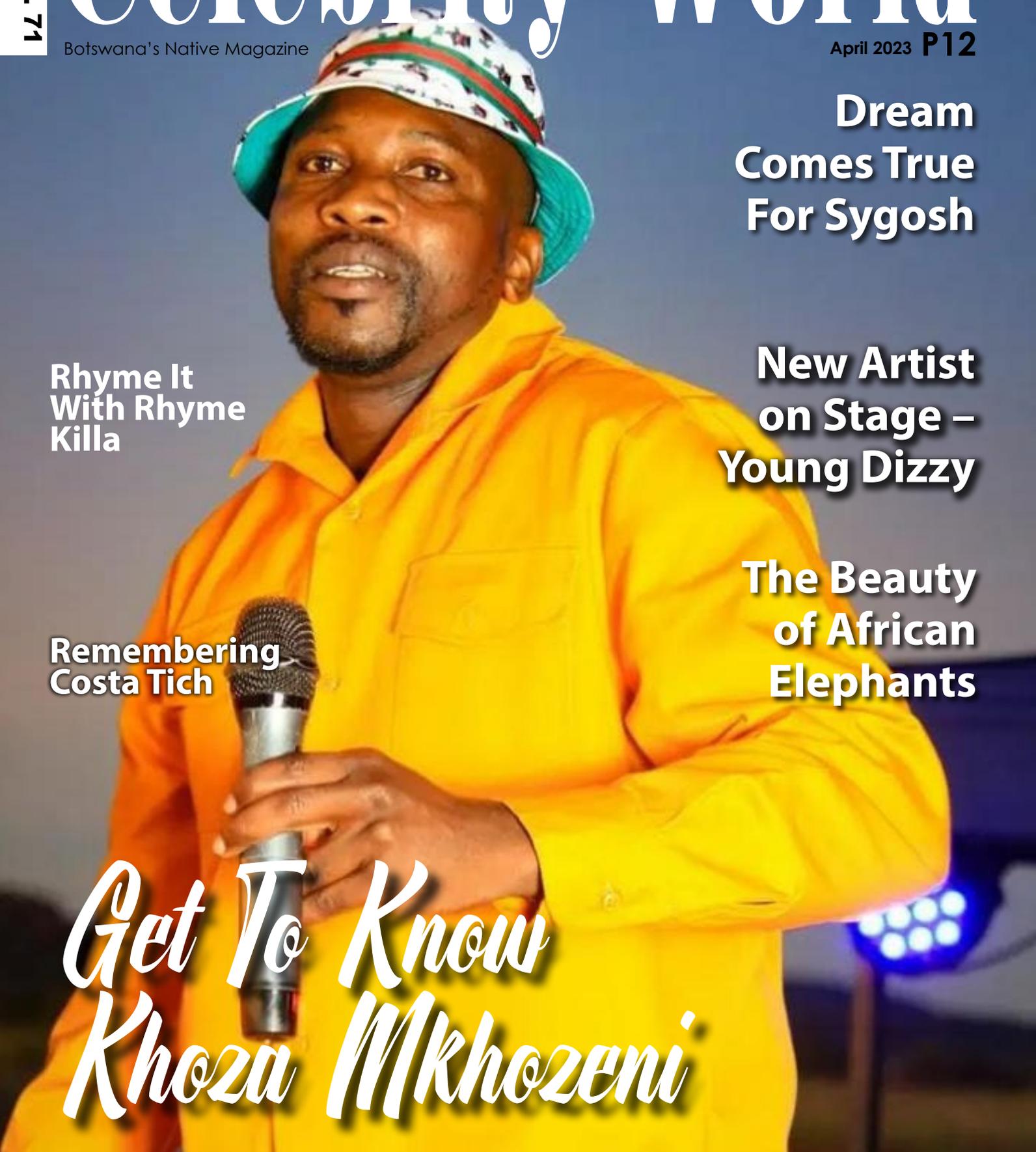


# Celebrity World

Botswana's Native Magazine

April 2023 P12



**Dream Comes True For Sygosh**

**New Artist on Stage – Young Dizzy**

**The Beauty of African Elephants**

**Rhyme It With Rhyme Killa**

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*Get To Know Khoza Mkhozeni*



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**Delicious Loaded Potato Salad**

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We are now in the month of April, with countless reasons to rejoice our Celebrity World Magazine as we are closer towards mid-year. This month on our cover we have Kehakgametse Khoza Kehakgametse, read about him and familiarize yourself with his life story.

Again we give you an advice on our relationship advice page so that you get to know how well and important to be in a relationship. Wouldn't this be better if you could share and enjoy it with others, be it your neighbours, friends or relatives? Find more on the inspiring articles from this issue. We never miss to spoil you on the recipe page, discover the talents of different chefs on it.

Check out this issue on our website at [www.celebrityworld.co.bw](http://www.celebrityworld.co.bw). Thank you for being part of Celebrity World Magazine and follow our facebook page called Celebrity World and on twitter @celeb\_bw.



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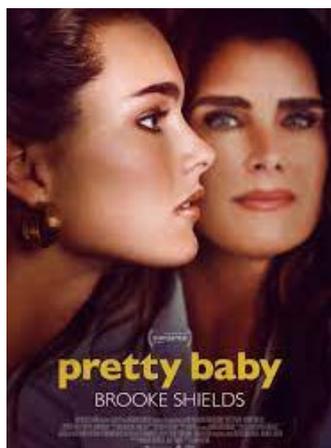


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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

Stay inside or head outdoors, we've got plenty to keep you entertained



**Pretty Baby:** Brooke Shields

**Genre:** Documentary

**Release Date:** 03 April 2023

**Director:** Lana Wilson

**Starring:** Brooke Shields and Gregory Butler

Follows actor, model, and icon Brooke Shields as she becomes a woman who discovers her power after being a sexualized young girl. She shows the dangers and triumphs of gaining agency in a hostile world.



**Praise This**

**Genre:** Romance

**Release Date:** 07 April 2023

**Director:** Tina Gordon

**Starring:** Michael Anthony, Chloe Bailey and Tristan Mack Wilds

Youth choirs gather together for a music competition.



**Sweetwater**

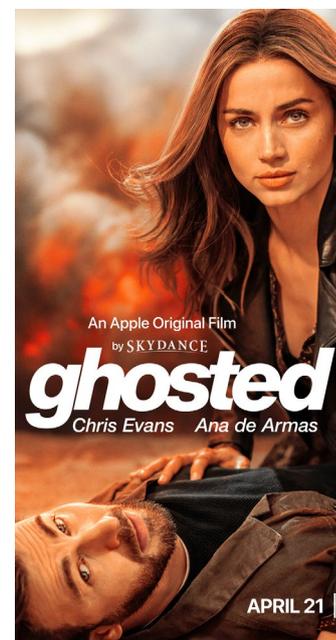
**Genre:** Sport

**Release Date:** 14 April 2023

**Director:** Martin Guigui

**Starring:** Eric Roberts, Cary Elwes and Richard Dreyfuss

Hall of Famer Nat "Sweetwater" Clifton makes history as the first African American to sign an NBA contract, forever changing how the game of basketball is played.



**Ghosted**

**Genre:** Romance

**Release Date:** 21 April 2023

**Director:** Dexter Fletcher

**Starring:** Chris Evans, Ana de Armas and Amy Sedaris

Cole falls head over heels for enigmatic Sadie, but then makes the shocking discovery that she's a secret agent. Before they can decide on a second date, Cole and Sadie are swept away on an international adventure to save the world.

## What To Read

**Happy Place**

**Author:** Emily Henry

**Genre:** Romance

**Expected on:** 25 April 2023

Harriet and Wyn have been the perfect couple since they began dating in high school. Except they broke up six months ago and still haven't told anyone. Thus, at their group's annual Maine vacation, they find themselves faking a relationship. With the cottage for sale, they don't want to ruin everyone's last time there.



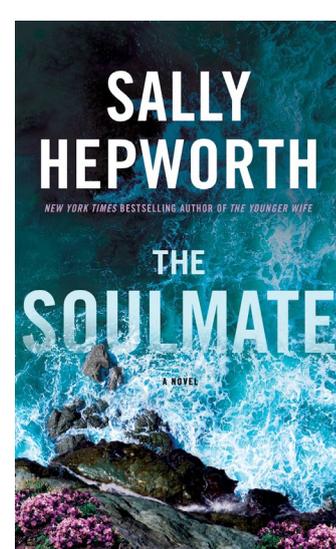
**The Soulmate**

**Author:** Sally Hepworth

**Genre:** Mystery & Thriller

**Expected on:** 04 April 2023

Gabe and Pippa love their perfect little cottage on the edge of a sleepy coastal town. Yet the tall cliffs bordering their property are a magnet for jumpers. Usually, Gabe talks them off the edge, until one woman falls to her death. Was she jumped or was she pushed? When Pippa realizes the victim was Amanda, the wife of Gabe's former boss, she begins to question everything about her marriage.



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# Dream Comes True For Sygosh

**O**gomoditse Mokenti, is a 38 years old lady from Borotsi Village in the Tswapong area, and that's where she grew up. She started her music career in 2005 as a dancer at Muslims crew and as we say, she is doing commercial house but was doing house kwasa before.

## **What was your passion and influence into this genre music?**

I flow well with the beats, and as for me, the genre is doing well on the market. I started with a single recorded at Dj Call Me studios and got massive support than before.

## **How would you describe your own development since you became an artist?**

I can see great developments, because this platform am in is determined by the

audience. I have seen great recognition as compared to the past and so many people started to follow my page and songs are played everywhere by my fans.

## **How many songs have you released so far?**

I have 23 songs so far, 3 albums and 4 singles. What is the story behind the name Sygosh?

I grew up using the name Segomotso at home, but at school I was called Ogomoditse, so the name Sygosh was used as a nickname from Segomotso.

## **How are you intending to be unique and stand out from other local artists?**

I mostly use Setswapong, my language in my songs. That's how my fans normally recognize me, and that way I am unique, lastly my dance moves, I am a very energetic performer, the attire as well is unique.

## **What were the main challenges and goals when you started as an artist and how have they changed over time?**

The biggest challenge was money, recording needs money, promoters need money to help you, and frequent bookings was also a challenge. My goal was to help people with my messages and to help those upcoming as I know the challenges. Nowadays the challenges are there yes, but it is better than before as I now have bookings, I go for recording anytime I want and I sometimes help other upcoming artists.

## **Are you willing to work with any international artist? Why?**

I would really love to work with other international musicians because that would help me reach other places out there.

Share with us the feeling you always have or

you want to have whenever you are on stage. I would sometimes feel like crying if I am at a place where I am appreciated or given that morale, because that is what I have long wanted – support! I am good at dancing, I would dance like nobody's business seeing the crowd.

**Have you featured any one of local artists so far, if so, may you please tell us about it?**

I have featured one artist so far, it is a very big experience working with others, and you learn new things from them like I said before.

**What impact would you like to make in the music industry of Botswana?**

My main aim is to grow the music industry in a beneficial way for the upcoming artists more especially those who are in rural areas because they have capabilities but lack resources. I will build a scheme that will enroll all upcoming artists from rural areas, the scheme will help them in recording and producing good quality music that will take their artwork to the next level.

**Share some word of advice with aspiring artists.**

I would love to see them fighting, yes other artists would help there and there, but truly, it starts with you. Don't rely on any one, and just know that hard work is the key. They should fight for their brands.

**Besides being a musician, what else are you engaged in?**

I have a show called The Sygosh Show that's where I normally gossip about trending issues, and a farmer.

**Who inspired you to be a musician?**

A local music group called Unik Attractions.

**What is it that people don't know about Sygosh?**

I grew up in a very small village, I am a naughty person and I have two kids.

**Three words that best define you?**

Naughty, talkative but humble.

**As a local celebrity and a responsible citizen of Botswana, what is it that you are doing or willing to do as a way of helping the community?**

I am willing to help the under privileged more especially students.

**What does the future holds for you?**

Only God knows about my future.

**What message do you have for Botswana regarding your music?**

Botswana, I need your undying support. Keep supporting me. If it wasn't for you, I wouldn't be where I am today.



# Get To Know Khoza Mkhozeni



His names are Kehakgametse Khoza Kehakgametse, he is affectionately known as Khoza Mkhozeni. He sings disco music. He started working at BDF from 1999 to 2013 then resigned. His music career began in 2005. He has eight albums. For him to do music, he was influenced by a studio engineer, also a producer called Lame Letlaatlai in Block 6 at Storms Studios.

Khoza Mkhozeni's music started slowly since he was still working in the military and was fully committed to my work. In his words, he didn't have enough time to promote his music until in 2014 when he was working at Storms

Roadshows, that's when he got enough time to promote his releases and the name Khoza Mkhozeni started to grow massively.

He worked with artists like the late Thabile Mazolwana, they made a collabo album together called Magamase. They also did festivals together with the late Patricia Majalisa, the legend Dan Tshanda of Splash and other big local disco artists.

In 2007 he was nominated for BOMU best disco award, then in 2015 he was also nominated and won best disco award (BOMU).

In the year 2021 he was also nominated for best disco award but did not win, then in 2022 he was crowned best disco artist and also won best male artist award (double award winner).

Khoza Mkhozeni dropped a new album in 2022 called 'My Silence' which did very well in the market and also won the double awards. In his entire music career, he worked with a lot of producers such as; Tando Zinto(RSA), Tumelo Mafoko(mhsrip), Cabido, Tafula Madiba(RSA), Mpho Majiga (RSA) Mru(mhsrip), Rwabbling and Gokatweng Rakhudu (mhsrip).

He had a collabo album in 2019 with Cabido called Masterminds vol 1, now they have just finished vol 2, and is due for release anytime this year.

Mkhozeni is a humbled man, if he were to describe himself. He differs from other artists especially on accepting negative criticism from their fans and he believes that criticisms from their fans are sometimes constructive criticisms.

According to him, the music industry in Botswana does not grow because he has never seen a young upcoming artist penetrating the music industry to the level of Vee and Franco.

He said for someone to be where he is today, it needs a lot of patience, to be prepared to face challenges like not being recognized and not booked at any event and the most important thing about your music is marketing your name first, others will follow.

His biggest challenge was when the world was hit by COVID, he said the creative industry was the most affected because some music promoters don't recognize them and they take disco music very lightly.

Most of the time he performs at bars and weddings just to survive and keep his name alive. He said education nowadays is not considered valuable since a lot of graduates are roaming the streets jobless.

When talking about gender based violence in Botswana Khoza Mkhozeni said, GBV is mostly caused by lack of finance and depression. He advises everyone to say No to GBV.

Another thing he mentioned in his interview, Khoza Mkhozeni said that the government is not helping in upgrading the lives of creative arts, especially upcoming artists, rather they focus on the same artists who have already made it in the industry.

On his input in the community as a responsible citizen, Khoza Mkhozeni mentioned that in Mmutlane where he comes from, they have a charity club called Mmutlane Charity Club and he's the chairman of the club. He said in the year 2020 they built a tombstone for a young lady who had passed away and was mentally disturbed. Then in 2021 they built a bachelor house for a certain man called Dimpho Lekgowe which they opened last year in 2022, the guest of honor was Vee Mampeezy. He said their aim is to continue doing out rich programs in their village to prove that indeed charity begins at home.



# Rhyme It With Rhyme Killa



Born and raised in Peleng, Bokang Motswedi is a young man who hails from Mmathethe. He is a musician, businessman and a responsible father of two. He's a lover of life who has embraced the beauty of Lobatse ever since he was a little boy until he grew up to be a musician he's today hence the creativity overflowing in him.

Rhyme Killa, as he is affectionately known started doing music in 2010 and has been present in the field ever since. In his words, the supporters who followed him from day one will tell you that he's a motswako hit maker but he has decided to venture into other genres as well because he believes that as a musician you grow every single day in whatever you do.

He has always been passionate with spreading love and advice wherever he could, hence got into the industry to begin with. He has grown into the society that embraced splash/disco music so hearing the arrangements of the vocals and instrumentals and messages that transpired, that opened his third eye into some levels of creativity he never thought he had to the whole music scene as a whole.

He said he has seen better days, beginner days are as hard as they say but he has hustled to a point whereby he has seen himself performing overseas to much bigger crowds on booked gigs back to back. He has released many songs of which some were a part of his album, the collaboration album

he did with Martin Beats Family and features with different artists in Botswana. The most recent hit song he released is "Ha go le monate" which features Flexyville, Figos and NaisyBoi, it has been making waves on radio, and played by different sets of Dj's and all over the country.

Rhyme Killa is essentially the name which was derived in what and who he was when he started the music business. He said he was hard on Motswako and literally killing "rhyming words" hence the name Rhyme Killa.

"I intend to take more business route with my music of which will be revealed on my projects in a bit. They are still under construction, but all in all I intend to empower young people out there through my music to follow their dreams and be motivated not to give up in no day no matter how hard it is," he said.

Talking about the challenges he faced since he started the music journey, he said the main challenge was finances to record his music, marketing and distributing his music because he was not working and had no investors in his career. He had to make deals and arrangements with different producers and music consumers to push his music. The ultimate goal has always been to be able to feed his family and get his message spread all over the world.

He has always been willing to work with international artists because 'music is and will always be a universal language, so artists exchange cultures with other musicians from other countries and gain new fans, whilst at that making their moves easily. With that been said he has done collaborations with other musicians from countries like South Africa and Ghana, Senegal, Zimbabwe to name a few.

"There is nothing as traumatic as getting on stage not knowing how the crowd is going to feel or react to you and your music at that certain time, so the feeling is always different. The only thing that makes things easier is the song arrangement but the moment the vocals 'ha gole monate ska mpusetse lapeng...' comes to play I have the most amazing time of my entire life because that's one song people will never get over, that's a classic in the books right there," he said.

So far he has featured Flexyville, Figos, NaisyBoy, Oatsdona, King David, Mr Zulu, Emlake, Mr Chocolate and Martin Beats to mention a few. The music will soon be in digital stores and he hopes that Botswana and the world at large streams and support them.

Rhyme Killa said in the near future he would like to see himself and other artists working together as one pushing their own culture and music as a whole hence they will be working on an initiative that will bring most of Botswana musicians together as

one pushing the same goal. He said that he would like to leave that legacy as this will be a result of hard work and determination.

Other than music, he has recently registered a new company which will cater for procurement needs, printing services (both small to large scale) and others that will follow in the near future. His inspiration has always been the likes of Scar, Vee, Eminem, Tupac and others.

He said people don't know that he is a reserved family oriented guy who always puts family before anything and remains helpless when it comes to family. He is a very determined, courageous and a selfless person.

He encourages people to have a mentor in life, saying that it's a very first necessity because without a mentor one will never know what to do and when to do it. He said in the music scene there are a lot of death mistakes that are easy to attain to and having a mentor will be an eye opener for you same as the mistakes that happens mostly in the music business.

Answering a question about his input in the community he said, "We are still looking into our options but there will be some initiatives for the people of Lobatse that will be super helpful to Lobatse community coming from the brand Rhyme Killa. The initiatives will change lives and give other people a chance to start living their lives to the fullest."

He's asking fellow Batswana to listen to his music and relate to it as it talks about our everyday situations that we come across. Batswana should also expect more impactful music from Rhyme Killa as he is currently working on his single, namely 'Modimo Wadi Khutsana'. It is produced by Dj Lemator mastered and mixed by Ron James and is to be dropped end of March 2023. He is also working on his EP titled "The Drop" and it is dropping end of April 2023 followed by massive album "Faith Kings".

For bookings: Rhymekillabsf in all social networks, YouTube, Twitter, Facebook Instagram.

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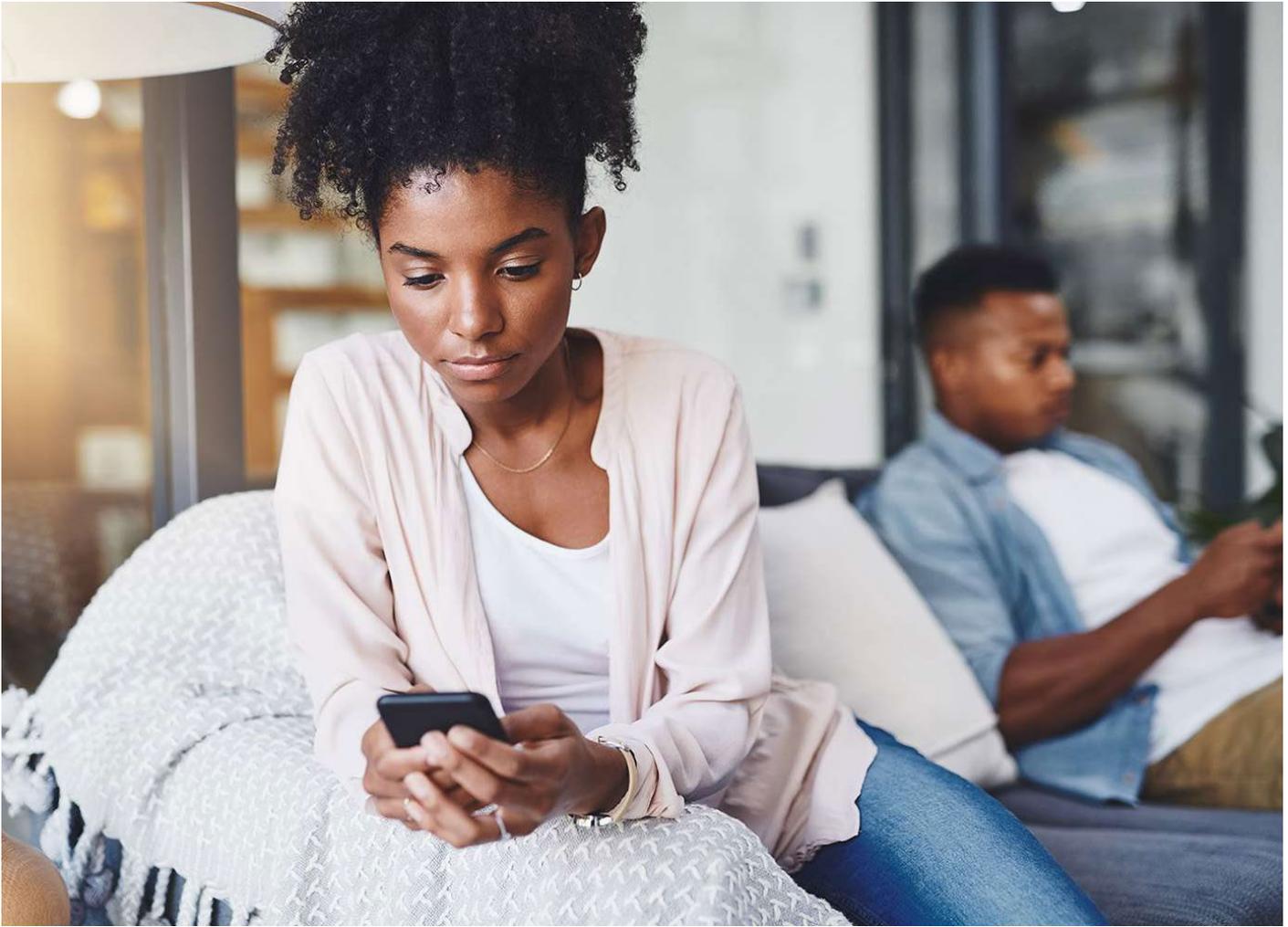
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# Actual Relationship Goals

## **Disturbance**

Regardless of how long you have been together when this stage hits, you will find things to pick fights about, new annoyances will pop up, and suddenly, you find yourself daydreaming about slapping your partner if they don't stop chewing so loudly. Turning against your partner is one of the first things you might do, intentionally or not, when the relationship begins to sour. Maybe something that was once cute and charming is now annoying and repetitive, and instead of responding with a hug, you might offer up a sassy comment. But even these small, "harmless" comments aren't as harmless as you might think. They breed toxicity, and create long-term pain.

## **Changing**

Every couple goes through some form of change in the life of their relationship. Sometimes, only one partner changes or experiences a change. Sometimes one partner expects the other person to change and it is causing issues in the relationship. This is also a delicate stage of the relationship because each partner will be weighing their options when it comes to how much change

they can take on and are willing to commit to.

## **Sexual**

You might think this one is good, but it usually turns out to be bad news for a couple. As people age, their sex drives change, and one partner might not be interested in sex the way they used to be. It could also be that after many years together an affair starts up and threatens the relationship altogether. Sex isn't everything in a relationship and this is a tough goal to confront, but if you get through it, your relationship will be much stronger for it.

## **Understanding**

A healthy relationship needs to be simple, and the first step to keeping it simple is by making sure you aren't juggling two or three different stories or versions of reality with your partner. Whether you're lying about something as big as an affair or something as small as what you had for breakfast, you need to ask yourself; why am I lying? If you've hurt your partner in a way that would cause the relationship to break, then would a lie truly help? Every lie gets found out,

one way or another. Remember, through this understanding honest stage, a lot of compromise comes up during as couples try to navigate what the other wants and needs in order to stay together for the long run.

## **Desire Each Other In Your Minds**

It's crucial in a long-term relationship for there to be an attraction for each other's minds. You can't love each other if you can't respect each other, and respect begins by acknowledging your partner's intellectual capacity. Simply put, after the excitement has gone, you need a way to fill the gaps in the day. You need to interest each other with new ideas, new concepts; books, movies, culture, art.

## **Infatuation**

This is the stage of any new relationship that everyone enjoys and looks forward to, it's the butterflies and goose pimples stage. If your heart skips a beat when the phone rings and you change three times before your date, you've achieved this goal. It's fun and exciting and full of possibility.

# Remembering Costa Tich



South Africa recently lost yet another popular artist, Costa Tich who collapsed to death while performing on stage. The artist had recently signed a deal with Akon's record label, Konvict Kulture. He was one of the best Amapiano artists and certainly the most powerful performer.

In videos which made rounds on the internet, the singer fell down during the performance, but continued singing after he was picked up by one of his bodyguards. He however fell a second time and had to be carried off stage but surprisingly he was later on confirmed dead. The star will be sorely missed.



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# The Beauty of African Elephants

**E**lephants are the largest of all land animals. African elephants have ears that resemble an African map and they work as a cooling mechanism for them. These mammals are said to have 26 strong teeth with cylindrical shaped-like stomachs. In Botswana, they are found at Botswana's highlight places such as the Kgalagadi region, Okavango Delta and the Chobe National Park. These impressive creatures can also be seen on daily basis by the dwellers of the said places.

There are two species of African elephants. Savanna elephants are larger animals that roam the plains of sub-Saharan Africa, while forest elephants are smaller animals that live in the forests of Central and West Africa.

African elephants play a critical role in their ecosystem. During the dry season, they use their tusks to dig up dry riverbeds and create watering holes many animals can drink from. Their dung is full of seeds, helping plants spread across the environment and it makes pretty good habitat for dung beetles too. In the forest, their feasting on trees and shrubs creates pathways for smaller animals to move through, and in the savanna, they uproot trees and eat saplings, which helps keep the landscape open for zebras and other plains animals to thrive.

Elephant ears radiate heat to help keep these large animals cool, but sometimes the African heat is too much. Elephants are fond of water and enjoy showering by sucking

water into their trunks and spraying it all over themselves. An elephant's trunk is actually a long nose used for smelling, breathing, trumpeting, drinking, and also for grabbing things especially a potential meal.

Elephants are matriarchal, meaning they live in female-led groups. The matriarch is usually the biggest and oldest. Elephants have a longer pregnancy than any other mammal. At birth, elephants already weigh some 200 pounds and stand about three feet tall. Poaching for the illegal ivory trade is the biggest threat to African elephants' survival. African elephants are also losing their habitat as the human population grows and people convert land for agriculture and development.

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# The 2024 Mercedes-Benz GLA-Class

The GLA-class SUV is the sexy sibling of the slightly more practical GLB-class. What the sleeker GLA loses in cabin and cargo space it makes up for with enhanced styling, which means it's the better choice for those who favor form over function in their SUV. The stylish, modern-looking interior is handsomely appointed in upscale materials. The GLA's 221-horsepower turbo-four engine delivers adequate power to either the front or all four wheels and is complemented by the subcompact crossover's composed handling.

Mercedes has revitalized the GLA-class for the 2024 model year, giving it a new face with high-output LED headlights as well as a newly sculpted hind end with updated

taillights. Under hood, the GLA-class gets a hybrid-assist system, which should help the engine operate more efficiently but doesn't necessarily increase performance. Other enhancements include a newly standard 10.3-inch infotainment display with the latest software plus wireless Apple CarPlay and Android Auto. Additionally, high beam assist, the Parking package, Mirror package and Keyless GO package are all now standard equipment.

The 2024 GLA-class is powered by a turbocharged 2.0-liter four-cylinder engine that makes 221 horsepower and is assisted by hybrid technology. The turbo-four is also paired with an eight-speed automatic that transmits power to the front or all four

wheels. Rear-seat passengers are treated to almost five inches of additional legroom, as well as increased space for shoulders and elbows. This helps the GLA-class compete more directly with key rivals such as the Audi Q3, BMW X1, and Volvo XC40. Interior materials look upscale, and the layout of controls and climate-control vents is similar to what we see on the GLB-class, with a column-mounted shifter, center-console-mounted infotainment controller, and circular vents along the dashboard. Cargo capacity is sufficient and grows with the rear seats folded flat, and the cargo floor is flush with that of the sill, which should make sliding bulkier items in and out of the trunk easier.



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# Interior Design Trends To Inspire You In 2023





**Aquarius**

**(January 20 - February 18)**

People born under this sign, are mostly open-minded. They also have extraordinary intellectual capabilities. They succumb often to depressions without any reason and then they become hesitant and due to bad decision they can lose good opportunities. In a marriage, they are faithful and reliable partners. Aquarians don't like to work hard, but they are successful because of their persistence and support of their friends.

**Pisces**

**(February 19 - March 20)**

People born under this sign are loved by their parents. They have high ambitions and well developed sense of justice. As they have very good fantasy they live mostly in their dream world. They can't control their feelings. These people are usually misunderstood and unappreciated. The problems of their friends become their own worries. In marriage, they are not easily satisfied and so they're not reliable.

**Aries**

**(March 21 - April 19)**

You will look very friendly and sympathetic in this month and you will have time to think about everything. You will have no problem while adjusting to surroundings, because you will be elastic and adaptable. Support from the people around you will be very enjoyable. When stressed, you will use sarcasm as a defense mechanism.

**Taurus**

**(April 20 - May 20)**

You will be successful in establishing new relationships. You will find a true friend or even a soul-mate. You are a materialistic person who try to find serviceability in everything.

However, you're a very sensitive person. People born in this month usually get married very unexpectedly. Most of the time they need to rely on their close friends and to have stable family background.

**Gemini**

**(May 21 - June 20)**

You definitely shouldn't overlook problems with your backs, rather go see a neurologist or therapist. It is good to step aside or admit defeat. Gemini are very interested in learning new things, that's why they seem to have general knowledge even if most of it is superficial. They suffer a lot from loneliness. They are very tolerant.

**Cancer**

**(June 21 - July 22)**

Cancer people are reserved, moody and have responsive character. You can't count on their fidelity because they care and sometimes become affectionate with people who are sympathetic to them. They feel very good in their family circle. They're not enthusiastic employees because they have inclination to comfort.

**Leo**

**(July 23 - August 22)**

They love money because it gives them freedom and independence. They are successful in their lives. Their good, but also bad qualities influence their behaviour in relationships. They are often creators of plans which are great, but sometimes unrealizable. They long for good social position which relates to their love for fortune.

**Virgo**

**(August 23 - September 22)**

You radiate positive energy that is why today should be the right one to dating. Unnecessary confrontations would get you into problems. Avoid complex situation whether at work or at home as well as your love-life. Be more social, you may get to make new friends or even meet your soul mate. In relationships, they show a lot of interest in other people and they try to discover all their secrets, but they do it just from curiosity.

**Libra**

**(September 23 - October 22)**

You shouldn't start any complicated thing in the evening. Honesty and sense of responsibility are typical to people born under Libra. They're not able to resist troubles so they need partner who will stand by them. Libra is good for all employments where they can work with people. Librans are ambitious and little bit egoistic people who can easily feel offended.

**Scorpio**

**(October 23 - November 21)**

You are tuned on the same mood with your colleagues and that is why team work will be very productive. Scorpios are very empathetic and understanding. In a career, they are usually scientists, doctors, writers or artists. They are can become very insensitive sometimes. Most of the time, these people always know what they want and they are very sure about their behaviour.

**Sagittarius**

**(November 22 - December 21)**

Visit some workshop. If you are afraid of being alone take a good friend with you. Your colleague is maybe cheeky, but don't let her upset you, so that there is no uncomfortable atmosphere at the workplace. People born under this sign enjoy delicious food, drinking, nature and they are good sportsmen. They are able to decide quickly and give exact instructions to other people. They're not afraid of danger, they are self-confident, ambitious and they have sense of physical performance.

**Capricorn**

**(December 22 - January 19)**

Capricorns are practical, reserved, meticulous, persistent and serious. They know very well that there is no success without hard work and effort. They don't know generosity because they judge everything from their own point of view. As for career, they think that success and power are related only to diligence and so they are always earned by right. Disappointment of marriage and a lot of hostile disagreements are reasons of later bitterness.

Short Jokes To Make You Laugh

Why do we tell actors to "break a leg?"  
-Because every play has a cast.  
Helvetica and Times New Roman walk into a bar  
-"Get out of here!" shouts the bartender. "We don't serve your type."  
Yesterday I saw a guy spill all his Scrabble letters on the road.  
-I asked him, "What's the word on the street?"  
How many times can you subtract 10 from 100?  
-Once. The next time you would be subtracting 10 from 90.  
Knock! Knock!  
-Q: Who's there?  
A: Control Freak.  
Q: Con...  
A: Okay, now you say, "Control Freak who?"  
A woman in labour suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!"  
-"Don't worry," said the doctor. "Those are just contractions."  
A bear walks into a bar and says, "Give me a whiskey... and a cola."  
-"Why the big pause?" asks the bartender. The bear shrugged. "I'm not sure. I was born with them."  
Did you hear about the actor who fell through the floorboards?  
-He was just going through a stage.  
A man tells his doctor, "Doc, help me. I'm addicted to Twitter!"  
-The doctor replies, "Sorry, I don't follow you..."  
What's the difference between a cat and a comma?  
-A cat has claws at the end of paws; A comma is a pause at the end of a clause.  
What did the 0 say to the 8?  
-Nice belt!  
I waited all night to see where the sun would rise...  
-...And then it dawned on me.

# Financial Management For Small Businesses



**P**roper financial management is crucial for surviving an unstable economy and the industry competition. Small businesses need to exercise cautiousness with their financial decisions from the very beginning. It takes more than just a good idea to run a business. Every business needs a financial organization that generates profit for it to stay credible. Shared below are best ways to do it:

### Cut Costs

It is important for entrepreneurs stay tight-fisted to keep their expenses in check without obstructing customer satisfaction. This has been proven to be true especially for small businesses. Every business endures 2

types of costs, fixed and variable costs. While fixed costs have to be borne irrespective of whether your business is making money or not, there is scope for savings in variable costs. For example, instead of buying costly branded software, you could work with free, cloud-based, open-source software, which is equally good. Conduct free online calls, video conferences instead of travelling long and costly distances.

### Separate Personal and Business Finances

Always keep your personal and business finances separate. This entails getting a business credit card and putting all related expenses on it. This should help you track your outlays and keep you in control. You will also do well in opening a savings account dedicated to your business, wherein you can

transfer a certain amount of money from each payment that you receive and gradually build a considerable corpus. You can use this money to pay taxes.

### Monitor and Measure Performance

It is crucial the business owner, keep bills on the movement money, especially when large amounts are involved. Keep looking at your company's financial performance in contrast with the past financial statements to project your future revenue, expenses and cash flow. Being aware of these aspects will help you make informed decisions for your small business. While owning and running your own business can be exciting, it can also be nerve-racking, especially when it comes to handling finances in a lucrative manner.

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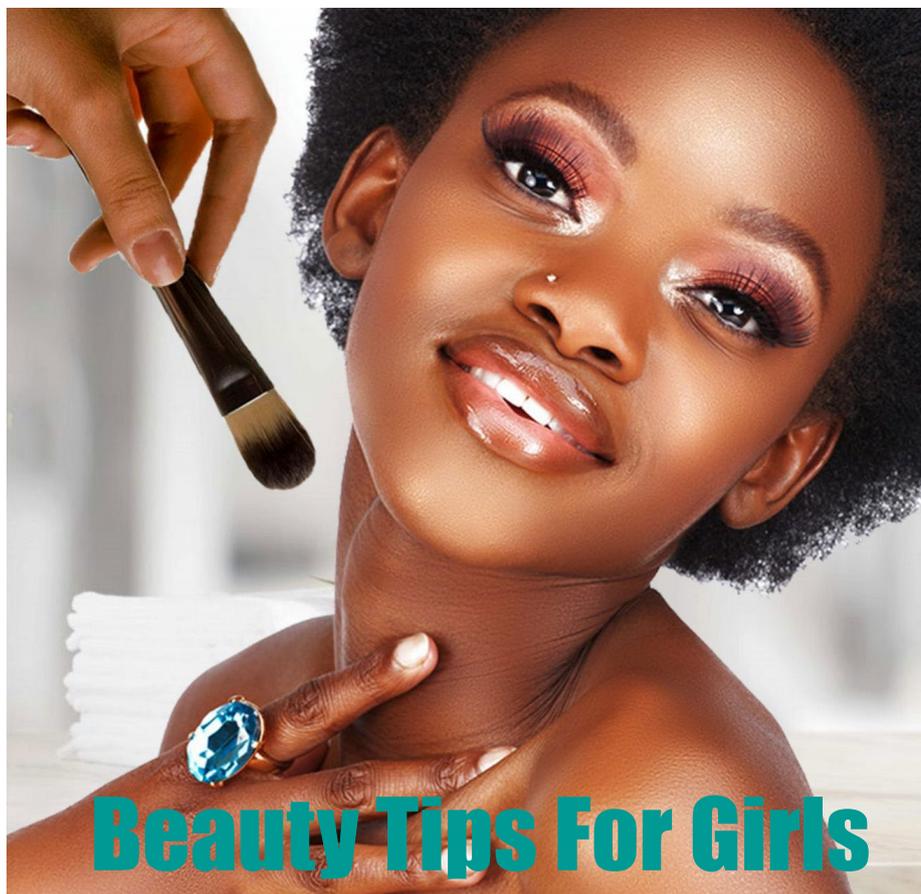
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**Cleanse Carefully:** If your skin is oily, you'll probably do well with a foaming or gel cleanser for daily skin care. Cleanse once a day or twice if your skin gets very oily or dirty throughout the day.

**Exfoliate Your Lips:** The lips must be gently exfoliated to get rid of the dead skin cells during the winter months when the lips become dry and scaly.

**Water:** This is the key to life, and if you do not drink water then your skin will never be as clean and clear as you want it to be.

**Say No To Foundation:** Yes, it is very tempting

to put on the foundation as makeup, but it is for older women.

**Love Your Natural Hair:** Do not go for a whole new shade on your hair, the trick is to let the natural streak of it show.

**Exfoliate:** You need to exfoliate only once or twice a week, using a relatively gentle product.

**Use Vaseline:** This is by far one of the best and cheapest eye makeup removers, and not just that, it is also very famous for fixing chapped, scaly lips.

**Get The Right ACNE Products:** If you have breakouts, try this approach: Wash your skin,

use a toner, and then apply a medicated acne gel.

**Don't Share Makeup:** It's an especially bad idea to share eye and lip products. So, as tempting as it is to try your friend's perfect new eyeliner, get your own instead.

**Choose Spray Hair Products:** If you notice that your acne breakouts cluster around your hairline or places where your hair often brushes your skin, consider that your hair product might be to blame.

**Wear Sunscreen:** All the time, every time. Not just at the beach. You can get sun damage on cloudy days too.

**For General All-Purpose Hair Upkeep:** Shampoo just your roots, condition only your ends. Comb your hair out while it's sopping wet, use a heat protectant if you're flat-ironing.

**For Teenage under Eye Circles:** It's usually a lack of sleep and/or dehydration. Teabags, cucumber slices and a yellow- or apricot-tinted concealer work like magic.

**Don't Use Soap:** Soap strips your skins natural barrier and can cause irritation and over oil production. Foam based cleansers with no soap help to clean, de-grease and smooth your skin.

**Don't Pick Or Squeeze Spots / Blackheads:** Doing so will spread the spots and even scar your skin. Use a topical spot product to reduce redness and heal your breakouts.

**Never Sleep In Your Makeup:** It clogs your pores and produces more spots. Clean skin= healthy skin.

**Use Baby Powder as A Dry Shampoo:** You can use baby powder on unwashed hair to get rid of excess oil. Since baby powder is made for babies, it has comparatively less chemicals that can harm your delicate hair!

**Eat Fruits And Vegetables:** Eating unhealthy foods for extended periods of time can lead to health problems which usually show up on your skin.



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# Atlantic Ocean



Atlantic Ocean, body of salt water covering approximately one-fifth of Earth's surface and separating the continents of Europe and Africa to the east from those of North and South America to the west. The ocean's name, derived from Greek mythology, means the "Sea of Atlas." It is second in size to the Pacific Ocean.

The Atlantic is, generally speaking, S-shaped and narrow in relation to its length. The area of the Atlantic without its dependent seas is approximately 31,568,000 square miles (81,760,000 square km), and with them its area is about 32,870,000 square miles (85,133,000 square km).

The ocean's breadth from east to west varies considerably. Between Newfoundland and Ireland it is about 2,060 miles (3,320 km); farther south it widens to more than 3,000 miles (4,800 km) before narrowing again so that the distance from Cape São Roque, Brazil, to Cape Palmas, Liberia, is only some 1,770 miles (2,850 km). Southward it again becomes broader and is bordered by simple coasts almost without islands; between Cape Horn and the Cape of Good Hope the ocean approaches its border with the Southern Ocean at 60° S latitude on a broad front nearly 3,200 miles (about 5,200 km) wide.

Although not the largest of the world's oceans, the Atlantic has by far the largest

drainage area. The continents on both sides of the Atlantic tend to slope toward it, so that it receives the waters of a great proportion of the major rivers of the world; these include the St. Lawrence, the Mississippi, the Orinoco, the Amazon, the Río de la Plata, the Congo, the Niger, the Loire, the Rhine, the Elbe, and the great rivers draining into the Mediterranean, Black, and Baltic seas. In contrast to the South Atlantic, the North Atlantic is rich in islands, in the variety of its coastline, and in tributary seas. The latter include the Caribbean Sea, the Gulfs of Mexico and St. Lawrence, and Hudson and Baffin bays on the west and the Baltic, North, Mediterranean, and Black seas on the east.

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# Delicious Loaded Potato Salad

## Ingredients

1 kg potatoes  
3 large eggs  
200 g bacon  
¼ cup red onion  
¼ cup red pepper  
Small bunch spring onions  
1¼ cup mayonnaise  
1 tsp black pepper  
1 tsp aromas/salt

## Instructions

Peel and cube the potatoes and wash the

eggs. In a medium pot add the potatoes, eggs and half teaspoon aromas or salt, cover with water and cook covered for 30-40 mins or until the potatoes are soft.

While the potatoes are cooking prepare the veggies. Dice the red onion and red pepper and finely chop the spring onion and set aside.

After 15 mins of boiling the potatoes and eggs, take out the eggs and place them in cold water to cool and then chop them up.

Fry the bacon and also set aside.

Mix the remaining aromas /salt with black pepper and add to the mayonnaise and stir until well combined.

Once the potatoes are cooked drain any water and put in a bowl, add the veggies, bacon eggs and mayo mix, mix everything well and serve either warm or chill in the fridge for later.



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# Gentle Parenting

Gentle parenting is a peaceful, positive style of parenting that is very different from that of previous generations of parents. It is one of many styles of parenting out there. It is centered on partnership as both parents and children have a say in this collaborative

style. Gentle parenting is as it sounds; it is a softer, gentler approach to parenting, and parents and caregivers that practice gentle parenting do so by guiding their children with consistent and compassionate boundaries.

Gentle parenting teaches children that they can be active in the world, set their own boundaries, trust their own needs, and make their voices heard. It offers a framework for children to learn to assert themselves clearly but respectfully.

Gentle parenting can be permissive and enabling, which can lead to poor behavior. Gentle parenting can be a challenge. Both parents and children may struggle with the lack of discipline and structure. And this approach is not for everyone. Gentle parenting requires a lot of patience, persistence, and practice. It may be difficult to implement this strategy if you did not grow up this way and/or if your child is new to this approach.

Gentle parenting through dangerous situations usually involves tailoring responses according to the situation. For example, if your child is in imminent danger, say, they are running down the street or playing in traffic, your response can be different. To use gentle parenting during temper tantrums, keep your child safe and let them express themselves. This can be easier said than done, while gentle parenting is fairly straightforward, children can and do test our patience. Younger children might bite or hit as they lose their temper. Older children will push boundaries, despite the way they were raised. Each calls for its own unique reaction and response.

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## New Artist on Stage – Young Dizzy

Young Dizzy hails from Gamalete in the Southern East of Botswana. His real names are Thabiso Lesego Letswatswe, born 05 September 1997. He officially started doing music back in 2016 and released his first track entitled Mareledi in August 2016.

This young man does motswako music and was inspired by another local artist called BigL Wasekai after he listened to his album called Ema pele. Young Dizzy is more into singing Setswana and according to him, it's the reason he easily fell for BigL's music. "I can say music has changed me, music made me a better person from who I used to be and being an artist taught me how to behave well as I may be an inspiration to other rising stars or even some kids out there," he said.

Since he became an artist he has been releasing a single after another, about 13 tracks so far. He has always been in the music industry since 2012, when he was doing form 2 at Mogoditshane junior secondary school where he got his stage name, Young Dizzy. "We used to battle and I pulled up with lame rhythms and then there was this other guy who was called Kweksa he said to me "Wena manxane o sedidi" then they started to call me Young Dizzy," he added.

He intends to be unique and stand out from other local artists by doing motswako music that is completely different from the ordinary motswako we all know. He said back in 2021 he switched and changed his style of motswako and came up with his own motswako which he calls Motswafro jazz. In his words, it's a combination of three

genres namely; Motswako, afro beat and a bit of jazz flavour to bring a unique taste to his followers.

As we all know, challenges are always there and will always be there, when he started doing music, nobody knew who he was and it was difficult for him to record as producers were always hooked to the already established artists and he went from one producer to another looking for someone who would be patient with him and guide him through.

His goal was to be someone who can heal and touch the hearts of the listeners and that is why he didn't give up when things didn't go well. Having gone from one producer to another, in his journey he met a guy called Da Milli back in 2018. He didn't have the equipment but only had a laptop by then and he was also a learning producer. He said they hooked up and he made a beat and connected Young Dizzy to Simz records then they recorded a track entitled 'believe me'. The track made Young Dizzy famous and they continued working together with Simz until Da Milli built his own studio in 2019. That's when Young Dizzy switched to him until today and everything changed.

His wish is to work with international artists because he wants to expand his knowledge and experience other aspects of this game also to grow his name as an artist. He said whenever he's on stage he always wants to vibe with his audience and always wants to lift the mood of the crowd as well as to become happier when they move along with

him to the end of the song.

"In this music industry of Botswana I just want to grow so that I help other kids who want to be artists like me. I want to change how things are going, like doing it for the locals more than artists that are from outside. A word of advice to other aspiring artists out there is to do you, be you, and remember the greatest gift we can give to others is to be exemplary," added Young Dizzy.

Besides being a musician Young Dizzy is a Landscape Designer. Young Dizzy is a cool guy who always tries to do the right things, a guy who is always helping other people whole heartedly, a guy who is down to earth and he's also a family man. Three words which define him; caring, loyal and trustworthy.

As a local celebrity and responsible citizen of Botswana, Young Dizzy is a member of Community Character Courage, a group formed by 3C class of 2013 at Mogoditshane junior secondary school with the aim of helping struggling students with toiletries and other essentials.

"I would like to ask Botswana to follow Young Dizzy on social media platforms at Young Dizzy B dub on Facebook, Twitter, YouTube, Instagram and TikTok and get to explore more touching, healing and mood lifting melodies. I would like to give special thanks to the artists I have worked with, the likes of Osta Tyger, Da Milli, Bimah flair, Byc, and Newzy Africa. Get ready for my upcoming album entitled 'God Given', its dropping out in September this year," he concluded.



# A Guide To Kids' Savings Accounts

A kids' savings account could be the ideal tool. These bank accounts can teach kids positive money habits from an early age, including the importance of saving for the future and the power of compound interest.

## What Is a Kids' Savings Account?

A kids' savings account is designed for kids under age 18: The child and a parent or guardian act as joint account holders. Unlike regular savings accounts, children's savings accounts often come with additional perks such as:

- No monthly account fees
- Low to no opening balance requirements
- Online learning tools to boost a child's

financial education

- Mobile apps so kids can easily view their accounts

There are many types of accounts you can open for your child, for example, a savings account. If you open a savings account, you and your child will have joint ownership of the account, and your child will be able to access the funds (with you, the parent, being able to monitor account activity).

There are several good reasons why you would want your child to have a savings account:

- **To help your kids learn more about money and finance.** Having a savings

account can help your child learn about compound interest, different financial accounts and managing money in everyday life.

- **To help your children learn more about banking.** Your child can learn how to deposit checks, bank online, and withdraw cash at a brick-and-mortar bank and more.
- **To help your kids develop the habit of saving money earned from an allowance, chores or part-time job.** If you are trying to teach your child how to manage their money, save a percentage of their income or use funds for different financial goals, a savings account can make these concepts seem more real in your kid's mind.
- **To save money for a specific short-term financial goal.** For example, if your child wants to buy a new video game console or save money for summer camp or a special purchase, they could use their savings account to set aside funds for these specific goals.

The best children's savings accounts offer unique features that help make saving fun for kids. For example:

- **Automatic savings plans.** Banks may offer an automatic savings deposit plan that lets you transfer a certain amount of money into a child's account each month.
- **Financial education.** Some banks offer interactive apps and websites with financial literacy tools that help kids learn about money.
- **Mobile apps/online banking.** Not all banking apps have the same features, but most let you deposit checks and move money between accounts. When choosing a savings account for your kid, be sure to find out what features the bank's app has, or doesn't have.
- **Savings goals.** The Capital One Kids Savings Account lets you create multiple accounts and track different savings goals.
- **ATM card.** Some banks offer ATM cards your child can use to withdraw cash directly from their savings accounts at ATMs.



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# Is it safe to eat Clove during Pregnancy?

Unsure if clove during pregnancy is right or not? Considering it's added to rice, curries, and most Indian cuisines.

Clove is a flavorful, aromatic spice that's used for medicinal purposes, particularly for cold, flu, and more.

## Is it safe to eat clove during pregnancy?

Cloves in the powdered or whole form are safe to eat during pregnancy. But, clove essential oil or clove enhancements may not be safe. Overindulgence with cloves for medicinal purposes such as cold, toothaches, and cough is NOT recommended either.

Although chewing on clove during pregnancy is not harmful, it's always best to consult your doctor.

Cloves have a nutrient-rich profile, constituting iron, potassium, calcium, vitamins, manganese, and more. Cloves provide many health benefits to pregnant women:

### Muscle & Bone Development

Cloves contain a minimal yet good supply of vitamin E, calcium and phosphorus that are necessary for the muscle and bone development of the baby. Cloves are a must-have for a fetus's healthy development the

body.

### Antioxidants Packed

Cloves contain iron and vitamin C which are vital in boosting immunity. They are also rich in antioxidants. Antioxidants activate the cell repair system and strengthen immunity. They improve the body's response to foreign invasion during pregnancy.

### Mineral-Rich

Cloves are an excellent source of manganese, sodium, and phosphorus. They are necessary for a baby's healthy growth. Thus, eating clove during pregnancy's first trimester is super-healthy for the growing baby.

### Improves Digestion

Constipation and indigestion are common problems during pregnancy. Cloves contain dietary fiber that helps boost digestion and keep bowel movements in order.

### Brain Development

Cloves are a good source of omega-3 fatty acids that are essential for brain and nerve development in babies.

### Anti-Microbial Properties

Cloves have Eugenol, which combats fungal, viral, or bacterial invasion. These anti-fungal and anti-bacterial properties make eating

cloves during pregnancy third trimester necessary.

### Anti-Inflammatory

Cloves are rich in flavonoids with anti-inflammatory properties. It's beneficial in easing the pains and aches you experience during pregnancy.

### 8. Prevents Cancer

Cancer is a prevalent disease and pregnant women need to be extra-cautious for themselves and their babies. Few studies have shown that cloves are part of the future of cancer treatment as they can inhibit cell proliferation of cancerous cells.

### 9. Prevent Stress

Anxiety, stress, and fatigue are common experiences during pregnancy. Particularly due to hormonal imbalances, emotions can be uncontrollable. In such a situation, a natural stress reliever like clove during pregnancy is no less than a blessing.

Side Effects of Eating Clove during Pregnancy  
As cautioned earlier, you should not consume clove in high doses. Neither is clove oil or clove supplements safe for pregnant women.

If clove oil is consumed in high quantity, it can activate the uterus, causing contractions. That's premature labor and can be dangerous for pregnant women.

Overdose of cloves can cause diarrhea, abdominal pain, vomiting, internal bleeding, or breathing issues.

If you experience an allergic response after eating cloves, you must avoid them altogether.

### Can Clove Cause Miscarriage In Early Pregnancy?

Cloves, when used as a spice, do no harm. But, consuming too many cloves, particularly clove oil can lead to miscarriage. As overconsumption of clove oil induces unnatural or premature contractions that can either lead to premature birth or even miscarriage. Thus, it's best to avoid clove oil altogether.

### Final Verdict

Cloves during pregnancy are tiny packets of vitality and nutrition for mother and fetus. These tiny buds are a natural cure to many pregnancy nightmares. Also, it is a superfood for the baby's healthy growth and development.

All you need to remember in pregnancy is that excess of everything is bad, so, enjoy your meals and cravings without going overboard.



# Planting Garlic

Plant your garlic cloves in the fall 6–8 weeks before the first frost. Since garlic produces bigger bulbs when it goes through a cold period, plan on starting them in the early fall to harvest them the following summer. Check the expected first frost date for your area by typing your location into an online calculator. Make sure you plant your garlic before then so it has a chance to establish some roots and shoots before the temperatures start to cool down.

- Already had the first frost in your area? Try planting garlic in the spring instead! Just keep the bulbs in your fridge for at least 8 weeks and plant them when you can easily work the soil.

Find a spot with well-draining, neutral soil. Run a soil test in the spot where you want to plant your garlic. If your soil's pH isn't between 6.5–7.0, then amend the soil to adjust the pH accordingly. Also, test if your soil has good drainage and that it isn't compacted or full of clay.

- To check your soil drainage, dig a 12 in (30 cm) hole in the ground and filling it with water. Once the water drains, fill it again

and measure the depth. After 15 minutes, measure the change in water level and multiply it by 4. If the drainage is 1–3 inches (2.5–7.6 cm), then your soil is perfect for garlic.

- Alternatively, grow your garlic in a pot indoors. Just use a container that's at least 8 in (20 cm) deep filled with a standard potting mix.

Pick a planting location that gets 6–8 hours of sunlight a day. Check the planting site that you picked out to ensure that it gets direct sunlight throughout most of the day. It's okay if the spot is shady for a few hours during the day as long as there's mostly sunshine.

Choose seed garlic to plant. Hardneck garlic is more hardy through the winter and easy to peel, but it doesn't have as long of a shelf-life. Softneck garlic has a longer shelf life than hardneck varieties and they're what you'd usually find in a grocery store. Break apart the individual cloves from the bulb right before you want to plant them so they don't dry out.

- Choose large, clean garlic

bulbs since they'll have the best chances of growing.

- Avoid planting garlic that you bought from the grocery store since it usually isn't suited to grow in your area. You can buy seed garlic online or ask local farmers or growers if they have any cloves available.

Sow the cloves 2 in (5.1 cm) deep with the pointed ends up. Dig small holes for each clove in your soil with a trowel, putting them 5–6 inches (13–15 cm) apart. Set the garlic clove into the hole so the flat end where the roots form is on the bottom and the pointed top end is face up. Loosely cover the cloves with soil and water them immediately.

Cover the seeds for winter with

3–4 in (7.6–10.2 cm) of straw mulch. Spread the mulch in an even layer over your entire planting area to help protect the cloves from cold temperatures. Leave the mulch over your garlic throughout the entire winter. Once there isn't a risk of any snow or frost in the springtime, rake the mulch off of where the cloves are planted so they can sprout.

- It's okay to leave the mulch between the spots where you planted garlic to help prevent weeds and retain moisture.

- Keep track of where your garlic is by putting garden stakes in the ground at each planting site.

- Avoid using hay to cover your garlic since it could contain weed seeds.



# Best Spring Flowers



## Japanese Quince – Apple Blossom

*Chaenomeles speciosa* 'Moerloosei', a cultivar of the Japanese quince, is also known as C. 'Apple Blossom' because of its remarkable resemblance to its namesake. It is equally happy growing in full sun or partial shade in most soils and, left to its own devices, will grow into a thorny tangle of branches. If pruned back after flowering, it can be trained into a neat shrub or makes an excellent wall shrub or hedge. The fruit can be used to make jelly.

## Evergreen Daphne

*Daphne bholua* 'Peter Smithers'

with its stop-you-in-your-tracks piercing citrusy fragrance is a daphne cultivar to grow close to the house, or next to the path leading to a door so that you can revel in its scent as often as possible. The flowers open from very dark buds to white flushed with red-purple and will be alive with the hum of bees. Best planted in spring in sun or partial shade and in humus-rich soil.

## Chinese Winter Hazel

*Corylopsis sinensis* var. *sinensis*, also known as Chinese winter hazel grows into a large open shrub and is a relative of the witch hazel. Numerous catkin-like racemes of fragrant yellow



bell flowers are carried on the bare stems in early spring. It does well in a woodland setting where the flowers are protected from frost and prefers well-drained acid soil. Prune after flowering.

## Early Stachyurus

In early spring, a profusion of tiny pale-primrose bells dangle from the branches of *Stachyurus praecox* like strings of pearls. The bumblebees love them. A shrub with an open spreading habit, it needs space to be seen at its best. Prune it right back immediately after flowering to encourage the new growth that will carry next year's flowers. It will then settle

into a background role for the summer. It does best in neutral to acidic humus-rich soil in either sun or partial shade.

## White Forsythia

*Abeliophyllum distichum*, better known as the white forsythia is an altogether subtler shrub than its bright yellow relative. The fragrant star-shaped white flowers are borne in abundance on the bare branches in late winter and early spring. It has quite a lax, scrambling habit and should be cut back after flowering. It prefers full sun but will grow in partial shade and in most soils provided they are not too dry.



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# Shah To Leave Rollers

Township Rollers Football Club would like to notify its members, supporters and stakeholders that the club has received a resignation letter from the Club President and financier Mr Jagdish Shah to leave the club on May 31 2023.

## Piro Appointed Head Coach, Maposa Assistant

Gaborone United Sporting Club Director, Mr Nicholas Zakhem, hereby announces technical team restructuring changes that are to take place with immediate effect. Head coach Mr Benny Kgomela is redeployed as the General Manager (Technical) and his main role is to oversee issues relating to the senior team, ladies team, developmental sides and other technical matters of the teams. Mr. Thapelo Mothusi remains General Manager (Administration), Team Manager is Mr. Owe Mmolawa whose main duty is to deal with technical and player's welfare. Mr Pontsho Piro Moloji is elevated to the position of Head Coach, assisted by Mr Stephen Maposa. Mr Herbert Letsebe's position now becomes the Communications and Marketing Manager dealing with all issues of Marketing and Communications and any other administrative issues as determined by the team. All the above changes effect immediately. Source fb



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