

# Africa's remedy for Trump's inappropriate action

■ A call to action for unity and self-reliance



**MWANSA  
MBULAKULIMA**

**T**HE recent return of President Donald Trump to power has raised significant concerns across the globe, with Africa feeling the impact of his controversial actions.

African leaders recognise the need for a collective response to assert their interests and challenge the status quo, as the continent holds the potential to reshape its relationship with the West.

The reliance on external support must be transformed into a driving force for self-sufficiency and empowerment.

Leaders across Africa agree that this moment serves as a pivotal opportunity to turn rhetoric into action, urging unity among nations to demand fair compensation for their resources.

By leveraging regional partnerships and speaking with a unified voice, African nations can advocate for their rights and catalyse economic growth.

Implementing home-grown initiatives and prioritising self-reliance will not only benefit Africa but also redefine its position in global affairs.

Through strategic collaboration

and decisive action, Africa can harness its vast resources to ensure a prosperous future.

The call to action is clear: it is time for African leadership to transition from discussion to implementation, taking ownership of their narrative in the 21st century.

The continent stands at a crossroads, poised to make significant strides if it can successfully navigate these challenges together.

Mr Trump's leadership has significantly shaped global dynamics, influencing policies and international relations.

His approach has elicited varied responses across continents, highlighting the complexities of world politics today.

Mr Trump's policies, characterised by nationalism and protectionism, have shifted global alliances.

**African leaders must unite their stance on pricing and trade negotiations. Strengthening regional partnerships can enhance the continent's bargaining power.**

The withdrawal from international agreements, such as the Paris Climate Accord, has raised concerns about climate change efforts.

Trade wars with nations like China and Mexico have disrupted global supply chains.

Moreover, his rhetoric has polarised opinions, causing friction among allies. Countries are increasingly reassessing their foreign policies in response to America's changing stance.

Diplomatic relations have strained under his leadership, with countries like Iran and North Korea rebuffing traditional United States (US) overtures.

These actions have led to a more fragmented international order.

Africa faces a distinctive challenge amid Mr Trump's policies. The continent's reliance on exports of raw materials highlights a vulnerability in international negotiation.

Mr Trump's America First agenda tends to overlook African interests, affecting trade relations.

African leaders must unite their stance on pricing and trade negotiations. Strengthening regional partnerships can enhance the continent's bargaining power.

Initiatives like the African Continental Free Trade Area aim to bolster internal markets while reducing dependence on foreign nations.

By advocating for fair trade practices, African countries have the potential to reshape their global economic standing, becoming more assertive in negotiations with

powerful nations, including the US. Africa faces significant challenges related to its dependency on Western resources while also holding immense potential for independent advancement.

Addressing these challenges and leveraging opportunities is crucial for our continent's future.

Africa's economic structure hinges on exports of raw materials to Western nations. This dependency creates vulnerabilities, as fluctuations in global markets and demand can directly impact local economies.

To combat this, African leaders must analyse these relationships

critically and strive for fair trade agreements that reflect the true value of their products.

**Potential for Africa's independent advancement**

Despite these challenges, Africa's potential for self-sufficiency is vast. The continent is rich in natural resources, and its young, dynamic population presents a unique asset for driving growth.

Developing home-grown industries and technology can transform local economies. Investments in education and infrastructure will empower individuals to innovate and create businesses.

**Call to action**

We need to remind our brothers and sisters in the diaspora that wherever they are, as long as they are black, they are Africans and therefore their home is Africa.

Another area we can teach the West a lesson is sport. Can you imagine any sport, especially athletics and football in America, England, France, and others without blacks, they are nothing! You win the World Cup with 99 percent blacks and then you insult us.

Now the African Union and the Confederation of African Football must demand that all black players must play for their countries of origin at the World Cup and Olympics, among others.

I can bet the World Cup will come to Africa. Let them give us our sports boys and girls and we shall show them what Africa is made of.

When we implant our call to action, America and Europe will come and kneel before us.

**The author is former Copperbelt minister, former Milenge Member of Parliament, and past Football Association of Zambia executive member.**



## Health benefits of eating cabbage

CABBAGE is a nutritious cruciferous vegetable that offers a range of health benefits when included in your diet.

It is packed with vitamins, minerals, fibre, and beneficial compounds that support overall well-being.

**Rich in nutrients:** Cabbage is low in calories and carbohydrates but high in essential nutrients, including vitamin K, vitamin C, vitamin B6, folate, and potassium.

**Antioxidant protection:** Cabbage contains antioxidants such as vitamin C and various phytonutrients, including flavonoids and polyphenols.

These antioxidants help protect cells from oxidative stress and inflammation.

**Cancer prevention:** Cruciferous vegetables like cabbage contain compounds known as glucosinolates, which have been linked to potential cancer-fighting properties.

These compounds may help reduce the risk of certain types of cancer, including colorectal, breast, and prostate cancer.

**Digestive health:** Cabbage is a good source of dietary fibre, which supports digestive health by promoting regular bowel movements and aiding in digestion.

**Heart health:** The fibre and antioxidants in cabbage contribute to heart health by helping to lower cholesterol levels, reducing blood pressure, and supporting overall cardiovascular function.

**Bone health:** Cabbage contains vitamin K, which is important for bone health as it plays a role in bone mineralisation and calcium absorption.

**Immune support:** The high vitamin C content in cabbage supports immune function, helping the body defend against infections and illnesses.

**Gut health:** The fibre and water content in cabbage contribute to healthy digestion and support a balanced gut microbiome.

**Detoxification:** The sulfur-containing compounds in cabbage support liver health and aid in detoxification processes in the body.

**Skin health:** The vitamin C and antioxidants in cabbage contribute to healthy skin by promoting collagen production and protecting against skin damage.

**Eye health:** Cabbage contains nutrients like beta-carotene and vitamin A, which are important for maintaining good vision and eye health.

**Diabetes management:** The high fibre content in cabbage can help stabilise blood sugar levels, making it a suitable choice for those managing diabetes.

Incorporate cabbage into your diet by adding it to salads, soups, stir-fries, slaws, and more.

Consuming a variety of vegetables, including cabbage, can contribute to a well-rounded and nutrient-rich diet that supports your overall health and well-being.

**DR SHILPA THAKUR**  
Medical nutritionist

## Root causes of conflict over Ukraine – Part I



**AZIM  
YARAKHMEDOV**

**T**HE Ukrainian conflict is an element of the geopolitical confrontation between the West and Russia.

In global understanding, it has resulted from the aggressive opposition of the United States (US) and its satellites to the objective and natural processes towards a multipolar world order.

The urge for Western countries to harm Russia as one of the centres of the new just world order has evolved primarily into an attempt to create a "cordon sanitaire" of loyal states pursuing a Russophobic policy around our borders.

The West has deliberately ignored Russia's security interests, undermined disarmament and

arms control treaty systems, pursued a policy of consistent NATO enlargement eastward and engaging Ukraine in a Euro-Atlantic camp hostile to our country.

In 2014, an armed military coup was staged in Kiev with the active support of the US and the European Union (EU), bringing radical nationalist forces fully supervised by the West to power.

Their task was to destroy a single historical, economic and spiritual space shared by Ukraine and Russia.

Since 2014, the totalitarian regime in Kiev has been systematically violating human rights, including those of ethnic Russians and Russian-speaking residents of Ukraine, planting Russophobia, massively falsifying history by glorifying Nazi war criminals of the Great Patriotic War period, and perpetrating aggression against civilians and the Orthodox Church in the Donbas.

Under the Western strategy, Ukraine is expected to join NATO, and the alliance is undertaking a large-scale military deployment in its territory.

The country has been turned into a bridgehead to fight Russia and has become a serious threat to our security.

**Role of the "Collective West" countries**

Today, Kiev is carrying out its

military operations against Russia almost entirely at the expense of Western financial and military support.

Since the beginning of the special military operation (SMO), the overall assistance amounted to more than US\$350 billion. Supplies of arms and military equipment to Ukraine are growing.

Their nomenclature is constantly expanding. The Kiev regime is being equipped with increasingly destructive and lethal systems that include, inter alia, inhumane weapons (cluster munitions, depleted uranium shells) and various types of missiles. Washington has announced the supply of prohibited anti-personnel mines for the needs of the AFU.

Despite the fact that sensible elites in unfriendly countries increasingly realise the futility of financial injections into Ukraine and its inability to win on the battlefield, the US and its satellites continue to contribute in every possible way to further escalation of the conflict.

They are actively investing in training of the Ukrainian military, assisting in the recruitment of foreign mercenaries who flock to Ukraine from various "hot spots" around the world, and regularly sharing intelligence, including information from satellites and reconnaissance aircraft of NATO countries.

In November 2024, Kiev was given permission to use Western long-range weapons (ATACMS, SCALP and Storm Shadow) to strike internationally recognised territory of Russia.

**Amendments to Russia's nuclear doctrine**

The West is deliberately escalating the conflict. The Russian President's Executive Order of November 19, 2024 amended Russia's nuclear doctrine to expand the list of military threats to be neutralised by "means of nuclear deterrence".

In response to the use of Western long-range weapons, on November 21, 2024 the Russian Armed Forces launched a combined strike on one of the largest sites of Ukraine's military-industrial complex, the Yuzhmash facility.

The Oreshnik ballistic missile in its non-nuclear hypersonic configuration has been successfully tested in combat conditions.

Targets for engagement in further tests of our latest missile systems will be determined, depending on the threats to Russia's security.

These targets may also include the military infrastructure of those states that allow their weapons to be used to strike our country.

**The author is Russian Ambassador to Zambia.**

## Address all correspondence to:



All the views expressed on this page do not in any way represent the official position of the Zambia Daily Mail, but that of the individual contributor. The editor reserves the right to edit ALL articles.

**E-mail: [editor@daily-mail.co.zm](mailto:editor@daily-mail.co.zm)  
or send SMS to +260 977 500 841,  
+260 955 500 841**

You can also drop your letters at the nearest Zambia Daily Mail office



@zambia.daily.mail



Zambia Daily Mail



ZAMBIA DAILY MAIL LIMITED



A MEMBER OF THE IDC



Industrial Development Corporation



[www.daily-mail.co.zm](http://www.daily-mail.co.zm)



@zadama24

### From our page

### facebook

[www.facebook.com/ZAMBIADAILYMAIL/](https://www.facebook.com/ZAMBIADAILYMAIL/)

## Reactions to: ZAF warrant officer, wife jailed 3 years over K7m graft

A ZAMBIA Air Force (ZAF) warrant officer in charge of cashiers at headquarters has been sentenced to three years imprisonment with hard labour for corrupt practices involving over K7 million.

STEALING over K7 million attracting a three-year jail term, but stealing one cow you get jailed for 14 years!  
**NEZY MUNTANGA**

THREE years saying "I convict them accordingly", yet there are people in prison who are serving the same sentence for just stealing a chicken.  
**JOSEPH SAMBO**

ALL the people involved should be arrested. What sort of a business plan did she even present for her to get that huge amount of money?  
**PATRICK CHONGO**

DOES this mean that they are free since they were arrested in 2022 and it's three years already?  
**BA SUGAR**

THEY should have just forfeited to the State and no sentence would have been imposed on them.  
**MARK ABSALOM**

I THINK there was the use of probability in convicting the couple. Where did they steal from? What did they steal? How did they steal? Who did they steal from?  
**BYWELL NYIMBILI**

I AM still waiting to hear about the 48 houses in Chalala!  
**DAVID KAFUNDA**

THAT'S why you find people driving very expensive vehicles more than they earn. In Zambia, it seems stealing is more of a career than a real-time job!  
**AARON CHIRWA**

BAD as it may be, I think serving a jail sentence as a couple will be somehow romantic. It's a valentine send-off for them!  
**GEOFFREY MUKELA**

THERE are so many thieves in the civil service. Most of the nice houses we see in Chalala, Meanwood, Ilex are owned by these same guys.  
**CHIPILI KUNDA**