tablespoons fresh lemon juice
- 2 tablespoons water (add more for desired consistency)
- 1 tablespoon maple syrup or honey
- Pinch of salt

## Optional Garnishes:

- Pomegranate arils
- Chopped fresh parsley
- Toasted pine nuts or pumpkin seeds

## Instructions

### 1. Prepare the Vegetables:

- Preheat your oven to 200°C and line two baking sheets with parchment paper.
- Arrange the vegetables on the baking sheets, ensuring they're spread out in a single layer.
- Drizzle with olive oil and sprinkle with thyme, paprika, cumin, salt, and pepper. Toss to coat evenly.



### 2. Roast the Vegetables:

Roast in the oven for 20–25 minutes, flipping the vegetables halfway through, until they are tender and slightly caramelised.

### 3. Make the Garlic Tahini Sauce:

In a small bowl, whisk together tahini, garlic, lemon juice, water, maple syrup, and salt until smooth. Adjust the consistency by adding more water if needed.

### 4. Assemble the Platter:

- Arrange the roasted vegetables on a large serving platter.
- Drizzle the garlic tahini sauce over the top or serve it on the side.
- Garnish with pomegranate arils, fresh parsley, and toasted nuts or seeds for extra colour and crunch.



## STAY SAFE ON THE A1 THIS FESTIVE SEASON

It's that time of year again when the A1 comes calling—a season filled with road trips, family reunions, and holiday cheer. As many of us take to the roads to visit loved ones or explore Botswana's beautiful landscapes, safety should be at the top of our minds. The festive season often sees an increase in traffic, and unfortunately, road accidents as well. Here are some essential tips to help you stay safe and make your journey a memorable one for all the right reasons:

### 1. Plan Ahead

Before you hit the road, ensure your car is in excellent condition. Check your tires, brakes, lights, and fluid levels. Plan your route and have an alternative in case of road closures. Keep an emergency kit in your car with a first aid kit, water, flashlight, and basic tools.

### 2. Rest Before You Drive

Fatigue is one of the leading causes of accidents. Ensure you're well-rested before embarking on a long drive. If the journey is extensive, plan for regular rest stops every 2-3 hours to stretch, hydrate, and refresh.

### 3. Stick to the Speed Limit

The A1 is a long stretch of road, and it can be tempting to speed. However, speeding reduces your reaction time and increases the severity of accidents. Respect the speed limits and drive according to the road conditions, especially in rainy or dusty weather.

### 4. Don't Drink and Drive

The festive season often includes celebrations, but drinking and driving don't mix. Always have a designated driver if you plan to consume alcohol or arrange for alternative transportation.

### 5. Buckle Up

Seat belts save lives. Ensure that everyone in the vehicle, including passengers in the back

seat, is properly buckled up. For children, use appropriate car seats or booster seats.

### 6. Stay Focused and Avoid Distractions

Avoid using your phone while driving. If you need to take a call or check directions, pull over safely. Stay alert and keep your eyes on the road, especially on busy stretches of the A1.

### 7. Be Cautious Around Other Drivers

The roads will be crowded, and not everyone will drive responsibly. Be vigilant about other vehicles, especially overloaded trucks, buses, taxis, livestock and pedestrians crossing unexpectedly. Practice defensive driving and maintain a safe following distance.

### 8. Respect the Weather

Rainstorms and poor visibility can make driving dangerous. Slow down and use headlights in adverse conditions. If visibility is extremely poor, consider pulling over until it improves.

### 9. Watch Out for Animals

The A1 is notorious for unexpected animal crossings. Stay alert, especially in rural areas, and reduce your speed in high-risk zones.

### 10. Emergency Preparedness

Know what to do in case of a breakdown or an accident. Pull over safely, turn on hazard lights, and call for help. Keep emergency contact numbers handy, including local towing services and the police.

This festive season, let's prioritize safety on the roads. By taking these precautions, you can ensure a joyful and accident-free journey for you and your loved ones. Remember, arriving safely is the best gift you can give to those waiting for you.

**Drive safe, and happy holidays!**



## PASSENGER SAFETY EVERYONE'S RESPONSIBILITY

While drivers are often the focus of road safety tips, passengers play an equally critical role in ensuring a safe journey. Whether you're riding in a private car, a taxi, or a public bus, following these passenger safety guidelines can help prevent accidents and injuries:

### 1. Buckle Up—Always

Seat belts aren't just for drivers. Passengers in the back seat are just as vulnerable in an accident. Ensure that everyone, regardless of where they're sitting, is properly buckled up. For children, appropriate car seats or booster seats should be used based on their age and size.

### 2. Keep Distractions to a Minimum

Passengers can unintentionally distract drivers by being overly noisy, arguing, or pointing out things that may take the driver's focus off the road. Engage with the driver responsibly and help maintain a calm environment in the car.

### 3. Speak Up About Unsafe Behaviour

If the driver is speeding, texting, or driving under the influence, don't hesitate to speak up. Politely remind them of the importance of road safety, as their decisions impact everyone in the vehicle.

### 4. Be a Co-Navigator

Assist the driver by helping them navigate, check maps, or manage GPS systems so they can keep their eyes on the road. Helping with small tasks like adjusting the radio or finding a rest stop can also reduce distractions.

### 5. Secure Loose Items

Unsecured items in a moving vehicle can become dangerous projectiles during sudden stops or accidents. Ensure that luggage, groceries, or personal belongings are properly stowed.

### 6. Respect the Driver's Focus

Avoid unnecessary conversations or activities that might divert the driver's attention. Loud music, rowdy behaviour, or sudden movements can disrupt the driver's concentration, especially on busy roads like the A1.

### 7. Follow Public Transport Guidelines

If travelling by taxi, bus, or other public transportation, remain seated whenever possible and hold onto handles or rails if standing. Avoid distracting the driver and ensure that exits are not blocked in case of an emergency.

Passengers aren't just bystanders in a vehicle—they are active participants in ensuring a safe journey. By being vigilant, supportive, and responsible, passengers contribute significantly to road safety, making every trip safer and more enjoyable for everyone.

**Stay safe this festive season and remember: road safety is a team effort!**



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