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Nkwazi

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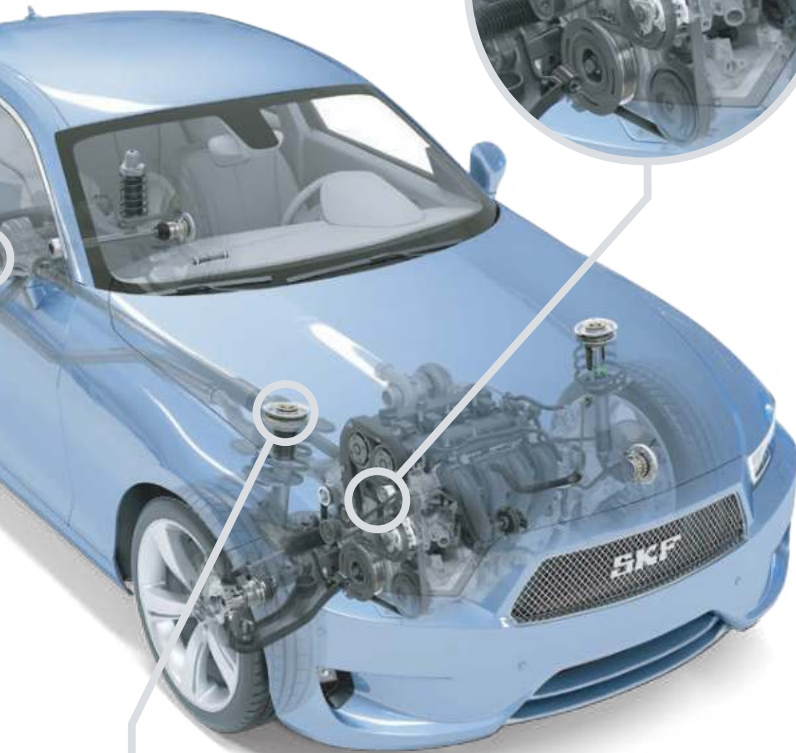


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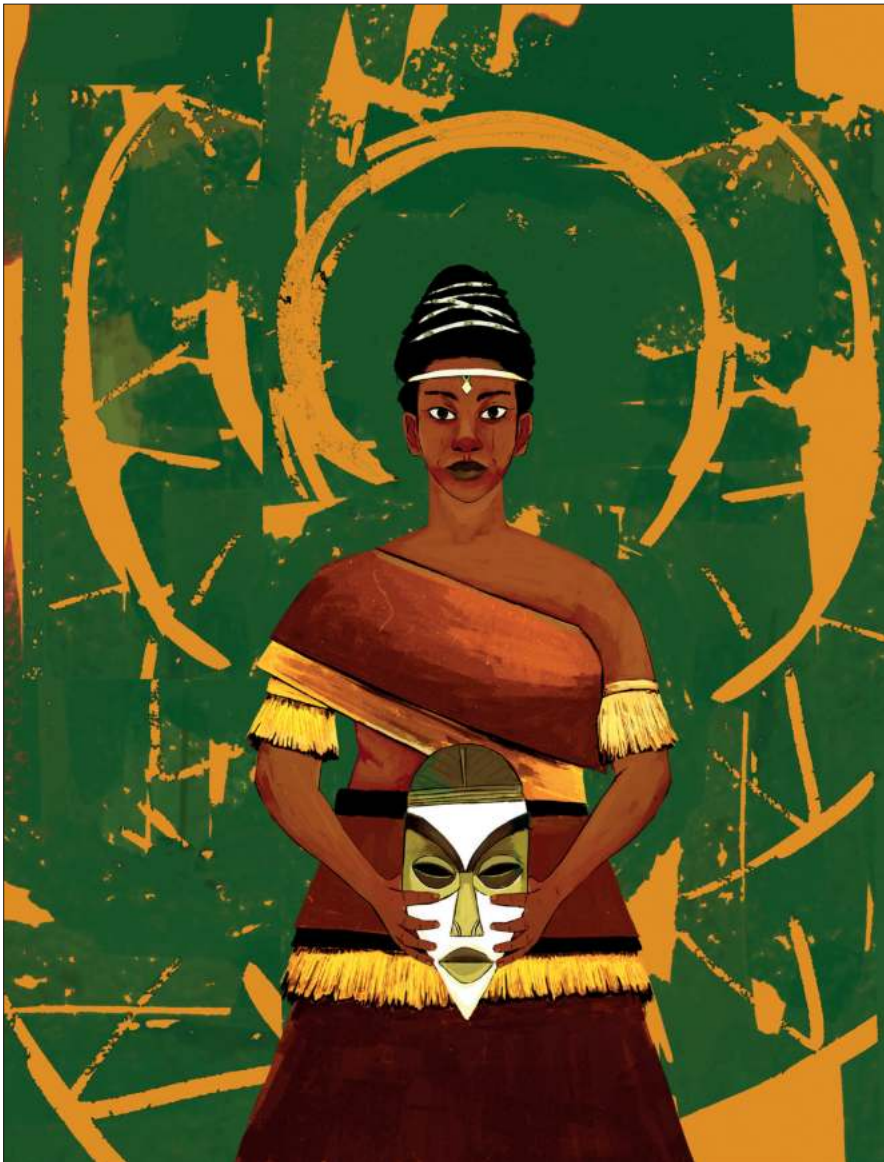
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COVER STORY:

The African continent has a long and storied history of female leaders, warriors, revolutionaries and innovators. Many of these stories, stretching back millennia, have been lost but organisations such as the Women's History Museum of Zambia are redressing this situation. Read more about their work and some of the stories they're retelling on page 50. (Cover illustration by Black Rose The Artist.)

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**BREAK TIMES
FILLED WITH
SENSATIONS**



**FILLED
WITH
LIFE**

**Minute
Maid**



THE BEAUTY OF TK

I love to write, but I also regularly contend with debilitating cases of writer's block. Long anguishing waits for inspiration are a fact of life. Having always written non-fiction content recently, I decided to dip my feet in the world of fiction. For years I've sat on my short story ideas and never put "pen to paper." However, I decided it was time to finally start writing these stories down and, if I dare, eventually publish some. I had given myself a new genre of writing to pit against my writer's block.

A common method people propose for dealing with writer's block is to focus on progress and not perfection. Just write that rough draft, mistakes, unfinished thoughts and all. It's a simple but valuable piece of advice. In line with this, I've used the "TK method." TK is a marker that means "to come" (yes, that's TK, not TC). If you can't figure out the name of your main character's new love interest, write it down as HandsomeStrangerTK and continue writing. The method works well for non-fiction writing, too.

It's easier to write a shoddy draft and fix it than to only write when inspiration strikes and a stream of perfect sentences come to mind. Both ways will ultimately lead to a finished product, but the path of least resistance often takes longer. I'm learning that this applies not only to writing but also to life in general.

As somebody who tends to ruminate over issues, I've found that sometimes stressing over the right decision ultimately leads to making none. It's essential to make peace with where you're at, even if it's not ideal, and keep things moving. We don't have to know the next perfect move or life decision, but we should keep going.






I imagine anyone who has ever found success has had to employ some form of the TK method at some point. This must be the case for the founders of the Women's History Museum of Zambia, Mulenga Kapwepwe and Samba Yonga. The museum was established to document and restore narratives of African history, especially those focused on women. The museum has held some physical exhibitions but is largely a digital endeavour. One of their major projects has been the Leading Ladies podcast, highlighting historical African women leaders as far back as the 16th century. You can learn more about this podcast, and a few of the women highlighted in its first season on page 50.

Most people wanting to establish a museum would view a lack of physical space as a problem, but the Women's History Museum founders didn't let that stop them. They put a TK in this part of their story and kept things moving, embracing technology to achieve their goal of bringing African history to the fore.

As we've now ventured into the new year, no doubt many of you have made new year's resolutions. A good first resolution would be accepting your current situation, problems and all. Put a TK next to it and then come back, work on it, and keep things moving. Much like you do with your imperfect draft write-up.

I'm not entering this new year with a long list of resolutions, but I've resolved to insert more TKs into my life. Change and self-development are challenging, and I hope you find your version of TK as you advance into 2023. Enjoy the small steps and focus on even the smallest of successes.

Jolezya Adeyemo,
Editor

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Dear Customers,

Hello and welcome aboard. Proflight is delighted to announce that we received a third fifty-seat capacity CRJ200 Jet aircraft in December 2022!

Bombardier manufactures the CRJ aircraft series (now owned by the Mitsubishi Group) in Canada. Proflight's systematic expansion strategy includes the arrival of the third CRJ. The new aircraft will supplement our existing fleet, allowing us to provide more capacity on the domestic network while also expanding our international route network. Proflight, as usual, is demonstrating responsible leadership and expressing strong support for the CRJ aircraft type. This aircraft is ideal for us because it can be used profitably and efficiently on both domestic and regional routes. With travel demand expected to increase significantly in the coming year, Proflight Zambia is investing in its jet fleet to provide our customers with greater comfort and speed. This is Proflight's second 50-seat Bombardier CRJ200 leased from Avmax Leasing, a prominent Canadian leasing company that specialises in leasing Canadian-made aircraft.

The addition of another jet aircraft to Proflight's fleet is a significant achievement. The aircraft took a complicated and impressive ferry route. The route began in Calgary, Canada, and ended in Lusaka, Zambia, via Great Falls, Montana, Goose Bay, Canada, Keflavik, Iceland, Southampton, UK, Algiers, Algeria and N'Djamena, Chad.

Proflight has been running an elaborate internal project to bring this additional aircraft to its new home. As project manager, I am overly excited to see our team's arduous work and meticulous planning finally coming to fruition! As the adage goes, "The future doesn't belong to the fainthearted; it belongs to the brave." We are confident that this brave decision by Proflight to bring in a third jet aircraft will be well received by our esteemed customers who will enjoy flying on this efficient, quiet and comfortable aircraft.

During the year 2023, Proflight will be training additional Zambian pilots for the CRJ aircraft fleet through our training partners Lufthansa Aviation Training in Berlin, Germany

Whether you are flying for business or leisure, Proflight will get you to your destination safely and on time. Many thanks to you for choosing Proflight Zambia as your carrier of choice. We value your patronage and I hope you have a delightful flight experience with us. We wish you and your families a safe, happy and healthy 2023.

I thank you.

Captain Josias Walubita
Director Flight Operations



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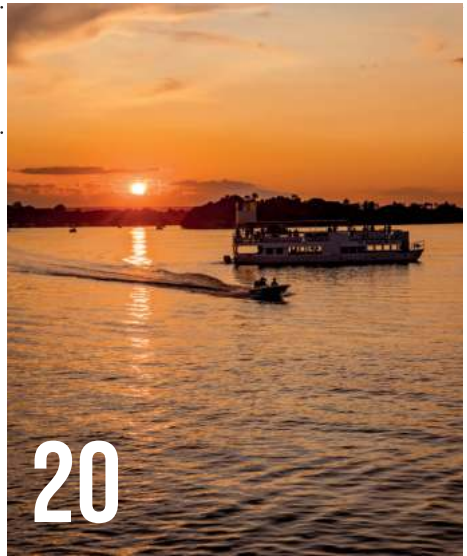
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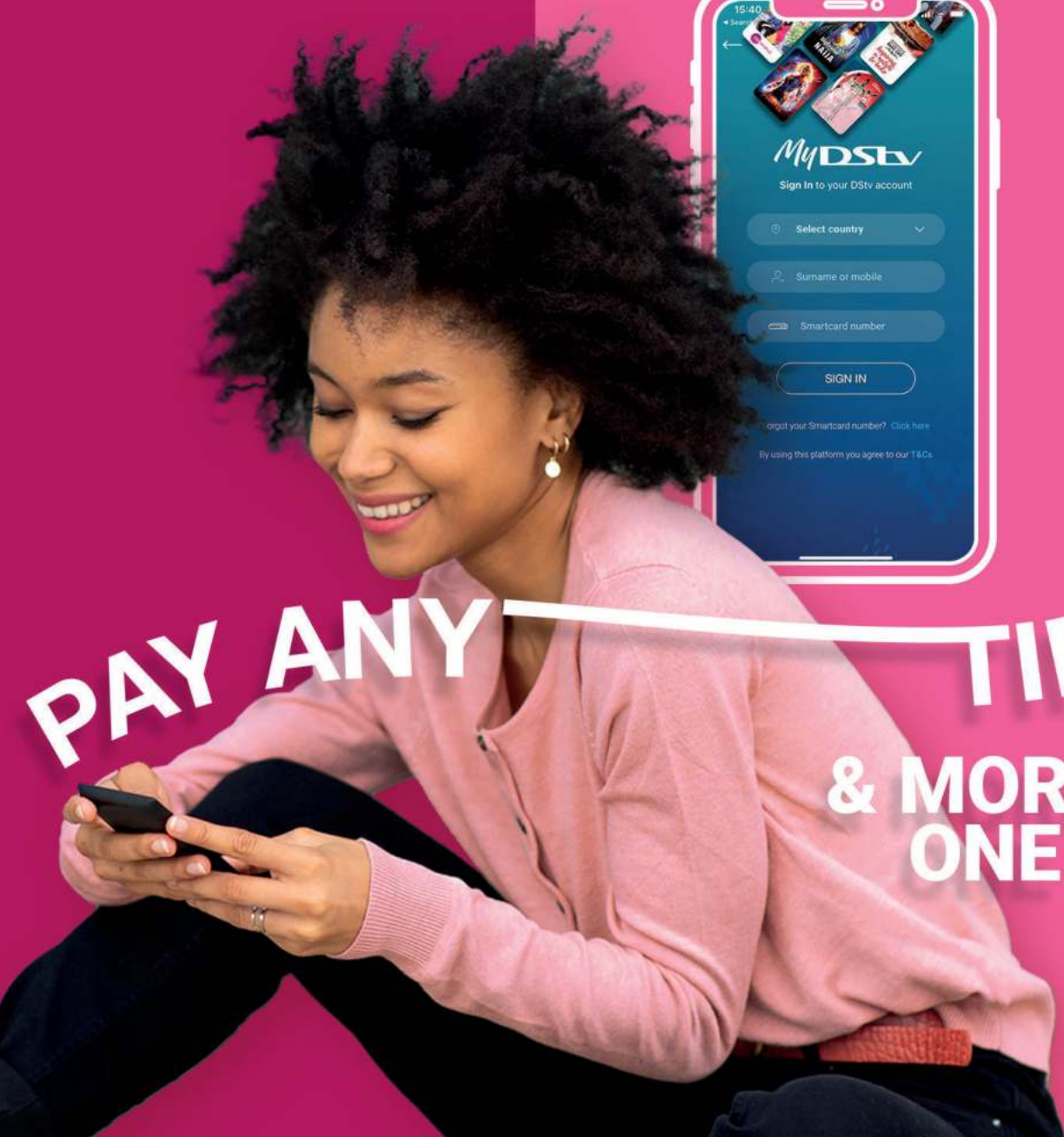
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Ocha Nyama is a fresh, new restaurant with curbside appeal. Offering more than just amazing foods, it has quickly become one of Lusaka's most popular hangout spots.

PLAN

JANUARY | FEBRUARY 2023



EVENT DETAILS:

Date: 28 January
Location: Manda Hill Mall, Lusaka
Tickets: Free.

SMIRNOFF TAKEOVER – LUSAKA NIGHT MARKET

The Lusaka Night Market has created the ultimate experience to be enjoyed with flavourful, innovative Smirnoff cocktails and mouth-watering cuisine from around the globe. Smirnoff promises an unmatched experience at the beloved night market. Stand a chance to win access to the Smirnoff VIP Lounge by engaging with #SmirnoffTakeoverLusakaNightMarket and following the brand on all social media platforms as well as the event organisers' Digital Events.

EVENT DETAILS:

Date: 14 February
 Location: The 7th Sense Restaurant, The Quorum, Lusaka
 Tickets: TBA

VALENTINE'S DINNER AT THE QUORUM

Whisk your loved one away for a magical night of fine dining at The 7th Sense Restaurant at The Quorum this Valentine's Day. Enjoy a curated set menu and live music. For more information: reservations@thequorumzm.com/+260763885581.



EVENT DETAILS:

Date: 25 February
 Location: Chipata District
 Tickets: Free

NC'WALA TRADITIONAL CEREMONY

The Nc'wala is a ceremony of the Ngoni people in Zambia's Eastern Province. The popular upbeat ceremony is held to give thanks for the first harvests of the season. It is held annually in February, on the last Saturday of the month.



AN INTIMATE NIGHT WITH GREGORY PORTER

Gregory Porter performs at the Teatro at Montecasino for three shows as part of his first solo concert tour. The two-time Grammy-winning singer was last in South Africa when he performed at the Joy of Jazz Festivals in 2014 and 2015.

EVENT DETAILS:

Date: 26 – 28 January
 Location: The Teatro, Montecasino, Johannesburg
 Tickets: TBA



ENTREPRENEURS TOASTMASTERS ZM

Toastmasters is a club that helps individuals develop their public speaking and leadership skills in a positive and supportive environment. In addition to becoming a better communicator, the meetings offer a platform for networking. In-person meetings are held on the last Thursday of every month.

EVENT DETAILS:

Date: 26 January, 23 February
 Location: Protea Hotel (Lusaka Tower)
 Tickets: Free



KEVIN HART: REALITY CHECK

Kevin Hart performs his one-and-only brand of comedy in South Africa as part of his 70-date tour. For two nights only, this Emmy and Grammy-nominated comedian and Hollywood actor presents new material for his South African fans in his best show ever.

EVENT DETAILS:

Date: 17 – 18 February
 Location: SunBet Arena, Time Square, Pretoria
 Tickets: Various

THE VICTORIA FALLS WATERFRONT

A RIVERSIDE ESCAPE

Words by The Victoria Falls Waterfront



The ideal location to base your cost-effective Livingstone adventure. Located within the Mosi-oa-Tunya National Park, three kilometres upstream from Victoria Falls on the banks of the upper Zambezi River and only 4.5 kilometres from Livingstone city centre. Victoria Falls Waterfront provides a range of affordable Livingstone accommodation options and is also the home of Safari Par Excellence, a renowned activity provider since 1998. This is where whitewater rafting, upper river raft float rides,

speedboat adventures, river cruises, safaris, elephant interactions, visits to the Elephant Café and cultural tours start and finish. Not forgetting unmissable guided tours of the mighty Victoria Falls. The on-site booking office team are on hand to assist you in arranging your personalised itinerary for your time in Livingstone, whether it be safari, culture, adventure or relaxation.

All guests can enjoy the use of two sparkling swimming pools, free Wi-Fi

covering most of the property, a vibrant riverside bar with happy hour specials every Wednesday and Friday, a riverside restaurant with an unbeatable view of the Zambezi River and Livingstone's favourite woodfired pizzas at Peppino's. The deck, bar and restaurant overlook the spray from Victoria Falls to your left during high water months (typically February to July) and offer the best sunset views over the Zambezi River to your right year-round. When the river is low (July to December), you will likely



see elephants crossing over to and from Siloka Island, which is opposite The Victoria Falls Waterfront.

Accommodation options at The Victoria Falls Waterfront to cover all budgets comprise of the following rooms:

- Three Executive Chalets – upper-level units with river views, king-sized beds and an en-suite bath/shower.
- Six River-Facing Chalets – ground-level double or twin rooms with river views and an en-suite shower.
- Twelve Garden-View Chalets – ground-level double or twin rooms with garden views and an en-suite shower.
- Four Family Chalets – ideal for families or travelling with friends, these rooms contain four single beds with garden views and an en-suite bath/shower.

Amenities included in each chalet are air-conditioning, Wi-Fi, mini-fridges, TVs, mosquito nets, tea and coffee-making facilities and electronic safes. A sumptuous breakfast overlooking the Zambezi is included in the rates.

- Sixteen Adventure Village Rooms – double or twin rooms with garden views and an en-suite bathroom with a shower. Amenities included in each room are air-conditioning, Wi-Fi, mini-fridges, gauze windows and doors, tea and coffee-making facilities and electronic safes.
- Twenty Adventure Village Tents – basic dome tents each contain two single beds, bedding, a light and a fan. They are situated in a shaded area of the property, supported by spotless shared ablutions.

Breakfast overlooking the Zambezi is also included in the rates for the adventure rooms and adventure village tents.

- Campsite – with the capacity to accommodate up to 100 people with braai stands, sinks and electrical points with our shady, lush gardens. Two separate ablution blocks.

The Victoria Falls Waterfront is home to two cruise boats, MV Makumbi – the original Livingstone booze cruise! And MV Mambushi – the smaller private/small group cruise boat. The MV Makumbi sets off for a sunset cruise most evenings, returning with a group of satisfied, upbeat guests after enjoying the spectacular sunset. The cruise includes snacks, drinks, and a light braai served on board.

WHERE?

Escape the everyday and experience the magnificent sights the Victoria Falls Waterfront offers on the banks of Zambia's mightiest river, the Zambezi, and beyond. The lodge is situated within the Mosi-oo-Tunya National Park on the banks of the upper Zambezi. It is tranquil and secluded while being less than five kilometres from Livingstone's CBD.

WHAT TO EXPERIENCE

- Speedboat adventures and river cruises, including the original Livingstone booze cruise on the MV Makumbi
- World-renowned whitewater rafting
- Exhilarating safaris
- Delectable meals overlooking the Zambezi River
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BOOKING AND CONTACT DETAILS:

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THE RIVER CLUB

LIVINGSTONE, ZAMBIA

Words by The River Club



The River Club is a charming oasis on Zambia's mighty Zambezi River, situated 18 kilometres (11 miles) upstream from Livingstone and the renowned Victoria Falls – a World Heritage Site and one of the Seven Natural Wonders of the World. Its ten luxury suites (including two with private decks and plunge pools and a two-bedroom villa), with floor-to-ceiling sliding glass doors, are renowned for their romantic ambience and spectacular views over pods of hippo in the Zambezi

River and beyond into Mosi-oa-Tunya National Park. Each room looks west into the African sunset, best viewed from the privacy of your ball and claw bathtub.

Steeped in old-world charm and history, the restored 1940s Edwardian homestead has a comfortable lounge, dining room, library and veranda where breakfasts are enjoyed. Midday meals are often served in the lush gardens spread out beneath the trees. The gazebo and the Summer House (with a snooker room) provide alternatives for private

dining. The River Club has not one but two separate dedicated kosher kitchens. Each has its own set of equipment, crockery, cutlery, glasses, utensils, pots and pans etc. The pool seems to be part of the river itself. A secluded deck provides respite, and beauty treatments are available in the Wellness Centre. The running track on the secure property, gymnasium and all-weather tennis court are ideal for the energetic.

A host of activities await young and old on the property and around Victoria Falls.



Activities include a Victoria Falls tour on the Zambian side, daily sundowner cruises, tiger fishing, visiting a nearby village, whitewater rafting, bungee jumping, abseiling, canoeing and flights over the falls. The area is steeped



in local history and is rich in wildlife, hippos and elephants are seen regularly, and birdlife is prolific.

The River Club is also an ideal destination for multi-generational family groups. Everyone at The River Club enjoys hosting youngsters as the lodge is highly family-oriented. Sprawling gardens provide the perfect setting for kids to run around and explore. Especially for children, The River Club offers a KIDS @ THE CLUB complimentary guided walk around the property. Each child doing the walk is given a courtesy adventure bag containing exciting goodies. Several in-house activities are suitable for families with children and there is an array of additional on-site facilities too. Certain external activities are also ideal for children.

Guests can visit the nearby Simonga Village to learn about the village's culture and, of course, get involved. For the past 20 years, The River Club has been actively supporting and improving the lives of the 4,000 inhabitants of the village.

The River Club is defined by its genuine hospitality, tranquil location, the historical preservation of Livingstone and its commitment to the local community of which they are a part.

WHERE?

The River Club sits on the banks of the Zambezi River, 18 kilometres upstream from Livingstone and the wondrous Victoria Falls. The boutique lodge offers a peaceful hideaway in one of the world's most beautiful settings.

WHAT TO EXPERIENCE

- Victoria Falls tours
- Hippo, elephant and bird sightings from the comfort of your suites
- Sundowner cruises
- Child and family-friendly activities such as the KIDS @ THE CLUB complimentary guided walk
- Adventure activities such as bungee jumping, canoeing and whitewater rafting
- Beauty treatments at the Wellness Centre
- Exquisite dining, including kosher options
- Cultural tours at Simonga Village
- On-site running track, gym and tennis courts for those who want to stay active

BOOKING AND CONTACT DETAILS:

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Proflight operates regular flights into Livingstone. Visit www.flyzambia.com for the latest flight schedule.

OCHA NYAMA BY MARLIN

DELECTABLE FOOD SERVED IN A GORGEOUS SETTING

Words by Tokozile N. Ngwenya

Images by Patrick Bwalya and Tokokile N. Ngwenya



Foodies and interior design nerds are abuzz over the newcomer on Lusaka's restaurant scene; the popular hangout spot has quickly risen amongst the ranks, capturing its residents' hearts and imagination.

Ocha Nyama by Marlin is appreciated for its lively atmosphere, upbeat music, shisha and cigar service and delicious braaied sizzling meats full of that smoky charcoal flavour. Co-owner Morgan shares, "Our original plan

was to provide a nshima place at East Park Mall that provides braaied meats, stews, oxtail and traditional vegetables." Beyond this, Ocha Nyama has taken the city by storm. Morgan continues, "when we opened the restaurant, it organically turned into a pre-drinking spot where people come to begin their night's adventure."

The restaurant is highly rated for its ambience and design. The quirky, industrial-chic aesthetic will dazzle you. The entrance

CHILL ZONE

Ocha Nyama opened in October 2022 and quickly became a fan favourite among people who love delicious grilled meats and thoughtfully designed spaces. It has also become the go-to joint for people to begin their nights out. Patrons visit for the ambience as much as the tasty cuisine.

WHERE?

Ocha Nyama is located at Lusaka's East Park Mall, directly accessible through the Thabo Mbeki Road entrance. The restaurant operates every day of the week from 11:30hrs - 22:00hrs and until late over the weekend.

is unassuming and deceptively subtle, but once you step inside, you'll be invited into an expansive space layered with eye-catching design features, such as the eclectic artwork on the walls and graffiti across the metal sheet ceiling. Other eye-catching unique design elements include the thatched wall, large windows, exposed red brick and light fixtures. Even the furniture has been meticulously curated to add to the funky, artistic rustic vibe. The aesthetics were planned carefully, as nothing felt random or was left to chance. "It was beautiful to watch a local artist transform our artistic thoughts into reality with his hands. We were pleasantly shocked by how he remodelled this space," Ocha Nyama co-owner Sholay shared. Ocha Nyama stops at nothing when it comes to being unique, as even the signage for the male and female restrooms is unconventional.

For a more private setting, the restaurant includes a VIP lounge, which seats up to thirty people, strategically located on the elevated indoor terrace and provides an aerial view of the entire space.



After taking in the sights, it was time to order. Upon noticing my indecision on which drink to order, the waitress recommended sex on the mpasa cocktail, one of the restaurant's top sellers. The fruity cocktail was a vibrant pink and was served in an enormous glass that looked and tasted like summer. It was garnished with fresh strawberries and orange slices.

Morgan recommended the battered kapenta and fried okra with a lemon butter sauce. The okra was cut into thin strips, coated in a batter and fried. Similarly, the fresh kapenta was also battered to hold the moisture and deep-fried. This is not how okra and kapenta are traditionally prepared in Zambia, so I was a little sceptical but also intrigued. I was pleasantly surprised at the bold flavours and impressed with the creativity of incorporating local foods traditionally prepared and repurposed into lively, unconventional finger food.

I drooled as I spotted my waitress approaching with my main meal from the serving bay. A rack of juicy, sticky pork ribs sitting on a wooden board, with a side of chips and a pickled salad. It was perfectly grilled, a meat lover's heaven; I was lost in the flavour.

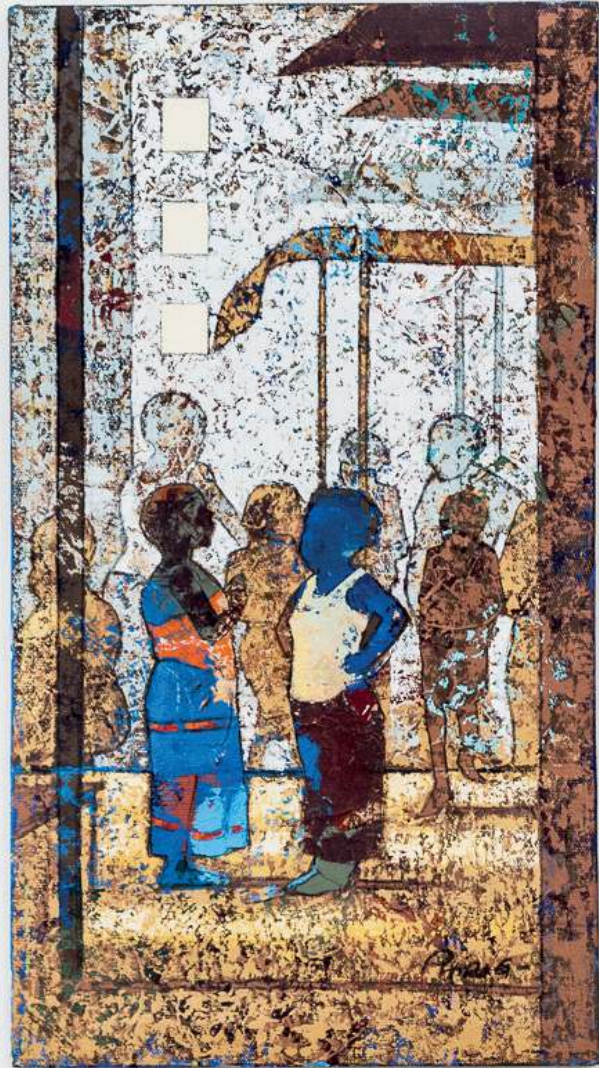
I opted for the chocolate brownie served with vanilla ice cream for dessert. The brownie tasted delightful; it was warm, dense, and sticky and had a sweet toffee consistency. As I took my final bite, I came away satisfied with the food and overall experience. The signature Ocha Nyama dishes, the beautiful setting and the vibe all come together for the perfect experience.

TRADITIONAL FOOD WITH A TWIST

You can sample familiar local fare like nshima at Ocha Nyama but also try traditional foods prepared in a way you've never seen.



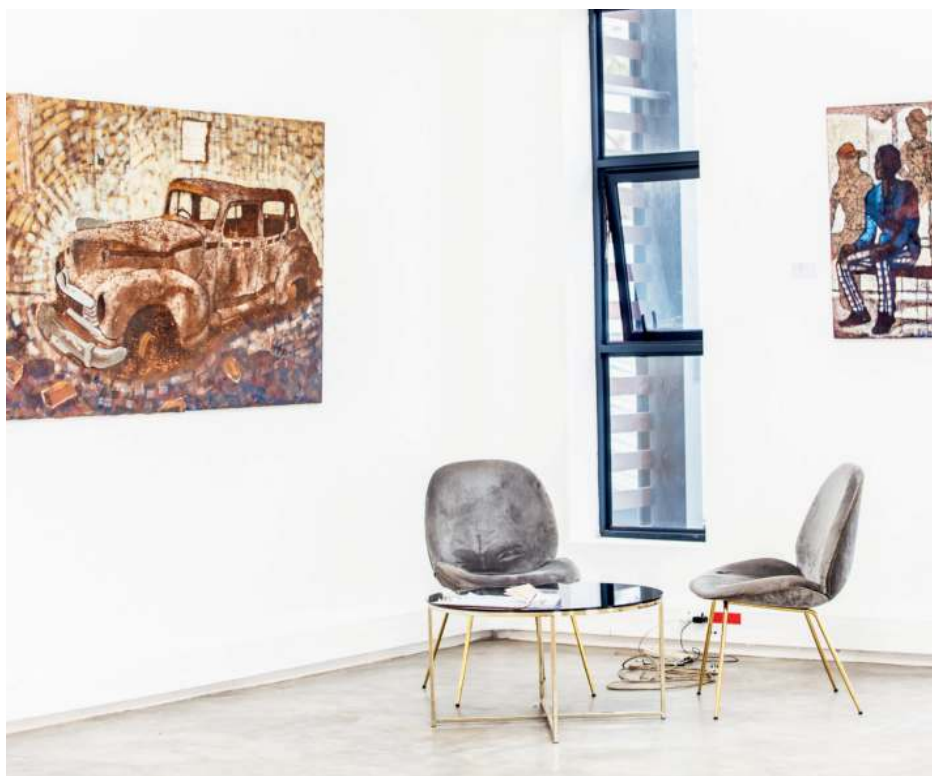
Proflight operates regular flights into Lusaka from Johannesburg, Livingstone, Ndola, Mfuwe, Solwezi and Mansa. Visit flyzambia.com for the latest flight schedule.



THE FINEST OF MWIMBI ART GALLERY

CHIC, SUAVE, VIBRANT

Words by Mwape J. Mumbi
Images by Kalichi Pictures



The art scene in Zambia is relatively small but is growing steadily. One of the most exciting art spaces on the stage is now Mwimbi Fine Art Gallery. Previously located in Lusaka's Woodlands area, the gallery has relocated and re-opened with not one but two spaces – one in the suburb of Kabulonga and the other at Chaminuka Lodge and Nature Reserve, on the outskirts of Lusaka.

Mwimbi Fine Art aims to raise the profiles of its featured artist and support the development of African artists at home and internationally. Through collaborations with industry professionals and institutions, the gallery aims to explore the links between contemporary art, African art and its audiences.

The format of touring, site-specific or permanent art exhibitions by corporates and private collectors at museums or galleries is already a familiar concept in Zambia. Mwimbi Fine Art is breaking new ground with a class act of temporary but in-person art exhibitions hosted in private and public spaces such as working spaces, cafés, boardrooms, business lounges, shopping malls, and airport terminals. In fact, Zambia Airports Corporation Limited has signed an MoU with Mwimbi Fine Art to proudly display artworks at numerous Zambian airports to affirm the country's visual culture.



Leading the Mwimbi Fine Art's on-site and pop-up exhibitions is Lee Garakara, the gallery's founder and creative director. Garakara has garnered invaluable experience in not only the Zambian art scene but also in Hong Kong, South Africa and Sweden. In fact, Mwimbi Fine Art also has a location in Hong Kong, making it a truly international endeavour.

Garakara's restless creative mind, flexibility and easy-going nature have helped him embrace

FAST FACTS:

- Mwimbi Fine Art has thus far put through their boot camp style orientation workshops about 100 young artists and 5 group shows in partnership with Chaminuka Lodge.
- Newly developed is a production artist-in-residence (AIR) Program at Chaminuka Lodge, currently hosting 4 artists.
- A total of 9 pop-up exhibitions – 5 solos, 4 group shows – have since been staged by Mwimbi Fine Art over the last 12-18 months.
- Mwimbi Fine Art opened in Hong Kong in 2009 and has two newly opened spaces in Lusaka – one in Kabulonga and the other at Chaminuka Lodge.
- The gallery forges cross-cultural ties between Africa and Asia and within the Zambian and African art communities.
- The first exhibition at Mwimbi Fine Art's recently opened Kabulonga location was by renowned Zambian artist Geoffrey Phiri.
- The Kabulonga location is open between 08:00-17:30hrs from Monday to Friday and by appointment on Saturday and Sunday between 08:00-17hrs.



Proflight operates regular flights into Lusaka from Johannesburg, Livingstone, Ndola, Mfuwe, Solwezi and Mansa. Visit flyzambia.com for the latest flight schedule.



view some of the heritage-inspired contemporary art and craft work on display in a private collection inspired Garakara to start boot camp style arts skills and career orientation workshops for young artists. These workshops have been held at Chaminuka Lodge since January 2022, hosting some of Mwimbi Fine Arts exhibited artworks.

A visit to a Mwimbi Fine Art exhibition at Chaminuka allows for a multi-faceted experience. After viewing the day's exhibition, one can also view the private art collection (belonging to the lodge's developers) on display throughout the property and take in activities on offer at the lodge, including game drives and cheese tastings.

The Kabulonga location is on the top floor of Africa Works, a chic and hip co-working space. It is fitting because co-working spaces have emerged and proliferated in response to our more nomadic or transitory work lives. It has a minimalist design, allowing the art to speak for itself. The art on display "breathes" and guarantees total engagement with the viewer, explains Curator Garakara. The gallery offers exhibition space for visual art created by emerging and seasoned Zambian artists, with a pulse on commercial art sales to both new and established local and foreign collectors.

At the time of my visit, there was a mixed media solo exhibition by Geoffrey Phiri themed 'More Witnesses,' with most artworks on long stretching canvas evocative of a cinematic widescreen. Through the paintings, Phiri shows the varying interpretations of specific scenarios by the witnesses from different segments of society. Phiri consistently captures the frailties of the underclass in works like 'Witness' and 'More Umboni', and the foibles of society's high and mighty in 'Mboni za a Kawalala (Criminals witnesses)' and 'From Metal to Dust'.

I wait in anticipation to see what other exhibitions will be on display at Mwimbi Fine Art Gallery's new home. Phiri's exhibition was only the first in the new Kabulonga locale, and will surely not be the last exhibition. Whether you visit one of the two permanent locations or head to a pop-up exhibition, Mwimbi Fine Art represents the progress of the Zambian art scene.



the pop-up art exhibition more than other players on the local art scene. He first announced his presence by organizing solo and group pop-ups at an office space in Woodlands - hot on the heels of a solo showing of "Chinese Born in Zambia" in Hong Kong for accomplished Zambian artist William B. Miko.

Following the pop-up's success, many more solo and group pop-ups featuring some of Zambia's best creators were showcased rapidly. Among the showcased were artists such as pencil drawing virtuoso Shadreck Simukanga, canvas painting workaday observers Geoffrey Phiri and Ng'andwe Mwaba, master-sculptor Smart Banda, and the unapologetic audacious puzzlers David Daut Makala and Nukwase Tembo known for her works on black femininity.

Makala and Tembo crown a wave of disruptive emergent young talents thirsting for traction and distinction beyond Zambia's art scene. Their get-up-and-go attitude is well matched by the profound conviction at Mwimbi Fine Art. Given the wealth of cultural heritage represented by Zambia's 73 ethnic communities spread across its ten provinces, the array of possible themes and stories yet to be created and shared by the two artists is limitless.

An excursion by curator Garakara to Chaminuka Lodge in mid-2021 to





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PRUDENTIAL

ICONIC AFRICAN GIN

HANDCRAFTED WITH ZAMBIAN PASSION AND SWISS PRECISION

Words by Sarah Kingdom
Image by Annie 'Yanz' Kamanga



After travelling through Eastern and Southern Africa, Nathaly and Gue Wagner chose Zambia as their home, drawn to the country by its beauty and friendliness. At Nagwaza Farm in Chisamba, they found friends and a new place to call home. Here, the journey to produce a world-class artisanal gin started and Iconic African Gin was born.

Africa's natural environment gave them access to its pantry of handpicked roots, herbs, and berries to create this unique gin, handcrafted in the smallest batches. This unique gin is distilled on the bases of molasses. It contains the natural flavour of 20 different handpicked botanicals, 17 of which are collected from the African continent, with 14 coming from Zambia, making the production a genuinely Iconic African Gin.

The bottles are adorned with a beautiful piece of art painted by the Zambian artist Nukwase Tembo. A beautiful woman graces every bottle of Iconic African Gin. Her 'forest hair' symbolises the source of the botanicals used in the gin. Her clothes, make-up and leaves are painted using Zambia's national colours. If you look closely at her eyes, you will see that one is done using the colours of Zambia, and the other is done using the colours of Switzerland, the gin's creators' original home. Symbolising the company motto "Handcrafted with Zambian Passion and Swiss Precision".

Whether you are exploring the African bush or sightseeing and shopping in Lusaka. A gin and tonic is the perfect sundowner, and there's no better gin to use than one handcrafted in Zambia, infused with the very flavour and essence of the country.

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KACHIZA KWENDA

BUILDING ON THE LEGACY OF RELIANCE

Words by Royd Kapesa
Images by Kalichi Pictures

Kachiza Kwenda is the CEO of Prudential Life Assurance Zambia, the local arm of the global financial services giant of the same name. Globally, Prudential has been around for 174 years and is part of human history's most iconic moments. Most notably, Prudential covered many lives that perished on the Titanic on 14th April 1912. By June 1912, Prudential had paid out claims for 324 lives. Prudential also covered the lives of thousands of people from World War I and World War II, which were traced up to 30 years after the end of the world wars. Today, Kachiza Kwenda is part of the team building on the legacy created by Prudential and taking it forward.

I sat down with Kachiza at The Retreat, a restaurant nestled inside Roma Park, a mixed-use development located in the heart of Lusaka. The Retreat offers a family-friendly atmosphere paired with a world-class dining experience to serve both young and old. It was the perfect backdrop for a conversation on work, life, and everything in between.

Kachiza is one of the youngest CEOs in the Zambian financial services industry. In his mid-30s, he is leading a team of

180 staff members and 2,000 agents on a mission to deliver the best insurance service to the dynamic Zambian customer base.

His path to the insurance industry was mapped out from the start. Kachiza's father worked in insurance and his mother was a teacher. His parents gave him and his brothers a blueprint to follow. Growing up, the boys had the option of either working at the family farm or the family business, ultimately giving them a head start in preparing for their professional lives. Today, most of Kachiza's brothers work in the financial services sector.

Kachiza credits his success to his upbringing. "Growing up, we were provided with both physical and psychological safety. We were given serious boosts of confidence and were always told that we could go out there and make mistakes, that we were not better than anybody and that nobody was better than us," Kachiza comments.

Before becoming CEO, Kachiza held several leadership roles at Prudential with the last one being CFO for almost three years. The skills he acquired as CFO were pivotal to his rising to the



"I WAS PRIVILEGED TO HAVE WORKED IN OUR FAMILY BUSINESS, AND I GOT INSIGHTS AROUND THINGS THAT OTHERS PERHAPS DIDN'T...I LEARNED THAT RELATIONSHIPS ARE WORTH MORE THAN MONEY. I INTERACTED WITH SHAREHOLDERS AND SAW THAT MONEY DOESN'T GROW ON TREES."

- Kachiza Kwenda
Prudential Life Assurance Limited CEO



CEO role. Today's CFO has transitioned from being a number cruncher to a strategist, one able to use numbers to tell a bigger forward-looking story and help steer a company towards success. The transition from CFO to CEO was relatively smooth because the skills were transferable. Kachiza inherited the role with a clear picture of the business. However, this didn't mean he could relax; there was still work to be done.

Success in the CEO role requires an equal measure of technical aptitude and personal awareness. Kachiza sees CEOs as "leaders of leaders" and believes they must be aware of their traits and those of others. Reflecting on his journey, Kachiza credits quick learning and adaptability as keys to his success. "I believe life is a game, and every game has rules. I know where I should be and where I shouldn't be. I understand myself fairly well, and I know what my limitations are. I have very good people on the team who complement my weaknesses and strengths that have helped me in my transition thus far."

Kachiza also credits his success to early exposure to the insurance industry through his family's business. Commenting on this exposure, he says, "I was privileged to have worked in our family business, and I got insights around things that others perhaps didn't. Things that are best learned from experience rather than books, such as negotiating, networking and selling. I learned

that relationships are worth more than money. I interacted with shareholders and saw that money doesn't grow on trees. These are experiences that are difficult to replicate. I was inoculated with confidence from a young age. I was taught to be respectful of people and never to be afraid to question things."

Despite his early success, Kachiza continues to learn and improve. He is a firm believer in neuroplasticity, which posits that every experience alters the brain's organisation at some level. Neuroplasticity refers to the lifelong capacity of the brain to change and rewire itself in response to the stimulation from everything we learn and encounter. Kachiza shared a story of a girl who had half her brain removed and lives a normal life today. This story inspires him to keep learning and developing his skills.

To challenge himself and overcome his fears, he recently learned how to swim and even how to juggle. This provides a glimpse into Kachiza's mindset, never settling and always looking for a challenge. "Success for me is in the incremental gains. Some people believe in Big Bang events, but I believe in doing the little things a little better. I also believe the finish line for success is always moving, which keeps me excited to keep exploring."

On his leadership style, Kachiza sums it up in six words, "loose on people, tight on objectives." He believes in getting the best



CFO TO CEO

Before taking on the CEO role at Prudential Life Assurance, Kachiza Kwenda served as CFO. As CFO, he had already gained a clear picture of the ins and outs of the company. He also believes that the skills required to be a CFO and CEO are similar and transferable. All this came together to make his transition a smooth one.

MOULDED FROM A YOUNG AGE

Prudential Life Assurance Zambia CEO Kachiza Kwenda is one of the youngest CEOs in the country's financial sector. Kachiza credits his upbringing with helping bring about his career success. Working at a family insurance broking company during his younger days gave him invaluable insights into how businesses work. His parents made conscious efforts to equip Kachiza and his brothers with the mindset and experiences to enable them to succeed.

CONTINUOUS IMPROVEMENT

Kachiza loves to learn new things and pursues continuous self-improvement. He prides himself on being adaptable and is an ardent believer in neuroplasticity, the idea that our brains have the lifelong capacity to rewire themselves in response to our various experiences.

SMALL STEPS, BIG RESULTS

For Kachiza, success is the result of incremental gains over time. There isn't one big action that leads to success but rather small actions done over a more extended period.

LEADERSHIP STYLE

Kachiza has a relaxed leadership style and believes in allowing people to do what they're good at. His job as a leader is to provide an enabling environment that allows his staff to thrive.

"I DEPEND ON EXPERTS TO DO THEIR JOB, AND IT'S MY JOB TO ENSURE THE ENVIRONMENT IS ENABLING. I BELIEVE EVERYONE BRINGS SOMETHING TO THE TABLE."

- Kachiza Kwenda
Prudential Life Assurance Limited CEO



people for the job and then letting them get on with their work. "I don't have all the answers. I depend on experts to do their job, and it's my job to ensure the environment is enabling. I believe everyone brings something to the table. You don't evaluate a fish based on its ability to climb a tree."

The culture at Prudential is one of innovation and responsiveness. During the COVID-19 pandemic, the insurer cemented itself in the minds of its customers by tailoring its offerings to meet pressing needs. Prudential waived off all pandemic clauses in its policy, paid out millions of kwacha in claims and even covered frontline public health sector workers for free. COVID coverage was also extended to all existing customers. As people question whether they should keep paying for insurance in the face of rising inflation, Prudential continues to prove itself to be a valuable partner to everyday Zambians.

Kachiza's story as the CEO of Prudential is still in its early stages, and he still has a long career ahead of him. However, career progression is one of many things he values in life. He is a husband and father to two young boys who keep him on his toes. He has other interests outside of work, such as gardening, cycling and, more recently, swimming. He also enjoys learning, especially trivia, which he describes as "random things that no one cares about."



Did you know that a crocodile cannot stick out its tongue? This is just one random thing I learned from Kachiza during our chat. He is just as inquisitive now as when he was a young boy learning about insurance from his father.

Kachiza believes that if he hadn't followed his current career path, he would have been a farmer, which is not surprising given his exposure to the family farm from a young age. Our discussion concludes with Kachiza telling me, "I am convinced without a doubt that wherever I go, I definitely won't be subpar. I am highly adaptable. I don't obsess about what I will do next. Sufficient is the challenge for the day. Tomorrow will worry for itself, and I pray for strength for what I have today."



+ THE RETREAT AT ROMA PARK

Living up to its name, The Retreat offers a getaway from the hustle and bustle of Lusaka city. The family-friendly restaurant is located in Roma Park and serves a wide range of local and international dishes.

AFRICAN SUPERFOODS

THE BUSINESS OF HEALTH

Words by Nawa Mutumweno



The ancient Greek physician Hippocrates famously said, "Let food be thy medicine and medicine be thy food." A growing number of individuals who believe in the power of holistic natural health care have taken "the father of modern medicine's" advice to heart and are choosing to "cure" their bodies and prevent diseases by consuming nutrient-rich, environmentally friendly superfoods.

The superfood label is typically reserved for organic, nutrient-dense foods relatively low in calories. They're said to improve health by strengthening immune function and aiding disease prevention or slowing disease progression in addition to supporting the immune system.

Superfoods are also associated with improved heart health, increased energy levels, cancer prevention, maintaining healthy cholesterol and blood sugar levels, and even reducing the effects of ageing, among others.

While no one miracle food will offer consumers perfect health and cure or prevent all diseases, there's no denying that some foods are healthier than others. Some foods undoubtedly stand out for their nutritional qualities and benefits and are gaining popularity and momentum among natural health food advocates, partly accelerated because of the COVID-19 pandemic.

Superfoods comprise of different types of fruits, vegetables, grains, leaves and

nuts. However, superfoods still need to be understood, even with their supposed health benefits. It is worth noting that critics have argued that the concept of superfoods is pseudoscientific and merely a marketing gimmick. Whatever the case, the superfoods market is undoubtedly growing, and the sector presents vast economic potential.

Superfoods such as quinoa, acai berries, chia seeds, kombucha and green tea are among the most popular superfoods globally. However, Africa has various superfoods that can be utilised for national growth through sustainable commercialisation. Superfoods of African origin that can be better commercialised include the baobab fruit, moringa, tiger nut, teff, tamarind, fonio and amaranth.



'Growing Africa – Unlocking the Potential of Agribusiness', a recent World Bank Group report, says Africa's food systems are currently valued at \$313 billion per annum. They estimate that figure has the potential to triple if governments and business leaders radically rethink their policies and lend support to small-scale farmers and agribusinesses, which together account for nearly 50 per cent of Africa's economic activity.

The global superfoods market was worth an estimated US\$164 billion in 2021 and is projected to be worth over US\$228 billion by 2026. The North American market is the largest consumer of superfoods, while Asia Pacific is the fastest-growing superfoods market.

The superfoods market is highly competitive and is driven by product offerings and consumer demand. The market offers various opportunities for new entrants owing to the continuous shift in consumer preferences towards healthy foods. This creates multiple opportunities for the manufacturers of superfoods, with major players concentrating on expanding their market share anchored on productivity through

technological innovations.

The recent COVID-19 outbreak was a boon for the superfoods manufacturers, as there was extensive demand for packaged functional food products. As the notion of healthy and nutritious eating widely spread in the global market, it created additional demand for superfoods on an industrial level.

Zambia has tapped into the superfoods market with the production of moringa. The Moringa Initiative produces tea and supplements, which are readily available in Zambia and South Africa, the US and the EU. The company's products can also be purchased through its website, making them available to an even more comprehensive array of customers.

There is a grand opportunity of exporting African superfoods to markets in Europe, the US and the Asia Pacific due to the rise in demand for healthy foods. African producers and entrepreneurs can and should tap into this opportunity by cultivating these crops and exporting them either raw or processed. The potential earning increases with value addition; African producers must process

their products to achieve maximum earning potential.

This way, producers will create jobs and generate revenue through exports to improve the welfare of rural farmers. Unlocking the vast potential of these agro-commodities will develop agricultural value chains and agro-allied industries and allow them to become more competitive in global value chains.

To succeed in the export market, all legal requirements of the regulators in the importing country must be strictly adhered to while processing these foods. Packaging and labelling should also be of a high standard. The way superfoods are displayed in-store is key to how consumers perceive them. The products must also be made available on e-commerce platforms and aggressively marketed internationally.

Finally, it is a plus if African producers promote their products with a compelling backstory. Today's customer is discerning and is interested to know where the crop was grown, harvested, and its 'route' from farm to store shelf.

ZAMBIA'S ECONOMIC ANALYSIS

Words By Nawa Mutumweno



agro-processing are in place to promote value addition that has slumped in recent times, thus contributing to agricultural transformation in the years to come.

Tourism

While the tourism sector is still recovering from the adverse effects of the COVID-19 pandemic, the easing of restrictions has already led to a positive change in the number of international tourist arrivals. During the first half of 2022, Zambia recorded 496,456 arrivals compared to 239,885 in the same period in 2021.

The government has taken many steps to ensure continued growth in the tourism sector. Efforts such as the waiver of visa requirements for tourists from a multitude of countries such as the United Kingdom, the United States, Canada, the Gulf States and the European Union have the potential to increase the demand for tourism services, create jobs and enhance spillovers in the food value chains through the multiplier processes.

Other incentives, such as the three-year suspension of customs duties on imports of selected fixtures and fittings, capital equipment, machinery and safari game viewing vehicles, have been set in place to help spur further investments into the sector.

Mining

The sector remains the kingpin of the economy, accounting for 17.5 per cent of GDP and over 70 per cent of foreign exchange earnings in 2021. Notwithstanding, production has slumped to an average of 797,000 metric tonnes in the last five years. However, plans are being implemented to grow copper output to 3 million metric tonnes in the next nine years. To this end, the property transfer tax has been reduced from 10 per cent to 7.5 per cent on mining rights held by exploration companies to encourage exploration efforts.

With new mines expected to start operations at Kitumba Copper Project in Mumbwa, Kashime in Mkushi and Mwekera Copper Mines in Ndola, more direct mining jobs and others in related

After several years of decline, the Zambian economy started to rebound in 2021. Though the country is experiencing continued signs of growth, challenges still abound.

From the darkness of a sizeable debt burden, the poor performance of the kwacha, rising inflation and stagnating growth, a ray of hope is shining through the restoration of debt sustainability, exchange rate stability, lowered inflation and budget credibility. The march to recovery and resilience is still underway.

Below we look at Zambia's most significant economic sectors, performance and expectations.

Agriculture

Crop production performed below par during the 2021/22 agricultural season. The production of crops such as maize, rice, sorghum and cassava declined partly due to the late onset of rains and flash floods.

The creation of new farm blocks is poised to support the development of large-scale agricultural estates. This will be accelerated by \$300 million in financing secured from the World Bank. The envisaged out-grower schemes around farm blocks is expected to increase employment generation and incomes among rural communities.

Initiatives to integrate production and

and indirect sectors such as transport, and engineering, among others, is expected to expand.

Plans to diversify the mining sector from being heavily reliant on copper to other mineral resources are in motion. Projects like the nickel mine in Kalumbila is set to commence production in early 2023. Other projects, like coal production at two sites in Southern Province and manganese production in Chipili, Luapula Province, have also kicked off.

"The proposal to diversify the mining sector by promoting other minerals like precious metals, gold and manganese will increase not only the job opportunities and revenue for the country but also foreign exchange earnings that could help cushion the country in times of copper price instability," elaborated Dr Dale Mudenda, Researcher and Head of Economics Department at the University of Zambia (UNZA).

Manufacturing

This sector is pivotal in stimulating growth and achieving value addition, contributing 9.4 per cent of GDP last year.

The Lusaka South Multi-Facility Economic Zone (MFEZ) attracted over 30 companies with a total pledged investment of US\$230 million and an estimated 4,000 jobs. An MFEZ in Kalumbila is also being established to promote mining and non-mining-linked manufacturing for local and international markets. The manufacturing of electric car batteries is also being promoted on the Copperbelt.

A US\$138 million fertiliser firm has commenced operations in Chilanga, producing 700,000 metric tonnes of Compound D and 300,000 metric tonnes of urea annually. Through this investment, national self-sufficiency and improved reliability of fertiliser supply are guaranteed, thus saving the country the much-needed foreign exchange. The fertiliser plant fits into the government's long-term plan to become self-sufficient and a positive net exporter of fertiliser.

Micro, Small and Medium Enterprise Development

One strong point of the current economic dispensation is the spirited desire to uplift the SME sector, evidenced by the creation of a ministry

dedicated to supporting micro, small and medium enterprises.

It is imperative that the constraints in the growth of SMEs – lack of affordable finance, market access and inadequate business development skills – are sustainably addressed.

Interventions include, among other things, empowerment of SMEs through the Constituency Development Fund (CDF), funding through the Citizens Economic Empowerment Commission (through a K365 million financing portfolio) and increasing budgetary allocation to the Zambia Credit Guarantee Scheme.

These proposed financial incentives' success will depend on how innovative, skilled and prepared the SME owners are to manage businesses. Thus, the government should prioritise skill development in business management, R&D and technical assistance among SMEs.

Energy

Although some successes have been recorded, Zambia has had well-documented challenges in its energy sector, especially concerning its electricity supply.

In the electricity sub-sector, the country recently achieved a surplus in generation capacity of 1,156 MW, following the commissioning of the 600 MW generation capacity at the Kafue Gorge Lower. This has facilitated power exports to the Southern Africa Power Pool (SAPP) worth over US\$100 million during the first half of 2022.

Daily load shedding was reintroduced in mid-December 2022, with the government citing dwindling water levels at Kariba Dam, the country's primary source of hydropower, as the main reason for the disruption in electricity supply. This will likely deal a heavy blow to the business sector, especially SMEs and manufacturing sectors, which are still recovering from the impact of COVID-19. Most small businesses – butcheries, barbershops, salons and restaurants – cannot afford alternative diesel-powered generators or other means of power generation.

Infrastructure Development

Infrastructure projects such as roads,

border posts and aerodromes in various parts of Zambia are currently being constructed and upgraded. Discussions with neighbouring countries are also in progress to improve the regional rail network to facilitate trade. Railway projects include the North-Western to Angola link, Nseluka to Mpulungu on Lake Tanganyika, and Kafue to Lion's Den in Zimbabwe. The recapitalisation of TAZARA is also underway.

Successes

The Zambian economy has demonstrated resilience during the last year, partly influenced by shifting policy stances brought on by the new government. It remains to be seen whether the foundation laid by the new administration is solid enough to propel the country to a more solid developmental trajectory.

Notable economic milestones in 2022 include stabilising the exchange rate, achieving single-digit inflation and a positive trade balance. The country also secured a three-year arrangement with the IMF under the ECF amounting to US\$1.3 billion. The facility is tailored to help restore macroeconomic stability and foster higher, more resilient, and more inclusive growth. This is expected to enhance the country's negotiation position and help strengthen its balance of payments (BoP) position.

"Positive market sentiments improved throughout the first half of the year, especially with the announcement of financial assurances from the creditors under the G20 framework in July and the approval of the IMF programme in August 2022," said Gibson Masumba, the Economics Association of Zambia (EAZ) interim national secretary.

"We also saw the government implementing tight monetary policies to keep inflation in check. Inflation which had hit over 23 per cent in June 2021, was contained to a single digit by June 2022. This was a major feat," he added.

The review of the economy's performance in 2022 shows that the Zambian economy is relatively stable. Although positive, the economic outlook for 2023 and the medium-term will remain uncertain, given the challenges of slow global economic growth and supply chain disruptions, among other challenges.



**CHOLA
CHISENGALUMBWE**

Humour Columnist

CURB YOUR CREATIVITY

GOLDEN EXITS

Reader, I'm leaving you — no, it's not me; it's you. Once or maybe twice, you have come across me someplace, waiting in line for KFC or loitering in the airport. At the same time, someone else makes for a more "dynamic media economy," which is a phrase looming large and heavy on the aspirational end of my CV. On these chance encounters, you have remarked upon my humour; how hilarious I can sometimes be. You have said, "Stop, please stop," and despite your chortling, I'm not sure you've meant that as a compliment. Your flowers are nice and all, but they're always a little late.

I am losing my mind because you, my countryman, will not die for anything built from creative endeavour. You are unmoved by plays and so have watched in deafening silence as the Lusaka Playhouse disintegrates to what is utter ruin. You flood the cineplexes — pardon, I have always wanted to say 'cineplex' in a paid-for sentence — for Black Panthers and Iron Men but not for Meryl Streep, Cate Blanchett, or even Spike Lee. So, the cineplex doesn't bother bringing us Meryl Streep, Cate Blanchett or even Spike Lee.

Worst of all, dear reader, you will not die for books. (Well, maybe you're the exception since you're reading this now.) When I leave the shipment depot just as you enter it, and you do not place me because I move in such exquisite darkness, I am the one who bears aromatic hardbacks from New York. You only ever have shoe boxes from Adidas and Nike or hardware I didn't know you could unclog strange things with. Will Adidas present to you ever the difference between aesthetic and ethical living? Has Nike ever compelled you to stop and wonder what it's like to walk in another man's Jordans, especially if that man happens to live in, oh, I don't know, Bhutan? You will render me and the wider literary species extinct, reader, by accepting a society and a market bereft of culture, inquiry and adventure.

When I am not, ahem, overseas, checking on my, ahem, offshore affairs, I am populating the United States of Bedroom (USBDR, which is not a sex thing) with stuff I can't even share with you. This is not a healthy way to live: in one-sided emotional relationships with sports franchises that raise my BP, and overrated but somehow bestselling authors who raise my BP, and literary agent women who I think lower my BP. But these are, actually, the things that ought to raise blood pressure — in line at KFC, when we're waiting around for the movie theatre to let us in, or when we're waiting for our steaks in the smoking lounge at Marlin. How else do you actually get started on contributing something cool to civilisation — like War & Peace, Do The Right Thing, or Xbox Game Pass? How will we know who we are as people, not patriots if we don't summon the courage to go snorkelling down our souls?

If we were dating, dear reader, we would be like a married couple that never does anything and never goes anywhere. We would do brunch with boring friends more inclined to run through the play-by-play of Friday night (ugh!) than tackle those concerns you and I once agreed were most pressing: the melting of icebergs, the twinned ascent of socialism and fascism, and where to find exotic cheeses. You believe these things matter just enough to justify a colourful Instagram page and, with it, rather good taste in clothes, but not enough to wonder how they offer life any real meaning.

So I'm taking my peaches elsewhere. Somewhere the locals give many damns about particular scenes in particular movies or the first sentences in books by materialistic hipsters. Picture me riding, dear reader. Or better yet, picture me fleeing the scene just as Batman and the cops arrive, cackling as all my clown makeup fades in the moon-glow.

"Til we meet again ... Bat-MAN!"
(Yes, reader, sigh; I know you're not actually Batman ...)

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Chola C is fading; at www.thegrab.net



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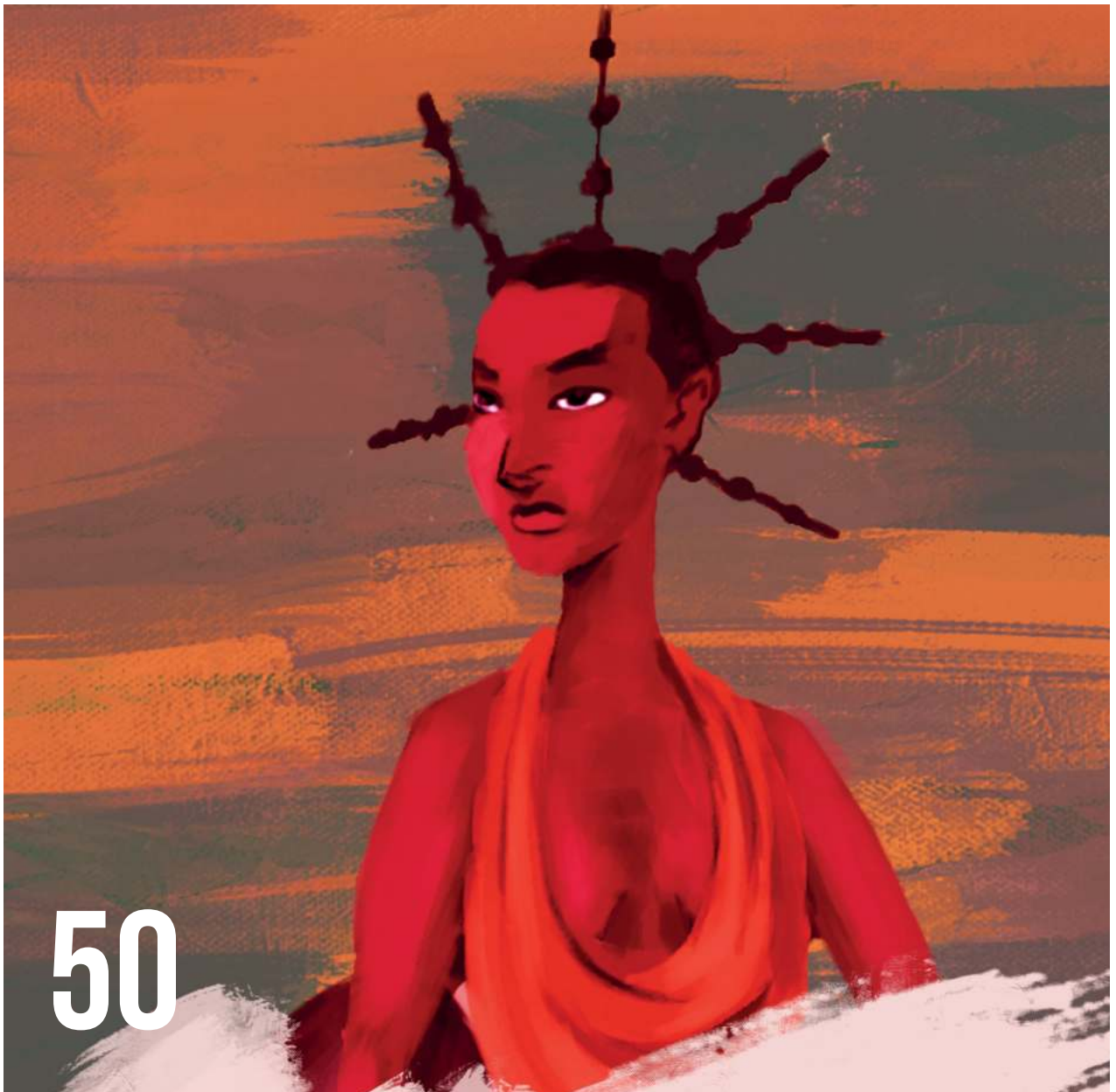
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Throughout African and Zambian history, women have held positions of power, though many of their stories are not told. African female leaders have ruled kingdoms, led their people to war and peace, resisted imperialism and introduced innovations that elevated the lives of their people. Learn more on page 50. (Illustration by Black Rose The Artist)

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ZAMBIA'S LEADING LADIES

EXPLORING AFRICA'S LOST HISTORY

Words by Imanga Kayama
Images by Black Rose The Artist



L leading Ladies is a remarkable creative production pioneering the unlearning of history from what colonialism stole from Africa to imagining a future that glorifies the lion rather than the hunter. Leading Ladies is a multifaceted work of art depicting women who held significant leadership positions in 16th and 20th century, Africa.

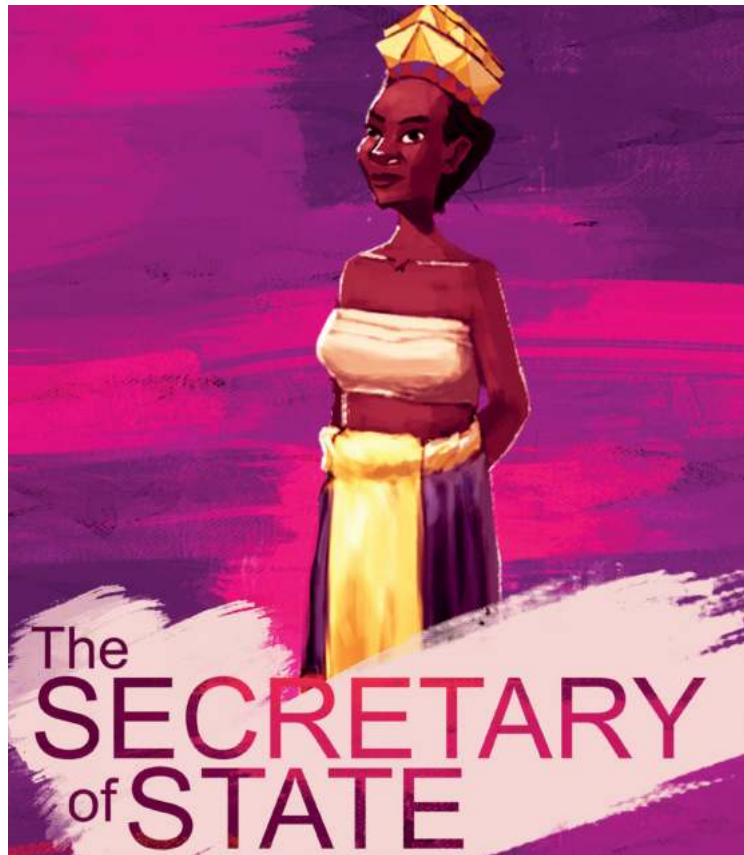
"it is showing how you can restore a narrative and correct the knowledge asymmetry that has occurred as a result of our colonial history and the history of erasure by Western dominating political and social narratives," says Samba Yonga, producer of the animated podcast. Leading Ladies, which recently concluded the fourth production season, is an intervention by the Women's History Museum of Zambia. Founded by Samba Yonga and Mulenga Kapwepwe, the Women's History Museum revives narratives of African history with a specific focus on women.

Going as far back as the 16th century, Leading Ladies effectively busts the misconception that women were incapable of being leaders. The podcast goes further to demonstrate that not only were women capable of being figureheads but that they were also very effective leaders who influenced the course of history and left a notable impact on the continent. Leading Ladies has documented 39 episodes with characters that include a scientist, a truck driver, a racial justice advocate, a justice seeker, a health care advocate and many more. In this article, we uncover five specific archetypes from the first season of Leading Ladies: The General, The Secretary of State, The Politician, The Feminist, and The Head of State. The following stories are merely a tip of the iceberg of the rich historical facts about indigenous African knowledge that remain shrouded in mystery and sometimes ignorance.



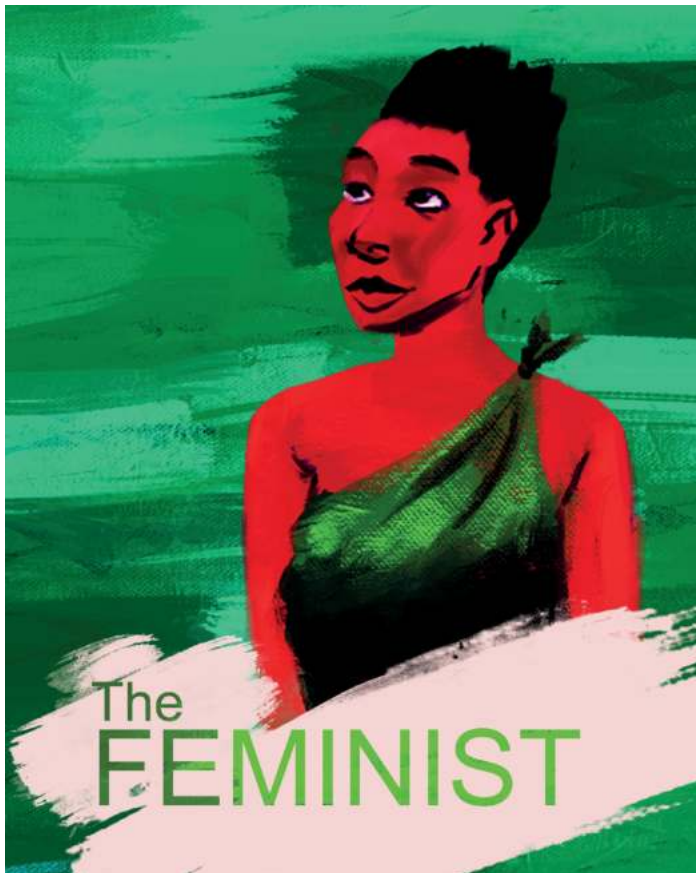
MWAPE

In the 19th century Muchinga Province, Mwape debunks the assumption that women had no military abilities or skills. Changwe Mwape II, daughter of Namukwanga Mwape I, was a remarkable woman of her time ruling the Ambo people of present-day Muchinga Province. Her chieftaincy comprised the middle Luangwa, the Chambira valley and further east. Evidently expansionist, Mwape extended her rule from Mulembo to Msanzara, fighting many wars and opposing invaders. Mwape notably opposed a Portuguese trader called Jose D'aranjo Lobo, also known as Matekenya. Matekenya dealt and traded in enslaved people, salt and ivory with the Chikunda. Mwape declared war on the Chikunda and every Ambo chief who supported them. Mwape raided other Portuguese traders to acquire guns and ammunition to gather weapons and artillery. She led many battles which extended her influence and imposed control on the trade routes in Ambo country. At the time of her death, Mwape reigned over Milambo, Mukusashi, and Lower Luangwa and controlled the Nyamadzi Valley.



MUKWAE MATAUKA

In the 18th century Barotseland, there's proof that women had already determined many decisions on State and Government. For instance, the Great Mukwae Matauka notably influenced the clear demarcation of the boundary between Zambia and Angola, along the 38th parallel. The assumption in our past is that women could not be trusted with affairs of the State. Litunga la Mboela, Mukwae Matauka in 1878 Nalolo of present-day Western province proves different. Mukwae Matauka was the sister to Litunga Lubosi (renamed Litunga Lewanika) and ruled the southern part of the Barotseland Kingdom headquartered in Nalolo. During her reign, the Portuguese from neighbouring Angola were infringing on her boundaries and collecting taxes and natural resources that belonged to her people. She decisively asserted her authority by writing to the Italian government, which was in charge of delineating the continent after the Scramble for Africa of 1884. The result of her intervention is the current border partition between Angola and Zambia in the Western part of the country. The position of Litunga la Mboela maintains a dignified position second only to the Litunga, the king of the Lozi people.



CHIKUKU

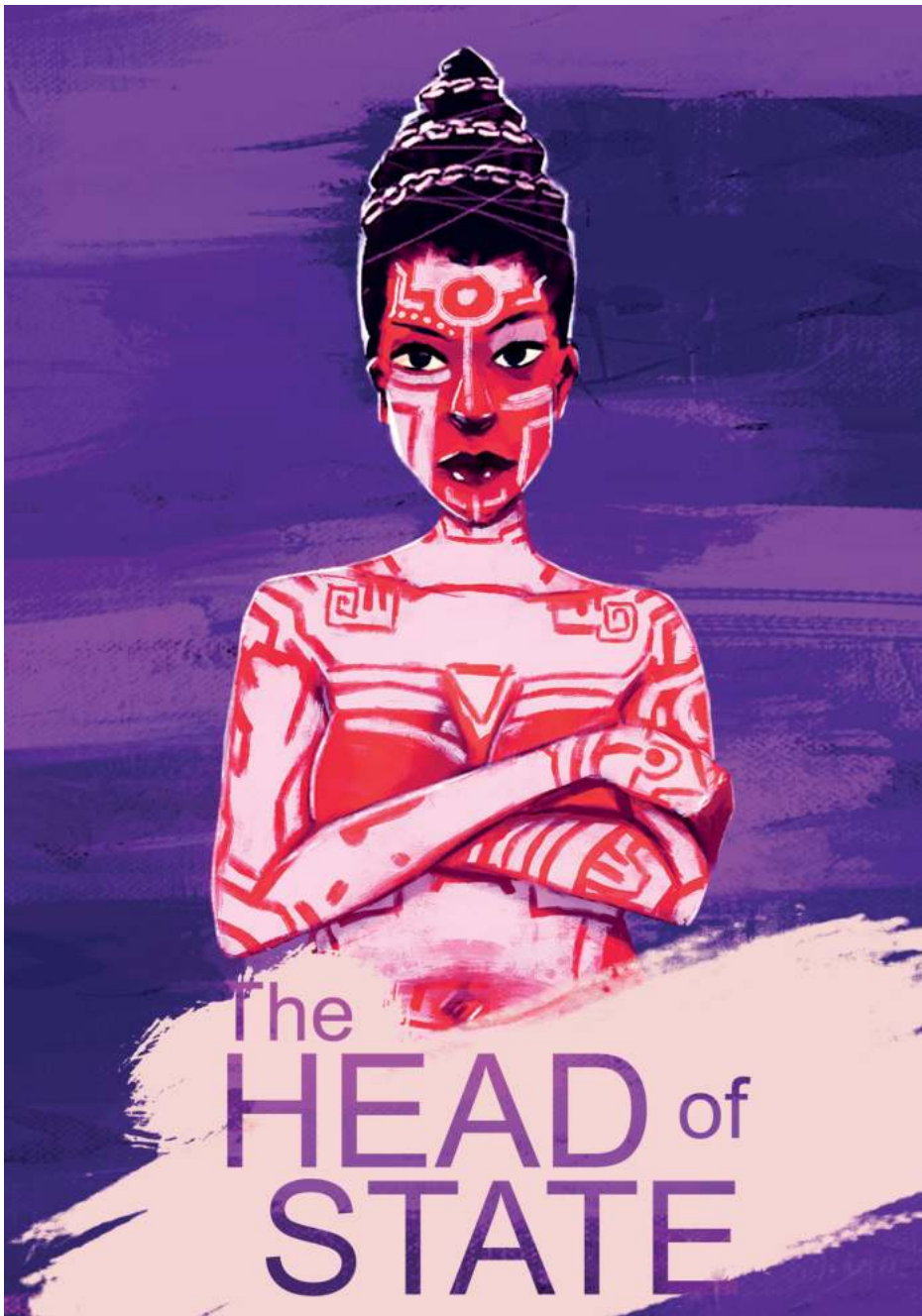
History holds that Chikuku dedicated her life to ensuring that the Soli's political power remained vested in female hands. Chikuku is notably the grandmother of Nkomeshya I. In the 19th century, the Soli migrated from the north, led by a woman called Chisanka, who later handed over power to Chikuku, her granddaughter. She ruled over the people of present-day Lusaka province at Bwinjimfumu. Chikuku married Mukuni of the Lenje and bore Vimbe I, who ruled briefly before his death. After the death of Vimbe I, the successor was Chikuku's daughter, Chinyama. During Chinyama's reign, the Soli were defeated by the Chikunda after five years of continuous invasions. Chikuku remarried the younger brother of Chief Muyobe and bore another son Vimbe II who later succeeded Chinyama. However, Chikuku's other daughter, Chintala, organised an uprising against Vimbe II and took over leadership after assassinating her brother. When Chintala died, her sister Kayoshya's firstborn took over and became Nkomeshya I. By 1889, Mukandamamba Nkomeshya was the only leader and Chieftainess acknowledged by all the branches of Soli. Since then, all Soli leaders have been women.



LUEJI WA NKONDE

Historically, women have been quite influential in the geopolitical landscape of the country. In the 17th century North Western province, Lueji wa Nkonde ruled the Luunda federation of Tubuungo in the 1650s. Lueji was the daughter of Mwata Ilya Mwaku, a descendant of Queen Kenga Naweji. Lueji came to be ruler after her father differed with his sons. Lueji was appointed ruler by being given the Lukano bracelet, a sign of authority over all the Luunda Tubuungo. Upon advice from the elders to ease the tension in the Kingdom caused by her brothers, Lueji married Chibinda Ilunga, the heir to the Mutombu Mukulu Mbilikuluwe of the Luba.

Contrary to his assurance of military and political support to stabilise the Kingdom, Chibinda was tyrannical and caused a great migration of various tribal groups. Lueji reclaimed the Lukano bracelet from Chibinda by taking him back to the place of their first meeting, where he was never seen again. Lueji continued to rule after Ilunga was deposed. The groups that left became present-day Luunda, Luchazi, Luena, Luvale, Chokwe, Ndembu, Mbwela, Samba, Mununga, and the Mbunda spread across North-Western and the Western Province of Zambia, including parts of Angola, the Democratic Republic of Congo and Namibia.



The three-year-old animated podcast commenced with initial support from Hivos and eventually secured a spot in the Google Podcast Creator Programme in 2020.

According to Samba Yonga, "Leading Ladies has been especially successful with the younger generation who are into the empowerment narrative and women's power. It fits in very well into that narrative. "There's been a gap in knowledge and indigenous knowledge around women's history and how they have impacted Zambian history and African history," Samba shares. "There's space for more stories, the stories are endless, and we are excited about that!"

BEDYANGO

Around the 18th century, BeDyango was the original ruler of the Kingdom where present-day Livingstone is situated. BeDyango ruled the Leya people of Southern Province and was known as the matriarch of the mystical Mosi-oa-Tunya or Shungu Namutitima, also known as Victoria Falls. During her reign, the Leya were invaded by the Toka of Chief Mukuni. BeDyango negotiated and brokered a

peace deal which convinced the invading Chief Mukuni that they should be co-rulers. Through her peace treaty, the Leya were guaranteed various rights and powers to their land and maintained most political decisions regarding leadership. BeDyango co-ruled with Chief Mukuni and led certain rituals that continued to signify and ensure her power in the Toka-Leya political relationship. Her peace treaty still stands today and is demonstrated by how every Toka-Leya village is co-ruled by a man and a woman.



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FLIGHT OF

A large flock of birds, likely foxes, is captured in flight against a vibrant orange and red sunset sky. The birds are silhouetted against the bright background, creating a dense pattern of dark shapes. In the foreground, the dark silhouettes of trees and bushes are visible, framing the bottom and left sides of the image.

OF

Words by: Mwaba Mwila
Images by: Kalichi Pictures

THE FOXES

A large flock of birds, likely foxes, is captured in flight against a vibrant sunset sky. The birds are silhouetted against the warm, orange and pink hues of the setting sun. The foreground is dark, showing the silhouettes of trees and foliage. The overall scene is dynamic and visually striking.

As the sun was setting, we got our first glimpse of the famous bats of Kasanka. We stopped the vehicle and stepped out to witness the magic overhead.

One of the things I absolutely love about Zambia is its diversity. On my adventures throughout Zambia, I am constantly blown away by her various cultures, landscapes and impressive biodiversity. Zambia is mother to high plateaus and low valleys, hosts mighty, fast-flowing rivers and is blessed with phenomenal abundant wildlife. It is, therefore, no surprise that when you zoom into almost any geographical area in the country, the result is little glimpses of paradise. Kasanka National Park is a prime example of this.

At only 390 km², Kasanka is one of the country's smallest, most beautiful and most highly ecologically significant areas. It borrows its name from the Kasanka River, one of five rivers that meander through the lush vegetation feeding the diverse flora and fauna found at the park. Kasanka National Park, one of Zambia's smallest national parks, is home to the largest mammal migration in the world. The awe-inspiring image of ten million African straw-coloured fruit bats flying in the sky against the backdrop of the golden brown sunset will remain forever etched in my memory.

I left my home in Lusaka at 4 in the morning, linked up with Lizu, our talented photographer, and headed onto the Great North Road. I always aim to be on my way before 5 am to avoid the frantic Lusaka build-up, which would otherwise add an hour or two to your journey. Extreme care and caution must be taken

between Lusaka and Kapiri Mposhi, where the road is in a bad state.

As we drove on the last stretch to Kasanka, we noticed young boys and girls selling mangoes, wild loquats, mushrooms and caterpillars along the side of the road. Seasonal forest delicacies indicate that the surrounding forests have become alive after a long, hot, dry season. This was also a good sign that the bats had arrived. The closer we got, the greater the excitement; every kilometre we drove further away from Lusaka brought us closer to an experience of a lifetime. After about 500km and eight hours of driving, we were finally at the Kasanka National Park entrance. It was a short 12km drive from the gate on a well-maintained gravel road to Wasa Lodge.

Wasa is the main lodge and reception area of Kasanka. It's a rustic lodge that blends perfectly into its surroundings overlooking the picturesque Wasa lake. We met the enthusiastic Kasanka team at Wasa, who ran us through our action-packed itinerary. The team then handed us a detailed map and clear directions to our accommodations at Luwombwa Lodge, which was a further 37km from Wasa lodge. After a quick time check, it dawned on us that we would arrive at Luwombwa after nightfall.

We were so eager to make it to Luwombwa Lodge before nightfall that we almost missed the spectacle unravelling above the canopy of the

Miombo woodland. As the sun was setting, we got our first glimpse of the famous bats of Kasanka. We stopped the vehicle and stepped out to witness the magic overhead. We still needed to learn where they had come from, where they were going or how many they were. However, those details didn't matter because time stood still, and I fell in love with Zambia all over again. Before us, the vast marshland containing pockets of photogenic pukus were perfectly complimented by the warm light of the setting sun. Above them, the silhouettes of millions of bats crossing the evening sky to forage could only be described as something from a fictional tale. Moments later, darkness began to creep in as if to awaken me from a dream and to remind me to snap out of it and keep going. We got back into the car and continued our drive to Luwombwa, where we were received by Brian and Justin, who ushered us into our accommodation. After a quick supper, exhausted, I collapsed onto my bed and succumbed to slumber.

Awakened by my alarm at 2:40 am, I opened my eyes to the pitch-black darkness of the early hours of the morning. I was temporarily disoriented, unsure of where I was. It was almost as if my body had woken up split seconds before my mind. Once fully conscious, I quickly jumped into the shower, grabbed my notepad and sped towards the vehicle. Lizu joined me a few minutes later. Just before 3 am, we headed to Pontoon Camp, where

FLIGHT OF THE FOXES



FLIGHT OF THE FOXES





Sitting on the low benches, right under the bats, with the river right behind me, was an exhilarating experience.

we were supposed to meet our guide and Department of Parks and Wildlife (DNPW) armed scout. The drive to Pontoon Camp took about 40 minutes; we arrived at our destination, killed the engine and waited. We heard and saw nothing. No guide, no armed scout. I drove a few meters down the road a few minutes later to ensure we were at the right rendezvous. Just then, out of the darkness, a short, dark, eerie figure draped in what appeared to be a white dress flagged us down to a halt. I was scared until I realised that what I was looking at was not a ghost but the caretaker of the pontoon campsite who must have grabbed his bedsheet in a hurry as he ran out the door to deliver a message he had received over the radio. "I have a message for you. They said they are on the way, they will be here soon."

As promised, a few moments later, our guide and DNPW scout arrived and led us to our hide in Mushitu Forest, where we would get a bird's eye view of the bats as they came in. We navigated through palm trees, marshland and under overhanging branches of the forest to get to our hide. After a short climb, we stood above the canopy, at eye level with the numerous bats. We didn't have to wait long before the sun began to rise.

In the early light, a thick cloud of morning mist was hovering above

the grass, stretching as far as the eye could see. In the sky above, the bats of Kasanka were beginning to make their way into the forest. At this moment, our highly knowledgeable guide Simon, who had only engaged in small talk with us, began to enlighten us with his wealth of knowledge. He tells us that an ever-increasing population of straw-coloured fruit bats annually migrate from East Africa and the Congo to the 40 hectares of forest within the Kasanka National Park. Last year an estimated 10 to 12 million fruit bats visited Kasanka. "They follow the temperature, moisture and seasonal fruits," Simon explains.

As the sun climbs the morning sky, more bats make their way into the forest before us. "The bats are here from mid-October to mid-December," Simon explains. "But they were here much earlier last year. The first batch arrived on the 24th of September," he added. At this moment, the bats numbered in their millions, and the sound emitted by their flapping wings was astounding. Simon explains that the bats return to the forest at sunrise and leave at sunset to feed, flying an average of 100km every night in search of mangoes, guavas, avocados, bananas, water berries and amasuku. The more facts Simon shared, the more fascinated I became. He shared that the fruit bats have an average wingspan of about 80cm and hang upside-down

in clusters of 30 to 50. "Sometimes the branch that the cluster is hanging on snaps, and the bats fall into the river below, where hungry crocodiles await them," Simon says. Other animals that prey on bats are eagles, pythons, leopards, crocodiles and opportunistic vultures. Now swirling directly above us, the bats make their way into the forest below. We follow their descent and continue exploring Kasanka. At that point, I thought I had witnessed all that Kasanka had to offer. That couldn't have been further from the truth. Kasanka is a birder's paradise, home to a recorded number of 473 bird species. If birding is not your cup of tea, you could explore the park by land with a game drive or water in a motorboat, canoe or kayak.

On the way back to Luwombwa, we made two stops. Firstly, to Vivienne's Hide, near Pontoon Campsite, to catch a glimpse of the elusive Sitatunga, and aquatic antelope found in the papyrus and reed filed marshlands of Kasanka. Luckily for us, we were able to spot a couple hiding in the reeds near the campsite, not too far from where we were. Our second stop was near the forest known as Bufumu. This mythical forest is believed to be the resting place of the chiefs of the land. Bufumu is located many kilometres away by moving toward the "Big Tree," an impressive

65-metre tall wooden banana tree, which is believed to be the tallest tree in Zambia. The banana tree is protected because of its location in the sacred forest. After our short tour of the sacred forest, we returned to Luwombwa to continue our itinerary.

Back at Luwombwa Lodge, we were ready for the next adventure, the water activities! We zoomed down along the Luwombwa River, all the while being serenaded by the plethora of birds singing. Simon, an expert on Kasanka, helped point out the different species of birds. We spotted a giant kingfisher, pied kingfishers, and Bohm's bee-eaters. My absolute highlight on the river was being able to solo kayak along the Luwombwa River. It was a nostalgic moment as it took me back many years to the six years I worked as a kayak instructor.

Later in the evening, Simon took us to the Kinda Research Camp, where the Kinda Baboon Project has conducted field studies since 2010, tracking individual baboons and recording their behaviours. The project's mission is to create a long-term field study of the little-known kinda baboon while providing capacity building in science education to the surrounding communities, empowering young

women and public awareness of wildlife conservation.

As evening approached, we quickly made our way to Fibwe tree hide for our final and most spectacular Kasanka bat experience. Each bat-viewing experience was a marvel but the evening experience was the most stunning. Sitting on the low benches, right under the bats, with the river right behind me, was an exhilarating experience. At one point, I decided to lie on the ground and look directly up at the cloud of bats moving in imperfect unison.

Moments later, I met two elderly South African tourists full of life and humour, who seemed hell-bent on entertaining us with their witty sense of humour. However, they stood in complete silence every now and then, awe-struck at the majesty unfolding before them. I overheard one of the tourists ask Simon, "Do you know how they count the bats?" A curious-sounding Simon responds, "How?" The old man replied, "By counting all the wings in the sky and dividing them by two." With that, we all burst out laughing.

As the sun was setting behind the forest in the distance, I couldn't help but feel special knowing I was among the few who had witnessed this glorious jaw-dropping spectacle.



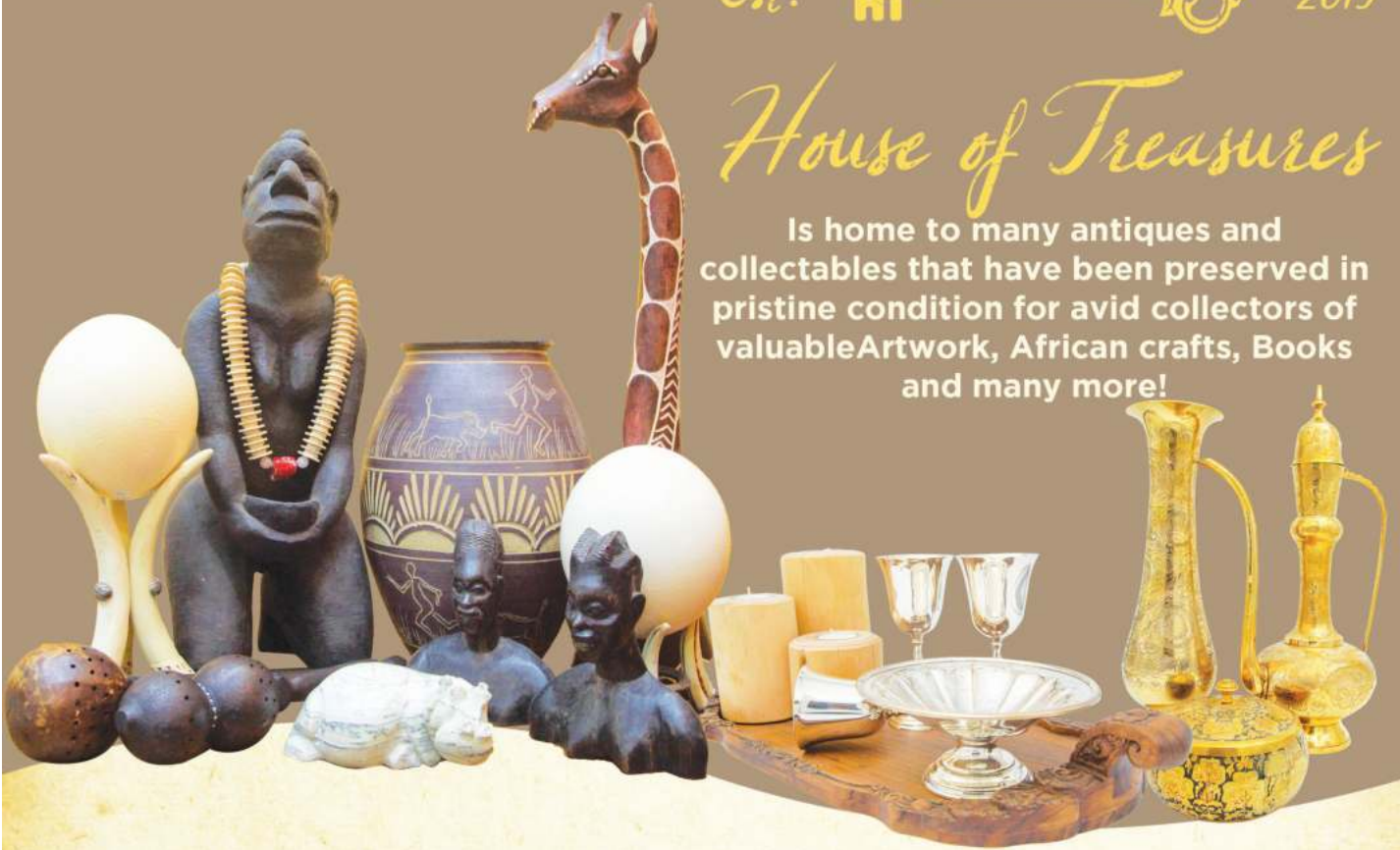
FLIGHT OF THE FOXES



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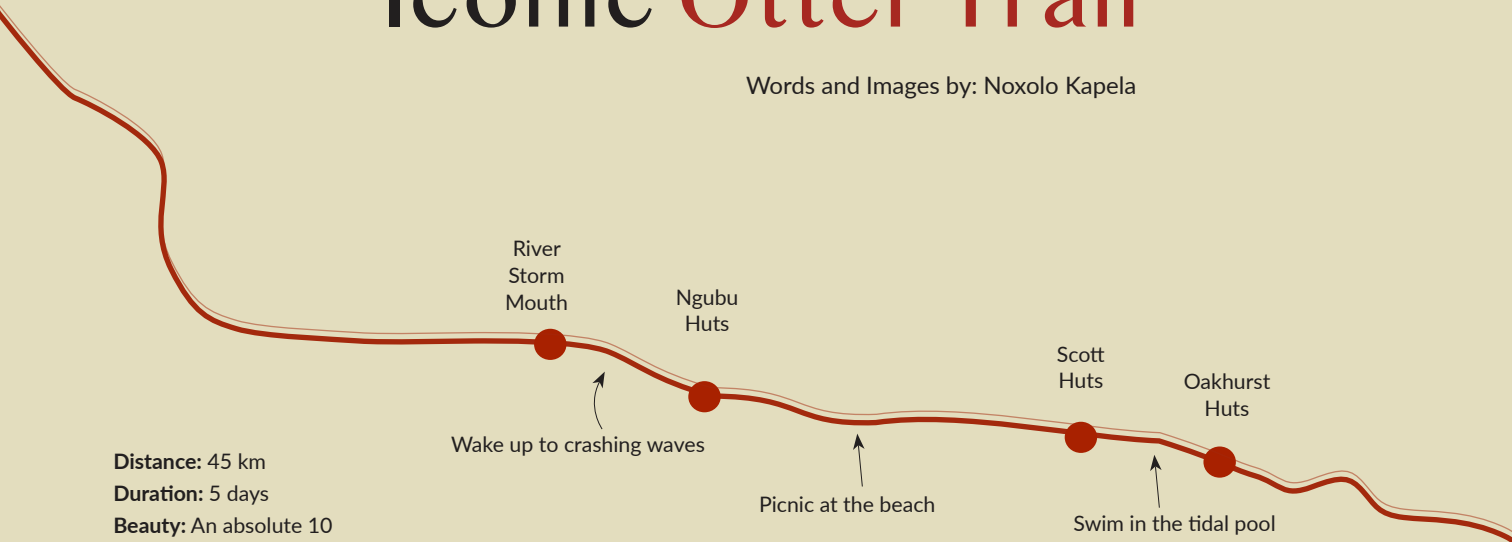
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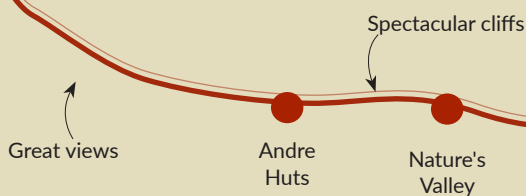
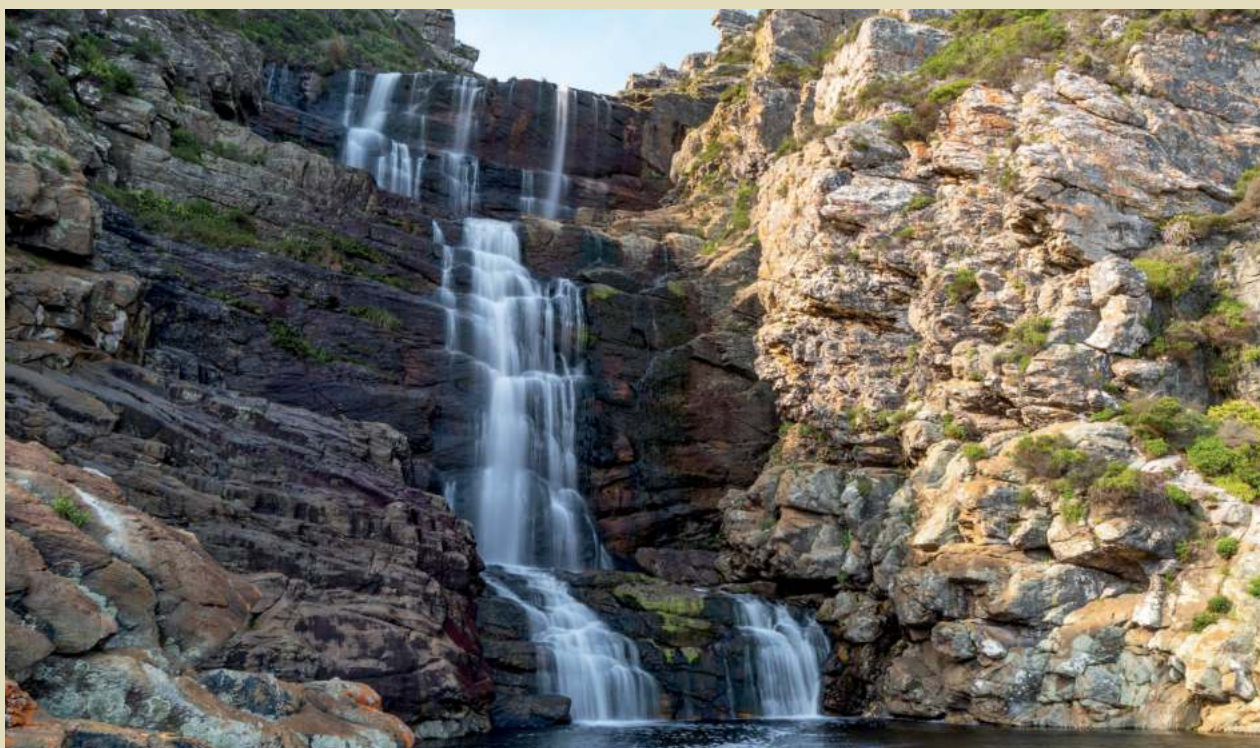
Hiking the Iconic Otter Trail

Words and Images by: Noxolo Kapela



Distance: 45 km
Duration: 5 days
Beauty: An absolute 10
Difficulty rating: 7/10





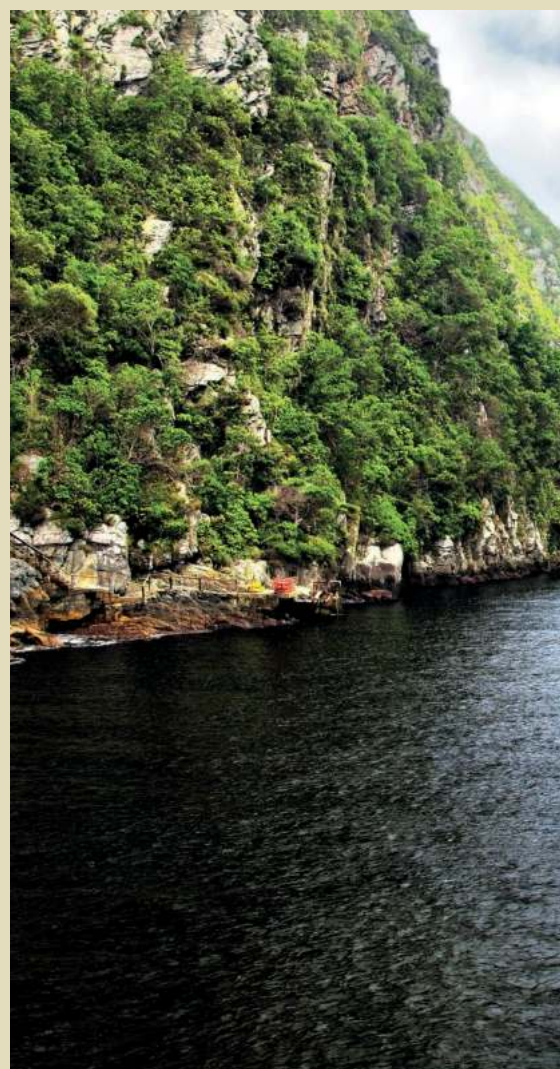
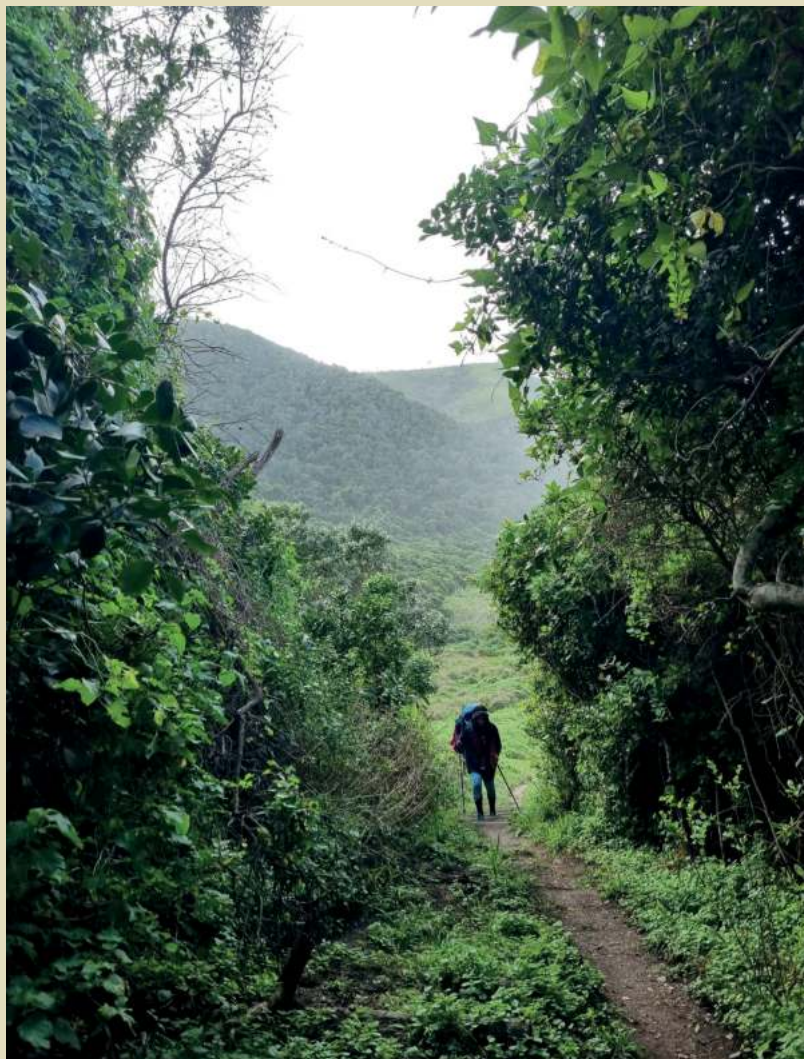
Welcome to the Otter Trail, a true bucket list hike and the pride of South Africa. It is officially the oldest trail in South Africa, dating back to 1968, and is regarded as the most iconic hiking trail in South Africa and hailed as one of the most beautiful multi-day trails in the world. The trail is named after the shy Cape clawless otter (also known as the African clawless otter), which can be found in estuaries and streams along the South African coast, among other locations in Southern Africa.

Hiking the Otter Trail and getting to those hidden gems takes some effort. However, the greatest reward is the views from the famous sea-facing huts at the end of each day. Steep climbs, descents, and technical river crossings characterise the trail. For instance, crossing the Lottering and Bloukrans rivers involves swimming across (depending on the tide) and climbing steep terrain.

This fantastic coastal trail starts at Storms River Mouth and ends in Nature's Valley, with a beautiful 3.5-kilometre stroll along the beach. Along the way, hikers are introduced to hidden caves, waterfalls, beautiful beaches, unique indigenous flowers and mesmerising views. Time spent on this trail offers a great taste of adventure coupled with that beautiful feeling of being one with nature and the rejuvenation that comes with it. For this hike, remember that you will need to come down and sleep on the beach or the river banks as you take on the ascents.

Bookings are made a year in advance; demand is high for this trail, which is among the most popular in South Africa. We waited for at least three years to finally secure a spot. I'll let you in on a secret; join the Otter Trail Facebook group, and you might be lucky enough to catch one of the posts from people looking for replacements.

Along the trail, you will find signposts with information about the plant life, waterfalls and other attractions. So, expect to learn a lot on this journey.



Day 1: Storms River Mouth to Ngubu huts – 4.8km

This day begins with hikers reporting to the Tsitsikamma National Park reception to pay conservation fees, get the trail map and watch a short induction video (Hikers are expected to heed all the advice given during the induction). Then the weighing of bags follows. Most bags weighed 16kg, which I found to be the right weight. The lightest bag was 14kg, and the heaviest was 21kg.

The trail starts with a descent to the beach, where hikers walk on boulders to get to a cave and eventually to the Jerling River Waterfall, where you can

swim (if you can stomach it) in the icy cold water.

At camp, you will be welcomed by a hut with the most beautiful views just a few metres from the sea. You sleep and wake up to the crashing waves. There is an outdoor shower and a common area where you can prepare food.

Day 2: Ngubu huts to Scott huts – 7.9km

The second day provides the first real challenge with some steep ascents and descents, with high and irregular steps (think Machu Picchu). The difficulty level of this section catches some people off guard. It's easily the toughest of the five

days. Take advantage of the slipway to the top of Skilderkrans right after passing the two-kilometre mark for spectacular panoramic views. From Skilderkrans, the trail goes through its typical ascents and descents to reach the Kleinbos River pools.

Bloubaai Beach at the five-kilometre mark is a fantastic lunch and swim spot in good weather. My group was not that lucky because as soon as we finished the descent to the beach, the weather changed, and the tide quickly rose. We had to abandon our big swim plan and picnic at the beach. The descent to the beach is steep, and leaving your backpacks near the main trail is a good idea. You will need all your energy for the final 1.6 kilometres.

Day 3: Scott huts to Oakhurst huts – 7.7km

Some hikers consider day three a walk in the park relative to some of the other days, with fewer inclines and descents.



Day 3 is the most scenic day on the Otter Trail, with several streams, a lovely tidal pool, and walks along beautiful stretches of coastline and picture-perfect wildflowers. If you want to jump into the water early in the day, be on the lookout for a tidal pool. Remember to bring a diving mask to explore the underwater world of colourful fish (including starfish) and sea anemones that inhabit the pool.

It is advisable to try and cross the Lottering River at low tide – at high tide, you may be in for a swim with your backpack. After the river crossing, the Oakhurst huts are close by and are situated in a spectacular location near a small cave. Aim to arrive before sunset to explore the area and uncover all the hidden gems.

Day 4: Oakhurst huts to Andre huts – 13.8km

Day four is the one to conquer because there is a lot at stake. It has many sharp



inclines and declines and is the most challenging day in terms of distance and the number of river crossings. The first ten kilometres will take you through a forest along beautiful patches of wildflowers, and coastal views, after which you'll reach the famous Bloukrans River crossing.

Survival bags to float your backpack are a must, as the river will likely require a short swim, even at low tide. The Bloukrans River crossing cannot be underestimated. If the river is flooding or you arrive there at high tide, and the sea is rough, it is strongly recommended that you take the escape route.

We arrived two hours earlier to ensure that we would be safe even if the estimated tide times were out by an hour. This also helps to ensure you study your crossing options and take in the beautiful surroundings while watching the tide recede.

After the river crossing, there is a steep and long climb to the plateau. The unassumingly long path then descends to the Andre huts on the banks of the Klip River. I found the tricky part about

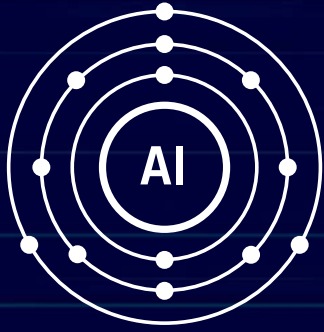
this was negotiating the steep descent to the huts and negotiating the accent the following day – brutal, I know.

Day 5: Andre huts to Nature's Valley – 10.8km

The day starts with a short walk on a rocky beach and then a steep climb up to the plateau. From there, the relatively easy trail stays mostly on top of the plateau terrain, moving between fynbos, Ericas (a type of shrub) and proteas. There are some excellent lookout points on the spectacular cliffs as you approach The Point.

A superb example of the beauty of Otter Trail is the view of Nature's Valley Beach. Moreover, the panoramic views of the Groot River estuary and Nature's Valley Beach sadly announce the trail's end. Remember to take your time to soak it all in and, most importantly, do it while taking lots of pictures. Before the victory lap, with 3.5 kilometres of beach walking left to the trail's end, we commenced our celebrations.

I'll definitely be back for another round. See you on the trail, and remember to 'leave no trace.'



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FLIGHT SCHEDULE

JANUARY | FEBRUARY 2023

+ SIDE NOTE

Proflight Zambia reserves the right to change, suspend or amend this published schedule without prior notification. Every effort will be made to operate as per the planned schedule.

Please check our website, www.flyzambia.com, for updated departure days and times.

LUSAKA - JOHANNESBURG

#	DEP	ARR	M	T	W	T	F	S	S
020	08:00	10:00	●	●	●	●	●	●	●
026	15:00	17:00	●	●	●	●	●	●	●

NDOLA - JOHANNESBURG

#	DEP	ARR	M	T	W	T	F	S	S
040	08:10	10:40	●		●		●		
301/020	06:30	10:00	●	●	●	●	●	●	
305/026	12:40	17:00						●	●

LUSAKA - LIVINGSTONE

#	DEP	ARR	M	T	W	T	F	S	S
704	10:30	11:40	●	●		●	●		●
708	16:35	17:45		●				●	

LUSAKA - SOLWEZI

#	DEP	ARR	M	T	W	T	F	S	S
910	07:00	08:10	●	●	●	●	●	●	
914	15:00	16:10	●	●	●	●			●

LUSAKA - NDOLA

#	DEP	ARR	M	T	W	T	F	S	S
300	06:30	07:15	●	●	●	●	●		
302	07:35	08:20						●	●
332	10:20	11:05	●	●	●	●	●		
304	11:15	12:00						●	●
306	16:00	16:45		●		●		●	●
306	16:45	17:30	●		●		●		
308	18:45	19:30	●	●	●	●	●		●

LUSAKA - MFUWE

#	DEP	ARR	M	T	W	T	F	S	S
804	10:30	11:40			●		●		
808	16:35	17:45							●

LUSAKA - MANSА

#	DEP	ARR	M	T	W	T	F	S	S
332	10:20	12:20	●	●	●	●	●		

NDOLA - MANSА

#	DEP	ARR	M	T	W	T	F	S	S
332	11:35	12:20	●	●	●	●	●		

JOHANNESBURG - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
023	12:00	14:00	●	●	●	●	●	●	●
027	18:20	20:20	●	●	●	●	●	●	●

JOHANNESBURG - NDOLA

#	DEP	ARR	M	T	W	T	F	S	S
041	12:30	15:00	●		●		●		
023/306	12:00	16:45		●		●		●	●

LIVINGSTONE - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
705	12:20	13:30	●	●		●	●		●
709	18:15	19:25			●			●	

SOLWEZI - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
911	08:50	10:00	●	●	●	●	●	●	
915	16:50	18:00	●	●	●	●			●

NDOLA - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
301	06:30	07:10	●	●	●	●		●	
303	08:30	09:15		●		●			
303	09:00	09:45						●	●
305	12:40	13:25						●	●
333	14:00	14:45	●	●	●	●	●		
307	15:30	16:10	●		●		●		
309	18:00	18:45	●	●	●	●	●	●	●

MFUWE - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
805	12:20	13:30			●		●		
809	18:15	19:25							●

MANSА - LUSAKA

#	DEP	ARR	M	T	W	T	F	S	S
333	12:45	14:45	●	●	●	●	●		

MANSА - NDOLA

#	DEP	ARR	M	T	W	T	F	S	S
333	12:45	13:30	●	●	●	●	●		

BOOKINGS

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PROFLIGHT ANNOUNCES THE ARRIVAL OF ITS THIRD REGIONAL JET



LUSAKA, ZAMBIA – Proflight Zambia has announced the arrival of its third CRJ aircraft that will allow the nation's regional airline to increase capacity on both its international and domestic routes.

With demand for travel expected to grow at a strong pace in the coming year, Proflight Zambia is investing in its jet fleet to offer more comfort and speed for its customers.

The Bombardier CRJ jets have so far proved to be an excellent aircraft for the airline, being able to operate profitably and efficiently in both domestic and international markets. Proflight Zambia plans to increase its capacity in 2023 once the aircraft is put on the Zambian register.

The jet is the second 50-seater Bombardier CRJ200 that

Proflight has leased from Avmax Leasing, a prominent Canadian leasing company that specialises in leasing Canadian-manufactured aircraft.

"Proflight Zambia is excited to add another jet aircraft to its fleet thanks to Avmax our ideal leasing partner. We have been very pleased with Avmax's ability to work with us and understand our needs as an airline. It's a great comfort knowing that we can count on Avmax to consistently deliver a quality product from their North American MRO facilities," said Tony Irwin, Proflight Zambia CEO.

Scott Greig, Avmax senior VP and head of Avmax Aircraft Leasing Inc stated: "Avmax is excited to deliver its second CRJ200 to our customer, Proflight Zambia. Proflight has demonstrated great performance and measured growth



EXTRA FLIGHTS FOR TRAVELLERS ADDED OVER THE FESTIVE SEASON

USAKA, ZAMBIA – Proflight Zambia added extra scheduled flights on its domestic and regional routes this festive season to help travellers visit family and friends and explore the country during the holidays.

Travelling during the festive season can be challenging at times with customers trying to get to their destinations for holiday cheer, only to find limited flight options. The additional flights by the regional airline were added to offer peace of mind to vacationers making travel plans for the just-ended festive period.

Proflight Zambia Director Flight Operations Captain Josias Walubita announced additional flights on the Lusaka-Johannesburg route, with the frequency going up to 21



over the past year, and as such, they have been a leading contributor to the increase in Zambia's international arrivals in 2022.

"The CRJ200 is perfectly built to serve Proflight Zambia's customers in Southern Africa as it allows them to offer additional flights and destinations from its base in Lusaka," added Greig.

Mr Irwin thanked Move Aircraft Solutions Ltd for delivering on another challenging ferry journey that involves multiple parties, specialised routes, and following very high standards of safety and efficiency. The new CRJ200 made its way from Calgary, Canada to Lusaka, Zambia. From Calgary it made its way it passed through Great Falls, Montana, Goose Bay, Canada, Keflavik, Iceland - Southampton, UK - Algiers, Algeria- N'Djamena, Chad- Lusaka.

"Following a very strong cooperation and relationship formed from our first delivery, the professional and experienced management at Proflight Zambia turned to Move Aircraft Flight Solutions to deliver their third CRJ 200 from America to Lusaka," highlighted Nabeel Ahemed CEO and accountable manager of Move Aircraft Solutions Ltd.

Proflight Zambia's Maintenance Director, Oliver Ndlovu, also accompanied a team from the Zambia Civil Aviation Authority ZCAA in October to inspect the aircraft at its base in Montana, USA and thanked the ZCAA for their assistance in this approval process.

With the addition of the new aircraft, Proflight Zambia's total fleet increases to seven aircraft.

return flights. "Extra flights have also been added on all our domestic routes to increase capacity for the festive period to meet the increased demand and help our passengers explore Zambia during the holidays," Captain Walubita explained at the time.

He also added that the airline had restarted the direct Ndola-Joburg route on 5 December.

The just-ended festive season was the first one with minimal levels of constraints since the easing of COVID-19 travel restrictions. Proflight has high expectations for the local aviation industry to grow and increase passenger numbers going into 2023 and beyond.

"We've had another busy year at Proflight and are grateful for everyone's continued support as we head into 2023," said Captain Walubita.

As Zambia's largest airline, Proflight remains committed to providing local and international travellers seamless connctions within and out of Zambia during the festive season.

FEMALE AVIONICS ENGINEER LANDS DREAM JOB



L USAKA, ZAMBIA – Manyunge Machaya is an avionics engineer who works in the hangars and sometimes on the line. Her life revolves around aviation and she loves everything about aircraft, especially the CRJ.

Soon after she finished her secondary education at Roma Girls School, her passion for Aviation took her to the Zambia Air Services Training Institute (ZASTI) for a three-year course in aeronautical electronics engineering.

The passionate and bold woman first landed at Proflight Zambia for industrial attachments, after which she was employed at the airline.

Manyunge looks back at a decade of her career which has been fostered at Proflight Zambia. “I’ve grown from an intern to a licensed avionics engineer right here at Proflight,” she recalls.

Engineering is a male-dominated field which many people believe is too technical but this didn’t deter Manyunge. In fact, she encourages young girls and ladies looking at the aviation industry as a no-go area to consider it a welcoming industry. Manyunge credits her mother for her success. Her mother, who was a teacher, always told her daughter to aim high and dream big.

“Proflight Zambia accords each and everyone an opportunity to grow,” Manyunge says. The avionics engineer has been

trained on the airline’s entire fleet: the Jetstream 41 (where she did her manufacturer’s training), Jetstream 32, the CRJ100 and the CRJ200.

“When in the hangars we do maintenance checks on the three types of aircraft Proflight has,” she says holding a voltage metre in one hand.

Manyunge is required to thoroughly understand the different systems on the various aircraft. Her days’ and sometimes nights’ work involves aircraft electrical systems, aircraft radios and aircraft instruments.

“The senior engineers in the hangar are very understanding, accommodating and patient, but there is need to put in effort and a lot of reading to understand how the whole system runs,” she says.

“Not only has Proflight Zambia trained me but it has also enabled me to work on the entire fleet, for which I’m grateful.”

Manyunge Machaya wishes to see Proflight grow its fleet, which she believes will create more jobs and also looks forward to enhancing her skills in the aviation industry. “The world is free for everyone; it is up to you as an individual to take up what you want. Don’t expect anyone to give you something. You have to strive, read, and have a goal,” she concluded.



EXPLORE ZAMBIA THIS

Valentine's

Watch out for Proflight's Valentine's Flash Fares,
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PROFLIGHT FLEET

BOMBARDIER CRJ100 / CRJ200



FLEET	LENGTH	WING SPAN	HEIGHT	FUEL CAPACITY	MAX ALTITUDE	SPEED	MAX PASSENGERS
3	26.51m	21.03m	20ft	2159kg	41000ft	682km/h	50

JETSTREAM 4100



FLEET	LENGTH	WING SPAN	HEIGHT	FUEL CAPACITY	MAX ALTITUDE	SPEED	MAX PASSENGERS
3	19.25m	18.29m	5.75ft	2600kg	25000ft	550km/h	29

JETSTREAM 3200



FLEET	LENGTH	WING SPAN	HEIGHT	FUEL CAPACITY	MAX ALTITUDE	SPEED	MAX PASSENGERS
1	14.37m	15.85m	5.37ft	1474kg	25000ft	445km/h	18

TRAVEL TIPS

FLYING COMFORTABLE

- Before you fly, get a good night's sleep. Rest and some light exercise will help you cope on your journey.
- Wear loose, comfortable clothing and shoes that are not too restrictive.
- Eat a light, well-balanced meal before you travel and opt for a smaller helping than normal on the plane.

SAFETY

- A Preflight safety demonstration is always made before take off. A safety pamphlet is also provided at your seat. Please familiarize yourself with its important information and note the nearest emergency exit.

SMOKING

- Smoking on board is strictly prohibited. This includes any artificial device or e-cigarettes.

ELECTRONIC DEVICES

- Please ensure that all electronic devices are turned off before taxiing and take off as they may interfere with the safe operation of the aircraft. These include cellphones, laptops, remote controlled games,

BAGGAGE ALLOWANCE

- In addition to the carry on luggage allowance provided herein, each passenger may carry without additional charge, the following carry on items the weight of which shall not exceed 5kg. The carry on items are permitted for use during the flight and when retained in the passengers' custody as listed here below:
- A lady handbag, pocket book or purse, which is appropriate to normal traveling dress and is not being used as a container for the transportation of articles, which would otherwise be regarded as baggage.
- Laptop
- An overcoat, wrap or blanket
- A small camera and/or a pair of binoculars
- Reading material
- Infant's food for consumption in flight.
- Infant's carrying basket

PROHIBITED GOODS

Banned, restricted and dangerous goods are articles or substances that are capable of posing a risk to health, safety, property or the environment.

If you wish to travel with any such goods or material, please be aware of the restrictions or steps you may have to take if wishing to travel on a Proflight Zambia service.

To ensure the safety of the aircraft and those on board, checked in or hand baggage must not contain articles or substances that could pose a danger during flights these include:

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deeply refrigerated
flammable non-flammable)
such as butane, oxygen
propane and aqualung
cylinders

FLAMMABLE LIQUIDS & SOLIDS
such as lighter and heater
fuels, paint. All safety
matches and fire lighters

CORROSIVES
such as acids, alkali wet
cell batteries and apparatus
containing mercury



MEDICAL AND TOILET ARTICLES MAY
BE CARRIED IN SMALL QUANTITIES.
SAFETY MATCHES MAY BE CARRIED ON
THE PERSON.

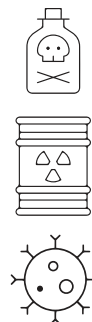
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munitions, Ammunitions and
pistol caps

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glass repair kits

POISONS
such as insecticides, weed
killers, arsenic & cyanides



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such as bleaching powder
and peroxide

RADIO ACTIVE MATERIALS



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