

A QUARTERLY COMMUNITY NEWSLETTER

OMD 2030 is a community organisation whose aim is to assist residents to transform Oranjemund into a town where citizens play an active role in building their own community, and take pride in their collaborative and individual successes, as they create an economically diverse and culturally rich town.

CHANGING TIMES

Oranjemund Prepares for the 'New Normal'

Welcome to the second OMD 2030 newsletter of 2020, The **i.** Since the last edition, we have all had to adjust to a different world; one where we must be scrupulously clean, are unable to greet each other with a handshake or a hug and are learning to recognise each other from behind a facemask. However, true community spirit has shone through all the necessary COVID-19 rules and regulations and new local heroes have emerged. Parents have become experts in home schooling, fresh produce is being grown in gardens and new culinary skills are being developed throughout homes in Oranjemund.

The journey to defeat the threat of COVID-19 will contain many more twists and turns, but we will ultimately win the battle. OMD 2030 is proud to be a key role-player in our community's COVID-19 response. Rest assured that we will continue to do our utmost, to inform, assist, support and drive local initiatives throughout these difficult times.

This edition of **The **i**** will update you on local COVID-19 matters, will celebrate some of our local heroes and will bring you up to date with how we have been assisting the community during the last three months.

COVID-19 does not respect gender, ethnicity, or age. Anyone can become infected. We ask you therefore to:

- **PREPARE** Ensure you follow official guidelines
- **CARE** Look after yourself and others
- **SHARE** Pass on useful information from reputable sources



Find out more inside

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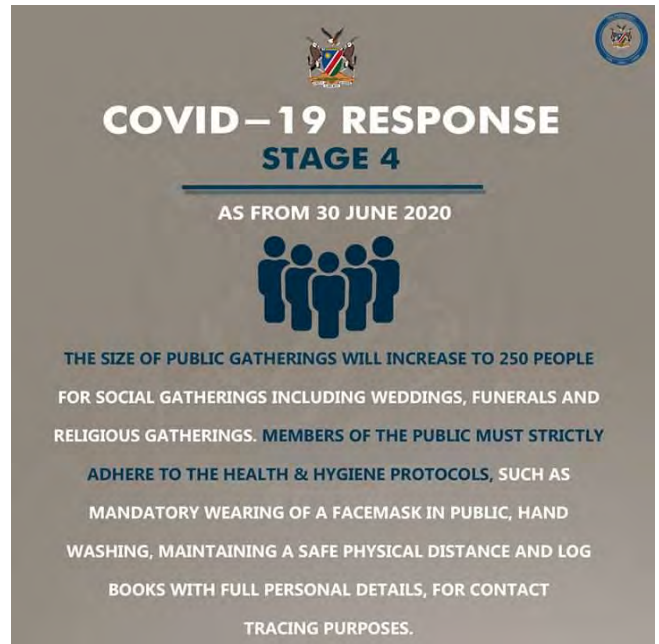
THE -NEWS: COVID -19 UPDATES

Stage 4 Namibian Restrictions: 30th June – 17th September 2020

From 30th June 2020, the majority of Namibia enters Stage 4 of the State of Emergency Restrictions. As with the previous stages, the most effective way to protect yourself from the virus is to make sure that you do not come into contact with it.


- Wear your facemask at all times when out in public and when taking part in group exercise
- Practice physical distancing of at least 1 metre from the nearest person
- Ensure you wash your hands with soap and water regularly for at least 20 seconds, or use a sanitiser containing 70% alcohol
- Clean and disinfect all surfaces in your home daily

In Addition, the following Public Health, Education, Public Gatherings, Points of Entry and Quarantine regulations come into operation during Stage 4

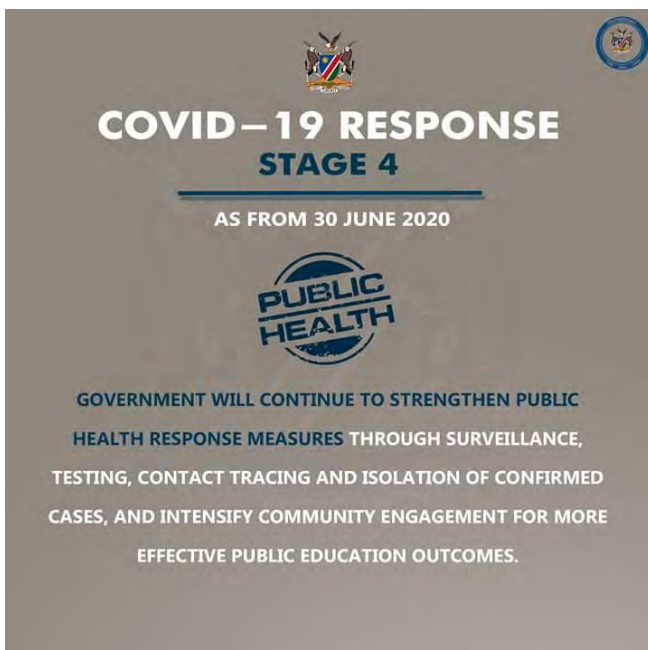


**COVID – 19 RESPONSE
STAGE 4**

AS FROM 30 JUNE 2020




THE SIZE OF PUBLIC GATHERINGS WILL INCREASE TO 250 PEOPLE FOR SOCIAL GATHERINGS INCLUDING WEDDINGS, FUNERALS AND RELIGIOUS GATHERINGS. MEMBERS OF THE PUBLIC MUST STRICTLY ADHERE TO THE HEALTH & HYGIENE PROTOCOLS, SUCH AS MANDATORY WEARING OF A FACEMASK IN PUBLIC, HAND WASHING, MAINTAINING A SAFE PHYSICAL DISTANCE AND LOG BOOKS WITH FULL PERSONAL DETAILS, FOR CONTACT TRACING PURPOSES.

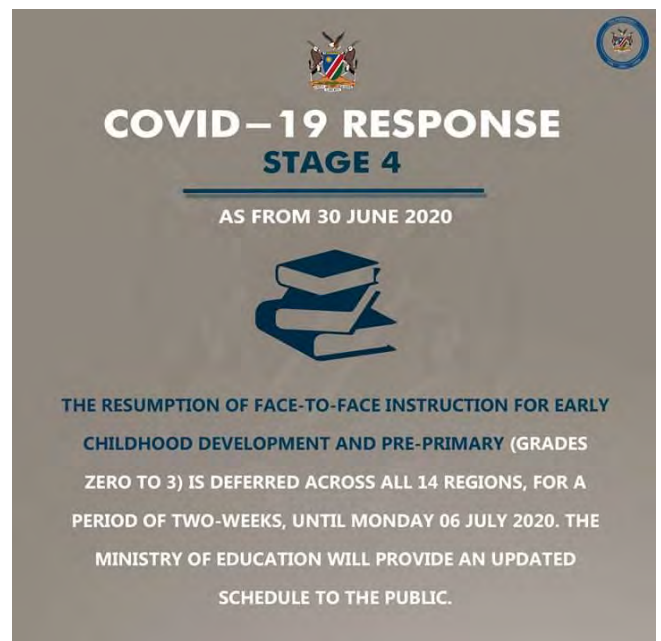


**COVID – 19 RESPONSE
STAGE 4**

AS FROM 30 JUNE 2020




GOVERNMENT WILL CONTINUE TO STRENGTHEN PUBLIC HEALTH RESPONSE MEASURES THROUGH SURVEILLANCE, TESTING, CONTACT TRACING AND ISOLATION OF CONFIRMED CASES, AND INTENSIFY COMMUNITY ENGAGEMENT FOR MORE EFFECTIVE PUBLIC EDUCATION OUTCOMES.



**COVID – 19 RESPONSE
STAGE 4**

AS FROM 30 JUNE 2020



THE RESUMPTION OF FACE-TO-FACE INSTRUCTION FOR EARLY CHILDHOOD DEVELOPMENT AND PRE-PRIMARY (GRADES ZERO TO 3) IS DEFERRED ACROSS ALL 14 REGIONS, FOR A PERIOD OF TWO-WEEKS, UNTIL MONDAY 06 JULY 2020. THE MINISTRY OF EDUCATION WILL PROVIDE AN UPDATED SCHEDULE TO THE PUBLIC.

**If You Have These Symptoms: Dry cough, fever, breathing difficulties
DO NOT GO TO THE HOSPITAL OR THE CLINIC**

Phone the Local Helpline: 063 238 111 or the National Hotline: 0800 100100 for further advice

THE **i** - NEWS: COVID-19 UPDATES

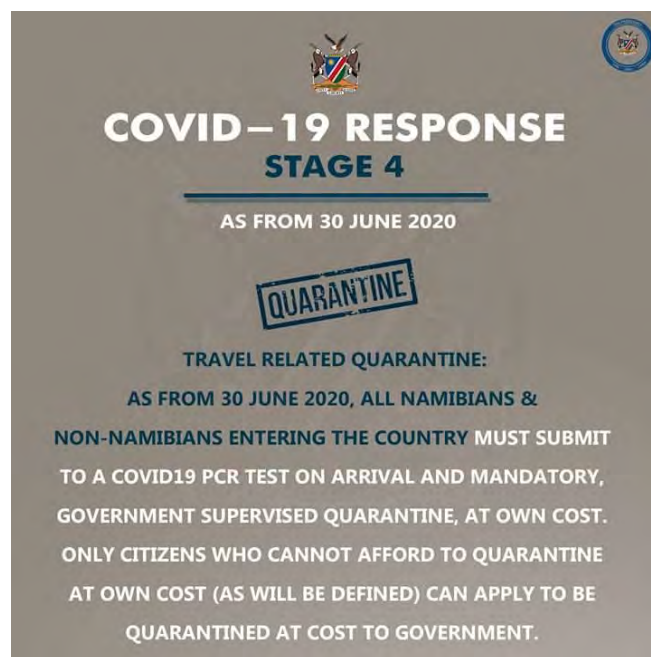
Stage 4 Guidelines



**COVID – 19 RESPONSE
STAGE 4**

AS FROM 30 JUNE 2020

POINTS OF ENTRY WILL REMAIN CLOSED EXCEPT FOR THE TRANSPORTATION OF IMPORTED GOODS. GOVERNMENT IN COLLABORATION WITH THE TOURISM AND HOSPITALITY SECTOR WILL CONDUCT A TARGETED INTERNATIONAL TOURISM REVIVAL INITIATIVE BETWEEN 15 JULY – 15 AUGUST 2020, WHICH WILL LOOK TO ACCOMMODATE A LIMITED NUMBER OF TOURISTS.



**COVID – 19 RESPONSE
STAGE 4**

AS FROM 30 JUNE 2020

QUARANTINE

TRAVEL RELATED QUARANTINE:
AS FROM 30 JUNE 2020, ALL NAMIBIANS & NON-NAMIBIANS ENTERING THE COUNTRY MUST SUBMIT TO A COVID19 PCR TEST ON ARRIVAL AND MANDATORY, GOVERNMENT SUPERVISED QUARANTINE, AT OWN COST. ONLY CITIZENS WHO CANNOT AFFORD TO QUARANTINE AT OWN COST (AS WILL BE DEFINED) CAN APPLY TO BE QUARANTINED AT COST TO GOVERNMENT.

Oranjemund Community-led COVID-19 Taskforce

Did you know that Oranjemund has its own Community-led COVID-19 Taskforce? At the inaugural meeting held on 11th June, the Mayor, Cllr Henry Coetzee asked that the taskforce be driven by Oranjemund community members and that the aim of the taskforce should be to best ensure the health and safety of local citizens during the COVID-19 pandemic. The committee meets on a weekly basis, during which they are updated with the latest medical information. They also examine the current preventative and mitigatory measures that are in place in the town and make recommendations about additional procedures that need to be implemented. The Taskforce Steering Committee is Chaired by Albertina Shapaka from the Ministry of Health and Social Services (MOHSS) and includes stakeholders from:

Ministry of Finance
Ministry of Home Affairs, Immigration, Safety and Security
Nampol
Regional Councillor's Office
Oranjemund Town Council (OTC)
Namdeb
OMD 2030

Namibian Chamber of Commerce and Industry Oranjemund Schools Church Leaders

In addition, five COVID-19 sub-committees examine aspects of the pandemic in greater depth and make recommendations to the Steering Committee. If you would like to find out more about their work, please contact the Team Leader of the relevant sub-committee, using the email addresses below:

- 1. Coordination & Logistics**
Team Leader: Albertina Shapaka (MOHSS)
Email: albertinashapaka@gmail.com
- 2. Case Management & Infection Control**
Team Leader: Oscar Simbwae (Namdeb)
Email: Oscar.simbwae@namdeb.com
- 3. Surveillance, Laboratory & Contact Tracing**
Team Leader: Manfred Namupolo (Namdeb)
Email: Manfred.Namupolo@namdeb.com
- 4. Points of Entry**
Team Leader: Samuel Sankwasa (OTC)
Email: chiefprotection@ormdtc.com.na
- 5. Social Mobilisation, Community Engagement, Media & Psycho-social Support**
Team leader: Sue Cooper (OMD 2030)
Email: sue@omd2030.com

THE **i**-NEWS: OMD 2030 COVID-19 RESPONSE

Connecting Our Community

During the last three months we have strived to respond to the needs of our community. In our role as part of the town communications team, we have provided regular accurate updates about the COVID-19 pandemic using printed materials in local languages and via our social media posts. We were also part of a joint roadshow initiative with OTC that visited several parts of the community to orally communicate the latest COVID-19 information in four different languages.

We assisted Spar with a 'Click and Collect' service, which helped them to perform their role as an 'essential service' more effectively and minimised the contact that people had with each other during lockdown. This allowed Oranjemunders to '**Stay Home and Stay Safe**'.

We recognise and understand that many people are apprehensive and concerned about how the virus may progress. We have been encouraging community members to adopt a positive mindset to help them through this uncertain period.



COVID-19 Information Sharing Roadshow, Swartkop

We would like to acknowledge the generous donations from businesses, organisations and local community members that we have received and distributed to deserving people locally. Spar donated 400 packets of maize meal, OMDis provided us with vegetables, Mrs Tjombe and another anonymous donor supplied facemasks and Golden Pharmacy donated liquid soap for the Tippy Taps project. Beneficiaries from these donations have included: vulnerable learners, breast feeding and pregnant women attending the government clinic, residents from Baghdad, Swartkop, Moth Camp, Welwitschia, Domestic Hostel and Okawe Village. **Thank you to everyone who donated. You really have made a difference.**



Maintaining a positive attitude gives us power over our circumstances, which helps us to cope. However challenging the current situation is, it will not last for ever. We will come through this.

Make time today to laugh, have fun and be creative. You will feel a whole lot better if you do....



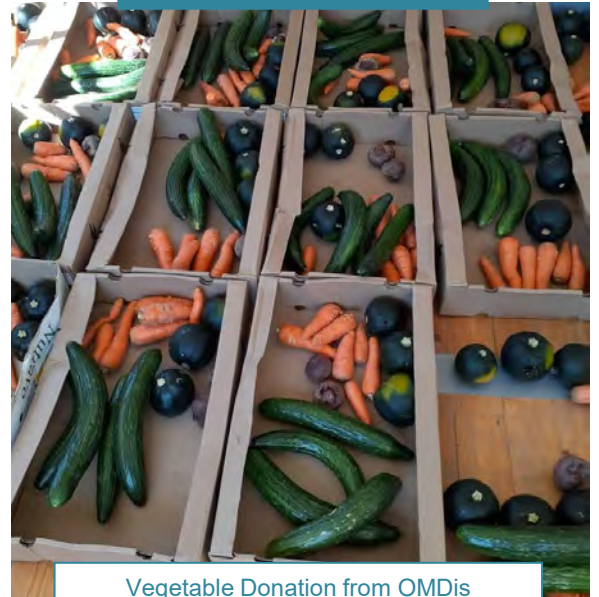
Spar Maize Meal Donation. Left to Right: Michelle Alexander (Spar), Cllr Henry Coetzee, Arthur Conry (Spar), Sue Cooper (OMD 2030)

THE -NEWS: OMD 2030 COVID-19 RESPONSE

Connecting Our Community



Golden Pharmacy Liquid Soap Handover. Left to Right: Rebbeka Neumbo (Golden Pharmacy), Leena Leopold-Ndashaala (Golden Pharmacy), Sue Cooper (OMD 2030), Judith Valombweleni (Golden Pharmacy)



Vegetable Donation from OMDis

Together with other community members, OMD 2030 donated facemasks to every grade 11 and 12 learner at !Garibams Secondary School, to enable them to resume face-to-face lessons during June. We have also sourced affordable locally produced facemasks and are currently selling them from the Hub to Oranjemund citizens. In addition, we have donated three months' supply of liquid soap to the community Tippy Taps project and have assisted Namdeb by helping to pack food parcels for their community initiative.

In order to support local informal traders, we made our market stall spaces available for rent at no cost during April and May. Our E-Bikes are also currently available for hire at a preferential local rate, to thank our community for staying safe and abiding by the lockdown regulations





FACE MASKS AVAILABLE

FACE MASKS ARE NOW AVAILABLE AT OMD 2030 HUB FOR N\$ 20.00



THE MASK MEETS THE STANDARDS OF THE WORLD HEALTH ORGANIZATION

SHARING OF MASKS IS PROHIBITED!

www.emd2030.com info@emd2030.com +264 63 234323





THE : OMD 2030 PEOPLE

Local Heroes

One of the most rewarding experiences of the last few months has been the Wednesday evening activity of 'Clapping for Our Community'. Every Wednesday at 19:00 during May, we paused for a minute to thank our incredible Healthcare workers, our wonderful essential service providers and the amazing Oranjemund community for all their efforts to combat this Corona virus. **We Are Better Together.**

One group of Local Heroes that emerged during this crisis was 'The Tippy Tap Team'. Jeremia (Polly) Sheehama, Kollen Simon and Efraim Kamati identified a health and hygiene need within Oranjemund and with help from OTC, the Regional Councillor's Office and OMD 2030, set about solving the problem by erecting Tippy Taps in vulnerable areas. Below, we tell their COVID-19 story to date.



CHANGING TIMES

My COVID-19 Story: Polly Sheehama

When the COVID-19 outbreak reached Namibia, I think we were lucky because myself and my two colleagues understood the severity and consequences of the virus. I knew some members in my community would not understand the importance of washing their hands and practicing social distancing. When I saw people not adhering to the state of emergency rules and regulations, I knew I had to come up with a plan to educate the community and assist with behavioural change.

We tried to find ways to engage local people, but this was challenging because no gatherings were allowed. We decided to move from house to house to spread the information. However, this was not the end of our mission. I saw a video of a Ghanaian boy making a Tippy Tap on Facebook and this sparked my idea. Our team researched how many locations were in need of water and soap, then we approached the Regional Councillor's office and OTC. Here, we received assistance and were then able to build the first Tippy Tap in our own location. It was really well received by everyone, so more materials were donated and we were able to build Tippy Taps in six locations in Oranjemund.

Our team is very proud about how the community has received our initiative. We wish to make a bigger difference by putting up more taps in vulnerable areas. As the rules and regulations ease up, people will also need to be reminded to practice good hygiene, by washing their hands regularly with soap and water. The challenge we now face, is the supply of liquid soap for these taps in the future, so any donations will be appreciated. Thus far, all donations have come from OMD 2030.

We are so thankful to have engaged with our community and we appreciate all the help we have received from the different stakeholders in town



Tippy Tap Team: Kollen, Efraim & Polly

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Changing Times - Coping With COVID-19

Everyone has a story to tell and everyone is a story teller. During the last two months OMD 2030 has been showcasing the COVID-19 story of many different community members on our Facebook page. Here is a selection of some of their tales.



Nestor Sheimi – Environmental Health Practitioner, OTC

My Lockdown Story

I wish that the world could just agree to postpone this year, meaning that next year is 2020. All jokes aside though, from my experience of COVID-19, it has been a very worrying situation. I have so many concerns about the preparedness and response measures of the town and the attitude of people, due to their lack of understanding. Being the Environmental Health Practitioner (Health Inspector) of the town a lot was expected of me in relation to the Disaster Risk Management Act and the Public and Environmental health Act.

I tried to work from home during the lockdown period, but it was not easy due to the nature of my job. Most of my division's programmes such as waste management services, were classified as essential and were difficult to implement from home.

My Lockdown Experience

I was fortunate to continue working on the front line as an essential business, but I was putting my life and unfortunately my family at risk, because anyone can walk up to the pharmacy counter. This made me the most accessible healthcare worker to all patients, and unintentionally put me at a higher risk of getting the virus. In my line of business every day is a risk, as any patient could be a carrier. Business-wise, initially there was a massive spike in all immune boosters, Personal Protective Equipment (PPE), cold, flu and throat medications. From mid April though, business was standing still. Our running costs have increased massively because we had to provide PPE for our staff, and sanitisers for the shop and for every customer. We can't blame this on anyone. It's a world pandemic.



Leena Leopold-Ndashaala
Golden Pharmacy

My Lockdown Story

The main challenge I faced as a health worker during lockdown was social distancing, due to the limited space available in the clinic. We were forced to seat patients outside in unpredictable weather. Sometimes, the weather was very changeable and we were forced to squeeze in extra patients inside. Another challenge was providing sanitiser and facemasks for the community, as we only had enough for the staff working at the clinic.

I also screened people at Oranjemund airport. I feared that I might get infected there, as people would not always tell us the truth if they were possibly coming from a high risk area.

Working as a community health assistant was not easy, as when I finished work my community members were afraid to come in direct contact with me.

I thank God that we never identified anyone with a high temperature, or any COVID-19 symptoms during our screening procedures.



Maria Niingungo
State Clinic

THE : OMD 2030 PEOPLE

Changing Times - Coping With COVID-19



Lilita Marques
HR & Social Performance,
Positive Legacy, Namdeb

My Lockdown Experience

None of us could have imagined that 2020 would be a year of shared experiences. Due to the nature of my work, I was deemed to be part of essential services. This allowed me some mobility during the lockdown period. I was fortunate, as Namdeb was quite proactive in its COVID-19 response. They truly demonstrated the value of safety during this time. We made the transition from working at the office to working from home seamlessly, albeit with a few adjustments. The most challenging of these was being isolated from colleagues and not being able to see facial expressions. I also found that one actually works far more hours at home, and if you don't consciously take breaks, one easily ends up sitting in front of a laptop for the whole day.

My Lockdown Story

During the COVID-19 pandemic, our President put in place a lockdown period, which meant that all shops should be closed. It included my business. It was very difficult to earn an income.

While listening to the radio, I heard about the masks that could be made by women. I decided to make them and I started advertising. The Oranjemund community supported me during this period and I am very grateful. From the income I earned, I thought of those in need and who are not working. I then decided to make masks for them. I also donated 50 free masks to OMD 2030, to further help those in need. The Lord blessed me, when !Garibams School placed an order for masks for their learners. I offered them discount, since they are a new government school in Oranjemund.



Marichen Tjombe
Tjombe Trading Enterprises

We end our Changing Times feature, with some words from the !Garibams Secondary School learners.

Our Lockdown Thoughts.....



Mary-Beth Taljaard

This period initiated a boost in my confidence. I got used to the structured chaos, so returning to school is difficult. Overall, this time off was about my mental health.



Mellinie Janser

The Corona virus definitely brought my grade 12 year to an unexpected halt, although I am grateful for the opportunity to put things into perspective and plan for the future.



Magano Nampola

I was able to focus on my mental health and learn how to keep a clear mind. Although my grade 12 year has been disrupted, I believe I will be able to adjust to the new normal.



Fanuel Kaukuagwa

Everyone is looking at the negative effects of COVID-19 and the lockdown. However, the positive that came from this pandemic is that we have learned to appreciate the small things in life.

THE : OMD 2030 PEOPLE

Changing Times - Coping With COVID-19



Simon Amukushu

At first it was so much fun staying and relaxing at home when all schools were instructed to close down. However, as the days went by I started to realise that the pandemic was way more serious than I thought it was. Subsequently, as I started to do my own research, I grew increasingly anxious. This pandemic also made me realise that life before lockdown was taken for granted. Therefore, we should be more appreciative of our family, friends and resources as we move forward with our lives.

This pandemic changed our norm. It's sad and can be depressing at times to think that my future is a little uncertain at the moment. Returning to school was a scary reality because we are under immense pressure. I hope in the end that this pandemic will teach our nation to become more independent.



Vivica Claasen

We hope that you have enjoyed reading these personal reflections about the last few months. If you would like to read the complete articles, they are available on our Facebook page <https://www.facebook.com/ORANJEMUND2030/> Thank you to all our storytellers for giving us a glimpse into how their lives have had to adapt to the **Changing Times** we currently find ourselves in.

THE : OMD 2030 PEOPLE

OMD 2030 Supports Evolving Community Groups

As a community organisation, we are delighted to support new local projects that originate from Oranjemund community members. The Oranjemund Community Newsletter and Nawa! pets are two such initiatives that have been launched within the last three months.



The Oranjemund Community Newsletter (OCN) is a free monthly publication about Oranjemund written by volunteers who care about our town. The latest edition can be accessed on their website:

www.ormdnews.com

If you would like to assist with future publications contact the editors: editor.ormdnews@gmail.com



Nawa! pets is a new charitable organisation whose aim is to support pet owners and their pets. They invite all Oranjemund community members to come on board to help local people care for their pets

In conjunction with Have-a-Heart Namibia, Pako magazine, Dr Iris Veltman, local volunteers and donors, they held a successful pet sterilisation programme at the end of May. After the event, every treated Nawa! pet went home sterilised, vaccinated and with a warm blanket and a snack pack.

If you would like to assist Nawa! Pets contact them via their Facebook page.

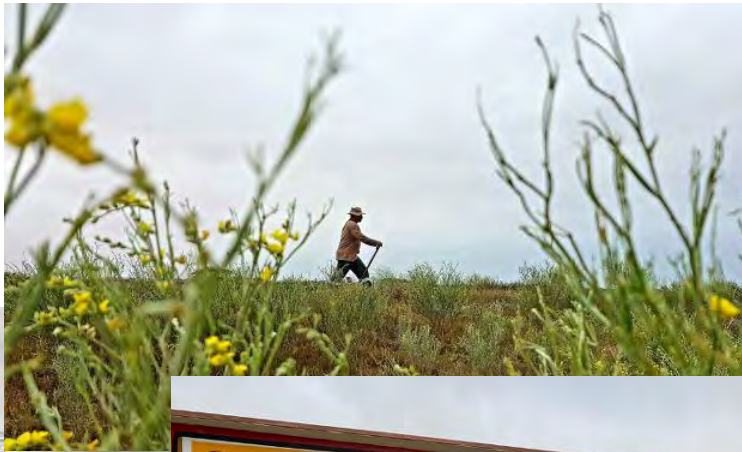
THE : OMD 2030 PROJECT NEWS

Tourism – Postcards From Home

In order to support local tourism initiatives OMD 2030 has been featuring photographs of local scenes and highlighting Oranjemund's accommodation options on our Facebook page during June. We can all do our part to **Support Local** by spreading the word, buying from our local businesses and keeping our money within the local economy. We hope you enjoy these views from our **Oranjemund Staycation**.

Check out our Facebook page for more photographs. Share our posts and encourage more visitors to enjoy our jewel in the south.

Take me to Oranjemund. My soul needs to breathe.



THE : OMD 2030 PROJECT NEWS

Our Night Market is back

With the relaxation of some of the COVID-19 restrictions as we enter Stage 4 of the State of Emergency, we are delighted to announce the resumption of our Night Markets. Please join us on July 31st to celebrate the return of this important Oranjemund event. We look forward to seeing you there.



THE : OMD 2030 PROJECT NEWS

Building Back Better

In today's fast-paced, ever changing world, our lives are continually challenged by circumstances within and beyond our control. Salients, supported by OMD 2030, is currently delivering a series of workshops designed to equip the women of Oranjemund with tools and skills to help them to become the best versions of themselves, despite our new reality. We are also hoping to host some workshops later in the year to help Oranjemund's men negotiate the 'new normal'. Look out for further news on the **Building Back Better – Resilience Workshops** in our next newsletter.



THE **i**: COMMUNITY CORNER

A Final Word



From Everyone At OMD 2030:

**STAY SOCIALLY
DISTANCED
BE SAFE!**

Emergency Numbers

- Fire/Ambulance (063) 235555
- Hospital Hotline (063) 238111
- Namdeb Security Ops (063) 236000
- Police (063) 232228

THE **i**: OMD 2030 IMPORTANT INFORMATION

Contact us at:

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Website: <http://www.omd2030.com>

THE HUB

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P. O. Box 106, Oranjemund

Tel: 063 234 323
 081 625 5407

Opening Hours: Monday to Friday
 09:00 – 16:00
 After hours, call us on: 081 625 5407



Follow us on Facebook,
 Twitter & Instagram

Check out our website for tourism and
 local information: www.omd2030.com

The **i** was compiled and edited by Sue Cooper,
 OMD 2030 General Manager. All photo credits
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