



ChatLine

Lifeline Newsletter April 2005

The 3rd Trans-Makgadikgadi Trek LifeLine Botswana's Biggest Fundraiser



Come join us along with Barclays, Barloworld, Debswana, and Stanbic bank in the third Makgadikgadi Pans Sponsored Walk, this year under the newly formed Y Care Charitable Trust.

This vast and desolate region has proven to be a spectacular back drop for the two previous Lifeline Makgadikgadi Pans Sponsored Walks. This year's walk will be no different in terms of scenery and purpose, but expanded in resolve.

There will be a professional crew to provide support, the first Y Care Charitable Trust

promises to be an event of note. Further melding tourism endeavours with a conservation outcome, all in the name of goodwill, the inaugural Y Care Walk will set the standard for charity events to come.

The Y Care Makgadikgadi Pans Sponsored Walk will cover over 280 kilometres, starting at the eastern edge of the pristine white saltpans, working its way to cross the ancient former inland sea. The walk will be held from June 18th to 24th, to coincide with the full moon, making for glorious evenings, with the promise of cooler days.

Below is information on what you'll need, what we'll supply for you, and tips for your preparation for the walks:

1.) Donations – We're asking each corporation and walker to provide a 25% deposit to reserve their place in the walk.

These funds will be used by Y Care to purchase the food and provisions to outfit the walk.

The deposit should be paid before 15 May to Y Care Charitable Trust. Deposits can be paid by check to: P.O. Box 4 6 4 8 6 Gaborone, or delivered to Dr, Mbere's office in the Medical Mews Building, tel. 395 2842. Alternatively, bank transfer information will be forwarded when the account is set up in the near future.

2.) Transportation – You will need personal transport for yourself and your camping equipment from Gabs to the starting point of the walk, then from the end of the walk back to Gabs. We will transport your tent, sleeping bag, and

belongings for the duration of the walk.

*Please note that you will not be carrying your belongings, we'll move everything by vehicle.

1st and 3rd Segment Walkers: (Those who have different start and end points) You will need to arrange for your vehicles to be ferried from the start to the finish.

2nd Segment Walkers: Your vehicles will not need to be moved since you will be starting and ending at the same location, Kubu Island.

3.) Food and Drinks –

- Y Care will provide and prepare all food and water (3 litres of bottled water to drink during each day of walk). If you have any special dietary needs, we ask that you provide this for yourself.
- Y Care will however, transport and assist in its preparation.
- Any other beverages should be provided by you in a couple of your own cool boxes which we will transport for you.

4.) Training – We will cover 30 to 40 kilometres per day! This requires that all participants be in good physical condition.

Pre-walk training is a must.

- We suggest that as soon as possible, walkers should get out once or twice a week,

walking for an hour or more.

- By the middle of May, participants should be able to do at least a half day's walk every weekend covering between 10 and 15 kilometres.
- Over the weekends leading up to the walks, we suggest all walkers should increase to a full day's walk covering 25 to 30 kilometres.
- Whatever you do, please don't do a big walk in the two weeks prior to the "real" thing. Your muscles need time to recoup. Training in a slow and steady fashion is the most effective way to go.

Tips:

It is also important to break in or try out any new equipment before you go, this includes putting up a new tent and breaking in new shoes.

For anyone who has never camped out before, it may be a good idea to try a two day walk with an overnight camp out.

5.) Equipment –

Walkers will need to provide their own tents, sleeping bags, camp chairs, and of course clothing.

At the start of each walking segment, Y Care will gather up all equipment and transport it to each

new location.

Y Care will also set up your tents and place your belongings in it at each camping location.

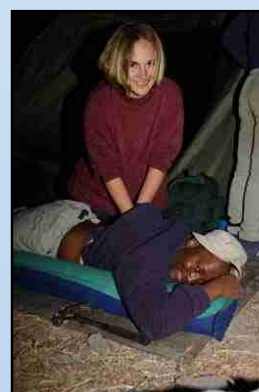
On your first night in camp you will need to show our camp staff how to set up your tent. If you buy a new tent, please don't just bring it along; set it up once or twice beforehand to know how it works.

Tip:

Please, label all of your things with your name and your company so we know what belongs to whom.

For more information, please don't hesitate to call:

Walk Manager – Peter Durkin, Tel: 659.4722; Cell: 72.555.749; Email: durkin@info.bw



Masseuses from **Physiotherapy and Rehabilitation** will be available on the walk for foot massages and moral support!

Tracie Simmans - 3934434

2005 Makgadikgadi Pans Walk Itinerary

June 17th, Saturday – For the Debswana/Barloworld group, we will meet at the western edge of Ntwetwe Pan, exact location to be forwarded. Y Care's camp staff will help set up camp and prepare dinner for everyone.

June 18th, Sunday – You will head east across the pan with Kubu Island as your final destination. Lunch and water will be supplied by the walker support crew on quad bikes. Sunday night will be spent at a spike camp in middle of the pan without the full camp crew. The walker support crew on quad bikes will bring just the essentials and food for dinner and breakfast the next day. The camp staff will pack up the camp and move it around to Kubu Island.

*Please note that you will have to arrange for your own transportation to and from the end points of the walk. In the past, participants had drivers to move their vehicles from the start point to the end.

June 19th, Monday – The Debswana/Barloworld walkers will walk on to Kubu Island which ends this segment of the walk. The Barclays group will be arriving at Kubu today. The second segment of the walk will begin and end at Kubu Island. Therefore additional

arrangements for drivers to move the Barclays' group's vehicles around will not be necessary. The camp at Kubu Island will be manned for the next three days, ensuring the safety of the vehicles.

June 20th, Tuesday – The Barclays group will start walking in the morning, heading southeast to the bottom of Sowa Pan. The camp support crew will pack up tents, bedding, and bags to meet the walkers that evening.

June 21st, Wednesday – The Barclays walkers will head northeast to spend the night at Kukenje Island.

June 22nd, Thursday – The Barclays group will finish up at Kubu Island today and are joined by the Stanbic group. Both groups will camp overnight.

June 23th, Friday – The Barclays group will head back to Gabs, hopefully tired, but satisfied. And the Stanbic group will start walking north to spend the night near Thabatshukudu Village.

June 24th, Saturday – The Stanbic team will walk this last day to Sowa with a small reception that evening.

June 25th, Sunday – The Stanbic walkers return to Gaborone, with any luck, invigorated and united from their team building exercise.

Walker Discounts/Offers

Several local businesses are offering discounts to our dedicated walkers:



Cape Union Mart – Receive 10% off all purchases related to the walk. Just bring in a copy of the registration letter issued by Y Care and you can receive the discount.

Game City

Contact: Gloria Ociti

Shop 18 Riverwalk Mall

Tel: 370.0040



Gym Active – Gymactive offers the corporate discount price of P160/person/month (Regular price – P220/person/mo) to help with your training.

Dear Friends of LifeLine,
This month's Chat Line is all about our biggest fundraising event of the year! The Annual LifeLine Sponsored Walk.

Last year our Patron, Dr. Nomsa Mbere, walked across the Makgadikgadi Pans to raise money for LifeLine Botswana. Many others joined in the walk too and a total of P160,000.00 was raised!

Nomsa has set up a Trust Fund called Y Care and proceeds from the walks will be available to five charities in Botswana including LifeLine.

Nomsa will be walking personally to raise money for LifeLine.

So why do we need to fundraise?

LifeLine Botswana is a registered non-profit making charity which provides FREE and confidential counselling for the community.

LifeLine believes that psychological and emotional health should be available to all and for this reason does not charge the public for counselling and support from its centres.

With the many challenges facing Botswana today LifeLine is indeed a 'lifeline' for people in need and our 200 clients who visit the centre every month are a testament to this.

In addition to the support we give at the centre LifeLine runs outreaches in:

- Old Naledi to support the Tlamele Orphan Care Programme where 200 children are fed daily. LifeLine offers free counselling to staff and children here and has just started a training programme funded by Sponsor a Child and the Kabelano Trust.
- Molepolole where LifeLine is starting up a Teen Line – a counselling service run by students for young people in the community.
- Kagisano Women's Shelter Project – where LifeLine supports the shelter with counsellors.
- Holy Cross Hospice – where LifeLine supports the hospice with counselling and physiotherapy.

The following is a suggested packing list:

Check	Packing List:
	Sleeping bag and pad (Please no stretchers)
	Extra blanket
	Small pillow
	Folding camp chair
	A day pack to carry small items you might want while you're walking.
	Sunscreen
	Sturdy broken-in walking shoes
	Warm jersey – it gets very cold at night
	Extra socks
	Flashlight
	Sun hat and sunglasses
	Sufficient clothes, but not too much

Your clothing should be packed in one sturdy, closable, yet soft sided bag. Please no plastic or shopping bags that can open or tear.

For further information regarding Lifeline, please send this coupon with a stamped, self addressed envelope to:

Lifeline, P O Box 21283, Gaborone, Botswana

Name:

Address:

Telephone Number:

Facsimile Number:

Cellphone Number:

Email Address: