



# ROAD FUND NEWS

November - December 2016 Volume 05

## INSIDE:

The Road Fund  
Administration (RFA) gives  
appreciation to the Elderly

PAGE

1

Employee Wellness at the  
RFA

PAGE

2

RFA Annual Year End  
Function

PAGE

2

Spotlight with Frans Tangeni  
Domingues

PAGE

4

# The Road Fund Administration (RFA) gives appreciation to the Elderly



Immanuel Old Age Home - Okahandja



Eastern Court Home for older people - Windhoek



Huis Palm - Walvis Bay

The RFA recently joined the Nedbank Namibia Spring Festival by taking up their Corporate Health Basket Challenge, and bought two hundred and sixty-two health baskets for the elderly at old age homes across Namibia. In addition to the health-baskets, bought through the Nedbank challenge, the RFA bought the same number of toiletry bags for the elderly. The RFA's Corporate Social Responsibility (CSR) policy has a strong bias towards the elderly and physically impaired amongst others. The aim of the challenge was to bring organisations and people together to give thanks to our elders who helped shaped our lives. Taking some time out to spend with our elders in our communities is important, not everyone has family and it can get lonely. The RFA adopted the following old age homes:

1. Sonder Sorge Home for older persons - Okahandja
2. Kuisebmond Home for Older People - Walvis Bay
3. Eastern Court Home for Older People - Windhoek
4. Prinzessin Rupprecht Heim for older People – Swakopmund

Additionally, due to a large number of health-baskets and toiletry bags that remained elders at the below mentioned old age homes were all served.

5. Immanuel Old age home - Okahandja
6. Katutura Old age home – Windhoek
7. Huis Palms - Walvis Bay

Delivery of the health-baskets and toiletry bags took place over two weekends in November, with the first batch delivered on

12 November 2016, at Okahandja and Walvis Bay respectively. Two teams from the RFA alongside representatives from Nedbank and the Biokinetics Association of Namibia paid a visit to the old age homes in the respective towns to handover the health-baskets and toiletry bags. The Biokineticist demonstrated light exercises that can be helpful to the elderly for everyday aches and pains with the assistance of a few elders. The second visit took place on 19 November 2016 and this time around to Swakopmund and Windhoek old age homes. The Seventh Day Adventist Church Choir accompanied the RFA and Nedbank teams on their visits to the old age homes in Windhoek. The choir cheered the elderly up with song and dance and they joined in. The elderly at all homes expressed their appreciation for the gifts and the visits.

# Employee Wellness at the RFA



RFA employees receiving tension relieving massages

The RFA staff received a head-back-shoulder and feet massage at the RFA premises, organised through the office of the Human Capital Practitioner: Employee Relations Mr Naftal Nendongo. According to Nendongo, “the wellbeing of our employees is very important to us, as they are crucial in fulfilling the RFA mandate. Therefore, taking care of the needs of our employees is always at the forefront of our agenda”. He further added that “employees experience a lot of stress and tension towards the end of the year and we wanted to make the last stretch before the holidays easier for them through the tension relieving massages”. The employees welcomed the gesture and made turns to visit the massage parlour at the terrace of the RFA head office building.

# RFA Year-end function



Division of the year award winners - Fund Management

The 2016 RFA year-end function and awards ceremony was held at the Avani Hotel and Casino, with the awards ceremony being a first for the RFA. The theme of the party was “Night at the Oscars”, and the RFA staff along with their partners did not disappoint as they turned up dressed in glitz and glamour for the event. Mr Elvis Kambatuku welcomed the guests and the master of ceremonies/comedian Mark Kariahuua had the guests cracking with laughter throughout the event. A short video clip compiled with

events that took place during the year at the RFA took employees down memory lane and kept the guests entertained before the awards ceremony. During the awards ceremony, employees that served the RFA for five years and longer were recognised and issued with long service certificates and monetary rewards according to the years of service, as per the company policy. The awards consisted of the following categories and recipients. Congratulations to all recipients of the RFA 2016 awards.

**FUN AWARDS** Presented by Beulah Garises and Naftal Nendongo

Category	Recipient
Excellence in Humour and Entertainment	Frans Kamati
Healthy Living Promoter	Emilia Kandjimbi
The Human Handbook	Innocentia Gei-Khoibes
Marvellous Multitasker	Shikongo Ngolo
Calm in the Eye of the Storm	Jenni Jacobs

**EMPLOYEES AWARDS** Presented by George Itembu and Phillemon Ephraim

Category	Recipient
Employee Awards Committee’s Award	Wilika Batista
Customer Friendliness	Ingrid Kgobetsi
Customer Service Employee of the Year	MDC
Team of the Year	Beulah Garises and Asley Haukambe
Community Service Award	Trans Kalahari Border Post
CBC Office of the Year	

**CEO'S SPECIAL AWARDS** Presented by Ali Ipinge (CEO) and Theophilus Shapota Naftal Nendongo

Category	Recipient
Head Office and Maintenance	PMPA and Erna Aisindi
Head Office Project Management	Erkenwald Khiba
Team Award	ICT

**EMPLOYEE AWARDS** Presented by Ali Ipinge (CEO) and Talaska Katjiruru

Category	Recipient
Division of the Year	Fund Management
Employee of the Year	Erkenwald Khiba
CEO's Award for Excellence	Erna Aisindi



Mr and Mrs Somaeb arriving on the red carpet



FLTR: George Itembu, Phillemon Ephraim and Winfred Kabunga



On the right Ms. Agnes Simana (Supervisor: Trans Kalahari Border Post) and her partner

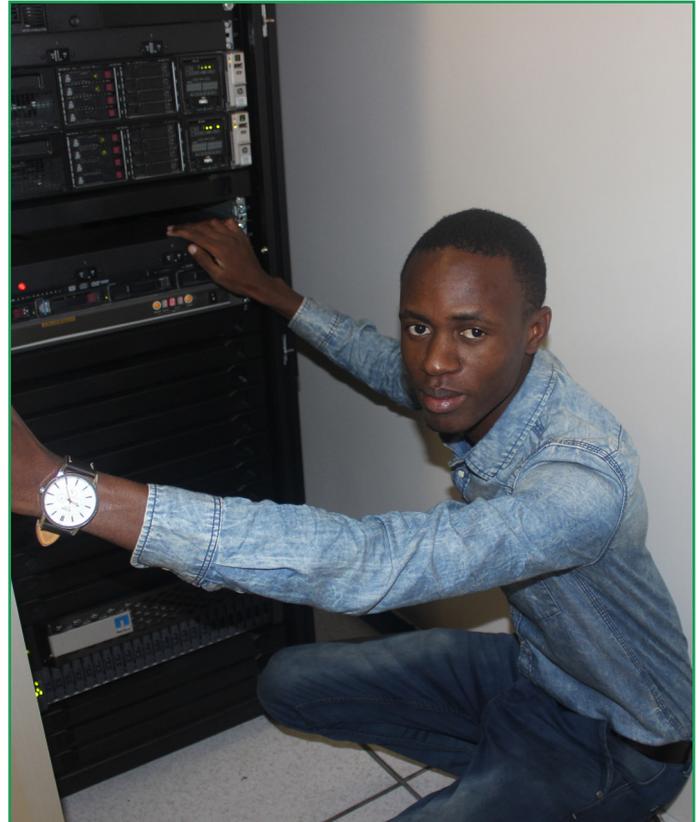


FLTR: Fernando Somaeb, Talaska Katjiruru (receiving a long service award) & Ali Ipinge



# Spotlight

**Frans Tangeni Domingues has been in the employ of the RFA since June 2015, as an ICT Technician. Frans is a well-grounded, principled and disciplined young man with a lot of depth for his age. Here he talks about his philosophy, family and life's lessons.**



**RFN:** What has been your favorite project at the RFA?

**FTD:** Being a change agent, one of my many favorite projects has been working on an application called Convene; which reduces the use of paper and by implication the cost incurred by the company through the use of paper in preparing board packs.

**RFN:** How do you define success?

**FTD:** Success is the ability to discover your passion and live in it.

**RFN:** Motto or personal mantra?

**FTD:** Being persistent is the key to great achievements.

**RFN:** What are you passionate about?

**FTD:** Helping people.

**RFN:** What do you do in your free time?

**FTD:** I spent most of my free time reading and watching motivational sermons.

**RFN:** Tell us something about yourself that would surprise us.

**FTD:** I love, pets. I have two Brazilian rain forest birds for over five years now.

**RFN:** What has been the most important innovation you have witnessed in your lifetime?

**FTD:** The invention of faster internet

**RFN:** What is the most important thing you have learned in the last five years?

**FTD:** It is the ability to shut down critics and being myself at all times. The realization of never doubting myself and my abilities.

**RFN:** What is your personal philosophy?

**FTD:** I am motivated by the late Dr. Myles Monroe. His teachings have become my personal philosophy, in his words, "**live full and die empty.**"

**RFN:** What would you do (for a career) if you

weren't doing this?

**FTD:** I would be in the marketing and advertising industry.

**RFN:** You're happiest when?

**FTD:** Happiness is a choice, it is not determined by circumstance therefore, I choose to be happy all the time.

**RFN:** What is the one thing, you can't live without?

**FTD:** My relationship with God.

**RFN:** Tell us a little bit about your family.

**FTD:** We are a small family of four children, I being the oldest of our parents. Our family is very diverse, all four children have different interests; my brothers Goodwill in Media Studies, Gerald in Machinery and my sister Justine in Accounting Studies.



# Health



## 3 Fattening festive season mistakes to avoid

If you remember feeling sluggish and gaining an alarming amount of weight last festive season, here are ways to avoid making the same mistakes this time round ...

Cheers to a healthy festive season!

Imagine being able to enjoy the festive season without piling on the pounds. If you don't want to feel self-conscious in that gorgeous but close-fitting New Year's Eve outfit, here are tips to help you avoid some common festive season pitfalls.

### 1. Leave the party food at the party

Holiday weight gain can't only be blamed on the office party and Christmas lunch. The truth is that weight gain happens over time, not because of one or two parties.

Too often, we dread stepping onto the scale at the end of December because we have allowed festive food to become a daily indulgence. Instead of eating an apple during a tea break, we're reaching for Christmas cake and chocolates.

This year, resolve to leave the party food for the festive events, and don't take the mince pies out of the freezer unless you have guests.

### 2. Don't starve yourself before a big meal

We've all done it – skipped lunch, thinking we can save 'space' and calories for that big dinner party. It makes sense in theory, but in practice, this weight management strategy doesn't cut it.

Starving before a big meal does a few horrible things to your body – it causes your metabolism to slow down and when it's finally dinner time, you are likely to eat far more than usual. What's more, your hungry body goes into storage mode and loads more of those calories into fat in preparation for the next self-inflicted mini famine.

Make it a rule to never starve and instead, when you have a big dinner party coming up, make all the other meals that day as healthy as possible. To curb overeating and take the edge off your hunger before an event, eat a wholesome and high fiber snack, like an apple.

### 3. Buck traditions

Do you really enjoy your mom's Christmas fruit cake or are you eating it simply because it's Christmas? Feeling obliged to eat foods you don't really like, or overindulging simply because friends and family are, is another recipe for holiday weight gain. Don't let traditions negatively affect your health, or eat simply to appease everyone else. If you don't like Christmas trifle, Santa will not hold it against you if you pass on that portion of pudding!

Source: (<http://www.all4women.co.za/947270/health/nutrition/3-fattening-festive-season-mistakes-avoid>)

# New Personnel

Welcome to:



Mr. Kevin Kariko  
Internal Auditor



Ms. Penihafo Hafeni  
Border Post Collector - Aroab



## New Born Babies

**Congratulations to:**

Congratulations to Mr Patrick Klaaste on the safe arrival of his son Jayden Klaaste on **23 November 2016**



## Resignation

**Farewell to:**

Mr Asley Haukambe (Supervisor: Ariamsvlei Border Post)  
His last working day : **2 December 2016**



## Birthdays November

Miriam Nghinamanu	<b>3</b>
Gladys Sisamu	<b>4</b>
Beulah Garises	<b>8</b>
Lydia Mpinge	<b>9</b>
Kenneth Munwela	<b>12</b>
Fernando Somaeb	<b>19</b>
Agnes Kudumo	<b>22</b>
Penehafo Hafeni	<b>26</b>
Arthur Platt	<b>27</b>
Agnes Simana	<b>28</b>



## Birthdays December

Sharon Ilukena	<b>2</b>
Erna Aisindi	<b>11</b>
Maria Uudhila	<b>12</b>
Elvis Kambatuku	<b>12</b>
Mary Hansen	<b>14</b>
Pumulo Walusiku	<b>20</b>
Johanna Shoopala	<b>23</b>
Julia Mwahafa	<b>24</b>
Alex Siluzungila	<b>25</b>
Mary Mudengi	<b>25</b>

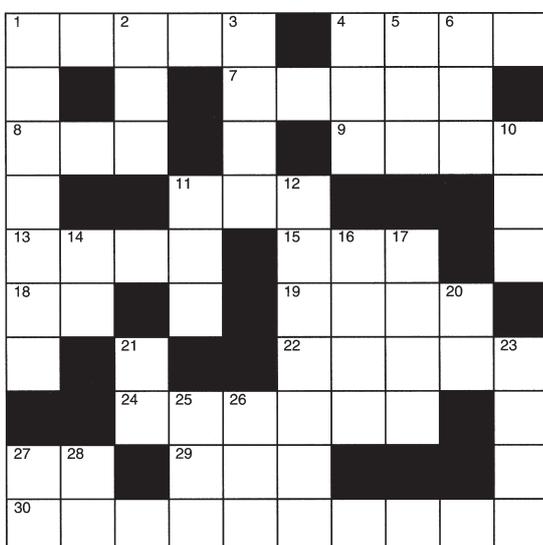
## Riddles

### Riddles to bend your brain:

1. What falls, but does not break, and what breaks but does not fall?
2. What, when you take away the whole, you still have some left over?
3. What goes up and down the stairs without moving?

**Answers: 1. Night falls and day breaks, 2. Whole-some, 3. A rug**

## Crossword Puzzle



### Across

1. Twelve of this make a 23 down
4. Seven days
7. A fruit pressed for its oil, especially in Mediterranean lands
8. A straight line of objects
9. Say
11. Part of a circle
13. Opposite of 27 across
15. Make a mistake
18. Opposite of yes
19. Middle part of the day
22. The day after yesterday
24. Sixty of this make 3 down
27. Opposite of 13 across
29. Correlative of neither
30. The number of 3 down in a day

### Down

1. The early part of the day
2. At this time
3. 30 across of this make a day
4. Mental resourcefulness; verbal ingenuity
5. Short for evening
6. A snake-like sh
10. Allow, permit
11. Past tense of eat
12. One hundred 23 down
14. Therefore
16. Underground part of a plant
17. Past tense of ride
20. North America (abbr.)
21. Contraction of I am
23. One one-hundredth of 12 down
25. Resting place for travelers
26. Negative
27. Not he or she
28. Opposite of NE



*Wishing you all a Merry Christmas  
and a safe journey into 2017*

Swakopmund 205

