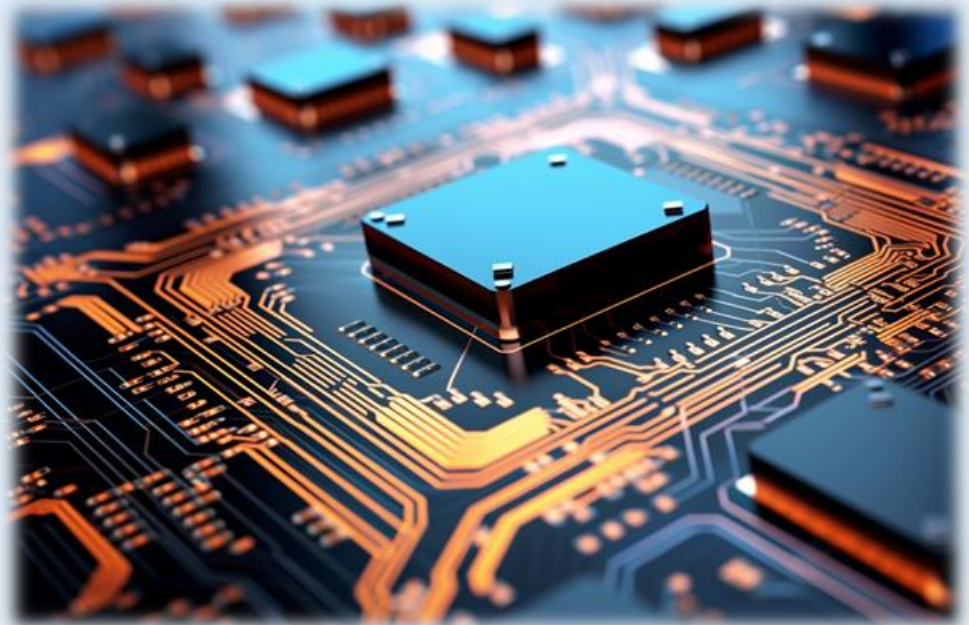




ZAMBIA ACADEMY OF SCIENCES



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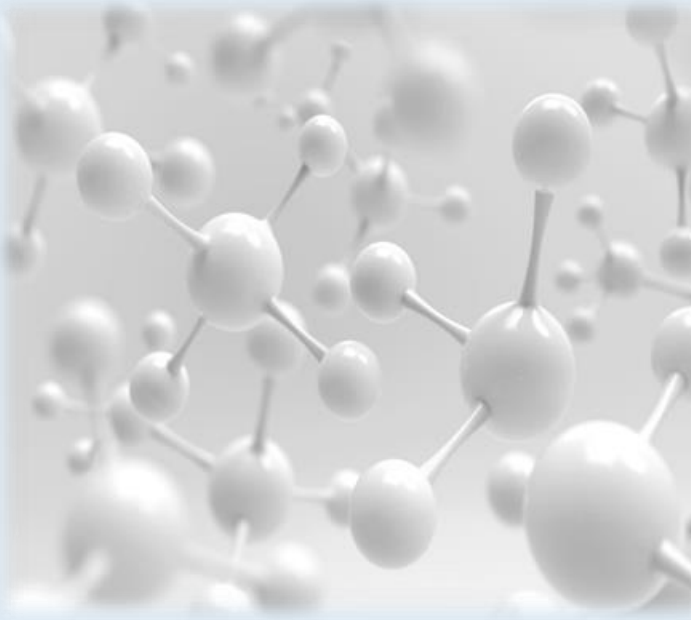
In the latest updates, ZaAS is extending the nomination deadline for Governing Council positions to **Friday, 29th March 2024**, and inviting presentations for the 2024 Science Conference. Members are reminded to pay their 2024 Annual Subscription by **31st March 2024** to maintain eligibility for nominations and voting. Additionally, members can grow the Academy by nominating eminent scientists for membership.

In other news, recently, ZaAS/ZNSF/UNESCO STEM Fair empowered students with critical thinking skills and code making, while the ZaAS Climate Variability Breakfast Meeting discussed cutting-edge agricultural technologies.

Also, meet Dr. Sheila T. Shawa-Musonda, ZaAS Committee Chairperson for Life Sciences. Additionally, explore our insightful publication on transforming Zambia's chemical industry for economic growth.

For your wellbeing, consider some tips for mood improvement, including trying a Mediterranean diet and getting outdoors.

Lastly, the ZaAS Website is now **LIVE** and can be accessed at <https://zaas.org.zm/>



ZaAS UPDATES & REMINDERS

The following are the important updates and reminders regarding the upcoming activities of the Zambia Academy of Sciences:

2024 Governing Council Nominations

The deadline for submitting nominations for election to the Governing Council positions has been extended to **Friday, 29th March 2024**. Nominations are open for the following positions: President, Vice President, Secretary General, Treasurer, Committee Chairperson Life Sciences, Committee Chairperson Medicine & Health, and Committee Chairperson Social Sciences. **The Secretariat is yet to receive nominations for the Secretary General and Treasurer positions.** Member participation is vital in shaping the future of ZaAS, therefore, members are requested to ensure their nominations are submitted before the deadline.

Science Conference Presentation Opportunities

The 2024 General Assembly and the Science Conference are scheduled for **18th-19th April 2024**. The theme for the Science Conference is **“Addressing the Intersection of Environmental Factors And Public Health: The Path to Zero Cholera in Zambia”**. There are still open slots for presentations during the Science Conference. Members interested in presenting, can inform Secretariat as soon as possible. If there is no interest from members, the Academy will proceed with inviting non-members to make presentations.

Nomination of Eminent Scientists for Membership

Members have the opportunity to nominate eminent scientists for membership. As they need to be elected by the General Assembly, members are requested to submit fully filled out forms of the candidates for membership.

Reminder for Annual Subscription Payment

The deadline for payment for the **2024 Annual Subscription is 31st March 2024**. Please note that subscription status may affect member eligibility to nominate or vote for candidates.

ZaAS Website Launch

The ZaAS website is now **LIVE** and can be accessed at <https://zaas.org.zm/> Explore the platform to learn more about the Academy and the impactful work it is undertaking. Discover the latest initiatives, aimed at fostering innovation and driving positive change.

Quote

“ To know that we know what we know, and to know that we do not know what we do not know, that is true knowledge.

Nicolaus Copernicus



MEMBER FOCUS

DR SHEILA T. SHAWA-MUSONDA - CHAIRPERSON FOR THE COMMITTEE ON LIFE SCIENCES

Dr Shawa is a Senior Technical and Partnership Specialist at the Africa Union Commission under Health Systems, Diseases and Nutrition in the Directorate of Health and Humanitarian Affairs (HHS). She is the lead for TB, NTDs and the CHWs workers initiative and possesses expertise in diseases control programs with over 15 years extensive experience in public health policy formulation and integration of efforts to promote preparedness to epidemics as well as address other public health concerns. Dr Shawa was instrumental in the establishment of the Africa CDC as senior project officer where she was responsible for coordinating activities in the regional collaborating centres including in Central, Eastern and Southern Africa. Dr Shawa holds a PhD in Parasitology from the University of Zambia in collaboration with the University of Copenhagen and an MSc in Infectious Diseases from London School of Hygiene and Tropical Medicine and a BSc from the University of Zambia. She is also a Member of the ARISE Technical Advisory Group and an alumni of the Harvard Kennedy School of Government.

PUBLICATIONS

Mineral and bioresource exploitation for transformation and sustainability of the chemical industry in Zambia

This paper presents a theory of change model for establishing a chemical industry in Zambia to bolster economic growth, citing the country's reliance on copper mining and extensive chemical imports despite abundant minerals and bioresources. Through a literature review spanning 1961 to 2021, including analysis of GDP trends across national development plans, it highlights the urgent need for policy inclusion and political will to harness available resources and stimulate a sustainable chemical industry, seen as a critical missing link in Zambia's economic transformation. [Read More](#)

HEALTH AND WELLBEING

Four Tips for Improving Mood

1. **Try Oily Fish and Mediterranean Diet:** Eat oily fish and Mediterranean-style meals with lots of fruits, veggies, and legumes to fight inflammation and reduce depression risk.
2. **Lift Weights:** Include weight training in your routine to boost mental health, especially for women, by lowering anxiety and improving sleep.
3. **Get Outside:** Spend time in nature to lower anxiety and depression risk, especially when combined with exercise and socializing.
4. **Get a good night's sleep:** Inadequate sleep can impair cognitive function, weaken the immune system, and negatively impact mood and productivity

Source: [Telegraph](#)

Driving Innovation: STEM Fair for Women and Girls in Science

The Zambia Academy of Sciences, in partnership with the Zambia National STEM Foundation (ZNSF) and UNESCO, organized a one-day STEM Fair on Friday, 23rd February 2024, to mark the International Day for Women and Girls in Science, which falls on 11th February. The event aimed to empower students from Kabulonga Girls and Roma Girls schools by encouraging them to think critically and innovatively, setting the stage for future "outside-the-box" thinking. Central to the STEM Fair was a holistic educational approach, focusing on objectives such as fostering critical thinking, promoting innovation, and nurturing lifelong STEM learning.



During the event, students were provided with engaging activities and opportunities for mentorship, connecting them with industry professionals from organizations like the National Institute for Scientific and Industrial Research (NISIR) and Green Future.

In his closing remarks, Professor Yambayamba, the President of the Zambia Academy of Sciences, emphasized the critical role of STEM in the country's progress and prosperity. He encouraged aspiring STEM students to persevere despite challenges, stereotypes, and doubts, reminding them of their limitless potential to drive advancements in various fields. Prof. Yambayamba urged young women in STEM to embrace opportunities for learning, exploration, and discovery.

ZaAS Climate Variability Breakfast Meeting

The Climate Variability Science Breakfast Meeting, hosted by the Zambia Academy of Sciences on 7th March 2024, was a significant gathering that aimed to delve into emerging technologies in agriculture. Attended by stakeholders from various esteemed organizations such as SASSCAL, ZARI, Zambia National STEM Foundation, and the Ministry of Technology and Science, the meeting centered on exploring the latest advancements in agricultural technology and their potential impact on Zambia and beyond. In his opening remarks, the ZaAS President, Professor Yambayamba, highlighted Zambia's struggle with the effects of climate change, setting the stage for discussions on innovative solutions to address agricultural challenges amidst a changing climate.



Presentations by experts **Professor Vernon Chinene (University of Zambia, ZaAS)** and **Mr. Godfrey Mwila (Zambia Seed Trade Association)** highlighted the importance of CSA in unlocking Zambia's agricultural potential, addressing challenges in job creation, and proposing strategies for government consideration to implement CSA effectively. Precision agriculture, facilitated by GIS and remote sensing, emerged as a crucial tool enabling farmers to optimize yields through data-driven decision-making.

In the open floor discussions, participants addressed critical issues such as water scarcity, seed capacity limitations, and the need for behavioral science insights to understand human implications on agriculture. The meeting concluded with a call for intensified research efforts, as Professor Imasiku Nyambe, the ZaAS Vice President, reiterated in his closing remarks, research remains pivotal in driving agricultural innovation and advising informed decision-making at the national level.