

NEXUS NEWS



NEXUS BAGS TWO NEW TENDERS



Above picture: Nexus Biomass new toy to kick start the biomass project.

Below is are pictures of the work- in progress of the Ovitoto Road



New journey awaits us

BY: PRETTY UCHAMS

They say good things comes to those who work hard towards their goals courageously without fear. Therefore if you want to go fast go alone, if you want to go far go with the team. During this pandemic it is now difficult to secure a job and plan for the future, however it takes a strong team to pull through all impossible ways to make it possible. We are happy to announce our tenders that we won, we bagged both building and civils projects.

Nexus Civils managed to bag two gravel district road constructions in Ohangwena region the one a 17km road (DR 4113) from Endola to Eembo , this project is valued at - N\$ 73 045 714.77million. The other district road is (DR3650) stretching from Onakulunga to Epinga this project is at a value of N\$31 446 421.77million. This is good news because this mean that Nexus will be able to create job opportunities for Namibian people that live in those communities in this tough times, it will surely relieve some community members that there is a development in their area.



Meanwhile Nexus Building managed to bag a building project from the Office of the President to build the Chief Hosea Kutako Memorial Museum and Homestead Shrine in Aminus Omaheke Region the budget for this project is valued at N\$29 468 481.82 million. People in that area will benefit a job to feed their families at home. On that note we would like to like to appreciate our QS' and tender department for their dedication in always making sure that these kind of jobs are secured, it really does get stressful at times but looking back at everything you were stressing about, it was worth it and not in vain.

Below is a picture of our team in Uis posing in front of their new excavator



IN THIS ISSUE

HEALTH BENEFITS
OF MORINGA SEEDS

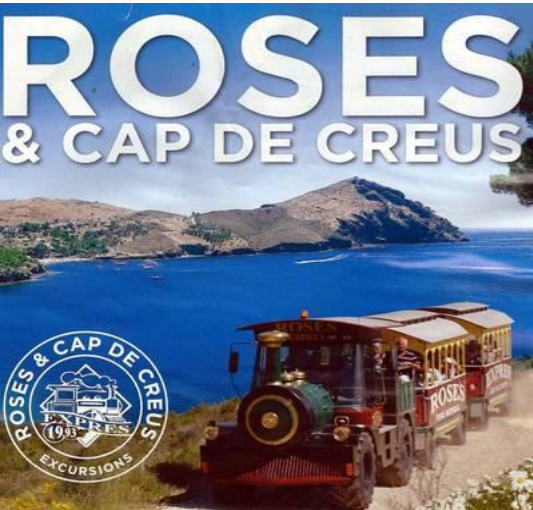


20 GREAT REASONS TO ADD
MORINGA TO YOUR DIET

- Loaded With Antioxidants
- Rich In Alkalinity
- Detoxifies The Body
- Boosts The Immune System
- Reduces Risk Of Disease
- Normalizes Blood Sugar
- Helps Lower Cholesterol
- Relieves Inflammation
- Soothes The Nervous System
- Promotes Good Eye Health
- Improves Mental Focus
- Helps Relieve Depression
- Stimulates Hair Growth
- Helps Reduce Wrinkles
- Rejuvenates The Skin
- Slows The Aging Process
- Boosts Stamina
- Increases Energy
- Decreases Water Retention
- Aids In Weight Loss

ESCAPE TO COSTA
BRAVA/COPA DE
ROSES

I can personally testify that this is one of the Most beautiful places I have been to, all holidays out of boarding school I would go visit my parents for Christmas and never get tired of repeating a holiday there. Clear skies blue seas, over Copa de Roses where you find all color ranges of roses growing on the rocky mountain and cliffs with views to the French boarder and island of Ibiza .Fun activities would be snorkeling, boat cruises and city drives on the Copa de Roses Express with a road runner, go-karting skiing on the top of the snow mountain. Upon that the Spanish people have a delicious tropical sea food dish called Paella Valenciana served on in a big open pan and their favorite drink is Sangria which they enjoy during summer.



WORKOUT TIPS

Working out is a very important activity for the human body to keep our immune system strong and to fight all sorts of sicknesses and keep our bodies fit, here are some daily exercises that you can do every morning before starting your day and evenings before you end the day off. Remember you are what you eat.

Total Body Makeover
for
Beginners

Monday	Tuesday
15 squats x 3	16 forward lunges (8 each leg) x 3
15 knee push-ups x 3	15 dumbbell hammer curls x 3
12 triceps dips x 3	15 glute bridges x 3
30 step-ups x 3	15 bicep curls x 3
16 backward lunges (8 each leg) x 3	15 dumbbell rows x 3
12 overhead triceps extensions x 3	15 stiff leg deadlifts x 3
Wednesday	Thursday
ABS	15 squats x 3
20 Russian twists x 3	15 knee push-ups x 3
30-second planks x 3	12 triceps dips x3
20 leg raises x 3	30 step ups x3
CARDIO WORKOUT	16 backward lunges (8 each leg) x3
Walk outside or on the treadmill for 40 minutes, at a brisk pace	12 overhead triceps extension x3
Friday	Saturday
16 forward lunges (6 each leg) x3	30- 45 minutes minute walking (low-intensity steady state cardio)
15 dumbbell hammer curls x3	
15 glute bridges x3	
15 bicep curls x3	
15 dumbbell rows x3	
15 stiff leg deadlifts x3	
	Sunday
	Rest



KEYWORD

Happy 31st Birthday Namibia

BY:PRETTY UCHAMS

Happy Birthday to the country that holds the world’s oldest desert by 55million years, the only country, probably the only country where the desert meets the sea, the only country that you can map with your hand. A country so rich in minerals as arid as it is, that it has a variety of them. Namibia, where you find over 13 beautiful ethnic groups, all with their different customs and traditions that are hidden in beautiful landscapes and sceneries along with the animals. Namibia also holds the world’s second longest canyon (Fish River Canyon). Our pride lies in these magnificent features that was just to name a few. Namibia is also home to the largest free roaming cheetahs (2000-3000) population in the world. Besides getting our name from the Namib desert, we are also the second least populated country in the world. According the first inhabitants (Bushmen/San) of the country to them they called Namibia The Land God Made in Anger, due to lack of rain and the scorching heat of the sun which is unbearable. The Portuguese who came with their ships about 2 centuries ago called Namibia ‘Gates of Hell’. There are so many things we are known for but the common thing of it all is that Namibians are friendly, we celebrate all that we are and all that we have achieved upon keeping peace and unity for 31 years. Happy Birthday to us...



Passover



BY:PRETTY UCHAMS

Passover is the oldest and most important religious festival in Judaism, commemorating God's deliverance of the Hebrews from slavery in Egypt and His creation of the Israelite people. The festival of Passover begins at sunset on the 14th of Nisan (usually in March or April) and marks the beginning of a seven-day celebration which includes the Feast of Unleavened Bread. The highlight of Passover is a communal meal, called the Seder (which means "order," because of the fixed order of service), which is a time to rejoice and celebrate the deliverance for the Hebrews that God accomplished through the exodus.

The New Testament Passover is a memorial of the suffering and death of Jesus. Let us therefore celebrate the festival, not with the old leaven, the leaven of malice and evil, but with the unleavened bread of sincerity and truth (1 Corinthians 5:8). Passover is in early spring to remind how God spared His people from death in Egypt. Jesus predicted his death a couple of times in parables in the new testament of which was said “the temple shall be destroyed and rebuilt in the third market day” well of course the priests and rabbi’s looked at him and said this temple took 40years to build and you want to destroy it in one day and rebuilt it on the 3rd market day? Again this clearly shows that no one was listening in between the lines, the temple to be destroyed would be the body of Jesus Christ and on the 3rd market day He shall be risen.



KEYWORD

The success story of Aupa Frans Indongo

PRETTY UCHAMS

Early Life

Francisco Aupa Indongo (born January 15 1936), is a prominent Namibian businessman and former politician. He owns Continental Enterprises, Indongo Toyota, Frans Indongo Gardens, Farm Gelukwater, Select Service and Gas Station and various shares in mining and fishing companies in Namibia. He is the father-in-law of prominent lawyer Sisa Namandje and prominent banker Wosman Hamukonda. He is third on the list of Namibia's top ten richest people, behind the Pupkewitz and Olthaver & List families.

Business career

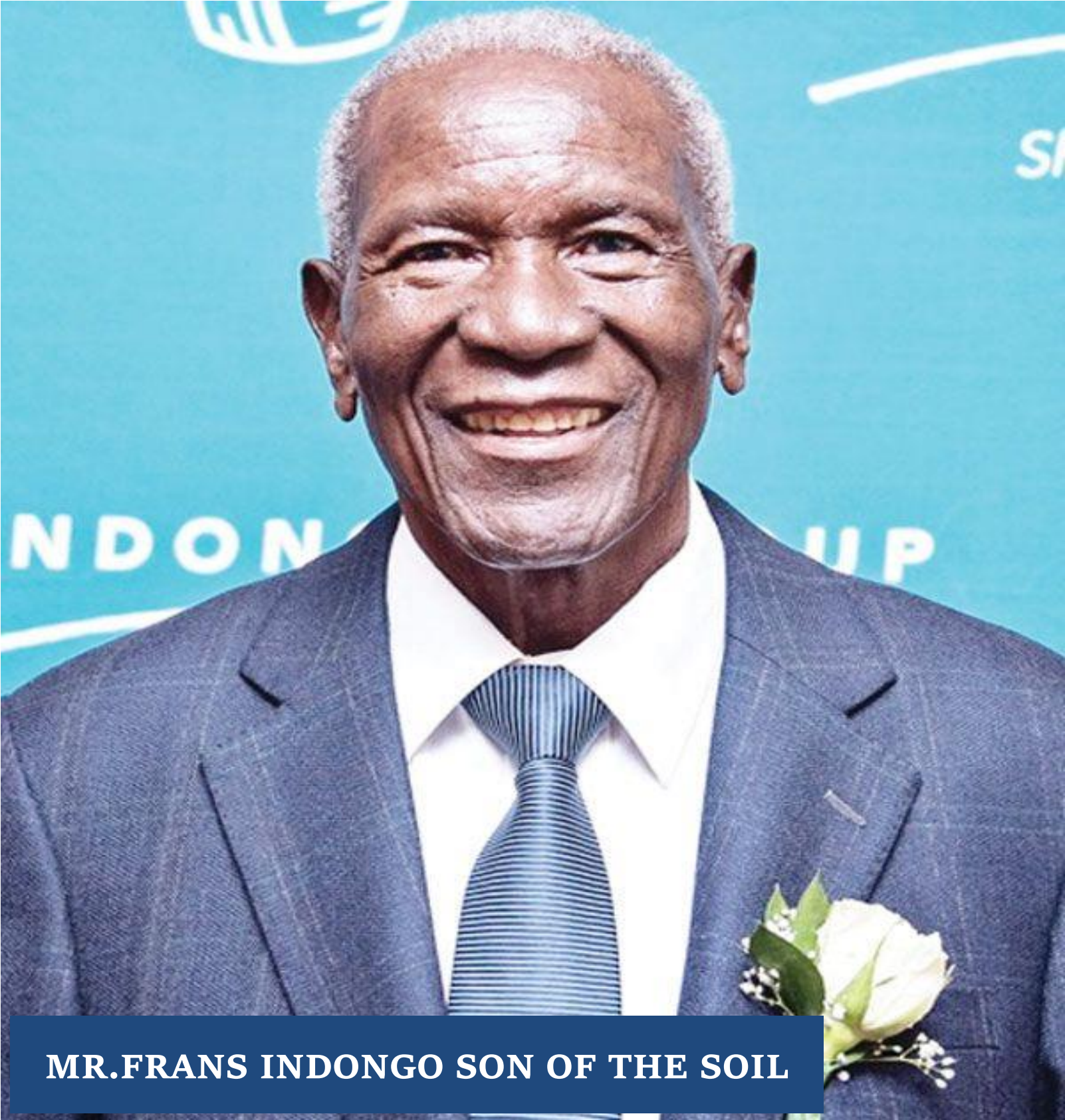
Indongo opened his first business, which made bricks, in the late 1950s. With the profits from that business, he bought sewing equipment for cloth making, which he sold in Oranjemund. In 1961, he opened a small shop in Omusimboti, Oshana which eventually allowed him to open a chain of supermarkets across the country. Indongo owns a large number of properties across Namibia, including prominent locations in Swakopmund, Tsumeb, Walvis Bay, Otjiwarongo and Windhoek as well as holdings in the sugar and fishing industries. He is a very well known successful entrepreneur

Political career

Indongo entered politics in the 1970s as a leading member of the National Democratic Party, which became part of the Democratic Turnhalle Alliance following the completion of the Turnhalle Constitutional Conference in 1977. At the Turnhalle Conference, Indongo was an important member of the Ovamboland delegation. He was Minister of Economic Affairs in the Owambo legislative assembly from 1975 and from 1980 a Minister in the Owambo Second Tier Representative Authority. In 1982, he was a founding member of the Christian Democratic Action for Social Justice, led by Peter Kalangula. He resigned from politics in the late 1980s to manage his business affairs.

Net Worth

Frans Indongo’s net worth is N \$1.3 billion. He is one of the richest people in the nation of Namibia.



MR.FRANS INDONGO SON OF THE SOIL