



## MINISTER OSMAN HOLDS TALKS WITH JAPANESE COUNTERPART



Eritrea's Foreign Minister, Mr. Osman Saleh, recently met and held talks in Nairobi with his Japanese counterpart, Mr. Fumio Kishida, on

fostering bilateral relations between the two countries.

In the meeting conducted on 26 August in the Kenyan Capital at a

sideline of the Tokyo International Conference on African Development (TICAD), the two officials discussed regional and international issues of mutual concern to both countries.

The meeting between the two officials also focused on education, sport, trade and investment as well as other domains of co-operation and exchange of experiences as well as developing working together to evaluate the envisaged sectors and there by ensure progress in an enhanced manner.

Present at the meeting were the Eritrean Ambassadors to Kenya and Japan respectively.

## SUSTAINABLE EFFORT TO CONTROL INCIDENCE OF HIV/AIDS

Mr. Mehari Woldeghebriel, Head of HIV/AIDS and STDs Control Unit in the Health Ministry's branch in the Central region, said that sustainable continued efforts are being exerted to control the prevalence of HIV/AIDS.

He also indicated that currently there exist over 30 testing and counseling centers in the region providing service for HIV/AIDS cases and that the necessary efforts have been made to eradicate the prevalence of sexually transmitted diseases.

Mr. Mehari further underlined that the Unit has been making

efforts to prevent occurrence of new infections and ensure that people infected with HIV/AIDS are not alienated. Total eradication of STDs, however, requires sustainable awareness raising activities along with counseling and testing services, he added.

Mr. Habte Gebremeskel, Head of healthcare sensitization program in the Ministry's branch in the Central region, explained on his part said that the prevalence of HIV/AIDS could only be controlled through open discussions and the increased awareness in the part of families.

Documents in the Ministry of



Health indicate that as a result of the concerted effort exerted over the past 25 years, the prevalence of HIV/AIDS in the country has been reduced to less than 1%.

## ADI-NIFAS – ZAGIR ROAD UNDER RENOVATION

The 22.6 Km long Adi-Nifas-Zagir road is under renovation.

The residents of Zagir, Defere, Dekiseb, Azien-Quazien, Beleza and Adi-Shekha have expressed satisfaction with the renovation task being undertaken with the help of heavy machineries.

Speaking at a luncheon the residents of Beleza hosted for members of the Public Technical Services Centre actively engaged in the renovation task, Administrator of Beleza Sub-zone Mr. Tesfa Fisehatsion, noted that the road network, upon getting operational will significantly alleviate the transportation problem that the local inhabitants have been having besides facilitating transportation in general.

## CENTRAL REGION: CALL MADE FOR INCREASED RESORT TO SMOKELESS OVEN

Ms. Alem Belai, Chairperson of NUEW's branch in the Central region, has called for increased participation of women in efforts being made to enhance the distribution of the smokeless oven Adhanet.

She made the call at a gathering for expressing encouragement for 13 exemplary women in Gala-Nefhi and Serejeka sub-zones, as regard

resort to the device.

Public discussion was conducted on the occasion highlighting the significant role smokeless oven play in deforestation and prevention of pollution.

The participants of the meeting commended the NUEW branch in the region for facilitating access to smokeless oven.



## NEWS BRIEF

### CROPS IN GOOD CONDITION IN ELABERID: REPORT

Farmers in Elaberid Sub-zone stated that crops in the locality are in good condition thanks to this year's abundant rainfall.

Noting that crop production in the Sub-zone was below expectation last year due to shortage of rainfall, farmers in Hadish-Adi, Gush and Jerem districts said that micro dams in their localities have impounded adequate amount of water and expressed anticipation for bumper harvest.

The micro dams and wells in Elaberid Sub-zone are expected to meet water demands for humans and livestock, the report added.

### HEALTH-ORIENTED LECTURE FOR TOURISM OWNERS OF SERVICE PROVISION ENTITIES IN MENDEFERA

The branch office of the Health Ministry in the Southern region, in collaboration with Tourism Service Provision Association, has provided health-oriented awareness raising lectures to owners of service provision entities and bar tenders in Mendefera town.

The program focused on controlling communicable diseases in the region.

One of the nationals who gave lecture, Sister Beletesh Gebreab, noted the significance of such initiatives in upgrading the awareness of service-rendering centers regarding the cause and consequence of communicable diseases in general and HIV/AIDS in particular.

The participants held extensive discussion pertaining to the importance of behavioral change and introducing peer education thereby upgrade public awareness in the domain.

### DAEROTAI HEALTH CENTER PROMOTING ENHANCED PUBLIC AWARENESS REGARDING ISSUES IN THE DOMAIN

The inhabitants of Adi-Fakai administrative area pointed out that the health center there indicated that the Daerotai health center there besides providing commendable medical service, is significantly contributing to raise the awareness of the population regarding health issues.

Mr. Mohammed Osman Musa, Assistant Nurse at the Center, indicated that newly constructed facilities for pregnant and expectant mothers are significantly contributing in the follow-up of the condition of mothers and children.

According to reports, Daerotai Health Center is providing medical service to the inhabitants of the Administrative areas of Adi-Fakai, Awenjili, Badob, Hirkok, Aderde and Alibanai. The Health Center began providing service in 1996 to nationals around Hagaz town.

# Development

## Livelihood Systems in Gash-Barka Region: Endless Endowments'

### Part II and Final

Natnael Yebio W.

#### Traditional Sedentary Agro-Pastoralism in Low Land-1

Found in Sub-Zone Mogolo, Barentu and Gogne, the communities in this LS are sedentary that have permanent villages with some members of the household migrating seasonally with their livestock to the banks of Gash and Setit rivers. The ethnic groups that belong to this livelihood are the Nara, Tigre and Kunama. Crop and livestock are roughly of equal importance in this livelihood. It must be noted here that the migration is during dry season only for the livestock with one or two members of the family and not the entire family. Some households in these areas make arrangements to send their livestock with other persons for fee or other services. Major crops grown in this LS include sorghum, pear millet, and sesame.

The landform varies from hilly to flat alluvial planes. The livestock types include cattle, sheep, goats, camels, and donkey. Camels are used

for animal traction and donkeys are used for transportation and fetching water. Other income generating activities include handcraft from doum palm leaves, sale of crops and livestock and employment in the towns.

#### Traditional Sedentary Agro-Pastoralism in Low Land2

This livelihood covers Sub-Zone Lalay Gash, Shambuko and Kebabi Tokibu, Brar, Dase, Kuluku, Fode, and Shakat from Sub-Zone Gogne and Sosen, and Asheti from subzoba Barentu. The ethnic groups that are found in this livelihood system are the Tigrigna, Kunama, Tigre and Saho. The Tigrinya whose ancestors migrated from the highlands are agropastoralists like the Kunama who are the indigenous inhabitants of the areas. Both communities are sedentary that live in permanent villages and share common Christian belief although there are some kunamas whose religions are outside Christianity. The Saho and Tigre are also descendants of migrants from other parts of Eritrea but are followers of Islam. For all the communities' agriculture and livestock have equal importance. The major source of their livelihood is agriculture and livestock; however all communities are engaged in trade of livestock, livestock products like butter and crops and other off farm activities. For instance in Sub-Zone Lalay Gash around Augaro, gold panning is practiced by many households to supplement their income.



Fanko Dam

#### Traditional Crop Based Mixed Agriculture in High Land

This system is part of the moist highland agro ecological zone found in Sub-Zone Logo Anseba and small part of Sub-Zone Molqi at an altitude between 1600-2400 meters and depends mainly on rain fed crop production. Only 9.7% of the total area of Sub-Zone is suitable for agriculture. The crops grown in the LS are barley, wheat, sorghum, finger millet and pulses. Limited livestock raised include small ruminants and cattle. The oxen are mainly used for traction. The inhabitants of the LS are sedentary agriculturalists that live in large villages and depend mainly on rain fed agriculture and livestock for their livelihoods.

Because of the limited agricultural land most

households migrate to Gash Barka to cultivate crops and return after harvest to their villages in the highland. (This arrangement is called locally Wefri Zemet) However, the communities in this livelihood also engage themselves in trade of livestock and livestock products to supplement their income. The inhabitants of this livelihood depend on food aid for most of their subsistence. In addition bee keeping is another income generating activity in this livelihood. During the dry season the livestock migrate to the banks of Gash and Setit rivers.

#### Traditional Crop Based Mixed Agriculture in Low Land

Found in Sub-Zone Molqui, the LS depends on traditional rain fed agriculture combined with livestock rearing. Although most of the Sub-Zone is hilly, there are some plains towards the west bordering Sub-Zone Shambuko. The major crops grown include barley, wheat, and pulses in the highland part and sorghum and finger millet in the plains. Livestock is mainly cattle but some ruminants are also available. Other income generating activities include trade in livestock and livestock products and crops. During the dry season the livestock migrate to the banks of Gash and Setit rivers.

#### Rainfed Commercial and Small Scale Mixed Agriculture

This livelihood system is found in Sub-zone Goluj. The commercial farmers have an average farm more than 100 hectares while the small holders have between 2-15 hectares of land. Most of the large commercial farms are owned by absent land lords who live outside the Sub-zone but come during the Kremti to cultivate. The majority of the returnees from the Sudan are settled in this livelihood system in permanent villages or settlements.

Most of the land is plowed with tractors. Major crops in this livelihood are sorghum and sesame. The livestock include cattle, goats and camels. Camels are used for transport and oil crashing. Some households carry out the camel driven oil-crashing activity during the off-season. The major sources of income generating activities in this livelihood are sale of crops such as sorghum and sesame, sale of livestock and livestock products and sale of sesame oil.

#### Traditional Pastoral in Arid Lowlands

This Livelihood System is found in Hykota and Tessenei. There are three major ethnic



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## September: A Month of Prolific Victories and Prideful Tiaras

September 1, 2016 is the 55th anniversary since the Eritrean struggle for independence began. When the peaceful political struggle for self-determination of the people of Eritrea from 1940s and 50s fell on deaf ears, September 1, 1961 was the day that opened a significant historical chapter of an armed struggle for self-determination.

Although September one triggered the only option of the Eritrean people for self-determination, its beginning was way premature in its nature. After a while of experience however, especially with the birth of the EPLF leadership and the adoption of an ideology that put forth Eritrean nationalism and social justice, it turned out to be one of the most civilized independence movements in the world.

In its 30 years of armed struggle for self-determination against both the western and eastern superpowers, the people of Eritrea was able to nurture a social justice based golden values. Besides, the Eritrean revolutionary struggle was able to create a popular state of mind which values a sense of Eritreanism that centers religious, tribal, gender, lingual and cultural equality and social harmony. Hence, it is such national values that enabled the Eritrean people to stand triumphant over the struggle waged by superpowers and heralded justice from the rubbles of colonialism to its summit. The people of Eritrea therefore accepted these values as its culture and paid heavy prices to achieve its right for self-determination.

Looking back at history, during the critical stage for Eritreans to level their anti-colonial determination, if possibly to lure the people of this land of holly pledges, the trusted minion to the west, Imperial Haileselassie visited Eritrea on 4 October 1952. During this futile visit, he pledged that he would respect the inescapable demand of the Eritrea people unequivocally. But, as that time, for Ethiopia and its mentors, it was not only for granted efforts to put their restless endeavors to undermine the national indivisible sovereignty of September: but also to ascertain their existence and to please his masters, Haileselassie was rushing fiercely to bake conspiratorial loaves to annex Eritrea. And as historical documents vouch unflinchingly, putting aside

the irrefutable demand of Eritreans for independence and national freedom, he declared that "Eritrea is inseparable part of Ethiopia", and soon, after one decade almost, he cancelled the federation status on 14 October of 1962 officially. Over this, what a heart stabbing truth was that the United Nation, a mere organization of mere rhetoric's' from where double standard of manifestation policies have been duplicating, kept dump on the course of this inexcusable and unjustifiable political maneuver. Paradox to the objectives and principles of its founding principles, this organization, the United Nations, emboldened for the miscalculated political step aimed at expanding its sphere of influence denied Eritrea its rightful place and supported the wrong move of the invaders. Even before five years of the official cancellation of the federation by the trusted ally's office in Addis Ababa, Eritrean students were holding peaceful demonstrations, and less often, politically motivated strikes against the despotic leadership of this puppet and black imperial, were conducted in the months of March to June of 1957. Those historically well honored youngsters from Kehaz Secondary school (now Keih Bahri Senior Secondary School) who subsequently followed by students from San Giorgio (Mendefera), Hibret (Debre Sala elementary school), Islamia of Akria, Asmara Technical School and Keren, enkindled the torch of historical awareness about the conspiratorial packages the imperial and other few mercenaries were conspiring to annex Eritrea.

Unfortunately, even in 1962 students and nationals did similar demonstrations from the University of Asmara, however, as the representative of the shameful imperialist office in Asmara had been engaging in putting destructive crackdown actions over every Eritrean who triggered to, and participated in, peaceful and undeniable demonstrations, instead of resolving the question pacifically, resorted to assassinating influential nationals, jailing innocents and putting them under high surveillance of security forces, forcing people to move to Ethiopia in the form of exile, a state much renowned symbol of intermittent starvation and drought. Though with the brutal action they

took the demonstrations and strikes seemed to cool down, however, the truth was vis- versa. More than any other time, political awareness of the people was growing high, and triumphantly, was hardening the indomitable rock of determination and struggle against any invader, be it black or white, rich and poor.

Factories and industries that were commensurable to the status of developed states from Africa had been uprooted from Eritrea, and erected in different parts of Ethiopia. Until to date there is no data in which historians could agree how much property the emperor looted from Eritrea, however, the amount of damage which Eritrea had been suffering from the inexcusable aberration of this next door state was, of course, highly valued. Meanwhile, at that time, in Eritrea the swing of economic development started regressing at staggering rate; unemployment rate was sky rocketing, families started to realize their future fate was becoming very gloom, students and professionals started feeling, that there is no light at the end of the tunnel with no foreseeable future. Then what to do?

The first bullet for cutting the fetter of invasion was fired on September 1, 1961 by Idris Awate with his six colleagues from Adal. They had six old guns but they did have the courage and commitment. Through time many more people joined the armed struggle. When the few freedom fighters started the journey for independence, they knew the hard, twisted and long way to get it. They knew freedom is not for free.

As expected, the journey of the armed struggle was not smooth. There were many ups and downs. It was after 1970s that many youth joined the armed struggle and the struggle was shaped in a new and correct way. During the first years of the 70s, the Eritrean People's Liberation Front (EPLF) developed a reputation at home and abroad as highly disciplined political movement, whose members consistently articulated its outlook, promoted its programs and modeled its values. And after thirty years of protracted war and massive military operations, the first bullet that was fired by Idris Awate and his



colleagues brought another national pride; a new era signaled on May 24, 1991. The painful, incontestable and nostalgic memories of the thirty years of war rewarded the tenacious people, freedom and tranquility. As any reasonable person can grasp, why Eritrea's historic struggle for independence is always mentioned as part of the most unique revolutionary paths is, therefore, indecipherable profound reason.

History tells us that many revolutionary movements were deemed to fail due to internal split and foreign interference before the ring any result to what they were established for. Others who gained their independence through arduous struggle were seen to fail to form a viable government because of foreign interest groups eager to expand their sphere of influence and pave the way to control natural resources of those countries. This fact is true in many African countries that gained their independence in the 60s.

Fortunately, same to the aforementioned case did not materialize in Eritrea, the month of September in 1961 gave birth to May 24, 1991. As I unflinchingly believe, the EPLF unlike the other failed revolutionary movements had situated its all-rounded principles of self-reliance, deep nationalism and readiness to sacrifice for a cause on solid ground by inculcating it in the heart and mind of the Eritrean people in general and the liberation fighters in particular. And it is because of the rightful leadership of the revolution and farsighted vision that Eritrea won its independence by not waiting and raising its arms for external help. To this date the people and government of Eritrea believe in hard work and determination to develop the country, simply by depending from internal resources

and human capacity. And the Eritrean people are celebrating this hard won independence with enthusiasm and fervor spirit every year.

And it is unfortunate that some from the West, especially the so called intellectuals who are backed by notorious political organizations, perceive East Africa as land of restless conflicts which have been emanating from narrow political ideologies. Hence, these negatively fabricated terminologies have been setting this region in the much defamed position by baptizing it with different names; the land of conspiratorial war games and mass carnages. However, as we have assured the world that we are not among the frail societies who are ready to sell their holly pledges for easily penetrable issues, as September has witnessed the prolific success we are registering, the foundation we are laying for the bright future, and the fruit that we are about to harvest in terms of economic development, Eritrea is not going to look back from heralding peace and development in our region. And surely there is no any likely impasse which could restrict this nation of determined people from doing miracles.

Assuredly, the 10,860 sleepless days and nights during the revolutionary struggle for Eritrean independence are not easily decipherable. The determination of the people which was aimed at depriving fetters of the shyster imperialists and their masters, unity of the differently nurtured but well integrated seekers of judicious freedom, restless scenarios of confrontations between invaders and the Eritrean people are, indisputably, eternally memorable.



# The Guest

Since ancient times, the ancestors of Eritrea have always had a special way of treating guests. Many history books and many of our grandfathers and grandmothers tell us that Eritrea is a country in which a guest is incredibly respected, treated with honor and humility.

Be it a relative coming to visit you in the city all the way from the villages, or a loved one coming to mingle, I'm sure you've been thought to regard his/her every need.

Back in the 60's (and even way before those times) there was a special way of treating someone who knocked on your door or stopped at your porch; both in the villages and the cities.

You would hear the footsteps at your door and you would run towards it, excited and full of hope, to see who it was. (In retrospect now the same joyful noise is not very welcomed).

Of course the guest would bring something as well. Whether it's Hmbasha, Gogo, Hanza, or Ater; when travelling towards another village the guests would carry these traditional foods all the way to their loved ones.

When my Grandma tells me about how they used to treat their guests I tell her she should try out writing a book.

She has incredible stories about 'the guest' and the special way

they are received in ones home. I mean the way she talks about how Eritreans were always fond of visiting each other even when they lived far from one another, is incredible. "Especially when it is family" she says. "Nowadays, sonny boy no one cares much for the term family, but back in my days we used to travel three days just to see our cousins or our uncles who lived in the city."

"When we get there, they'd see to our needs and would make us feel at home. They would share whatever was on their plate and would make it comfortable enough for us to sleep over."

"Now, people find out they're related at the verge of their wedding, ha! I guess times have changed". She spoke with such a sad and whimsical voice that I understood there was no point in arguing with her.

A lot of countries and a lot of cultures around the world have their own way of defining a guest or a visitor, and their own way of treating them.

In the U.S.A and European countries, the guest or visitor is not common; (At least not anymore). With technology as the main blame, in these days and age no one comes to your house or your home without your invitation.

You see a guest is only a guest if he/she decides to come and see you (with or without gifts) without

your knowledge of his/her arrival. The guest surprises you with their visit and you're bound to know the Eritrean idiom: "the one who comes uninvited leaves with an empty stomach!"

Not a lot of that happens in the western world.

The Chinese and Japanese however, have a culture very close to ours when it comes to their treatment of guests.

Invitations are usually extended for formal gatherings, but otherwise it is common to drop by unannounced. When invited, one is generally prompt; being more than a few minutes late is considered impolite. Guests conduct themselves with restraint and refrain from loud, boisterous speech and actions. Valuable gifts are usually not accepted from strangers, but small gifts may be given by friends. In fact, friends often bring gifts such as tea, cigarettes, fruit, chocolates, cakes, or wine when they visit. Hosts rarely open wrapped gifts until the visitors leave. Refreshments are usually offered, but it is not impolite to decline them. It is common for the host to insist several times before accepting the guest's refusal.

Here in Eritrea the guests usually arrive with something to offer (cake, coffee, Efun, and such) and it's considered to a certain degree impolite to arrive with nothing. The host accepts your gift with a

modest "you-didn't-have-to-bring-that!"

Back in the day, strangers would knock on your door and ask if they could stay the night, as it was getting dark and they were far off from where they wanted to be. You ("the host") would be expected to let them in, offer them dinner, give them warm sheets and a spare bed and in the morning make them breakfast and send them on their way.

If it were a guest you knew, you'd wash his/her feet. I know it sounds fictitious, but believe me if you heard it from my Grandma directly you'd feel as if you were part of it too.

Nowadays with all the progression and the development of the big cities, with everybody having a job or two, it's become a bit like the West here too.

Families don't visit one another as much as they used to, and although 'the guest' is still very well respected he/she is not a common feature of our lives anymore.

I mean I'm only as old as Scandium, but never have I seen anyone wash guests' feet or let a total stranger in to stay the night.

Can you imagine what it would be like to do that now? It sounds highly ludicrous in our modern era, but back in my Grandma's time it was just as normal as letting in your friend in.

Our culture encouraged us to trust and respect one another. You'd never dream, not in the

least, that the guest you let in (even a total stranger) would steal from you. And nobody would.

My Grandma's ma would freak out having read my little article: about how, presently, no one would ever let a stranger in to sleep over, because they would never trust them.

Would you do it?

The guest back then was much different too (it's not just the hosts that have changed). The visitor much like the Chinese, demanded respect and appreciated your home and your rules (if you had any that is).

Now, well, let's just say there are a lot of rules and not a lot of people to respect them.

Fish and guests smell in three days. Ever heard that saying before?

That is one of the rules the old guests knew. Now though some guests would look astray at having heard this famous idiom.

"Every day we get more and more tangled up with our own lives and we forget to treat one another with kindness, to visit our family and loved ones, to open the doors to a stranger and fill his/her heart with joy. It's sad sonny boy, but true".

I'll leave you all to reflect on these brave words, said to me by my Grandma.

*Nehemiah Kebreab*



## Livelihood Systems in Gash-Barka...

*Continued from page 2*

groups namely the Hidareb and Tigre and Nara and a minor group Rashaida that belong to this LS. Both the Hidareb and Tigre are agro-pastoral sedentary communities while the Rashaida are very mobile and migrate in and out of the Sudan. Agriculture and livestock are the main source of livelihoods of the communities. Beside sales

of livestock, doum palm leaves, handicrafts from doum palm leaves and cross-border-trade. The other income generating activities include employment opportunities in the irrigated farms along the Gash river, the agro industry of Alighidir and the town of Tessenei. There is also some gold panning in this livelihood. The livestock, which include sheep, goats and camels, contributes substantially to the livelihood of the communities.

# From the Diasporas

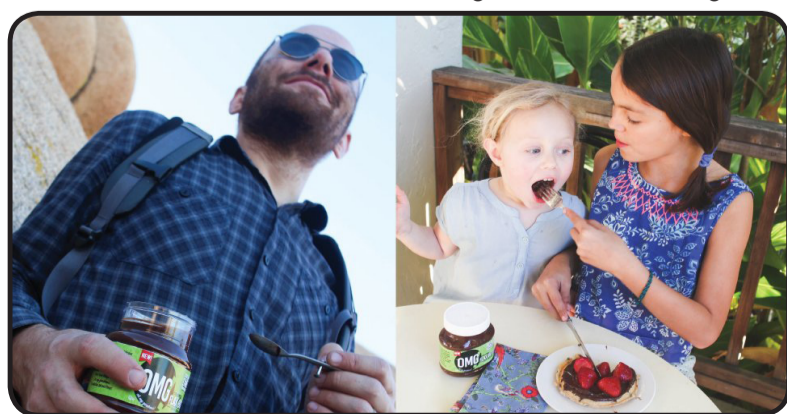
## Orsaalem Kahsai: A Great leap in Food Nutrition

For molecular biologist and food scientist Orsaalem Kahsai, nutritious food is paramount in feeding her three children. She wanted to create low sugar, healthy spreads that were high in Omega-3's, so the development process began. Orsaalem Kahsai is an Eritrean native who lives in the United States. She has very recently created and launched the first OMG FLAX Butter in 2016, thereby making huge contribution to the diet in the American society.

At age seventeen, Orsaalem came to the US, and focused on science. She completed a Bachelor's degree in microbial biotechnology from University of California-Davis, and then a Masters of Science in Molecular and Cellular Biology from California State University at Hayward. From 1998-2005, she developed as a research scientist, working for Lawrence Berkeley National Lab, in California. Her cutting-edge research, such as sequencing a human genome and studying human genetics code, has been broadly recognized and Orsaalem was presented on the cover of a 2005 edition of "HAYWIRE" magazine. Since late 2005, she has been a research scientist at Fred Hutchinson Cancer Research Center, working in the division of public health science, and in the cancer prevention program.

Orsaalem grew up eating flaxseed as a part of her diet. Her extensive biochemical background and knowledge of flax and the compound in flaxseed allowed her to recognize the contribution flax could make to diets. In her interview with a website called kemey.blogspot.com, Ms. Orsaalem said, "I obviously took on the scientific investigation to combine ground flax seed with other nutritional ingredients. After years of research and trials resulted in my now patent pending to stabilize ground flax seed for use in products requiring long shelf life."

In the meantime, she met her husband, got married, had three children and became the Food Scientist Mom that she now is.



Her extensive biochemical background and knowledge of flax and the compounds in flax seed allowed her to recognize the contribution flax could make to American diets. She took on the scientific investigation to combine ground flax seed with other nutritional ingredients. A special focus was to stabilize ground flax seed for use in products requiring long shelf life. Years of research and trials resulted in her now patent-pending stabilization process that allows the use of ground flaxseed in "shelf stable" products for up to a year or more.

Product development and testing continued on spreads until the launch of OMG! Flax Butter in 2016.

When looking at today's available nutrition options, we see a hole and an opportunity to help humans to be healthier. Today's foods are so overloaded with high saturated fats, hydrogenated oils and along with those come an abundance of Omega-6. Now moderation of healthy sources of Omega-6 is totally fine if there is also a good balance of Omega-3.

Over the course of human evolution, there has been a dramatic change in the ratio of omega-6 and omega-3 fats consumed in the diet. This change, perhaps more than any other dietary factor, has contributed to the epidemic of modern disease.

Anthropological research suggests that our hunter-gatherer ancestors consumed omega-6 and omega-3 fats in a ratio of roughly 1:1. It also indicates that both ancient and modern hunter-gatherers were free of the modern inflammatory diseases, like heart disease, cancer, and diabetes, which are the primary causes of death and morbidity today.

At the onset of the industrial revolution (about 140 years ago), there was a marked shift in the ratio of Omega-6 to Omega-3 fatty acids in the diet. Consumption of Omega-6 fats increased at the expense of Omega-3 fats. This change was

due to both the discovery of the modern vegetable oil industry and the increased use of grains as feed for domestic livestock which in turn altered the fatty acid profile of meat that humans consumed.

In the U.S. the average person's tissue concentration of highly unsaturated omega-6 fat is 75%. Since we get close to 10% of our calories from omega-6, our tissue is almost completely saturated with omega-6. This creates a very inflammatory environment and goes a long way towards explaining why 4 in 10 people who die in the U.S. each year die of heart disease.



In short, elevated Omega-6 intake is associated with an increase of all inflammatory diseases – which is to say virtually all diseases. The list includes (but is not limited to):

- Cardiovascular disease
- Type 2 diabetes
- Obesity
- Metabolic syndrome
- Irritable bowel syndrome & inflammatory bowel disease
- Macular degeneration
- Rheumatoid arthritis
- Asthma
- Cancer
- Psychiatric disorders
- Autoimmune diseases

The world has created the nutritional decline of the human race over history of innovation. Nothing has been done much in the way of combating this epidemic; it's rather been ignored until now. I am always driven by innovation and thus created a market first Flax butter from flaxseed.

Omega-6s and Omega-3s appear to compete with each other for space in the cell membrane and consequently for the attention of various pro- or anti-inflammatory enzymes. You can't just take a few servings of omega-3s and expect everything to click into place like a fatty-acid

Tetris game without simultaneously reducing your omega-6 intake because the existing omega-6s will bully the omega-3s away. Reducing consumption of omega-6s and implementing a healthy plant based omega source like OMG Flax Butter to get dense omega-3s will put you on a path to feeling amazing!

Ms. Orsaalem says that there are three ways to fix the Problem

1. Definitely finding a product like OMG Flax Butter that is dense in omega-3s is the top choice. But you need to simultaneously reduce your intake of omega-6s. You can do this by:

\*avoiding most foods that come in a box or polyethylene bags as they include foods generally made from grains chosen for their long shelf life (i.e., high concentration of unhealthy omega 6's).

\*avoiding cooking oils that are soy, corn, safflower, and cottonseed based and replace with olive oil sunflower oil. The foundation of OMG Flax butter is from sunflower as well which contains Linoleic Acid, a healthy and essential polyunsaturated fatty acid that we can all benefit from.

\*avoiding the consumption of restaurant-fried food, as they're almost always fried in unhealthy high -omega-6 cooking oils. In fact, it's a pretty safe bet most restaurant dishes are dense in things we don't really want in our bodies.

\*choosing grass-fed and grass-finished beef. All cattle are initially grass fed before being fattened up with grains, so make sure the meat you buy is from grass-finished livestock to ensure you are consuming the healthy proteins and fats that your body needs.

2. Remember that the ratio of the two fatty acids is more important than the quantity. If you eat more omega-6s, eat more omega-3s. In other words a serving of OMG Flax Butter 3 times a day should get you into the more "balanced omega zone."

3. Regularly get your cholesterol checked at the doctor for ongoing health screening. One test you'll want as well is a blood test to determine your omega-6/omega-3 fatty acid ratio to determine your real risk of heart disease. It is a test that most people don't know is available.



OMG FLAX BUTTER products have a wonderful taste with numerous health benefits. It has a patent pending nutrient extraction process to where we are able to bring the vast health benefits to the consumer in an amazing tasting spread. It can also be used as delicious alternative to other Omega-3 supplements, because all OMG FLAX BUTTER products contains 100% Daily value of Omega-3 per serving, which science has shown it may help to prevent heart disease and cancer with regular usage. OMG is low in sugar, No salt, essential Vitamins & Minerals, rich in lignans, 100% NON-GMO ingredients, No Artificial colors, No Preservative, No Trans Fats, No hydrogenated oils, so you can feel good about what you are putting in your body. OMG FLAX BUTTER Products are suitable for a lot of specialized diets. OMG FLAX BUTTER Products are also non-GMO, Gluten Free, Dairy Free, Soy Free, Kosher, and Vegan.

When asked about her future plans, Ms. Orsaalem said, "I believe my unique work experiences provide me with a completely fresh perspective on nutritional foods at its molecular level. I also learned that the lack of nutrition not only affects your body's ability to maintain itself but may also help you manage your risk for developing disease. Therefore, we are in a great demand to understand the functionality of foods due to the risk of food related illnesses such as: diabetes, obesity, cancer, cholesterol, anorexia, malnutrition... This is why after years of research and trials, I created OMG Flax Butter, and now I want you and your family to feel the best possible on a daily basis. I am consistently working with great food scientist around the globe to develop and innovate ways to deliver the best possible nutrition for humans in a delicious way. Why can't getting healthy be enjoyable?!"



Bisha Mining Share Company  
 P.O. Box 4276  
 Asmara  
 Eritrea

Tel: (+291) 1124941  
 Fax: (+291) 1124941  
 www.bishamining.com

**VACANCY ANNOUNCEMENT**

Bisha Mining Share Company is inviting applicants for the following positions for its Bisha Site Project.

1. Document Controller

Major Duties and responsibilities

**1. Administration**

- 1.1 Assist with the writing and record keeping of all standard operating procedures and legal notes.
- 1.2 Ensure that all legal documents and policies are stored in a safe place with a reference document to ensure ease of referral.
- 1.3 Write up as well as populate all Engineering Standard Operating Procedures as well as Safe Working Practices.
- 1.4 Assist with the facilitation of monthly review meetings for the Engineering department.
- 1.5 Responsible to ensure that required information is displayed on the notice boards
- 1.6 Review all existing Standard Operating Procedures on a monthly basis to ensure accurateness.
- 1.7 Ensure that all Standard Operating Procedures are all done in the same format and template.

**2. Filing**

- 2.1 Ensure that all Engineering documentation which falls within this position's area of responsibility is filed accurately and that a record be kept of all documentation filed.

**Knowledge and Skills**

**Qualifications:**

- Grade 12
- Diploma/Certificate in Secretarial or Administrative function added advantage

**Knowledge and Experience:**

- 2 – 3 Years MS Office experience
- 3 – 5 Years' experience in Mining Industry will be an added advantage
- 2 Years Secretarial or Data Clerk experience will be an added advantage

Technical Skills	Behavioural Skills
<ul style="list-style-type: none"> <li>• Computer Literacy (MS Office – Intermediate)</li> <li>• Administrative skill</li> <li>• Time Management</li> <li>• Accuracy</li> <li>• Telephonic manner</li> <li>• Organisational skill</li> </ul>	<ul style="list-style-type: none"> <li>• Communication (English and Local language)</li> <li>• Interpersonal relations skill</li> <li>• Team player</li> <li>• Self- Motivated</li> </ul>

2. Safety Officer

Major Duties and responsibilities

**1. Planning**

- 1.1 Ensure policies and procedures are in place.
- 1.2 Ensure Mine is compliant with legislative and regulatory requirements.
- 1.3 Assist with the "Safety & Health Management System.

**2. Implementing Safety & Health**

- 2.1 Inspect the workplace for potential hazards.
- 2.2 Respond to and investigate accidents and emergencies.
- 2.3 Liaise with on-site contractors to ensure compliance with safety regulations.
- 2.4 Coach and advice employees regarding Safety & Health.
- 2.5 Identify unsafe acts, conditions, hazards and investigate root causes as well as identifying corrective action.
- 2.6 Enforce on-site safety, health and emergency compliance to programs to minimise/prevent incidents.
- 2.7 Investigate incidents/accidents.
- 2.8 Conduct planned inspections/audits.
- 2.9 Co-ordinate monthly Safety & Health meetings.

**3. Reporting**

- 3.1 Complete, daily, weekly and monthly reports.
- 3.2 Report any incidents/accidents and risk assessments

**Knowledge and Skills**

Qualifications:	
Certificate : Occupational Health & Safety, emergency response	
Grade 12	
Knowledge and Experience:	
2/3 years previous experience in Health & Safety & Emergency Response	
Technical Skills	Behavioural Skills
Computer Literacy (MS Office – Intermediate, Excel )	Communication (English and local language )
Supervisory skills	Assertiveness
Attention to detail	Flexible
Analytical skill	Integrity
Physical fitness	Self-Discipline
Problem solving skill	Ability to work towards strict deadlines
Drivers Licence	High level of accuracy
Plan, organize & execution skills	Discretion and Organising skills

**General Information and other requirements:**

- **Place of Work:** Bisha.
- **Type of contract:** Indefinite period
- **Salary:** As per Company salary scale.
- **Additional requirement for Nationals:**
  - Having fulfilled his/her National Service obligation and provide evidence of release paper from the Ministry of Defense.
  - Present clearance paper from current/last employer.
  - Testimonial documents to be attached (CV, work experience credentials, a copy of your National Identity Card etc.).
- Only shortlisted applicants would be considered as potential candidates for an interview.
- Application documents will not be returned to sender.
- All applications should be sent through the post office.
- Deadline for application: 10 days from the day of publication in the Newspaper.
- **Address: Please mail your applications to;**  
**Bisha Mining Share Company,**  
**P. O. Box 4276 Asmara, Eritrea**

▪ **Note to non- Eritrean applicants:**

**Please send a copy of your application to**  
**Aliens Employment permit Affairs,**  
**P. O. Box 7940 Asmara, Eritrea**



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# VACANCY ANNOUNCEMENT

Bisha Mining Share Company is inviting applicants for the following position for Bisha site project;

HME (Heavy Mobile Equipment) Mechanic

Number required – (01)  
 Definite Period: 02 Years

**MAJOR DUTIES AND RESPONSIBILITIES**

- Planning
  - Follows the daily work reports/job cards.
- Implementation of the Plan
  - Identify the highest priority for each day and focus on completing relevant tasks.
  - Ensures good housekeeping.
  - Carries out actual maintenance and repairs of HME in an efficient and effective way in order to minimize downtime.
  - Performs regular inspections in order to detect potential problems before they cause breakdowns.
  - Minimizes downtime by ensuring the best techniques are being used to repair breakdowns.
  - Ensure safety requirements are fulfilled at the work place, including leading Field Level Risk Assessment (FLRA) and proper use of the appropriate PPE. Report any safety issues/incidents.
  - Comply with mine’s cardinal rules and other safety, environmental or other rules and standards as directed. Identifies any hazards in the work place.
  - Conducts preventative maintenance on the HME by checking engines; motors; pneumatics; hydraulic systems by following diagrams, sketches, operation manuals, manufacturer’s instructions and engineering specifications. Troubleshooting malfunctions.
  - Carries out “Fault finding” by using precision measuring and testing instruments.
  - Removes defective parts by using hoists, cranes and hand and power tools. Examines form and texture of parts to determine causes of failure.
  - Determines changes in dimensional requirements of parts by using rulers; calipers; micrometers; and other measuring instruments.
  - Understands and is familiar with basic hydraulic systems.
  - Attends technical and other training as required by supervisor.

Reporting

- Compile daily; progress reports as requested (completing Job Cards).

**KNOWLEDGE, EXPERIENCE AND SKILLS**

<b>Qualifications:</b>	
Grade 12 for locals	
Formal Trade for Ex-Pats (Diesel Mechanic/Auto electrician)	
Grade 2 or higher driving license	
<b>Knowledge and Experience:</b>	
3 - 5 years relevant experience	
<b>Technical Skills</b>	<b>Behavioural Skills</b>
Computer Literacy (MS Office – Intermediate, )	Communication (English)
Attention to detail	Prioritizing skills & multi-skilling
Analytical skill	Ability to work towards strict deadlines
Mechanical & Electrical experience	High level of accuracy
Problem solving skill	Self-motivation

**General Information and other requirements:**

- **Place of Work:** Bisha.
- **Salary:** As per Company salary scale.
- **Type of contract** Definite Period (2 Years)

**Additional requirement for Nationals:**

- Having fulfilled his/her National Service obligation and provide evidence of release paper from the Ministry of Defense.
- Present clearance paper from current/last employer.
- Testimonial documents to be attached (CV, work experience credentials, a copy of your National Identity Card etc.).
- Only shortlisted applicants would be considered as potential candidates for an interview.
- Application documents will not be returned to sender.
- All applications should be sent through the post office.
- Deadline for application: 10 days from the day of publication in the Newspaper.

- **Address: Please mail your applications to;**  
**Bisha Mining Share Company,**  
**P. O. Box 4276 Asmara, Eritrea**
- **Note to non-Eritrean applicants:**  
**Please send a copy of your application to**  
**Aliens Employment Permit Affairs,**  
**P. O. Box 7940 Asmara, Eritrea.**



Q and A

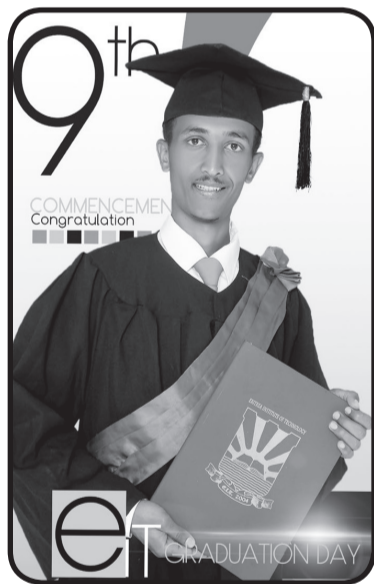
# The Minds Behind “Smart Heavy Duty Machine”

Compiled by Fanus Debessai

The massive transformation and advancement of the world we are living today is the fact that days are literally being made by countless moments of inspirations of different people. On today's Q&A, one of the many young Eritrean talents and innovators, Eng. Abel Mehari, will be our guest. His ingenuity and fondness towards computer technology is very inspiring.

## Tell us a bit about yourself

I was born and raised in Asmara in 1989. Went to Finland Mission Elementary and Junior School and did my high school at Medhanie Alem Cathedral Secondary school. Afterwards, I joined the 20<sup>th</sup> round in Sawa and got a 3.2 GPA from my High



School leaving examinations, enough to make me join the Eritrean Institute of Technology in Mai-Nefhi. Finally I graduated in 2016, majoring in Computer Engineering with Great Distinction and an Honorary Degree.

## What special techniques do you use when studying?

I have always had fixed schedules for studying since I was at my elementary level. Besides, I always loved experimenting the theories I learned in class, especially when I was in high school, I used to be so passionate about physics. So at home I just had to experiment all of the formulas I learned in class at all costs. There were crazy days in which I went home to work on electromagnetism while referring different books!

## Of Computers

It all started when I was in high school. For reasons I cannot explain, I started to be hugely interested in computer software and hardware. It is amazing how when we talk about operating a hardware we centralize soft power.

## Works during college

Yes! During my 4<sup>th</sup> year I was able to participate in a mini-project where I prepared a software on online sales and management system. The developed software was aimed at helping different institutes in advertising products through the use of a website.

## Did you do it by yourself?

Mainly yeah; I did it on my own. In the department of Computer Engineering, we are always given assignments whereby we are required to develop soft projects, and that one too was part of those assignments.

When I realized that my project attracted attention even outside of the class, I decided to present

it at the Inter College Festival, and it gave me pleasure how my work was being appreciated by the participants and attendants of the festival.

## What exactly inspired you to come up with the software?

We are still using the traditional way of marketing until now. But this software would allow to upgrade our local market through official websites.

## How do you upgrade your knowledge?

I usually base my knowledge on different programming books such as PHP, JQUERY, this means: 'a lot of reading'.

## This year's Youth Festival

We presented a project prepared for the senior year. We called it "Smart heavy duty machine". It compiles both hardware and software to remotely monitor heavy machinery using mobile phones or laptops. One of the few purposes of this innovation is safety in machineries operated



in dangerous sites.

When our "Smart heavy machinery" was finally over, we easily operated it and demonstrated it on the fields; agriculture, mining, construction. We believed that creating something must bring some changes to a community.

There were challenges of course. In the process of preparing the electrical hardware we faced many flare ups and since the project is costly it wasn't to our favor but luckily we were ready to face challenges of all sorts.

## And how does it work?

The operator simply controls the machine from distance without being exposed to any risks. It is helpful as it can be used for mining, agriculture, construction and army purposes.

## Will it be on sale anytime soon?

Why not. I mean, we believe that we have completed 80% of the project so far and what we have worked on is operational even with the 20% more remaining. There is still work to be done if we can get the materials needed and the budget required, we will be able to put it on use.

## Future plans

As this is part of robotics, I would like to gain more knowledge on this branch of technology and I want to do more on robot cars.

## Final words

I would like to remind interested personnel and government institutions to provide necessary guidance and support in order to encourage young innovators. I would also like to express my gratitude to my dear parents who helped me get this far, my teachers, colleagues and mostly to my teammates and Eri-Equip and all the people who helped me in my endeavors.



Engineers' Fithawi, Abel, Shewit and Yonas, the minds behind the very Invention.