

**Mc Theo** On The Block

# The 3 Musketeers

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**COVID-19** Health Information

DJ Sir Diamond INT

**Make Up Tutorial** 

Eyebrows

**Dreams Have No Boundaries** 

Fisherman And Swaggerlady Finally Serurubele Revives Flap Cakes Said I Do Poetry And Culture

Ziggy Makes A Major Comeback

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ur magazine is considered one of the finest in the country. We are now on issue number 40 and with 39 issues distributed across the country so far, this is Botswana's finest lifestyle and edutainment magazine which endeavors to uproot talent and creativity from local artists as well as bringing them closer to our readers.

Take your time and read through our magazine. Don't miss our relationship advice double spread which features Fisherman and SwaggerLady. Page through, read about them and be inspired. At CW magazine we aim to make your monthly shopping smoother with our fashion page by Kindrend House (Page 21). Tell your friends to tell theirs to grab this issue at the nearest Choppies Store and Square Mart.

Enjoy your read!!

We can be found on:

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CASH ACCOUNT FACILITY

# **McTheoOn The Block**

ncounter Motheo Kgoreletso aka Mc Theo, the charismatic Molepolole native who started from the bottom and climbed the ladder to be where he is today.

Becoming a master of ceremony was something he never had on his plan list. He was the lover of computers. One day, it happened that one of his friends hosted an event in 2016 where she booked a Mc who never showed up. He was asked to be the Mc and that's when he revealed his potential. People complimented him after the event and he immediately fell in love with it.

> The journey was not easy for him because the industry is complicated. One has to work hard to push his/her brand to get more recognition. However for him to take the brand far, he used Facebook to scout adverts and get some gigs which he did for free in order to get more publicity. Mc Theo mentioned that he is a residence Mc for Sunday Ultimate Chill session in Gabane and he always gives it his best. With his hard work and determination, he went as far as being one of the master of ceremonies for big events like GIMC and 'Ga bo Motho'.

Mc Theo emphasized that this industry needs a hard working person as there are lot of sabotages there. He said, "One can be good at what they are doing but if you do not work extra hard nobody will recognize you." When hosting an event, he applies his unique style and he has brought a different game into the industry by using lines as an introduction not the usual way that is normally used. His famous lines include; 'monate motho, o tla swa mosadi, botshelo wee....'. Mc Theo mentioned that he has a song called 'Botshelo wee', in which he featured Team Distant.

"You cannot wake up and be a Mc, it is supposed to come as a push from the inner you....Be creative and have energy to pull the crowd," said Mc Theo. With that being said he learnt a few things from T.H.A.B.O (Radio presenter) who helped him to improve in his career.



MCTHEO

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Feature



# **Ziggy Makes A Major Comeback**

came back with hit single а 'The One' which helped him jumpstart his music career and featured the famous local rapper, Ozi F Teddy. The hit is produced by one of the best creative producers, TKED based in Thamaga. Ziggy also works with other producers like PJay, Gorata Gee Mputseng, CYC Jouzy and Austin Media on visuals for his music videos.

"The song is making hit waves on media and is so far the most requested song. The response I got from people about my song and video was overwhelming, to be honest I didn't expect it to be this huge but it surely made me realize that what am doing is on point," he said. Ziggy recently released another music video called "Re tlaa kgona". It is about Corona and how it has affected the world. The video also gives a message on protocols of the Covid 19 pandemic.

Leseding Interiors

Ziggy had always intended to leave a mark in the entertainment industry. He mentioned that he grew up listening to hip hop & Rnb music more even that most of the people say he resembles Chris Brown with his dance moves. He started his journey as a dancer and explored as a musician. His first single 'Let you go' revealed him to the world of music and entertainment in 2011. It also exposed him to local stars like ATI whom they did a song together called 'Do it'. They did another song with D Nice called 'come back' and gained a spotlight on Flavadome in 2012.

During that time of years he penetrated the music industry by performing at Zebras night Club and Ozone entertainment night club where he shared the stage with Vee and A.T.I.

Despite his passion for music, he paused on it to focus on his studies. "I took a break from music to go back to school.....

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Though I was popularly known as Tokziq, I felt like people misinterpreted my name especially women so I had to change it to Ziggy," he said.



s a businessman, he mentioned that Covid 19 hit him because businesses had to shut down due to it. After self-discovery and since

everyone was on lockdown he thought of recording a new song called 'the one'.

Since people love the new Ziggy, he took this as an advantage to rebrand himself. So far he is giving people his two latest songs for free on WhatsApp.

"My fans can get my music from all social media platforms. I just want to see my brand grow and be one of the best artists in Botswana. I am here to stay and produce good music," he added.

# Architecture Redefined



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# DJ SIR DIAMOND INT

e is one of the multi-talented people in the local music industry. With 15 years of experience as a DJ, Sir Diamond INT came out to share his journey in music with CW magazine. He joined the disc jockey world back in 2004 when he was still a student at Molepolole College of Education. He then relocated to South Africa for further studies and it is where he continued with his job.

DJ Sir Diamond INT has so far performed as a resident DJ at African Chefs lounge and the Panzula fusion lounge at Boulevard Centurion in South African. Sir Diamond INT Has hosted top celebrity DJs such as DJ Sbu, DJ Christos and Fiesta. He came back to Botswana in 2016 and was appointed DJ Competition Coordinator by the Ministry of Youth Sport and Culture the same year until 2019.

Locally he has performed at the Babina-Tholo social feast in 2018 and other events including Mascom Boost Bash. In 2019 he joined Rb2 station as a resident DJ for Automatic Drive program.

Just like any other individual, DJ Sir Diamond INT has felt the COVID 19 hit, he said most of his projects got suspended thus made it difficult to fend himself. He however stated that he has learned to utilize online media inorder to keep in touch with his audience.

When giving a view on local DJs, he stated that they should learn to market themselves well to be recognized.

Apart from being a DJ, he is the Founder and Director of EM-TV Show, which is aimed at telling stories about culture in Botswana. The show features different DJs. He stated further that his TV- Show connects the Botswana culture with the wider world through film and videos.

Contact Details

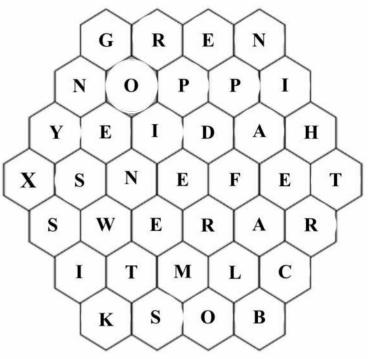
🕑 🗗 Sir Diamond INT



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# **BONE PUZZLE** All these bones are supposed to connect together into one long bone, but they've been mixed up! Cut them out and connect them, and you'll get a word for a special dinosaurt R s L в 0 E A U U M A 5

# write any word you see here



Pics from the internet





riendships are beautiful and most precious bond, more especially when you all have common dreams. In this issue we featured three different brands with a common goal, the trio which is rare to find in the entertainment industry. One wouldn't easily expect this collaboration more so that their fields of

collaboration more so that their fields of expertise are different from each other. The fact that they complement each other towards a common goal is absolutely astounding. Meet the three Musketeers; Masi Sithole, Jujuvine and Berry Heart.

# 2020 is a rough year, particularly for the Entertainment industry. What are your sentiments?

Upon responding Masi Sithole was quoted saying that; indeed 2020 has been a mammoth task for all of us, a year

that shall be engraved with a bold font in the world's history books. But then, convincingly, nothing just happens. One colossal lesson we took from the COVID 19 era is that "We can plan, but God decides". Amidst all, we chose to abundantly utilize the COVID 19 curfew, mostly lockdown, by making it memorable particularly in the arts industry since it's that time where our relevance as brands were tested. Berry Heart added that the year 2020 still makes us survive with our noses above water. As much as COVID-19 era changed the whole ball game of our 2020 plans, we can confidently say it came out as a blessing in disguise for us, since it helped us cement the relationship between the 3 musketeers. We had to find the need to support and work together, develop each other individually or as a team. To add a cherry on top Juju Vine giggled and stated that, as a team, we needed a tough

time with less action to think beyond an extraordinary mind, which is why now we approach companies not as individuals but as a group to offer our influencer services to them. Remember team work is always the best.

# What do you want to achieve from working together in the Entertainment industry?

The Kalahari born maiden of integrity, Berry Heart full names Keotshepile Motseonageng emphasized that their main aim as a team is to certainly use their celebrity status to represent companies. But how? We wish to help companies differentiate their brands from their competitors by; improving their AD recall, making consumers remember their adverts, and that their products are connected to their favorite public figures/ celebrities. The success of a company is



on its marketing strategies, and as such vouching for a team of three (3) influential public figures to sell your company products at subsidized price is better than using one. To Batswana we are here; ready to partner with companies in advertising and marketing, product development, and product launches.

# How are you organized and prioritize your tasks?

The beautiful, down to earth Kalanga fashionista Masi Sithole alluded that; " the realization of any idea comes with proper forecasting, which in most cases could entail explicitly working on your mission, vision, goals, SWOT analysis and more to it drawing a risk management strategy to employ in case of any unforeseen eventualities, and that's how organized we are thus far". She further added that, "While we have so many similarities in celeb Ville which includes being influential with a huge following we have differences and strengths, our academic qualifications, consequently play a major

role in our union. Masi Sithole qualifies Public Relations & Communication thus making her a good director, manager and content creator for any task the team has. Berry Heart is the team strategist who holds an MBA and Jujuvine is so technical, good with logistics and a computer genius which is influenced by his CCNA computer science academic qualification from the University of Botswana. We bring these great strengths to bring results, bearing in mind that we also have different career paths that need individual attention. And while at work we have different personalities that help us work with fewer conflicts, proving that indeed it is not only the similarities that bring us together but our differences too.

## How do you guys support each other?

The Gabane born Comedian, Jujuvine full names Junior Ntlogelang Sekolokwane, echoed that our support starts from as little as sharing and commenting on each other's social media posts, following each other and hyping up each other. It escalates to purchasing each other's products. Just recently Masi was featured in a South African Fashion and Style magazine adorned in Berry Heart Creations. I have also been dressed by Berry Heart Creations to events several times. Furthermore, I and Berry never miss an episode of Property for you TV show or anything Masi is engaged on. Berry Heart wore BlaqQueen collections gown by Masi Sithole on her video 'Ke jesa ko Bokalaka'. As if that is not enough, Berry and Masi humble me each day since they eat chicken and eggs from Juju farms and never miss any of my comedy shows.

# How comfortable are you guys working together like this in the industry?

According to Berry Heart: "Collaborations come with a motive, a motive that is meant to yield better results, and be assured even in our next life we will still choose to work with each other and as such confirming that indeed we are extremely comfortable with our union. Establishing and understanding that we are on this journey to build rather





than compete is the cornerstone of our union, the fundamental glue that brought us together. Our common ground and blessing are that we are all in the top list of Botswana celebrities with a larger following, we are hard workers from humble beginnings and we are passionate about our brands and the combination of all three. If we could pass on one message to our fans, it would be; "Kgetsi ya tsie e kgona ke go tshwaraganelwa"

## The three of you have been praised for connecting with your followers, something that cut through as beautiful. Why?

Masi Sithole self-assuredly stated that; the first rule to hustling is "Demand and Supply", you give people some of the good stuff and make them want more, and that's our adage. Coming from humble beginnings tremendously shaped our lives and that's probably part of the reason we connected naturally, we always give love to our followers. God is Love, and if you fear and have him by your side, loving others regardless of who they are will come easy. Just that someone you don't know took time to comment on your post should mean something; by the way, it takes their hard-earned data bundles to support us, so why not appreciate them. A key note to that; "As an 'influencer' on social media, remember your status is the result of 'followers' who have chosen to follow you. Connecting with them, through a reply at the least or by mentioning their names often is not only a sign of humility but also a demonstration of appreciation"

## Any 2020 greatest achievements?

Jujuvine indicated that they have all been nominated in awards recently. From the Botswana Women's awards, Berry Heart was nominated for the most influential woman in 2020 and Masi Sithole for the best woman in fashion and style 2020. Recently from Botswana People's choice awards, Masi Sithole was nominated for Favourite TV personality and Jujuvine for Favourite influential personality of the year, and voting is still on. Note that apart from personally voting for each other we lobby for each other. We have even bigger plans for getting actively involved in each



# Cover Story

other's brand. Keep it locked. To our fans, "To vote for Masi kindly SMS BW25 and for Jujuvine SMS BW19, both to 17272".

# **INDIVIDUAL COVERAGE**

# Keotshepile Motseonageng (Berry Heart)

Bio

- "Multi- Award-winning artist, singer, and poet, entrepreneur, CEO for Berry Heart creations, social media influencer, and mother to ordained Baby Amari Sokesi" Brand Aim.
- "A brand aimed to reach out to people fully since our key skills and competencies are entrepreneurial with commercial acumen and excellent management skills. Being result-oriented with a positive outlook is our daily drive".

# **Mental Health technique**

Every time I get overwhelmed I remember God's promise to me that he cannot give me anything I cannot handle. Having been a mother especially a primer has been my center of sanity, a journey that I fully chose to enjoy, since its either you lose yourself or you give birth to your new self, I chose the latter and ultimately enjoyed the whole process of rebirth of Berry Heart".

# Future projects

"Budding Berry Heart creations across borders, as currently we have a growing clientele in southern Africa"

# Junior Ntlogelang Sekolokwane (Jujuvine)

# Bio

"Jaybear, from Gabane, a husband, father, farmer, comedian, social media influencer, musician, actor and former news anchor at Namibian Broadcasting Corporation.

## Brand Aim

"I regard Jujuvine as a brand that is in existence to inspire the next generation that you can achieve anything you want in life, as long as



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# **Cover Story**

you are not scared to take risks. Be unstoppable, go beyond boundaries and break the ceiling.

## **Mental Health technique**

 "I'm such an extrovert, one who thrives on attention and being around people. Jujuvine is so flexible and always up to satisfying his heart desires to keep sane and going. Above all, I love Daddy God and my family"

## **Future projects**

• "Owning a Juju Farm & gardens Lodge" then I will be okay with life".

## **Masi Sithole**

#### Bio

 "BlaqQueen, a Lioness, Kalanga from Moroka Village, TV personality, Fashionista, social media influencer, Educationist & PR and a philanthropist".

#### **Brand Aim**

 "I regard Masi Sithole as a work in progress, a brand that is in existence to help elevate other women with a ferocious sense of style, since 'IMAGE IS EVERYTHING'. Fashion is my sixth sense, so inborn, it is just who I am and you can never run away from yourself.

#### **Mental Health technique**

 "I'm such an introverted, me-time, indoors type of a person. An attribute meant to empower me and keep me sane. Through it I get balanced and profoundly connect with God through prayer while watching sermons online. One other thing I'm so big in family, if I'm not working I spend quality time with my family since family is the backbone of Masi Sithole"

#### **Future projects**

"Masi Sithole Productions Pty Ltd is at present baking a bun. Be on the lookout!"





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# Horoscopes



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## Virgo

You will find the power within you to choose yourself this month, with all the revelations you receive last month regarding people in your environment. You can't fix everyone, you can only go so far, and you have been pretty lenient with some people. Everyone has problems and you understand that but not everything is your cross to bear. You bounce back fast, no surprise there, because you always think ahead, your foresight is powerful this month.

#### Libra

You have some many people fighting to be around you, in your space, in your energy and this can be a good or bad thing depending on what types of connections you are creating. You are so easily persuaded and tend to go along with the crowd and always willing to sacrifice and compromise. You can be in the position to find true love and make real friends this month, but it depends on how you present yourself.

#### Scorpio

Scorpio some things are not meant to warrant a reaction from you particularly this month let Divine Timing take place. You have really good money opportunities coming your way, particularly if you are in a position of leadership or starting your own business. Focus on what you can change and leave the need to control others and your environment because that zapz your energetic life force. Reduce your karmic debt.

#### Sagittarius

You are being encouraged to make up your mind on what you what to do, where, and with who so that you can see the results you wish to see actually appear in your life. If you feel you external environment is weighing you down and causing chaos and drama then check to see where this is happening within you. When you exude confidence your environment will show it back to you tenfold.

#### Capricorn

The is a big cycle closing out for you this month and it has been a long time coming with this situation or particular connection you have had for a while now. Things don't keep going wrong and left for no reason, pay attention to the signs your intuition and Spirit give you in order to guide you. You may try to fix this problem and find that the best thing to do is just move on and look at new options.

#### Aquarius

Things move so slow this month for you that you may start thinking that nothing is changing and that is very wrong. You are on the brink of something really big, but first your patience, faith and resilience will be tested by people around you. You have to learn how to regulate/ sustain yourself and know when to rebel and when to fall back and keep calm. What you want still wants you don't give up hope.

#### Aries

This month your energy will be focused on recovery and reflection in your partnerships section. You know you have a unique personality, not many can copy it or box it in even if they tried. So you naturally experience a lot of rivalry, and although you don't let it show it does affect you it does as it chips at your peace of mind. Take time to heal yourself, forgive and regenerate.

#### Taurus

There are going to be some permanent and transformative changes that will happen on a global level that will affect you personally as the planet of change is in your sign. You have been feeling this major change coming up for months, some maybe for years and it is getting harder to ignore it. Find a way to flow with it and own it, please don't resist you will only make it harder on yourself.

#### Gemini

This is a month of important life decisions, requiring very sound judgment and foresight from you, tapping into the years of experience you have accumulated. You are no stranger to mistakes and your words and actions have delayed your progress in the past, so apply this in your decision making process so you can see the type of results you have always dreamed of achieving.

#### Cancer

This month may feel like déjà vu as things that were on track started to go haywire for you, as if you kind of expected it in the back of your mind. You may be on the verge of really giving up on something or someone you held dear to you but before you do please take time to observe the situation and weigh the pros and cons. No one and nothing can be 100% perfect there will be trials and tribulations at times.

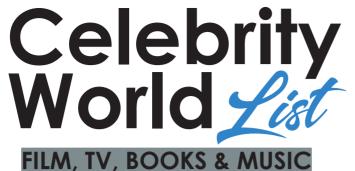
#### Leo

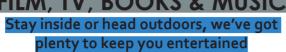
You are feeling pretty powerful this month, and very passionate particularly if you have found your niche and are ready to share it with the world. Things will challenge your new found surge of energy, and you will be able to spot when this happens, who is doing it and how to handle the situation. Stay close to Spirit and always ask for guidance and protection with whatever you do. Also keep your moves close to yourself, those don't need to be shared.

#### Pisces

Your have learnt or are going to learn the importance of your attention, focus and energy when it comes to your connection and environment and how valuable your reaction is to some people. You will see situations for how they really are, and know when to pull your energy back and when to invest. There is a lot of rivalry showing for you this month, don't let it get you off your path, keep balance.





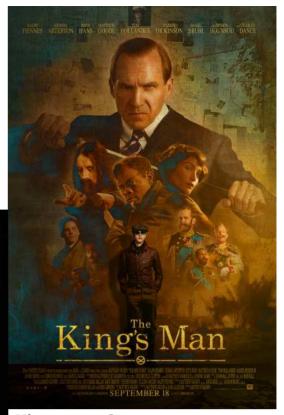




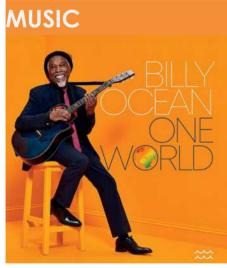
# **ON THE BIG SCREEN**

# A Quiet Place 2

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Kingsman 3 Release date: September 16, 2020 Directed: Matthew Vaughn Produced by: Matthew Vaughn, Adam Bohling



Billy Ocean Album: One World Release Date: September 4, 2020

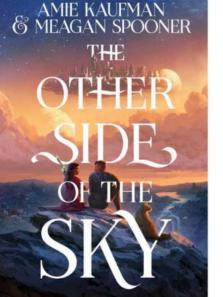


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# The Other Side of the Sky (The Other Side of The Sky #1)

Author: Amie Kaufman&Meagan Spooner

Release date: September 18, 2020 Genre: Fantasy&Young Adult Prince North's home is in the sky, in a gleaming city held aloft by intricate engines, powered by technology. Nimh is the living goddess of her people on the Surface, responsible for providing answers, direction—hope.



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# **The Two Become One** Fisherman And SwaggerLady Finally Said I Do

h i l e m a n y people believe t h a t marrying f r o m

the same profession or industry is not a good idea some find it as a blessing. On this month's relationship feature, Celebrity World Magazine had a privilege to meet Sara aka "SwaggerLady" who this time rocked the building as Mrs. Ratlhapi. The star recently tied the knot with her other half who is also a musician, Mr Osego "Fisherman" Ratlhapi.

# Who is Fisherman

is Fisherman SwaggerLady's husband. He is popularly known for his appearances on Botswana Defence Force band in Kwasa-Kwasa category. He is also a solo musician who specializes in many genres like disco and afro-pop and others. His songs include Ga ke batle tsala, Ke rata wena, Seileng and Batshaba metsi. Moreover, he is a father, a businessman and most outstandingly a new husband. The couple has rich knowledge and passion for the music industry. Apart from their solo music songs, they had collaborated on a single song titled "A re bine rotlhe" which was released in 2017 and they had been helping each other on their music projects before they got married.

# How they met, their kids and other relationship principles

Fisherman firstly spotted SwaggerLady in a music festival which was held at Fora Farm in 2016. It was love at first sight and he was impressed by her performance although he couldn't get her contacts. After a few months he managed to get SwaggerLady's contacts from a friend, they started talking and eventually became a

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# Relationship



couple. What made him fall deeply in love with her was that she is an open person, a problem solver and a hard worker. On the other hand, SwaggerLady was captivated by Fisherman's transparency. She said his husband is open and includes her in every decision he makes. When the two met, they both had two beautiful daughters from their previous relationships and further revealed the good relationship they have with their step kids. SwaggerLady mentioned that, "You cannot love a partner and fail to love his/her kids...I find it impossible to love someone dearly but fail to love their kids. Let us not punish kids, they are innocent souls".

Since Fisherman is also a soldier by profession Celebrity World magazine team asked SwaggerLady to clarify the most popular belief that "soldier men never have stable relationships". On her comment, she said, "there is no such thing; it is only a myth that has been passed from generation to another. In reality, soldiers are good people, disciplined and hand workers nevertheless they have their weaknesses just like other human beings." On the other hand, Fisherman was asked why there is a belief that "ladies in music are not fit to be wife materials". He said that it is not true and used her wife as a reference that she has everything it takes to be a wife. She said his wife does all the duties as expected and balances family time and music industry time well.

# Their views on divorce and solutions

When adding up on the alarming divorce cases in Botswana, the couple mentioned few actions that lead to divorce; cheating, domestic violence and getting into marriage for wrong reasons like targeting your spouse fortunes. They further said the best solution to all these is to seek counseling and prayer. They urged all couples that are going through a breaking point to seek counseling and always involve God in their marriage.

## What's next for the couple?

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They are looking forward to work together on other projects and have a magnificent blissful happy marriage ever..

# Aquatic

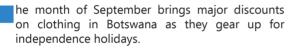
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water...that you deserve"

Aquati





September is a smart time for shops to stock up summer clothing for both kids and the elderly. Again, this is the month when shops offer savings

on end of winter clothing clearance as from beginning of August. These deals can be found on items for the whole family.

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As the summer season comes to a close, stores will be making room for the fall and winter essentials. Shoppers can find strong deals on summertime tools for garden upgrades; remember September marks a new season of the year and the start of the new season typically brings excellent discounts on the previous season's fashions!



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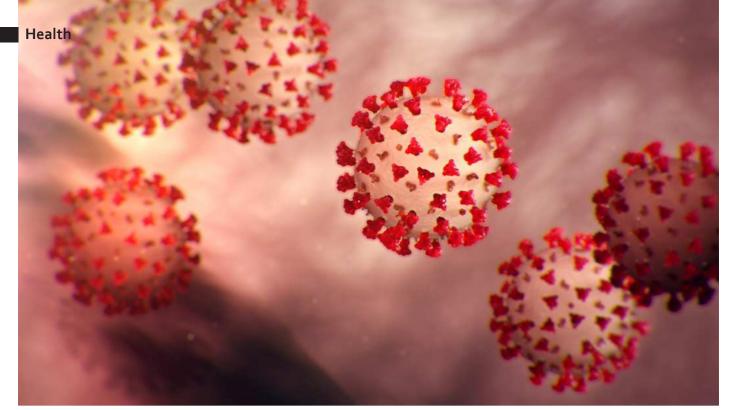
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Fashion



# **COVID-19 Health Information**





OVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

# Most common symptoms:

Fever, Dry cough, Tiredness

## Less common symptoms:

Aches and pains, Sore throat, Diarrhea, Conjunctivitis, Headache, Loss of taste or smell, A rash on skin, or discolouration of fingers /toes.

## Prevention

Protect yourself and others around you by knowing the facts and taking appropriate precautions. Follow advice provided by your local health authority.

### To prevent the spread of COVID-19:

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Wear a mask when physical distancing is not possible.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.

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- If you have a fever, cough and difficulty breathing, seek medical attention.
- Calling in advance allows your healthcare provider to quickly direct



you to the right health facility. This protects you, and prevents the spread of viruses and other infections.

#### Masks

Masks can help prevent the spread of the virus from the person wearing the mask to others. Masks alone do not protect against COVID-19, and should be combined with physical distancing and hand hygiene. Follow the advice provided by your local health authority.

To date, there are no specific vaccines or medicines for COVID-19. Treatments are under investigation, and will be tested through clinical trials. World Health Organization.

# Self care

If you feel sick you should rest, drink

plenty of fluid, and eat nutritious food. Stay in a separate room from other family members, and use a dedicated bathroom if possible. Clean and disinfect frequently touched surfaces.

Everyone should keep a healthy lifestyle at home. Maintain a healthy diet, sleep, stay active, and make social contact with loved ones through the phone or internet. Children need extra love and attention from adults during difficult times. Keep to regular routines and schedules as much as possible.

It is normal to feel sad, stressed, or confused during a crisis. Talking to people you trust, such as friends and family can help. If you feel overwhelmed, talk to a health worker or counsellor.

# SHARPS CONSTRUCTION

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Start by placing your eyebrow pencil in a straight line along the side of your nose. Then move the pencil to the edge of your eye. That is where your brow should end.





clean, dry brows. Use an eyebrow brush or old mascara wand to shape them. You can even use a brow gel brush to tame them so they stay intact.



**OUTLINE** – Using an eyebrow pencil, outline the shape of your brows. Be sure to follow the natural shape. If you don't have brows or any clear shape, use a stencil for the desired one.







FILL IN – Dip an angled brush into brow powder/ use a pencil if you don't have powder. use light strokes to fill in. Start from the inner corner to the outside of the brow.



**DEFINE** – Apply concealer using a brush or sponge to define even more. Then blend it into the rest of your skin around the eye area. Be careful not to erase your brows; use your hands if you struggle with the brush.



# **Dreams Have No Boundaries**

n ambitious person is always on her feet to ensure that she works hard to make her dreams come true. Chef Faith did not allow any circumstance to derail her from archiving her dream. With only four chafing dishes she started her company called Food Radio in 2016. She is a trained Private Chef, Culinary Consultant and a Food Brand Influencer. Based in Gaborone, Faith gained most of her experiences through working in the culinary industry around the country.

> Although the road was bumpy for her when she started, Faith had to compromise with whatever she had to ensure that she delivers on time. With all her hard work and determination, Faith was discovered by the former Yarona FM presenter who allowed her to feature on weekend radio cooking show for six months in 2016.

The following year Choppies store discovered her through social media. She was asked to be part of the National Cook-Off Competition as a judge. That was the moment when she discovered the power of social media and went hard on marketing herself without looking back. More food brands started booking her for sampling. Since the world is hit by the Covid 19, Chef Faith stated that she had an awakening call that made her realize her other hidden potential. During lockdown, she got an opportunity to look back at her finished projects and thought to herself that if she cannot get a gig from corporate companies, why can't she at least create her food brand, sample it, and sell it to get a triple salary.

During the lockdown period, Chef Faith introduced her line of cake mixes. They cater for everyone and has a variety of original flavours; chocolate, bran, chocolate cupcake, vanilla, and coconut. However, she intends to add more flavours in future. All of the packages come in one kilogram; they are tasty, super moist, easy to use and yet affordable. The mixes recipe is favourable to everyone in such a way that they can be easily followed using basic ingredients that are readily available in our homes. Unlike other products, all you have to do is pick a flavour, mix with eggs, milk, and butter/oil, whip and bake. Within 30 minutes you will be having the most delicious golden cake. She also has a line of baking equipment as complementary.

Chef Faith cake mixes products were launched on the 20th of June 2020 on social media and the response is overwhelming as orders from bakeries, individuals and restaurants are coming in. Currently the production is very slow since everything is done in her home kitchen with limited equipment and thus she deems it as a challenge. "Being an entrepreneur is not for the faint-hearted or a walk in the park," says Faith.

📮 75561120 🕈 Chef Faith/ Faith Shoshore 🞯 Chefaith





Craving for light, fluffy and yummy flap cakes? Below is a full guide on how to make flap cakes in a short time.

Makes 8 – 10 flap cakes **Time:** 30 minutes

# **Flap Cakes Ingredients**

1 cup vanilla cake mix 1 teaspoon vanilla essence 2 eggs

1 cup milk

Baking spray

# Method

- Sift the cake mix into the bowl.
- Make a well in the center; whisk the vanilla essence, milk, and eggs together in a separate bowl.
- Pour the mixture into the well in the cake mix and beat to form a smooth batter. Cover and set aside for at least 15 minutes.
- Heat the nonstick pan, spray with oil, spoon dollops of the batter and into the pan and fry over medium heat until flap cakes are golden and cooked through both sides.
- Stack the flap cakes on a plate and spoon over yoghurt and syrup.
- Use buttermilk or plain yoghurt for the mixture instead of milk.

To Serve: Yoghurt, Syrup and Fresh Strawberry



Recipe by: Chef Faith Shoshore



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# How to Grow White Sunflowers

rowing white sunflower is no different from growing standard varieties. They require full sun, fertile soil that drains well, adequate space between plants, and

regular watering. The new white varieties can be grown just to enjoy as they are, for the seeds and for cut flowers. Pure white sunflowers are truly stunning.

How Long Do Sunflowers Take To Bloom? Most sunflower varieties mature in only 85 to 95 days. The largest sunflower varieties grow to over 16 feet in height, while smaller varieties have been developed for small spaces and containers and rarely grow larger than a foot tall!

Choosing & Preparing A Planting SiteFind a sunny spot! Sunflowers grow

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- In preparing a bed, dig down 2 feet in depth and about 3 feet across.
- If possible, plant sunflowers in a spot that is sheltered from strong winds.
- Planting Sunflower Seeds
- Sunflowers should be planted 1 to 1-½ inches deep and about 6 inches apart after the soil has thoroughly warmed.
- Give plants plenty of room, especially for low-growing varieties that will branch out. Make rows about 30 inches apart. (For very small varieties, plant closer together.)
- A light application of fertilizer mixed in at planting time will encourage strong root growth to protect them from blowing over in the wind.



# Stylish Summer Interior Deco Ideas





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# Serurubele

# Revives Setswana Poetry And Culture His love for Setswana culture is amazing, considering the fact that we live in a century

where cultural practices and beliefs are slowly fading. Edwin "Serurubele" Moroka is a true definition of Setswana culture poet, activist and redeemer.

He got the name "Serurubele" from his fans and it is now trending in broadcast and social media platforms in Botswana. The Kanye native is well known for his creative talent in poetry and rich knowledge in Setswana culture. He provides free education of Setswana be it riddles, idioms, proverbs, beliefs and practices through radio stations and Facebook. Moroka is the founder of a well-known poetry academy called Sekhutlwana sa Bannye, where he guides and teaches young children under the age of 16 about Setswana. So far he has worked with different schools around Botswana; Mophane primary school, Tshwaragano primary school, Bokamoso Junior School and others. He hosts Setswana programme called Sefalana sa Ditso which started airing on Duma FM since 2015. In 2017 he started another program still on Duma FM and named it after his academy Sekutlhwana sa Bannye. The program is currently sponsored by Botswana Open University. He specified that the main purpose of these programs is to revive Setswana cultural practices to Batswana. They also give the audience an opportunity to share their Setswana knowledge with others. Apart from poetry, "Serurubele" is also a student at Institute of Development Management where he pursues Bachelors of Degree in Public Health.

In 2017 "Serurubele" scooped an award at Botswana Youth Awards under a category of "The Best Youth Promoting Culture and Heritage". He has performed at various cultural, social and corporate events locally and internationally. He has also performed at Mmakgodumo Festival in Kanye, Ntwa ya Puo Battle, Son of the Soil and Gaborone International Music & Culture Festival, just to mention the few. On international basis he performed at 2018 Anual Livingstone International Culure and Arts Festival in Zambia. He was also honored to perform at Gopane Village in South Africa where he was invited by Chief Gopane of Bahurutshe. Serurubele has also done radio giggles to promote companies like Citizen Entrepreneurial Development Agency (CEDA), Botswana Open University and Orange Botswana.

Adding on the issue of improving poetry industry in the country, "Serurubele" revealed that, "Poetry is not well recognized in Botswana; poets are underpaid and left out in most festivals and events." He further added that at least there should be unions that regulate how poets have to be paid. He requested his fellow poets to change their motive of performing for less, saying that they should rather know their value. In addition, he tackled the creativity issue as he said poets have to come up with new creativity levels and stop doing the same verses repeatedly as they become monotonous.

"Serurubele" said for the poetry industry and the entire Arts and Culture division to grow in Botswana, they need to be included in issues that concern economic development. "Let poets be involved in reciting and composing poems about Botswana diamonds, beef as well as floras and faunas. This can be a way of marketing Botswana's most precious resources and create employment as well as diversification of the economy," added Moroka.

He acknowledged the support of his fans and various cultural groups that he has worked with, being Mogolokwane Association, Maruping Poetry Association and many more.

Contact Details: 76 232 426

**f** Serurubele



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# 30-Day Arm Challenge

DAY 1	10 pushups	10 triceps dip	10 shoulder presses
DAY 2	10 back files	10 bicep curls	10 lateral raises
DAY 3	10 pullovers	10 kickbacks	10 front raises
DAY 4	10 standing rows,	10 hammer curls	10 lying rear deltoid raises
DAY 5	REST DAY	REST DAY	REST DAY
DAY 6	11 pushups	11 triceps dips	11 shoulder presses
DAY 7	11 back files	11 bicep curls	11 lateral raises
DAY 8	11 pullovers	11 kickbacks	11 front raises
DAY 9	11 standing rows	11 hammer curls	11 lying rear deltoid raises
DAY 10 REST DAY	REST DAY	REST DAY	REST DAY
DAY 11	12 pushups	12 tricep dips	12 shoulder presses
DAY 12	12 back flies	12 bicep curls	12 lateral raises
DAY 13	12 pullovers	12 kickbacks	12 front raises
DAY 14	12 standing rows	12 hammer curls	12 lying rear deltoid raises
DAY 15 REST DAY	REST DAY	REST DAY	REST DAY
DAY 16	13 pushups	13 tricep dips	13 shoulder presses
DAY 17	13 back flies	13 bicep curls	13 lateral raises
DAY 18	13 pullovers	13 kickbacks	13 front raises
DAY 19	13 standing rows	13 hammer curls	13 lying rear deltoid raises
DAY 20 REST DAY	REST DAY	REST DAY	REST DAY
DAY 21	14 pushups	14 tricep dips	14 shoulder presses
DAY 22	14 back flies	14 bicep curls	14 lateral raises
DAY 23	14 pullovers	14 kickbacks	14 front raises
DAY 24	14 standing rows	14 hammer curls	14 lying near deltoid raises
DAY 25 REST DAY	REST DAY	REST DAY	REST DAY
DAY 26	15 pushups	15 tricep dips	15 shoulder presses
DAY 27	15 back flies	15 bicep curls	15 lateral raises
DAY 28	15 pullovers	15 kickbacks	15 front raises
DAY 29	15 standing rows	15 hammer curls	15 lying rear deltoid raises
DAY 30 Flex it out!!	Flex it out!!	Flex it out!!	Flex it out!!

E



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# Tourism

# **Taking On Kgale Hill**





gale hill is situated on the outskirts of the capital city Gaborone. It is near Game City Mall. Reaching the summit of the hill takes you to many cities of the world. It Ns an ideal morning

gateway especially on weekends. It offers a great view of the city including parts of the Gaborone Dam, the Quarry, the A1 road from Lobatse and the rest of the city with the backdrop of a misty mountains and bushy hills at sunrise. There is a two way to hike up the hill, through the paved road or the rocky steep path (the most adventurous). Many people can be found on top of the hill enjoying the view and doing some light exercise and stretching. Kgale Hill hiking is ideal for team building for corporate, social clubs and other organizations.







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Jan 9-22	Multi-sports	Winter Youth Olympics	Lausanne, Switzerland
Jan 20-Feb 2	Tennis	Australia Open	Melbourne, Australia
Jan 23-26	Extreme Sports	Winter X Games 24	Calgary, Alberta, Canada
Feb 1 - Mar 14	Rugby Union	Six Nations	UK, Ireland, France & Italy
Feb 2	Gridiron/Football	Super Bowl	Miami Gardens, Florida
Feb 20-28	Multi-sports	IWAS World Games	Nakhon Ratchasima, Thailand
Feb 21 – 8 Mar	Cricket	ICC World T20 (women)	Australia
Feb 26 - 1 Mar	Cycling	World Track Championships	Berlin, Germany
Mar 13-15 Moved to 2021	Athletics	World Athletics Indoor Championship	Nanjing, China
Apr 4 cancelled	Horse Racing	Grand National	Aintree Racecourse in Liverpoo
Apr 9-12 (postponed)	Golf	Masters Augusta,	USA
Postponed	Snooker	World Snooker Championship	England
May 8-24 cancelled	Ice Hockey	IIHF World Championship	Zürich & Lausanne, Switzerland
postponed to 2021	Multi-sports	Invictus Games	The Hague
postponed	Football (Soccer)	FA Cup final	Wembley Stadium, London
postponed	Tennis	French Open	Paris, France
postponed	Football (Soccer)	Euro 2020	Europe
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