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> Martha **The Dancer Uncovers Her Talent**

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Motswana who enjoys and appreciates local talent. Our Magazine cares about the latest trends, if there are hot new products we want to know about them. We bring you thoughtful articles about local entrepreneurs, artists and exciting events that took place in Botswana. As we are moving towards the end of the year, we suggest that you reflect on your achievements this year. We are extremely

Celebrity

Magazine

thankful for all of you, our readers as you inspire us to continue to do what we love. Your e-mails and involvement in social media keep us motivated. So, thank you for being a part of the entertainment and celebrate local talent team. We hope you will continue to enjoy our magazine and to celebrate life with us every day.

Grab this issue at the nearest Choppies Store and Square Mart, Exclusive books and Bala books.

Celebrity World

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CASH ACCOUNT FACILITY



t is fascinating to find out that most local entrepreneurs are now utilizing organic Tswana plants to make natural and tasty food products. Birdbath Foods is one of the companies that has found it vital to produce food products out of local organic plants. The company has various products all centered around agriculture which include; lerotse jam, chili sauce, vegetable atchar

and ice tea. Their products have no added chemicals and artificial preservations or colourants. The Company is owned by a passionate, self-cottage farmer and food producer, Gorata Batshegi. The business operates at Knockduff Farm just near Lobatse.

How did you come up with this business concept?

It all started as a need to extend the shelf life of my farm produce be it morogo wa dinawa, lechotlho, kgodu, leswabi and morama. The concept has always been there, the switch to the commercial part was the standard needed and as I was expanding the arable production this was the best concept to pursue.

When did your products reach the market?

Birdbath products officially reached the market in June this year.

Why did you choose to use local organic plants and vegetables?

The idea is to preserve our native foods and also to present varieties of how they can be served.

Are you in partnership with retailers or you are selling directly to the customers?

We are not in partnership with any retailers now, however we have a cordial relationship with local farmers and our role is essential part of value. When all the necessary requirements are met we will get to the shops. In the meantime we are selling directly to the customers.

What challenges have you encountered so far?

I had encountered few challenges. Firstly, the food manufacturing process is a nutriscience component. There is so much to the product than just taste, as an entrepreneur I had to make sure that my products are in good condition, and are not contaminated. The other thing is financial problems, manufacturing foods needs a lot of resources with turns to be costly. To me the biggest solution of my problems is patience and dedication. If you had passion of doing something you will never give up no matter how difficult the road can be.

What advice would you like to give aspiring entrepreneurs?

If you want to start a business, research and learning are keys. It can be a lonely part as people are always willing to share information but one has to be always willing to reach out and find answers, the niche and potential markets for your products.

Birdbath Projects

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Martha The Dancer Uncovers Her Talent

Indeed dynamites come in small packages. Meet the one and only Martha Leshetla, a diverse dancer who can execute any dance moves from hip-hop, afro-fusion, amapiano, contemporary, krump and break dancing. She always has a room to learn more dances. She started dancing as a Latin-American Dancer in 2009 and switched to explore other different dance styles in 2016. Martha the dancer, as she is popularly known is under the wings of a company called TNT Artistic Movement.

Martha stated in the interview that dancing seems easy when watching other dancers go down and enjoy it but when it comes to doing the actual thing, it is very hard. She mentioned that it takes dedication, putting extra hours and love for it; and it is the reason she took time to learn from others. It was from Amogelang Mothibi and Mpho Thapo by then her coaches that she learned Latin American Dance from and continued to learn other dance styles from watching a lot of dance videos and watching other dancers.

When asked about specific movements that are important to her, she highlighted that all depends on the dance styles one does and where one's personal strengths and weaknesses lie. She also said any music can accompany the dance moves as long as it is relevant to the style, adding that any kind of music is still relevant when you want to communicate a message to the audience.

Dancing has always been her gift. It was already in her and she saw the need to do something that not everybody would do. So far Martha has been able to work with some of Botswana's biggest artists like Han-C, Juju Boy, Amantle Brown, K-Boss, and Bouncy just to name a few. She got the opportunity to perform at some of the biggest events where she had a chance to network with other local and international artists.

Her Motto: Everything happens for a reason. If something happens to you, embrace it and learn from it. Martha offers lessons to those who desire to know how to dance.

- Martha The Dancer
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e was raised by two parents who were deeply in love with traditional music and cultural activities. His late mother was a traditional music dancer and his father is one of the most influential cultural activists and musician in Botswana.

Therefore it is clear that he followed on their footsteps. Meet the determined, courageous and promising traditional music artist Kaboyaone Keolebale with stage name "Tawana ya Koma".

Tawana ya Koma is the son of the traditional music legend Tau ya Koma aka Gongmaster. He started his traditional music journey as a borankana dancer from primary school until he finished his senior school. He recorded his first album titled Dumelang in 2012, however the album could not reach the market due to the challenges he encountered but he did not give up. He recorded yet another album titted "Maja-mmewa" which made his presence felt in various media platforms both locally and internationally. His songs are played on local radio stations and Motsweding FM in South Africa. He has recently released a single track titled Corona in which he features General. He has been featured by various artists such as Ditiro Loero, Maswaila -thotha group, Ashley Gops just to mention a few.

He mentioned that music business has so many challenges and needs someone who is passionate and determined about it. "If you love what you are doing you would not let challenges to discourage you but you will rather take them as a lesson and even work hard. He added that his guidance has paved a way for his music career. He further added that he is working on a project with his father which will soon be revealed. Moreover, Tawana expressed gratitude to those who played a vital role in his journey; the likes of Mahempe, Bullet Ketshabile and touch records productions. His wish is to preserve and promote traditional music genre in Botswana. Tawana urges all traditional music artists in Botswana to practice unite and cooperate in order to take their genre to another level.

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f Tawana ya Koma



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Tips for Summer Hair Care With P. Haddad - Hair, Skin & Body Care Certified Expert

Beauty



Besides lots of fun in the sun, when summer approaches you know what that means: heat, humidity, and more heat! It's time to tweak your hair care routine to make it through the season with a healthy hair.

The sun can damage your hair and lead it to more dry & brittle strands. When you are proactive about your hair care routine, your mane won't suffer the summer time blues. To get your hair healthy, radiant and bouncy you should follow a safe and regular hair care schedule.

Hydrate Your Hair

It is important to keep your hair moisturized and to achieve this; you must invest in products that will culminate in keeping the hair healthy. It is important to know what the products have as their power ingredients and what results they will help you achieve. Hair oils are a magnificent way to accomplish moist and healthy hair.

Applying oil will close the hair cuticle and prevent moisture loss. It is important to choose products with natural ingredients. We recommend: BeautyPro hair oils as they are a great pick for your natural hair care routine for hydrating dry, frizzy & damaged hair. Oils provide the perfect environment for hair growth while simultaneously nourishing, softening & hydrating the hair with Ingredients such as:

Lemon – A powerful anti-fungal and anti-bacterial natural ingredient which will prevent any itching and dandruff.

Lemmon promotes blood flow, which in turn shall promote hair growth.

Jojoba – A highly potent natural ingredient which has many vitamins (vitamin V, B & E) alone with miraculous minerals, zinc and copper. All of these are incredible nutrients to feed the hair root and ensure growth; No Dandruff, No hair Loss.

Olive – This natural ingredient has mighty benefits of smoothening and providing moisture to each and every strand of your hair.

Jamaican Caster Black – A brilliant natural ingredient used for centuries to boost hair growth in a major way. It has a dynamic fatty acid ingredient called Ricinoleic acid which hikes hair growth by feeding the hair root.

Placing your hair in protective styles such as braids, twists, weaves, etc. will help in keeping the hair healthy while preventing damage at the same time. Ensure that you regularly oil your scalp as this will feed the hair root and keep the scalp soft and supple.

As the heat causes us to sweat, this build-up on the scalp which then leads to clogged pores. It is therefore essential to wash your hair regularly. Choose a shampoo which is sulphate free to cleanse your hair without stripping natural oils from the scalp.

Always end your hair wash routine with a conditioner. This will help in combing of hair and not overly drying hair out after the shampoo. It is recommended to use a hair fertilizer daily, which has antiseptic properties and prevent dryness and dandruff.

We recommend: BeautyPro Fertilizer enriched with natural herbs to stimulate hair growth and conditions hair.

PRO TIP: Always wear a hat, scarf or umbrella when you are out and about in the sun, to protect your hair from sun damage.





LATTY TELLING IT HIS OWN WAY

e is one of the artists who is usually misinterpreted for his confidence and courage to say or do the extraordinary. People at times assume that he is over-ambitious whereas he deems himself as an intellectual, substance-filled lad. We are privileged this month to have an opportunity to get to know him well and get the words out from the horse's mouth. Meet Latty a unique creative genius who is very strong-minded and focused.

His journey has been a crazy one, from the painful moments of losing his loved ones however all of that did not stop him, he dusted himself up and focused on the road ahead, did things for himself that contributed to his bright future. Latty is an artist who is also an entrepreneur, X-models Agency Founder and into arts. He stated that he considers himself as a creative genius in the sense that there is nothing he cannot do, he is smart, got creative juices flowing in his mind every single time, from shooting music videos to photography.

Latty detailed that he is a kind of individual who always finds a way of doing things that people are afraid to do because we are living in a society and country where culture is something that people have put on the forefront but sometimes it ends up limiting them as creative. Having said all that he tries to shake up things to show people that art should not be limited for example the most talked-about music video called "Booty Butt Chicks" it is something that no one in Botswana has ever done it. So for such videos, people think he is an unethical person although to him is taking his creativity to another level and shows that quality and art that Batswana displays, that demonstrate that they are capable of a lot of things just that they are limited by culture.

When asked about his hair, Latty stated that it's his trademark, his hair is like that of a lion or of Samson in the bible, and he gets his power from it. As someone who always speaks out his mind, he is always misunderstood and people feel like the way he expresses himself is a very ambiguous or unconventional way while all he wants to do it for the good. He recently collaborated with several artists in a song called "Booty Butt Chicks (Remix)" which left people with mixed signals and one of the most talked-about is how William Last KRM aka Motserepa did a marvelous job to the song than him as a rapper. When commenting on that he told us that It is true he did a great job that is why he had him in the song, he saw potential in him after he witnessed him drop singles which were not given the attention it deserved but he believed in his craft and could tell that there is a lot of talent, so to him he



brings people to a remix to do better than him, or else he wouldn't do a remix on first place if he thought they wouldn't do a better job than him.

As a dedicated person and a dreamer, he has a reality TV show coming for himself and X-Models agency. With all the work involved Latty stated that one thing that he loves about his line of work which includes rapping, entrepreneur, modeling, and the fashion industry is that it comes to him effortlessly, he does not even need to try too hard, all the ideas come quickly to his mind and it does not feel like work but rather he does what he likes and enjoys. He made his appearance on Date my Family Botswana and stated that everything he did was real even though people thought he was on his joking mode, but it was an amazing experience even though he and the chosen date did not end up dating, he gained a friend from her.

Throughout his career in the music industry, Latty told us that he has learned a few lessons that have made him to be a better artist he is today. He learned that one needs to be focused and subjectively listen to objection; people will tell you that you cannot do something because they saw that they do not dare to do it, hence they will convince you otherwise. Also, sometimes when people talk, "one



Cover Story

should take out the positive and throw the rest into the trash or else people will mislead you out of your path, where you are supposed to be headed as someone chasing dreams" he said. All in all, he learned to focus on his lane, and let people stay on theirs.

We all know that as people we have quarrels with someone, one way or the other, but that does not mean you are a bad person. When addressing the whole vendetta with Scar he mentioned that he was the one who started the whole thing and he was just responding but just because he is seen as one of the music icons in Botswana people were on his side and he does not regret what he said, he will do it over and over again if need be. He takes it as a way of him trying to resurrect Scar's career, he does not make money out of it he added.

With the rising numbers of GBV, Latty's piece of advice to women is that they should learn to be independent, work hard for their future, be focused, and be strong because he believes that sometimes women fall, victims of GBV, because they relied on a man for everything, however, he does not condone the abuse of women and children and wishes that every victim get fair justice.

Concluding our chat with him, he pointed out that what's killing aspiring artist is that they give up because they let people discourage and convincing them that they are unable or not capable of doing something just because they have failed while the truth of the matter is that they come with powerful energy and relentlessness. "We are different, just make sure you do not quit" as he says. He pleads with artists that they should be patient, there is no two minutes success, "it does not work like that, and you have to sweat. Find ways of improving yourself and become the best version of yourself."

f LATTY

⊘ latty_misfit





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DIY Dipped Mugs



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Supplies

- white ceramic mugs
 - Nail polish
- Wooden skewers
- Warm water
- bucketNail polish remover

Cotton balls or cotton pad

Step 1: The first step to dipping the mugs is filling a bucket 2 - 3'' full with warm water.

Step 2: Add more or less depending on how high on your mug you would like the colour to reach.

Step 3: Make a mark inside your bucket to indicate the water level so you can fill it to the same spot each time if you are making multiple mugs.

Step 4: Add your nail polish. Pour it onto the surface of the water, adding more or less depending on if you would like more or less white to show through your pattern.

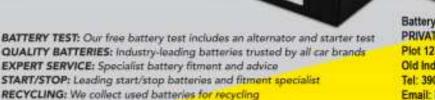
Step 5: Use a skewer to swirl the nail polish across the surface of the water.

Step 6: Dip your mug into the nail polish water.

Step 7: Go down and up to achieve the dipped look.

Step 8: Move the mug to a protected surface to dry completely.





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DEPPRESSION MADE ME AN AUTHOR OF NOTE!

hen life gives you, lemons make lemonade! This adage best describes Mr Kelemogile Kelly Ramasu who wrote a thriller Tswana novel out of his painful life moments. Kelly Ramasu, as they call him in the entertainment industry is a socialite, politician, creative writer, aviation enthusiast, music compiler, artist manager (he manages Jlow Hurrikane aka Jennifer Tsheole).He is from the village of Serowe in the central of Botswana. Currently he is a resident of Gaborone and is married to Botho and blessed with one son, Percy.

Ramasu tells Celebrity World Magazine that his life has been punctuated by failure, rejection, financial upheavals, deception, hatred, malice, disappointments, disillusions and other life tragedies one can imagine. "I never thought I would become a better person in the world, I have been leading a very painful life. In 2003 I lost my grandmother who was very close to my heart followed by my mother who died in 2007 due to hepatoma (cancer of the liver). The worst moment was in 2001 when my father committed suicide due to depression and failed marriage. This painful journey went on, I have trouble with my sentimental life or should I say love life. When I got in a relationship with a girl, I would give it my soul only to be dumped or cheated on" he said .

Writing made Ramasu to have hope in life. He used his talent of writing to turn his stress into hope for other people. In 2017 he published a novel dubbed "Marakanamantsi a Botshelo!" loosely translated "The complexities of Life". He explains that he has been compiling this book since 2008.Marakanamantsi a Botshelo focuses on GBV, rape, murder, HIV/AIDS and love stories. The book is now on the market and can also be found at Botswana Literature Collections which is housed by Ministry of Youth Empowerment, Sports & Culture Development in Gaborone. "Writing this book healed my soul and gave hope. I am also in the process of publishing a coffee table book titled "The pioneers of Botswana Music" very soon", he said.

"Life is a field of unlimited opportunities. Do not give up in life, do not commit suicide! "he motivates. Ramasu explains further that writing built his confidence and image. He wrote a column for The Voice Newspaper, Botswana Guardian, The Echo, Kutlwano and Botswana Daily News. Kelly Ramasu took part in the BBC movie, The No 1 Ladies Detective Agency as an extra where he rubbed shoulders with the likes of Idris Elba, Jill Scott and Desmond Dube. He also featured in Botswana Television sponsored music show, Melody Gospel Tv Show as a chief judge where he was praised for his penchant of using big words and Latin words. " Do not give up in LOVE!" he advises. He says that he met his long time Ikalanga sweetheart who is also a mother of his son, ten years ago. "Botho has taught me a lot in life. Women need attention and time from us men. Do not cheat . Do not be afraid of different viewpoints!" he says.

FIVE THINGS PEOPLE DID NOT KNOW ABOUT YOU I am a good cook.

- I am a one-woman man. I can fly an aircraft. I am short sighted. I procrastinate a lot.
- ¥Kelly Ramasu
- 📮 Kelly Ramasu
- **f** 73037673/72910824





libra

Libra

Let your attention and focus be on you this month as you head into your season Libra, your power is in your energy and personal power so manifest away. What do you want to see, where do you want to go, and what do you want to do? This month is a big month for you Libra, you get a new beginning this month, save money though.

Scorpio

October is pretty intense for you as you have a lot of rivalry from your environment this month for some reason. Everyone seems to be so interested and focused on what you have again, sort of like in June or July. Don't let them see you sweat though, you got this, but of course some rats need to be exterminated permanently.

Sagittarius

You have one more battle to overcome this month because justice really does prevail for you in November Sagittarius, so do not give up victory is yours if you choose the path of authenticity, equality discipline, and strategy. You will meet some challenging situations that will put you in a position to choose the right option, not going to be easy.

Capricorn

You have been going through very transformative past 6 months Capricorn and the tests and tribulations have been pretty hectic for you to say the least. I hope you have not let that get you done, and have some perfected plan you have been working on through this time as October is the time to launch it.

Aquarius

You are in for some celebrations and fast movement forward when it comes to some of your business and career goals this month, after five months of hard work. You can do whatever you set your mind to, know that what you want wants you too, but it will require your commitment and belief in your passion.

Pisces

You are been given a big opportunity to follow up on a dream goal you have wanted to pursue for about 10 weeks/ months or years in the month of October. This is amazing for you especially if you have used September as a month to clear out old energy, and wrap up connections and things that weren't working for you. new doors are opening for you, blessed month for you.

Aries

You are not stranger to competition and rivalry Aries, you seem to attract it very easily, especially when you are focused on something or someone you love. This month is showing to be a pretty awesome month for you, especially if you stay focused and keep your eyes on the ball at all times.

Taurus

You may discover that someone you trusted has betrayed you this month or maybe you already found this out last month, and are still reeling from the shock this revelation has caused. Take you time to decide what you want to do about it but don't act like it didn't happen and carry on like usual, this needs to be dealt with.

Gemini

You are choosing to keep moving forward and not look back again where

some connections and environments are concerned, making big decisions and sticking to them this month. Congratulations Gemini, you are really growing up this months and it shows, say hello to some new developments you might like to make up for September.

Cancer

You are called be clear this month when it comes to what you will and will not tolerate from a particular individual or situation that has been brewing from August into September and this month will be the month to tie up any loose ends concerning this matter. You deserve to valued, and respected, you need peace of mind.



If you are a Leo who has been in a serious hermit mode, wanting to isolate yourself for healing and reflection purposes you can come out now it's time to live your life again please. You should know that first and foremost what the majority says doesn't have to be what adhere to if that isn't you. Learn to be confident in your uniqueness, you never know what amazing thing is about to happen to you.

Virgo

Are you doing what you love, where you love it and with who you love because the new moon in your sign will expose all of that to you one way or the other. You can't ignore the red flags any longer if things need to be cut off, but if indeed you are where you need to be that you will find things will get more exciting and fulfilling for you as the month progresses.



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Celebrity World List FILM, TV, BOOKS & MUSIC Stay inside or head outdoors, we've got plenty to keep you entertained



ON THE BIG SCREEN

BIOS (2020)

Directed by: Miguel Sapochnik **Starring:** Tom Hanks **Opening on:** October 2, 2020

Tom Hanks is back, breaking our hearts again. Here he plays a sickly inventor — and the last human left on a post-apocalyptic earth — who creates a robot to protect the life of his dog when he dies and keep them both company while he's alive. Will said robot be as lovable as, say, Wilson? Time will tell.



Wonder Woman 1984 (2020) Directed by: Patty Jenkins Starring: Gal Gadot, Chris Pine, Kristen Wiig To be released: October 2, 2020

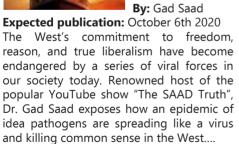
As villain Cheetah, Bridesmaids' Kristen Wiig climbs aboard the Wonder Woman sequel, which sees Gal Gadot returning to her Amazon-princess role that catapulted the first film to a \$412.5 million box office.

What To Read



Parasitic Mind: How Infectious Ideas Are Killing Common Sense By: Gad Saad

The





Blazewrath

Games By: Amparo Ortiz E x p e c t e d p u b l i c a t i o n : October 6th 2020 Lana Torres has always preferred dragons to people. In a few weeks, sixteen countries will compete in the Blazewrath World where dragons and

Cup, a tournament where dragons and their riders fight for glory in a dangerous relay. Lana longs to represent her native Puerto Rico in their first ever World Cup appearance, and when Puerto Rico's Runner the only player without a dragon steed is kicked off the team, she's given the chance....

The Parasitic Mind: How Infectious Ideas Are Killing Common Sense By: Gad Saad

Expected publication: October 6th 2020 The West's commitment to freedom, reason, and true liberalism have become endangered by a series of viral forces in our society today. Renowned host of the popular YouTube show "The SAAD Truth", Dr. Gad Saad exposes how an epidemic of idea pathogens are spreading like a virus and killing common sense in the West....



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A New Perspective Of Art



portunities come knocking at our doorsteps every day and if you are not focused or willing to go an extra mile, you will miss out. This month we are privileged to have featured a talented local artist, Tshepo Modise.

As someone who always thinks outside the box, the Mochudi native amazed Batswana with his magnificent designs. It was during the first lockdown when he brainstormed art pieces that he could produce from old materials in the yard. He first got an old sewing machine and thought to himself that he can make something vintage out of it. Billy, as he is affectionately known let his creative mind run wild and designed lamps using different vintage materials. His mission is to utilize things that people cannot imagine they would bring out anything useful.

With many curiosity arising from people about how he does it and what course he studied that enabled him to be creative; he stated in an interview that all the techniques he uses to make lamps or certain items are self-taught. As the first Motswana to come up with the fascinating idea of making lights like he does, his everyday life has become busy because orders are piling up from individuals to lodges and hotels. As challenges are part of everyone's daily life, he is challenged by shortage of material as it is not easily accessible. Since his marvellous work has attracted a lot of people, it's now bad on his side as nowadays he struggles to find vintage materials. People used to give him materials for free but these days they charge him and it is very pricey.

By facing that challenge, some people suggest that he uses materials that are commonly used. But for him it will be a deal-breaker because he is the kind of person who always wants extraordinary things that will continue to make a mark for him. Billy is also a DJ and promoter. He stated that he is a resident Dj at Mothakgha bar in Mochudi. He worked with the likes of Dj Guyvos, Dj Fondo Fire, Dj Copper, and Dj Sly.

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Alakanani Tsimane

Tsimane Age: 23 Hobbies: Reading, Hitting the Gym

Robyn O Thembo Age.19 Hobbies: Reading, travelling, cooking, taking pictures



7 Signs You Have Found Mrs. Right

1. You really don't know what people are complaining about.

Women complain about men, and men complain about women. But when you are commiserating with your friends and find yourself without much to say and unable to relate to the negative things they feel about their partner, it is a good sign you have found yourself a keeper.

2. You can completely open up to her. It takes a special type of woman to get us, as men, to entirely let our guards down and reveal our inner-most secrets to her. If you find yourself so comfortable that you can tell her things you wouldn't even tell your closest friend, recognize how rare this is and hold onto her.



3. You want to share everything with her.

The minute something happens in your life, good or bad, big or small, think about the first person you want to text or call with the news. She may or may not come before your family depending on your relationship with them, but take it as a good sign when she is at the top of your list.

4. Her happiness is your happiness.

"Love is that condition in which the happiness of another person is essential to your own." – Robert A. Heinlein

5. You are still two different people with individual lives.

While a great relationship is a team in which two equal partners take on the world together, it is also important that there is not dependence or reliance on one another.

6. You genuinely miss her when she is not around.

Not just the casual exchange of "miss u" texts when one of you is out of town or has been gone for awhile, but that you can feel her absence. When you stare longingly upon her part of the couch or her empty side of the bed until she gets back, you will know her presence brings value to your life.

7. She willingly compromises with you.

Love is selfless. It requires us, at times, to put our partner's happiness ahead of our own. But we don't see it as sacrifice, because as mentioned a couple of points ago, their happiness is your happiness.

The important thing to remember though is that this goes both ways. If you are with a woman who willingly makes compromises for you, she should never be taken for granted.



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Charlene's Story

harlene Nadine Motshegwe is a cancer survivor who was diagnosed with cancer at the 14 and she decided to share her heart-warming story with us .She is indeed a beckon of light and hope .The strength and resilience she ensures shows that there is power in all of us.

I never thought having cancer would turn out like this, both my struggles and accomplishments made me who I am today. I am 23 years old and a 2 times childhood bone cancer survivor. At the age of 16 a table fell on my left leg at school and that's when my symptoms began. The pain, swelling, the lump and the loss of mobility. My life changed in a blink of an eye and I moved from being an active, loud teenager to a reserved immobile one.

My parents luckily had medical aid and I kept going to a private doctor who took 6 months not knowing what was wrong with me and diagnosing me with muscle reaction. An X-ray was done and later revealed I had a black mass under my knee, as that time he thought it was dry blood. My health deteriorated and I was taken to GPH a year later. There I was diagnosed after a CT scan revealed that I had GCT.

GCT (Giant Cell bone Tumor) is a cancer that affects long bones in the body such as the spine, leg also arms and hips. This cancer occurs in active youth from the age of 13 estimated up to 30 and is very hard to detect. It has no cure and can be fully cured with surgery.

Let's back track a bit. Imagine a 14 year old teenager living in Tumasera going through what I went through without medical aid. Would they be taken seriously going to the only clinic in that area complaining about knee pain?

Would the assumption be they don't want to go to school and are seeking attention?

Would they be screened for cancer? Would that be the first thought in your mind?

All those questions receive a No answer because we have a big problem in this country.

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There is no cancer education at schools besides it being mentioned in Biology. The whole conception around it is that it is sorcery (boloi) but would that idea in the community not be changed if education is done rapidly?

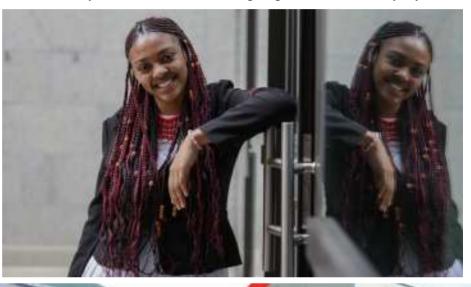
That question I leave to you.Now let's get back to my fight. A 5kg tumors was removed, I was on treatment and I thought I was beating it but God was not done with me. 3 months later after I turned 17 I was sick all over again, had an MRI and 4 tumors were found. My medical aid was exhausted, and I hit rock bottom. At 17 I had cancer again with no hope until my father found a program the government has put in place called Health share which takes patients outside the country for treatment that's is unavailable here in Botswana.

I got signed as one of the patients and had my prosthesis operation in April of 2015 and 6 months later was finally cancer free.I am not writing this or talking about my story to change my life alone. I am here to talk for a 7 year old boy child whose cancer could be detected late and does not know of the program the government has in place therefore leaving him to lose his life. I am here to open the eyes of the African community to realize that cancer is not a white people disease, an old people disease that is taking the lives of many and testing our faith. The journey I went through, I would never wish it on anyone else. If my story could help at least one cancer sufferer know that there is finally hope, my purpose would be fulfilled. Let us not let others suffer in silence. Let us not let others feel that they are alone.

Let us not let others drop out of school just to seek medical care which could have been accessed here in Botswana.

Let us shine a light of love, strength and union. If at least you can touch one person's life a day imagine how many people you would have given hope by the end of the year. I am a living a testimony that cancer can be beaten. Not only once but twice. To my fellow cancer sufferers, survivors and to those who know someone with cancer I am your voice. I made it and I'm studying Events Management, have a company, a cancer activist and am a motivational speaker.

Though depression came with cancer I am still strong as ever. I beat cancer wearing pink boxing gloves that I shall never hang up and let gather dust. Let's us not allow others to hang up their boxing gloves too but rather borrow a friend one may not be medically alright at the moment because I have just come back into the country from undergoing my 3rd operation where 6 procedures were done on my leg to assist me to walk better as the cancer damaged my left leg but that does not stop me from fighting more and more every day.



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Baked Oven Chicken with Hot Souce

1.5 tbsp paprika
1 tsp. cayenne chili pepper
2 tsp dried thyme
2 tsp garlic granules
2 tsp. onion granules
1 tsp celery salt
300 ml buttermilk
1 kg chicken cuts, skin on and bone in
60 g plain flour
2 eggs, beaten
Fine breadcrumbs

Method

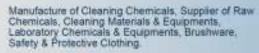
 Make the spice mix by combining the paprika, cayenne, thyme, garlic granules, onion granules and celery salt in a bowl. Season and mix to combine. Add half the spice mix to a large bowl with the buttermilk and chicken. Mix to coat thechicken, then cover and leave to marinate in the fridge overnight. Reserve the remaining spice mix.

Preheat the oven to 220°C. Remove the marinated chicken from the fridge. Mix the reserved spices with the flour, and put the beaten eggs, breadcrumbs, and spiced flour in three separate bowls large enough to dip the chicken in.

Take each piece of marinated chicken, dip in the spiced flour first, then the egg mixture, and finally in the breadcrumbs to coat thoroughly. Tap to remove excess crumbs and place on a large baking tray. Once all the chicken thighs are coated, bake in the oven for 40-50 minutes, until dark golden and cooked through.



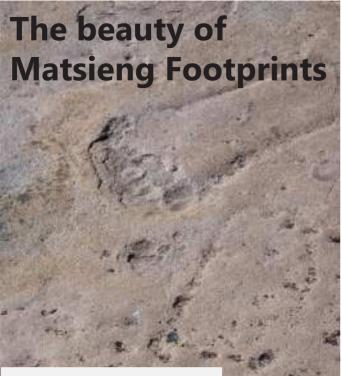
Recipe by: Chef Faith Shoshore



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The area may have been used as a ritual site. It tells a story of Matsieng, the giant who was a great hunter who emerged from a waterhole with his animals. The site contains a quite number of engravings and three natural rock holes dating back to 3000 to 10000 years ago. Many of the footprints are human like.



High Court Gaborone



Tour Gabane Pottery

Gabane pottery is located in the village of Gabane, about 30km outside Gaborone. It is an ideal place for the craft lovers especially pottery. Visitors are given an opportunity to learn about culture in Botswana. Gabane pottery is highly recommended for visitors from outside Africa to appreciate the African art.

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Garden In Beijing

Huatai Securities Plaza





Photographed by: Tumelo P Sekgoma

A pride of lions out to fetch dinner. And a heard of buffalos defending each other captured in action at head lock. A very tense moment that at any minute could turn bloody and have either one of the species loose its member if it's to lose focus. Photographed At eastern Okavango panhandle, not very far from Eretsha village.





Feature

not common, however it got pushed to extend where it is included in categories of Presidential competitions. Kgosi explained that this music is mostly found in the Kgalagadi regions. It has the rhythms of Tamara, Polka and a combination of motata-o-shele music genres. Most of his songs are in Sekgalagadi language because his aim is to dig and preserve olden Sekgalagadi songs. Kgosi Maburu said he sings better when using his native language as compared to Setswana.

o far he has released two albums which consist of six tracks each. The first album, Maburu was released in 2013 and Tshegana ya ga lengaungau being his second album was released in 2018. He is currently working on another album which is to be released next year in 2021. All his albums were highly received by Batswana countrywide and in neghbouring countries like South Africa and Namibia. He pointed out that language barrier is one of the challenges that his fans are complaining about because most of his songs are in Sekgalagadi. Therefore he is forced to translate his songs to Setswana every time he releases a new song. Nevertheless, he said Batswana have shown so much love for his music and he is grateful for that. He pointed out that marketing and distribution of his music were also the main challenge since he had no manager back then but he currently got in an agreement with someone to manage him on his new project.

Among the events he performed at include Dithubaruba, Mr and Miss Bakgalagadi, Babina Tholo Music Festival as well as Khawa Annual Festival. He is currently full of activities promoting and distributing his albums at various regions across the country.

His advice: Stick to Covid-19 regulations and take care of yourselves. Never give up on what you like and keep pushing until you make it.

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f Kgosi Sebulelo



Kgosi Maburu Chases His Dream

hen growing up, his interest was on hip hop and soul music however one of his friends recognized his talent and helped to hone it to be who he is today although Kgosi never thought

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that one day he will be a great Namstap musician.

Kgosi Sebulelo also known as Kgosi Maburu is the King of Nama-setapa music genre in Botswana. This genre is

What To Do In The Garden

Tidy up

Houseplants hate winter, but spring offers more light and fresh air. They respon to these small mercies with tentative new growth. Tidy them up a little, pull dead stuff, and start giving them water.

Sort seeds

Sort your seeds into the months in which they need to be sown. A box wi dividers is helpful: just slip the part-sown packet into the following month section and you will come across it just when you need to sow again.

Prune flowers

It is time to prune those flowers that grow in October and those that flower in la October. This will help stimulate side shoots.

Treat furniture

In dry weather, bring out your wooden garden furniture, sand them down ar treat with danish oil. They will look beautiful and have you longing for summe The treatment also makes the wood water repellent and the furniture likely last longer.

Love your roses

Instead of buying a bunch of overpriced roses, give your rose bushes some low Cut back all growth by two thirds, always to an outward pointing bud, and c away any stems growing across the centre of the plant.



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Covid-19: Tackling It With Innovation.



2,567confirmed were COVID-19 cases since mid-July till September 25, 2020, Botswana, with a population of over 2.2 million, is one of the few countries in the Southern African region that have experienced low community spread. Prior to their first recorded events, government officials mandated stringent procedures, including social distances and regular hand washing, and closed their borders to non-essential practices and forbidden transcription.

However we are still sailing close to the wind when it comes to the corona virus .In order to tackle the dangers that come with the Covid-19. There are several types of human corona viruses, about 10%-30% of all common colds worldwide are estimated to cause the four most common and still circulating. Fortunately, research shows that they do not cause more than mild to moderate cold symptoms. In rare cases, these human coronaviruses can cause more severe respiratory diseases in children, the elderly, and immune-compromised, such as people with HIV and people with medical conditions.

Immunology specialist Lea Roodt pointed out that there have been many myths about how to mitigate the Corona virus and how it spreads. One of those myths are that water can flush out Covid- 19. "It has not been scientifically proven that water can effectively

flush out the virus." She said .She also stated that sewage cannot spread the virus as there is also no scientific proof as, the Corona virus can't survive in wet environments. However Lea Roodt has shown that there is a need for proper and effective machinery to help facilitate safe and quick recovery among the affected.

According to Lea Roodt the CPAP machine is the way



forward, CPAP stands for continuous positive airway pressure. After a diagnosis of sleep apnea, the easiest and most active treatment is sleep therapy. "The CPAP machine is not a necessarily a machine used to help the elderly of young children

suffering from respiratory relate illness, the CPAP can help anybody." She said.

Lea further added that the CPAP is a machine that is responsive the Corona virus especially among those patients who are developing difficulty breathing. CPAP is the machine most widely used to help people breathe comfortably during the night. It works by delivering a constant flow of pressurized air to your airways, preventing the throat from collapsing when you inhale. As a result, you rest peacefully without waking up during sleep."



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Oratile Survives The COVID-19 Pandemic CW magazine had a one on one chat with changed and have limited time to train

CW magazine had a one on one chat with the passionate Oratile Kedisaletse. Born in Maun, Oratile is one of the under 21 top female players in table tennis. She has won different titles and had satisfactory performances from her previous games. She also succeeded three times at Botswana Integrated Sports Association Champions (BISA) at the age of 17, adding to her notable achievements.

How are you coping with COVID-19?

At first, it was hard because it took us by surprise, but seeing that it might go nowhere anytime soon, I am trying to adjust so that I can continue with life.

How much does it affect your training and professional life?

As for training, it has affected me too much because my training schedules have

changed and have limited time to train unlike before so I have to put more effort than before. As for my professional life I would say everything is okay because it has changed a little except since my college years have been extended with six more months.

What lessons have you learned so far?

To always be up to date all the time because you don't know what tomorrow holds for you. When you want to do something do it on time and in a right way so that you won't have any regrets tomorrow.

How is life without table tennis?

Well, it's boring but I'm glad that even if I don't play daily like before I still get to play as we have been having some local tournaments although our training has

been affected.

How are you keeping your body fit?

Even if it's not on the table I try with physical training to get my body on shape because the first national lockdown affected my fitness a lot.

What's next after the Covid-19 pandemic?

Just going to keep working hard in all aspects of my life so that I benefit from everything.

What impact does Table tennis have in your life?

It keeps me fit and I usually use it for relaxation. It also helps in building good character as a discipline. All the likes are expected in a sports person, but not only that because it also helps me connect with other people who can help me in future regarding my professional life.

What else keeps you busy besides table tennis?

Just my college and social life but mostly if it's not college its table tennis and family.

What's your say on the postponement of the Tokyo 2020 Olympic Games?

Well, it is a disappointment to many people but I'm glad that it was postponed rather than being cancelled. It also gives some of our qualified athletes a chance to train more.

What advice would you give other sports persons who are stressed by the postponement of Olympic Games?

They should keep their chin up. One way or the other life has to continue and go on.

Five things an athlete should never forget to do?

*Never give up

*In every journey there are always obstacles, we just have to overcome them *Discipline is the root of all good work *Keeping fit at all times *Even the greats have off days

Your wish

Everything can continue where we left off without risking our lives with Covid-19.





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