

DUMELA



Newsletter from Botswana Sweden Friendship Association No 1/2015

Dear BOTSFA members!

Yet another year has come and gone and so has our AGM 2015, which was, as usual, well attended. Participants were entertained with music by »Blå Congo«, an A cappella group from Uppsala.

This issue of Dumela features two interesting articles on efforts to introduce fish farming in Botswana and the development of a system to support people who are reaching the end of their lives.

Ulf Nermark, a biologist and member of BOTSFA, describes the journey he is undertaking of introducing fish in the semi-arid climate conditions of Botswana.

Erik Isaksson, a chaplain and consultant at the Holy Cross Hospice in Gaborone, appeals to the reader on the importance of providing palliative care.

BOTSFA is planning a trip to Botswana in September/October 2016, for the celebrations of the 50th Anniversary of Independence. This and the release of a book, Botswana–Sweden 50 years of Partnership 1966–2016, are going to be major agenda issues in the work of the Association during 2015.

Finally, I encourage you to renew your membership for 2015 or join the Association. BOTSFA is an association where friendship matters. Take a few minutes to visit www.botsfa.nu for more information on the Association's activities.



Julia Majaha-Järtby
BOTSFA , Chairperson

Glimps from AGM 2015



MEMBERSHIP FEES

- Individual: SEK 175
- Family: SEK 300 (incl. children up to 15)
- Student: SEK 100
- Institution: SEK 500

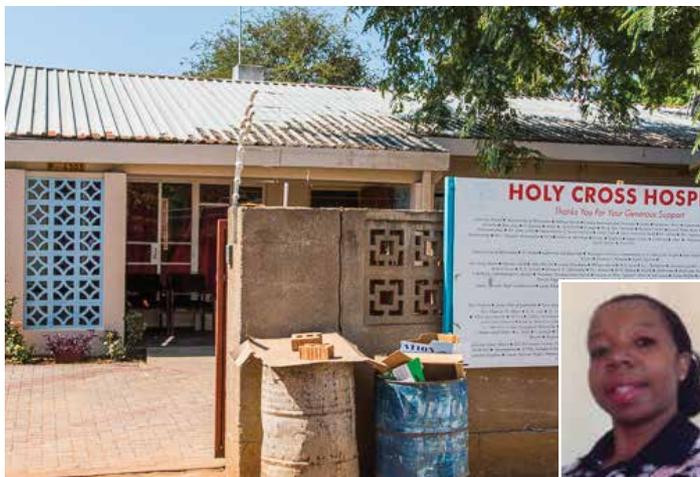
Welcome to BOTSFA!

Plusgiro 85 10 39-8, or Bankgiro 428-6472

For an update of records, please send an e-mail to AndersHj@botsfa.nu with the name(s) and contact details of the renewal or payment for new membership.

visit us on www.botsfa.nu

A PALLIATIVE CARE – exchange between Sweden and Botswana



TEXT **Erik Isaksson**, chaplain and consultant at Holy Cross Hospice in Gaborone
PHOTO **Per Järtby, Erik Isaksson**



Palliative care, the care for people who through progressive and life limiting illness are facing their death, is important in all countries. It is a type of care that is sometimes neglected. When there is no cure to be offered, patients are sometimes abandoned with the words, »there is no more we can do for you«.

It is important to say; there is always more to do, most often with fairly simple measures. Most of the time we can alleviate pain and discomfort, assist in various kinds of closure, offer support to caregivers/families, in various ways to safeguard the dignity of a person when abilities are deteriorating. This type of care needs to be developed and implemented in Botswana as in many countries. Holy Cross Hospice is one of the organisations working with this.

With my childhood being spent in Zimbabwe and with my wife's strong interest and involvement in restorative justice programs in South Africa, we have been travelling and staying in southern Africa numerous times over the past 10 years. On one of our trips we decided to visit Botswana, until then an unknown country to us. My professional background over the past years in Sweden has been that of working as a hospital chaplain in Lund, with a focus on palliative care. Through some follow-up visits and investigations and productive meetings with the Ministry of Health (MOH) and the support and cooperation with Fiona and Howard Moffat as well as some overseas churches, we were able to move to Botswana in the beginning of 2012, where I took on the role as manager for Holy Cross Hospice.

Holy Cross Hospice was then already long established and running, mainly as a support centre for the HIV in-

fect. It has since redirected its efforts to become a centre focusing specifically on palliative care, serving patients with any life limiting illnesses. New structures have been built and connections developed with the home based care program as well as at Princess Marina Hospital, primarily the oncology ward. We have been, until now, offering day care, where patients are taken to the hospice or visited in their homes, depending on their needs and physical condition. During 2015, we are hoping to be able to offer 24-hour care in our eight-bedded inpatient unit.

The hospice manager for just more than one year now is Ms Pearl Ncube. The hospice now has a clinical team consisting of a nurse, a nurse assistant, social worker chaplain and two volunteer doctors.

I am now acting as chaplain and consultant and am active in training/counselling of in-service staff as well as students at nursing and medical schools.

In addition, one doctor and two nurses, all palliative care specialist, and all colleagues of mine from the hospice in Lund, Sweden, have visited Botswana on several occasions and together with MOH drawn up plans, for example for the use of morphine, one of the very important drugs in palliative care. Morphine is now being made accessible not only in the larger hospital but also in clinics nationwide.

For my family, it has been a great experience to come to Botswana. It has been made possible through the support and trust of many in a way that has touched us deeply. Having been in Sweden for most of 2014, we are now back as a whole family again. We are not sure for how long but if we are able to raise continued support we are keen to continue the work here.



Fish farming in Botswana – a future industry?



TEXT AND PHOTO **Ulf Nermark**

In the Vision 2016, the Government of Botswana states that one of its aims is to diversify the economy in general and the agricultural sector specifically. Bold strategies should be adopted for industrialization and the agricultural sector should make use of modern technology.

I WORKED WITH NATURAL RESOURCES within the Botswana government between 1990 and 2000. I thereafter set up Water Farming Botswana (Pty) Ltd (WaFaBo) to promote the idea of fish farming and taught aquaculture at the Botswana College of Agriculture for 2 years where I set up a small education facility. Water Farming Botswana is at present the only local company that can offer consulting services in this field based on practical experience in Botswana. The company can also assist with practical training on fish farm management.

Import statistics for fish and seafood from 2013 indicates an import of 4,446 tons. Of course all this cannot be substituted by production locally; all canned products, all shell fish and most of the smoked products can't be produced in the country. If one deducts these products from the data, it still leaves an import of 1,720 tons. In the case of the Tilapia (bream), already in 2008 one major wholesale imported about 100 tons of frozen fish. Based on this statistics, there should be no problem to initially have at least a few farms

each producing 80-120 tons annually. People today are more aware of fish as a healthy alternative to meat. Many people also get used to eating fish through travelling and interaction with visiting business people and tourists. Just by offering real fresh fish on the market will in itself create a demand for this new product. There is also a high demand in South Africa.

In many countries, fish farming takes place in large earth ponds. This is not suitable in Botswana as we have an enormous evaporation rate as well as too cold water temperatures during winter. Optimal temperature for farming is 26-30 degrees throughout the year. It is only if a smaller water volume is used that the cost for heating can be justified. An intensive tank system in closed greenhouse tunnels would then be a solution. In such a system, evaporation losses are minimized.

A smaller footprint of the farm operation might also make it easier to find suitable and affordable locations closer to the market. These types of systems are called





Recirculating Aquaculture Systems (RAS). It should be stated that they are quite investment intense.

There has not been any effort by government to do research in the field of aquaculture. Still the ministry went ahead and built a fish hatchery in Mmadinare. This facility is not performing to its capacity. Another problem has been that Government has been promoting aquaculture without the necessary Botswana specific information to promoters.

WaFaBo has done several trials over the years to bit by bit gain knowledge about the possible farming systems and the growth of the fish under local conditions. This information has been used when addressing seminars and promoters through the Local Enterprise Authority (LEA) and the Citizen Entrepreneurial Development Agency (CEDA). As the information dissemination by WaFaBo has been fully self-sponsored, it has been done as small scale applied research – with no sophisticated equipment used. During the course of the different projects/trials/teaching, 150 people have received training and information about this sector of animal production.

On February 3rd and 4th, I held a fish harvest activity attended by 40 people from a variety of institutions. The aim of the activity was to inform the guests about the opportunity to farm fresh fish in Botswana. The venue was a residential plot in Gaborone where backyard system had been in operation for about 18 months. The fish farmed was the Mozambique bream. The fish had been kept in 4 tanks with a total of 6 cubic meter water at about 50 fish per tank. The water had been recirculating the whole time and been replaced only to compensate for the evaporation and the removal of fish waste (manure). The water filtration system was so efficient that I could drink the water straight from the filter!

The guests really appreciated the efforts and they keenly took part in the practical part of slaughtering and cleaning the fish. It is now hoped that many more people will discuss the idea and the opportunities for fish farming based on an improved understanding of the industry.

For me as a biologist, fish farming is both very exciting and challenging – more so that I am doing it in semi-arid climate conditions.



Photo Competition 2014 Theme »WATER«

1st prize Mikael Rosén
2nd prize Ann Gollifer
3rd prize Roger Bergström

CONGRATULATIONS!



IT IS NOW TIME FOR THE ANNUAL BOTSFA PHOTO COMPETITION 2015

You are invited to submit 1–3 photos.
The theme for the 2015 competition is »FRIENDS«.

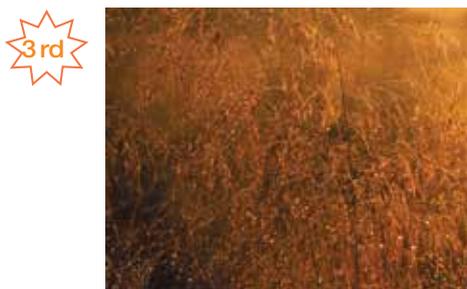
RULES:

- The picture(s) should have been taken by the member
- Prints, slides, scanned or digital images
- Closing date is 30 November 2015
- All entries may be printed in Dumela or shown on BOTSFA's web site
- Pictures may be used in Botswana 50 Book

Images may be sent electronically to per@jartby.com or by mail to: Per Järtby, Olof Skötkonungs väg 25, 193 32 Sigtuna, Sweden.

The pictures will be anonymously judged by a jury to be constituted.

GOOD LUCK!



PUBLISHER: Julia Majaha-Järtby • Olof Skötkonungs väg 25, 193 32 Sigtuna • TEL +46 (0)73 842 74 22 • E-MAIL julia@botsfa.nu

PUBLISHING AGENT: Viera Larsson • Visual Communication AB • WEBMASTER: Per Järtby

EDITORS: Ulla Odqvist, ulla.odqvist@gmail.com • Sten Stenbeck, sten.stenbeck@gmail.com

MEMBERSHIP INQUIRIES: Anders Hjertstrand • Skyttevägen 41, 133 36 Saltsjöbaden • TEL 073-707 60 31 • E-MAIL andersHj@botsfa.nu

Information, articles etc. to be included in DUMELA should be sent to the publisher's address.

MEMBERSHIP FEES: Individual: SEK 175 • Family SEK: 300 • Student: SEK 100 • Institution: SEK 500 • Plusgiro Account: 851039-8 • Bankgiro Account: 428-6472