

# Celebrity World

Botswana's Native Magazine

May 2023 P12

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Bimah Flair**

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To Know About  
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Hello readers of CW Magazine!

Welcome back from Easter holidays. I hope you safely enjoyed the Easters. Let's celebrate the gorgeous month of May together. The fifth month of the year and the month that typically marks the beginning of winter season in Botswana. This is one of the stunning months of the year, a month in which we celebrate mother's day – a celebration which honors the beauty of motherhood, and even their significance or influence of in the society. This month Celebrity World magazine has shared with you some pieces about mother's day and we believe that they may benefit you. Take a look at them, read and share the insights of CW magazine with friends and families especially moms because May is their special month.

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.

Enjoy your read.

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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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



### Knights Of The Zodiac

**Release Date:** May 12, 2023

**Genre:** Action

**Director:** Tomek Baginski

**Starring:** Sean Bean, Madison Iseman, Nick Stahl, Matt Stuecken

Based on the international anime sensation, Knights of the Zodiac brings the Saint Seiya saga to the big screen in live-action for the first time. Seiya (Mackenyu), a headstrong street teen, spends his time fighting for cash while he searches for his abducted sister.



### The Tutor

**Release Date:** May 9, 2023

**Genre:** Thriller

**Director:** Alice Troughton

**Starring:** Richard E. Grant, Julie Delpy, Daryl McCormack, Alice Troughton, Alex MacKeith  
An in-demand tutor for the East Coast monied elite, Ethan (Garrett Hedlund) lands a high-paying assignment to instruct a billionaire's son, Jackson (Noah Schnapp), at a remote New York waterfront estate.



### Mercy

**Release Date:** May 19, 2023

**Genre:** Thriller

**Director:** Tony Dean Smith

**Starring:** Jon Voight, Jonathan Rhys Meyers, Tony Dean Smith, Leah Gibson

An ex-military doctor finds herself in a deadly battle for survival when the Irish mafia seize control of the hospital at which she works. When her son is taken hostage, she is forced to rely upon her battle-hardened past and lethal skills after realizing there's no one left to save the day but her.



### The Celebrants

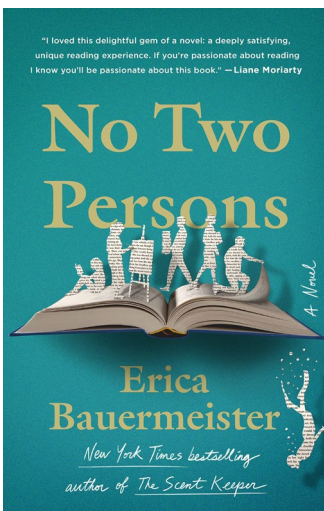
**Author:** Steven Rowley

**Expected Date:** May 16, 2023

**Genre:** Fiction

It's been a minute or five years since Jordan Vargas last saw his college friends, and twenty-eight years since their graduation when their adult lives officially began. Now Jordan, Jordy, Naomi, Craig, and Marielle find themselves at the brink of a new decade, with all the responsibilities of adulthood, yet no closer to having their lives figured out. Though not for a lack of trying. Over the years they've reunited in Big Sur to honor a decades-old pact to throw each other living "funerals," celebrations to remind themselves that life is worth living that their lives mean something, to one another if not to themselves.

## What To Read



### No Two Persons

**Author:** Erica Bauermeister

**Expected Date:** May 2, 2023

**Genre:** Fiction

Alice always wanted to be a writer and when she experiences an event that breaks her heart, she writes her debut novel that finds it was to nine readers and impacts each of them in a different way.



### The Half Moon

**Author:** Mary Beth Keane

**Expected Date:** May 2, 2023

**Genre:** Contemporary Fiction

This story takes place over a week and looks at Malcolm who is trying to realize his dream of owning a bar and his wife Jess. She is a lawyer trying to come to terms with the idea that motherhood may never be in the cards for her.

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## Meet another Rising Artist – Bimah Flair

Boemo Bobby Ponatshego aka Bimah Flair is an independent hip-hop/Motswako musician. He started doing music back in 2014 but started recording in 2016 with Holy Stucha who encouraged him to record rather than wasting lyrics by doing freestyling on facebook.

His music is meant to motivate people and would definitely like to change people's mindsets and discourage them from the use of drugs and alcohol and also to show people how to appreciate their loved ones, to encourage his followers to stop GBV through

his music.

Talking about his development since he started music, Bimah Flair said, "All I can say is, I've seen ups and downs but that kept me going since I started taking advices. I've seen myself growing lyrically and I've been to Mokaragana and BLAC NETWORK that alone means a lot to me as I'm grown and even my fan base is going there. So far I've released twenty songs."

He said the name Bimah comes from a Religious Education book and he really liked

the name. "It means a big holy table on which the Torah is read upon, Torah is a sikh Holy book and Flair means a natural talent in short I'm talented and holy," he said.

On the main challenges and goals when he started as an artist and how they have changed over time, Bimah Flair replied, "I was so shy, I was afraid what people would say, but I was so strong because I was so passionate and ambitious, I really love music I wanted to see myself on public television screen as time goes on. I learnt a lot from Lil Wayne on how to become confident so here

I am I can do whatever I want because studio time makes me happy all the time. I want to work with international artists such as Notshi, Element Lehipi, 25k & Tuks Senganga because they are my inspiration and I like their style of rap and the messages they're giving out are inspiring."

He said whenever he's on stage, he always gets more excited as he becomes crazy at the same time, because he knows that if he doesn't use the opportunity to sell his music he won't get that chance soon, he makes sure that he shakes the crowd.

Bimah Flair has featured a lot of local talented upcoming artists, the likes of Killo G & BYC in the song which was released in 2021. At this moment, the song is still people's favorite hit of all the time from all the songs he has dropped so far. It made numbers on digital platforms and he dropped the visuals for the song the very same year. He said he would like to change the music industry in Botswana as he believes that there's no cooperation. To him, it seems like artists are in a competition and he would like to speak continuously that local radio stations should air play 99% of local music.

He advises the Botswana youth to always remember that "You only have one life, and it's much better to live it for yourself than somebody else's opinion, keep your head up and believe in yourself, social media is out there to help you market your art." Other than being a musician he's an entrepreneur, hustler, & a volleyball player. He said that he was inspired by Element Lehipi, Lil Wayne & Notshi to be a musician. Bimah Flair is a self-independent person, who doesn't like crowded places, he's a lovely and caring young man.

He encourages his followers to have mentors as they guide, motivate and inspire you on how to deal with some ups and downs in life, so that you can keep on going. He believes that mentors are genius and dedicated so it's important to have one as you learn from them and you make some good moves in life. Bimah Flair is willing to show his responsibility as a citizen of our beautiful peaceful land of Botswana by helping out the homeless people and encourage children or the youth to stay away from drugs and alcohol because it will destroy their future.

Message: I would like to ask Batswana to support my music, and listen to it because there's message in it, they won't regret and I'm willing to see Batswana show support and love to other local artists.

WhatsApp: 72420573

Facebook: Bimah Flair Lehipi

Instagram: @bimah\_Flairbw998

Email: bimahflair@gmail.com



# The Charismatic Rapper, Model Danielle Swagger



**F**rom Botswana to Reunion Island, the charismatic and energetic rapper/Model Danielle Swagger, birth name, Boitumelo Nothando Ben was born/raised in Gaborone, Botswana although her mom hails from Bulawayo, Zimbabwe. Swagger's career began by creating her brand image, stage name which she inherited in her teenage years as a Multi-talent in the creative industry. "I started off by exploring the ins and outs of the modeling and music world, networking with known industry heads and learning my way around the studio, which by the time in 2012/3 was owned by JT SpecialBoy and Finale, D.W.I Records, running a blog page called "BW Ent. Update" where I would do articles about local artists' upcoming projects and I was also a model in Wizard walk modeling agency which worked closely with The Voice Newspaper," the rapper added.

"From there I decided to release my first official single 'Sheba Gusheshe' produced by Honest Beatz in 2015/6, under Blackmail Ent. which played it's rounds on radio especially Duma FM and RB2. This inspired me to grow myself as a creative with the knowledge I acquired and so I went on to work with the genius Qbio on a Rap banger titled 'Rising', where he brought in Samba T, I then collaborated with MC Bad, Royal DJ



(Red Gang) etc. In the same year 2016, I had a meeting with Christophe Durand who by then was a digital distribution consultant but today is my manager," she said.

The ambitious artist whose hobbies are also dance, painting, acting, fitness, playing the guitar etc., in 2018 relocated to Reunion Island in the Indian Ocean, a French territory, where she had to adapt herself and continue growing her professional music career. Epitome of courageous defines this exotic artist from Tonota. She continues to tell us about how she's been tackling the promoting cultural exchange between countries working with different record labels with prominent musicians from France. This gave her the opportunity to develop her skills, image and to showcase her music performing it on different stages to an international audience, with tourism rates being high and entertainment is key. At the same time she pushed fashion boundaries abroad i.e. being ambassador for a French brand 'Skooob' and doing cultural exchange programs with students.

In 2019, she released her debut single "I'm Woke" produced by Honest Beatz with an official music video by Lapso FilmMaker which played on both local and international music channels followed by singles "Falling Back" and Leader featuring Alex Sorres published by Sakifo Talent and "Badass" with Queen Favie produced by JT (Blackmail Ent).

"Just when the Covid-19 pandemic befell the whole world, when we could still gallivant when given time out from confinement in 2020/21, I met a beat maker/producer, who I have been working closely with since at StanRecords; with Stanley Pivoteau who is Franco/Japanese. Our working relationship was smooth, he understood my sound and the nature that it keeps evolving, full of authenticity and moral messages. We worked on different singles i.e. No Control, Shackles and two singles featuring Raywon on "Dumb Dumb" and "Everyday". From there the team and I started compiling my first solo album "Are You Ready?" consisting of ten tracks, "La Vie Est Belle" being the first single to be officially released from the album with a music video where we collaborated with local talent from here in France", Swagger continued.

After the release of the album, Danielle Swagger got the opportunity to part-



take in some of the biggest festivals in the Indian Ocean; i.e. Electropicales Festival, where she opened for the French Rapper "Jok-Air" and The Sakifo Festival, which is one of the biggest highlights of her career to date. Also gracing the "Fête De La Musique" stage where she got invited by UrbanHit Radio Reunion exclusively as an international act. In present day, the promotion of her first solo album "Are You Ready?" which was released mid 2021 continues. Nevertheless the Covid-19 complications, the brand continued to promote the album releasing "I'm Dazed" music video (2022) and a collaboration "Laisse Tomber" single with a music video. I also signed a deal with Avico Boisson, to be the brand ambassador for their imported product from South Africa, "B.O.S Ice Tea" in the French territory. Our fans who I call "The SwaggerTrain" are currently awaiting the "Yéléle" music video due for June 2023 and what I would like to call my comeback. I am working on new music in the studio of late, my fans should look forward to more content in May 2023.

Danielle Swagger whose favorite dishes are Tswana meals, is a versatile artist, open to work with different talents in Botswana. "I hope to inspire Batswana/African girls like myself, to always take a leap of faith towards success and to know their worth, in a world where women are limited and over shadowed by male dominated industries.

Although working in the creative industry is a dream, I would like to appreciate those who support me and would appreciate it, if more Botswana Media Outlets, public and private owned, reinforced more effort in publicizing young Batswana who are making strides in the International market with ease. It would motivate us to work harder because we can feel it is not in vain we work and home got our back since we are promoting our country tirelessly through cultural exchange in the Diaspora from our own investments. I hope to inspire Botswana and African girls like myself, to always take a leap of faith towards success and to know their worth, in a world where women are limited and over shadowed by male dominated industries. "They are no limitations unless we as women, put them there. Stronger together, forward we move," she added.

**All Photo Credit goes to** (MS Agency)

**Profile Link:** <https://danielleswagger.weebly.com/>





# Gong Master Is Late



One of the most celebrated local traditional dancer musician and radio presenter, Mr Mponang Ketshabile who was affectionately known as Gong Master has recently died of stroke. He was 50-years-old and would have celebrated his next birthday in October this year. Gong Master was an awesome singer and a good radio presenter who was loved by Batswana. When it comes to music, he sang all his lungs out and it was no secret that he loved his culture and was proud to be a Motswana. He will always be remembered. MHSRIP.



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# The Importance of Gift-Giving In a Relationship

Gifts have always been an important part in developing healthy, loving relationships. Apart from being just a simple gesture of appreciation towards your partners, giving the right gifts can show just how much you care for, and understand them. While all relationships are unique, no one can deny the impact these things have on creating a stronger bond and deeper connection with each other. The time one takes to get to know his or her partner's preferences, personalities, and unique quirks makes a well-chosen gift even more special because of the effort that goes into choosing it.

With all of these choices available to everyone though, a lot of people tend to find it difficult coming up with the best gift ideas for their partners. It is difficult to strike a balance between gifts that is attractively memorable, but also practical at the same time.

To set yourself apart, do not give gifts that initially have a very high 'wow factor' but just be set aside. Examples of these are the flowers. In the end, your gifts should leave a strong impression on your partners to show them how thoughtful we are and to serve as a bridge to bring us even closer together through shared experiences. Even if you are in a long-distance relationship, gift checks are also perfect for your needs as it is easy to send home your love even if you are thousands of miles away.





because of Covid19, that time, music was my only source of income so it hit me very hard for my first born was due to be born so when the industry got closed there was no how I could have income. This affected me mentally and I nearly got depressed, I ended up joining construction to do floor tiling and carpentry. This gave me a living till date, after the industry was open I didn't have any interest in getting back to music until this year when lot of my supporters forced me to. I then dropped my latest radio project which is a Mapiano song titled 'Lerato' feat Raskhejo and produced by Wouziebeatz. It was released on the 20th of March 2023 and launched at Blak Ball bar and at Buddy Chillas club in Otse. The single was inspired by the kind of relationships whereby you are in love with someone whom is in love with different people, the song is expected to be played on all radio stations in May.

Talking about the issue of gender based violence, all I can say is that it is so stressing in our country and I condemn it and wish a very harsh punishment to those who abuse other genders because nowadays the abuse is from both genders.

My last words to Botswana citizens is for them to support local artists for some have no work experience nor better qualifications so basically music is their only source of income. and I'd plead with Botswana promoters to at least always include upcoming artists from all over Botswana in their events to at least make them get recognition, and to the government I also love to plead with it to come up with strategies to make at least tours around Botswana in talent search and sponsor those who qualify at least with scholarship be it producer's, artists, dancers, poet's etc.

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# All You Need To Know About Duzboi

Kabo Kalane, affectionately known as Duzboi is a 30 year old Motswako artist from Ramotswa. He has been in the music industry for almost ten years and said he has learnt a lot on how to be an independent artist as this industry requires hard work, dedication and team work.

"Ever since I have joined this industry, I only released singles through social media platforms and on the streets. I pushed my music through events, because growing up in this industry, I realized that as artists it's not easy to be booked so I went into event organizing whereby I did my own events in clubs,

community halls and bars. As I did these events, I was booking mostly upcoming artists for I realized that they also didn't get much recognition for most of them aren't booked most of the time.

My biggest hurtful moment was when the industry was closed



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## The stunning beauty of Northern Tuli Game Reserve

Spectacular landscapes, rich and varied wildlife, and a host of historical, cultural and natural history attractions define this unique and very striking corner of northeastern Botswana.

Straddling the Shashe, Motloutse and Limpopo Rivers, which serve as natural boundaries with Zimbabwe and South Africa, the Northern Tuli Game Reserve (NTGR) comprises 71,000 hectares of remarkably diverse habitat, including mopane bushland, riverine woodland, and marshland, punctuated by towering sandstone cliffs, basalt formations and unusually shaped kopjes – making for truly breathtaking scenery.

One of the largest privately-owned game reserves in Southern Africa and incorporating three major private concessions (Tuli Safari Lodge, Nitani Private Game Reserve, and Mashatu Game Reserve), the NTGR is home

to 48 species of mammals and over 350 species of birds, with an estimated 20 000 animals residing in the reserve.

Most naturally occurring wildlife species are present, including elephant, kudu, zebra, impala, duiker, wildebeest, waterbuck, steenbok, and warthog. Large herds of eland – often not seen elsewhere in Botswana – are present, and these are indeed an awesome sight. All major predators, including lion, leopard, cheetah and hyena, are present, and the birdlife is prolific.

The NTGR is adjacent to a larger area of eastern Botswana called the Tuli Block. This is a ten-kilometer-wide strip of land running approximately Northern Tuli Game Reserve 180 kilometers south to Martin's Drift that holds a string of commercial agricultural and game farms, several of which also offer tourist facilities

Travellers keen for a more active safari experience will delight in all there is on offer. You can hike the reserve, bike the reserve, horse-ride the reserve, and even hot air balloon the reserve! At Mashatu Game Reserve, guests can accompany elephant or predator researchers, to gain first-hand insights into the behaviour, feeding habits, territories, demography, and social structure of these animals, as well as critical wildlife conservation issues. A similar experience awaits guests at Nitani – as they come to understand the complexities of a long-term hyena research project.

Molema Bush Camp, a community-based tourism project managed and operated by Tuli Safari Lodge, is an ideal way to take part in a tourism concept that is rapidly gaining momentum in Africa. Local communities become active partners in tourism projects, from which they can more readily see clear-cut financial and social benefits.

Molema is a joint venture between three local villages: Motlhabaneng, Lentswe le Moriti and Mathathane and two tour operators: Tuli Safari Lodge and Talana Farms.

Archaeological sites provide an important historical perspective to the region. Iron Age sites demonstrate the formidable skills in pottery, mining, and smelting of the Zhizo, Leopard's Kopje and Mapungubwe peoples, who practiced agriculture and animal husbandry in the area.

Artifacts from the Mapungubwe Kingdom (1220-1290AD), a precursor to the Great Zimbabwe civilization, reveal the sophistication of the technology and society of its people, and their extensive trade networks.

The NTGR will form the heart of the proposed Shashe/Limpopo Trans- Frontier Conservation Area (TFCA), its signatories – Botswana, Zimbabwe and South Africa – agreeing to cooperate to conserve and manage shared natural resources. Rich in biodiversity, the proposed TFCA will cover approximately 4,872 square kilometers and will be one of the largest wildlife conservation areas in Southern Africa. Article and pics: net <http://www.botswanatourism.co.bw/>

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# 2023 BMW M5



Some cars are big-bodied and some are thrilling. The BMW M5 is both, with a body based on the regular 5-series and a heart and lung transplant courtesy of the brand's M performance division. Under the hood lives a spectacular 600-hp twin-turbo V-8 bolted to an eight-speed automatic transmission that powers all four wheels. An optional Competition package turns up the heat with 17 extra horsepower, a more soulful exhaust, stiffer suspension, and competition badging and trim. That version rocketed to 60 mph in 2.8 seconds in our testing. Built to handle the rigors of mountain hairpins, blasts on the autobahn, and everyday life the M5 offers a premium experience with a penchant for fireworks.

The M5 is mighty, boasting 600 horsepower from its twin-turbo 4.4-liter V-8 in base form. In the more track-focused Competition, that figure increases to 617 horses. The M5 faithful will lament the discontinued manual gearbox and all-wheel-drive system, but this Bimmer has a high-tech drivetrain that can send 100 percent of its torque to the rear wheels for tail-wagging fun. Driving enjoyment is maximized here with lively and direct steering and a well-controlled albeit stiff ride. That doesn't mean the M5 can't also do duty as a luxury sedan: In Comfort mode, it cruises placidly, the cabin whisper quiet.



The M5 has an elegant leather interior with supportive sport seats. Unlike many of its rivals, BMW hasn't gone the all-touchscreen route, so adjusting the air conditioning or radio is easy to do while the vehicle is in motion. The M5 comes with a slew of desirable features such as customizable ambient interior lighting, a heated steering wheel,

heated front seats, and a power-adjustable steering column. BMW offers ventilated front seats with massage functionality, heated rear seats, and four-zone automatic climate control for more coin. As for storage space, the M5 has useful cubbies in the cabin, and its trunk held six carry-on suitcases in our testing.



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# Top Modern Kitchen Ideas You'll Love





**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.



# Business Process Analyst

A Business Process Analyst is a specialty Business Analyst Role that involves “thinking processes”. Business Process Analysts have knowledge of process mapping and business process reengineering. They analyze business processes and workflows with the objective of finding out how they can be improved or automated.

## Responsibilities

- Analyses business processes and workflows with the objective of finding out how they can be improved or automated
- Interprets business requirements and comes up with solutions to Integrate electronic business systems across six branches
- Designs new processes and solve

process-related problems

- Researches processes, collects data and compiles reports for senior managers; financial, stock and pricing information.
- Defines application problem by liaising with system users; evaluating procedures and processes.
- Ensures smooth operation by training system users and providing support
- Any other duty as may be required.

Business Process Analysts are often required to understand how ERP, BPM, CRM and BI tools operate. An understanding of protocols like SOAP, WSDL, XML and other key protocols is also desirable. Business Process Analysts must be able to see the big picture, understand project objectives and be able to apply their understanding of how processes

should work to operational improvement initiatives. They may come from operations, computer science or a business background.

## Education, Skills & Requirements

- Bachelor of Business Degree in Management Information System, or experience in a similar environment
- The ability to structure a large amount of information within a process framework
- Excellent diagnostic and problem solving skills
- Strong verbal and written communication skills
- Ability to work independently
- Leadership and managerial skills
- Willingness to travel

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# Learning Games for Kids in Preschool

Preschoolers are little sponges, constantly absorbing information about life as they play. Guide their brains in development with the following games.

## Language Arts

What can you do with a bag full of 3-inch square tiles with individual letters printed on them? Lots!

### Challenge your preschooler to:

- Find matching letters
- Spell her name
- Put letters in order while singing the ABC song
- Sort letters by composition (curved lines, straight lines, and combination letters)

Learning Games for Kids in Early Elementary Children in this age band are growing in their academic skills, and playing games will encourage them to practice everything they're learning.

### Scrabble Junior

This game grows along with your child. One side of the board features pictures and pre-printed words for letter matching, and the other side is blank—letting everyone create their own words.

- letter matching
- spelling
- basic reading

## Math

### The Allowance Game

Your child will practice basic money skills in this game as they save, spend, and try not to lose their money.



- Adding and subtracting money
- Making change
- Money management
- Prioritizing purchases

## Science

### Robot Turtles: The Game for Little Programmers

Introduce your preschoolers to computer science and the Logo programming language game. Players use code cards to move the robot turtle around the board. With a variety of levels that will keep your child (and perhaps you) learning, they'll be exposed to:

- Correcting bugs in programming
- Sub-routines and loops
- Strategy planning

### The Allowance Game

Your child will practice basic money skills in this game as they save, spend, and try not to lose their money.

- Adding and subtracting money
- Making change
- Money management
- Prioritizing purchases

### Sequence Numbers

The winner is the first to get a row of five chips on the board. Players use one of their cards, complete the given math problem, and find the answer on the board. Once they've spotted the answer, they cover the space with a chip.

- Addition
- Subtraction
- Strategy



**C**airo is a place of physical contrast. Along the well-irrigated shoreline, lush vegetation shares the landscape with tall skyscrapers. Cairo is fan-shaped, narrowest in the south, where the river valley is wedged between desert escarpments, and widest in the north, where the valley blends into the delta. Over the centuries the city expanded westward, as a receding river channel left land flood-free. In response to heightened demand, however, the city also has been elongated to the north and south and has developed an expanding annex on the Nile's western shore.

Cairo has only two seasons: approximately eight months of summer and four months of winter. In the hottest of the summer months June, July, and August, the average daily maximum temperature is 95 °F (35 °C), and the average daily minimum is 70 °F (21 °C). The summer temperature has reached as high as 117 °F (47 °C). During winter the strong Tropic of Cancer sun makes for warm, dry days, but nights are cool and humid, often freshened by breezes from the Nile. Building styles in Cairo are related to the historical period during which each quarter developed. In the oldest sections, two- to

four-storied structures prevail, most built of fired brick covered with plaster and sometimes shored with half-timbering. A number of these have windows covered with delicately turned wooden lattices and massive wooden doors elegantly decorated with inlay, brass, or iron nailheads. The traditional dwellings (of which only a few remain intact) open onto fountained courtyards and have separate quarters for men and women; the traditional workshops and warehouse inns (khans) have galleries overlooking their interior courtyards.

In the quarters on the west and north the more elegant districts have both handsome high-rise apartments and one- or two-storied "villas," with high walls enclosing colourful gardens. Lower middle- and working-class housing consists exclusively of concrete multi-flat walk-up structures, gray or yellow-beige in colour, often with shops occupying the ground floor. The poorest zones contain similar structures, informal housing that is often left unfinished on the exterior.

Cairo's population, once both ethnically and religiously diverse, is now predominantly Muslim. A significant number of Egyptian Christians, the majority of whom observe

the Coptic Orthodox faith, continue to dominate certain districts in the city. From its inception, Cairo's economy has been based on governmental functions, commerce, trade, and industrial production. The modern productive sector expanded dramatically in the second half of the 20th century. Cairo is the country's primary centre for economic production and financial control. It still contains many of Egypt's important banks, hotels, restaurants, entertainment venues, and cafés.

Egypt's extensive transportation network, laid out by the British, connects most of the country's urban centres with the capital. Within metropolitan Cairo, the transportation network is made up of both formal and informal sectors. The Public Transport Authority runs a bus network, which was introduced in the 1950s. In addition, a far-reaching system of authorized, licensed cabs operates in the city. Informal transportation services include minibuses and taxis, which sprang up in the late 1970s and '80s; these continue to predominate, particularly in areas that serve the expanding informal neighbourhoods. The Cairo Metro, a citywide subway system, began service in 1987 and has since been significantly expanded.



# Benefits of Coconut Water for Skin

Coconut water is praised for its hydrating and moisturizing benefits for the skin. This is thanks to the abundance of natural vitamins and minerals found in the heart of the coconut. Coconut water may have several benefits when applied directly to the skin.

Coconut water may help nourish and moisturize dry skin when applied topically, because it contains multiple sugars and amino acid. Although coconut water alone won't heal acne, it can be used in your skin care routine alongside other ingredients to help speed up the process. Mix coconut water with turmeric to form a mask for acne-prone skin, or use it in a mist for dryness. Consumption of coconut water may boost antioxidant systems.

Applying coconut water to the skin won't help with some skin concerns, such as: Redness, blackheads, pigmentation and dark circles and skin brightening.



Coconut water contains vitamins, like vitamin B2, vitamin B3, and vitamin C, as well as other ingredients that may be beneficial to the skin. Consuming coconut water may help: reduce wrinkles and fine lines, increase skin hydration and elasticity, increase collagen production and give skin a visible "glow".

You can use coconut water as a replacement for face wash and toner, or you can use it as a supplemental ingredient in a face mask or

your favorite moisturizer.

**To wash**

Splash your face with coconut water, apply your cleanser as usual, and use coconut water to rinse away the cleanser.

**To tone**

Drench a cotton ball with coconut water, apply to clean, dry skin and follow with moisturizer.



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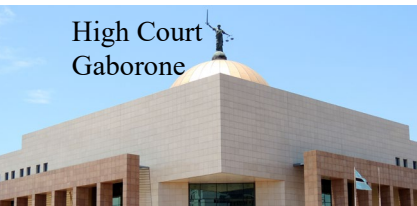


Wake Up Well With RPR Beds

# 2023 Forbes Under 30 Africa Summit In Pictures



The world's leading young entrepreneurs, creatives and ambitious pioneering leaders were in Botswana at the directive call of the first citizen of Botswana, His Excellency Dr. Mokgweetsi E. K. Masisi, for the Forbes Under 30 Summit Africa which was held in the country from April 23 – 26, 2023. The summit took place in the country for the second time, where we saw visitors coming from across the world to discover the best of Botswana in every possible way. Seen here is a collection of pictures taken at the summit:  
Pics: fb



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# Drawing With Mahamba

Mpho Mahamba from Tutume, residing in block 9 Gabs, simply defines art as a way of communication, therefore our lives are led by communication everywhere even when a child is born the doctor slaps or pinches the child to communicate with a cry to show life. He said being called Mpho he has discovered that he grew up as a gift from God to the world through art. "A gift is something that often makes people happy, I like the feeling of seeing someone happy because of my input through art because I have realized that when I create an artwork for someone they become so joyful. So I am a gift that brings happiness to people through art," he said.

A piece of art in your wall can bring comfort unto you this is why it is said a picture is worth a thousand words but not just any picture is a well-executed artwork with meaning. He also said, "My art is my career that is why I registered it as an official business named Mahamba Arts, and Mahamba is my surname meaning the traverser. With art I traverse in many ways I am always having new ideas and enjoying the sounds of my art mediums on the art materials that I use. I am not only stereotyped to one medium of art because

as I mentioned I bring joy to people with art so the other person might like a painting and the other one a drawing so I do it according to the desire of my customers."

He said he did art since at primary level and was always inspired by working. He would draw everything he sees around, he remembers one day being hit on the head at primary school by his teacher with what they call 'lenkhwara' in Setswana because he was drawing another kid while others were taking notes. "I am so grateful for my family because they never stopped supporting me even though there is that believe of saying the art market in Botswana is low, so I kept pushing because it wasn't all about the market it is about my love for art and being aware of my purpose as an artist," added Mahamba.

He looks up to other artists and some of them have passed on, may their souls rest in peace, the likes of Leonardo Davincci and Albert Einstein. The medium of art that he grew up focused on is 6b pencil, then he used charcoal, right now he enjoys used pen even though it takes a lot of time but he says he loves it and practicing his speed

on it then it will be the only medium that he focuses on. Mahamba uses different styles and mediums but mostly he makes portraits and when he uses paint, he creates religious stuff to drive people closer to God. He said other artists are giving him support but not that much, most of the artists come to him for assistance and it makes him feel good because he's a philanthropic person.

Art has a huge impact in his live because he gets to network and communicate well with people, also as his career he survives through Art. It is not a simple journey but with love and passion he's pushing through, and some of the challenges he faces are that sometimes the business is down without clients and he will not just sit and say there are no clients because he believes that he should not wait for opportunities rather he should create them. He said he's not just doing art for income, so when he doesn't have clients he continues doing the craft that he masters. His goal is to impact a lot of lives with art, right now he has few students that he tutors and he'd like to see them make it in the world of Art.

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# How to Manage Your Money Better

Think Before You Spend and remember that just because the money is there doesn't mean you can make the buy. You have also to consider the bills and expenses you'll have to pay before your next payday.

**Have a Budget:** Many people don't budget because they don't want to go through what they think will be a boring process of listing out expenses, adding up numbers, and making sure everything lines up. But if you're bad with money, you don't have room for excuses with budgeting. If all it takes to get your spending on track is a few hours working a budget each month, why wouldn't you do it? Instead of focusing on the process of creating a budget, focus on the value that budgeting will bring to your life.

**Give Yourself a Limit for Unbudgeted Spending:** A critical part of your budget is the net income or the amount of money left after you subtract your expenses from your income. If you have any money left over, you can use it for fun and entertainment, but only up to a certain amount. You can't go

crazy with this money, especially if it's not a lot of it has to last the entire month. Before you make any big purchases, make sure it won't interfere with anything else you have planned.

**Using the Budget:** Your budget is useless if you make it then let it collect dust in a folder tucked away in your bookshelf or file cabinet. Refer to it often throughout the month to help guide your spending decisions. Update it as you pay bills and spend on other monthly expenses. At any given time during the month, you should have an idea of how much money you're able to spend, considering any expenses you have left to pay.

**Track Your Spending:** Small purchases here and there add up quickly, and before you know it, you've overspent your budget. Start tracking your spending to discover places where you may be unknowingly overspending. Save your receipts and write your purchases in a spending journal, categorizing them so you can identify areas

where you have a hard time keeping your spending in check.

**Make Sure You're Paying the Best Prices:** You can make the most of your money comparison shopping, ensuring that you're paying the lowest prices for products and services. Look for discounts, coupons, and cheaper alternatives whenever you can.

**Limit Your Credit Card Purchases:** Credit cards are a bad spender's worst enemy. When you run out of cash, you simply turn to your credit cards without considering whether you can afford to pay the balance. Resist the urge to use your credit cards for purchases you can't afford, especially on items you don't really need.

**Contribute to Savings Regularly:** Depositing money into a savings account each month can help you build healthy financial habits. You can even set it up, so the money is automatically transferred from your checking account to your savings account. That way, you don't have to remember to make the transfer.



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# Breast Lumps in Your Newborn Baby



It's normal for newborn babies (boys and girls) to have mild or even swollen, enlarged breasts and/or lumps under the nipple. They are almost always benign and due to exposure to maternal hormones in the womb. The same hormones that cause the mother's breasts to swell and milk glands to be stimulated can do the same to the baby's breasts.

These lumps and enlarged breasts in the baby may be quite noticeable at birth. They

might even continue to grow after birth for a while. If you were to pinch them, some real breast milk may be expressed.

Over weeks, or sometimes even months, when there is no more exposure to the hormones, the breast tissue begins to shrink and eventually becomes quite flat. Occasionally a normal, small amount of tissue remains, but it doesn't grow or cause discomfort.

## Tips for Concerned Parents

Sometimes, overly worried parents touch and pinch the breasts so much that the area gets irritated. Leave them alone and let nature take its course in shrinking them.

## When to Worry About Swollen Breasts or Lumps

In the rare case when the breasts look infected (swollen, red, tender, or have a discharge) and the baby has a fever, visit the doctor to check if an infection has set in.



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# Rearing Dairy Cows

The ideal temperature range for dairy cattle is between 25 and 65 degrees Fahrenheit. Once the temperature goes above 80 degrees Fahrenheit cattle reduce feed intake, which has a negative impact on production.

It is essential that cows have constant access to high-quality feed and clean water. Milking cows each need 60-70 liters of water a day, plus an additional 4-5 liters per liter of milk produced. To accomplish this, they need consistent access to water troughs.

Dairy cows eat pasture grasses. Hay: dried grass or alfalfa. Silage: made in silos; fermented grasses, alfalfa, or corn.

Cows should have access to feed 22 hours daily (with an additional 2-3 hrs daily spent in the holding pen) with feed pushed up numerous times daily so cows have easy access

to feed. Dairy cows eat 9 to 14 meals daily with larger meals upon return from the parlor and/or when fresh feed is provided.

A dairy cow should be given 15-20 kg of chopped forage per day, preferably in two splits i.e. one in the morning and the other in the evening. Dry feeds include materials such as wheat straw; rice straw, maize Stover and other vegetable by products.

The average DM (Dry matter) requirement of desi cow is 2 (dry) to 2.5 (lactating) Kg. / 100 Kg. body weight / day while it is 2.5 (dry) to 3.0 Kg. (lactating) in cross breed cows and buffaloes. Soybean meal, which is the by-product of oil extraction, has a high crude protein content of 44 to 50 percent and a balanced amino acid composition, complementary to maize meal for feed formulation. A high level of inclusion (30-40 percent) is used in high performance monogastric diets.



Too much protein, however, can cause cattle to excrete more urinary nitrogen, which, in the farm environment, may be converted to ammonia - a component of acid rain, which poses contamination threats to farms' surface and ground-water.

A dairy cow will produce an average of 28 litres per day over a period of 10 months. During peak lactation, a high-yielding cow may produce as much as 60 litres per day and up to 12,000 litres over her whole lactation.



## Most Beautiful Houseplants

**Nerve Plant** - This demanding houseplant looks gorgeous due to its striking leaves. ...

**Croton** - With the mix of yellow, amber, and orange color linear markings on thick dark green foliage, croton looks stunning.

**Calathea** - Calathea is a genus of flowering plants belonging to the family Marantaceae. They are commonly called calatheas or prayer plants.

**Silver Vase Plant** - Aechmea fasciata is a species of flowering plant in the Bromeliaceae family. It is commonly called the silver vase or urn plant and is native to Brazil. This plant is probably the best known species in this genus, and it is often grown as a houseplant.

**Red Aglaonema** - Aglaonemas are often vibrant and colorful,

with strikingly patterned leaves. Because they're so easy-going, Aglaonemas are perfectly suited for a modern living room or office, dim bedroom, or cozy study. Because of their tolerance for both moist and dry conditions, and the fact that they will thrive with low light, they are a perfect choice for less than ideal light conditions or forgetful plant owners.

**Anthurium** - Anthurium is a genus of about 1,000 species of flowering plants, the largest genus of the arum family, Araceae. General common names include anthurium, tailflower, flamingo flower, and laceleaf.

**African Mask Plant** - The African mask plant, commonly called the Kris plant, is a type of Alocasia from the Araceae family native to the tropics of the South Pacific.



Like many other houseplants, the African Mask Plant needs bright, indirect light. This would be medium or moderate light. It doesn't do well in low light, the leaves will get smaller and the plant won't grow.

**Prayer Plant** - Maranta leuconeura, also known as prayer plant, is a species of

flowering plant in the family Marantaceae, native to the Brazilian tropical forests. It is a variable, rhizomatous perennial, growing to 30 cm tall and broad, with crowded clumps of evergreen, strikingly-marked oval leaves, each up to 12 cm long. The leaves fold like hands during prayer.



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# Food Shopping Guidelines



### Shop in Order

Gather non-perishable items first. Then, select refrigerated and frozen items. Stop at the deli counter last. Place deli meats near the other cold items in your grocery cart.

### Pick Your Produce

If you go to a farmers market, go early in the morning to avoid produce that has been sitting out all day. Choose loose produce rather than packaged so you have more control over what you select. Purchase only the amount of produce you will use within a week. Buy only pasteurized juices that have been kept refrigerated.

### Inspect Food Packages

Check food packages. There should be no holes, tears or openings. Check safety seals. A loose lid on a jar means the vacuum has been lost and the product may be contaminated. Avoid buying any cans that are deeply dented.

### Check Dairy and Milk Products

When buying dairy products, choose cartons and containers that are cold. Make sure the eggs are clean and aren't broken or cracked. Buy milk and other dairy products toward the end of your shopping trip. This will lessen the time these items are out of refrigeration.

### Be Selective with Fish and Seafood

Buy fish only from reputable sources like grocery stores and seafood markets. Check for proper refrigeration of fresh fish.

Make sure packaged seafood is well-packed in ice and that packages are tightly sealed and free of dents and tears.

### Make Cleanliness a Priority

Check for cleanliness and only buy food from reputable businesses that follow food safety regulations. Determine the general impression of the facility and make sure it looks and smells clean. If provided, use the hand sanitizer at the store's entrance. Wipe hands and the handle of the shopping cart. Clean hands before sampling food. If you use reusable grocery bags, wash them often.

### Look Over Meats and Poultry

Make sure packaging is tightly sealed and is very cold to the touch. Choose packaged chicken that looks pink, not gray. Always look for the Safe Food Handling label on packages of bacon and fresh sausage.

### Separate Certain Foods

Put raw meat, poultry and seafood in plastic bags before placing them in your cart. This keeps packaging from leaking and dripping onto ready-to-eat foods like bread or produce.

### At Home

Take groceries home immediately and store them right away. Keep perishable foods out of the hot trunk in summer and place in the air-conditioned car instead. Promptly refrigerate or freeze perishable items as soon as you get home.

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# Great Flexibility Exercises



## Shoulder rolls

1. Stand up straight, feet hip-width apart and arms at your sides, loosely relaxed.
2. Roll your shoulders up, back, and down. Your thumbs should be pointing forward as you start the move. Palms point forward, elbows slightly bent, as you finish each shoulder roll.
3. Now reverse the movement so your shoulders roll forwards, down, back and up. Repeat several times.

## Extended angle side bend

1. Start with your feet wide apart, legs straight and right foot pointing to side. Stretch arms wide open at chest level, palms facing forwards.
2. Slowly bend right knee, lowering yourself down to the right side, ensuring your feet are wide enough so your knee does not extend beyond the line of your toes.
3. At the same time, tilt your whole body to the right, keeping the spine long and the arms outstretched.
4. Lower as far as you can, keeping abs pulled in tight, bottom tucked under and hips square to the front.
5. Aim to reach the right hand to the floor and the left to the ceiling.
6. Try to hold for 15-30 seconds. You should feel a stretch in the right hamstring, left inner thigh, left waist, chest and front of shoulders.
7. Slowly return to centre and repeat to left side.

## Lower back mobiliser

1. Lie on your back, legs almost straight, arms outstretched on the floor, in a cross position.
2. Exhale and raise both knees towards your chest. Inhale, feeling the air expand your chest.
3. Exhale and drop both knees together to your right. Keep both shoulders in contact with the floor and turn your head to the left.
4. Inhale and bring your knees back to the chest. Exhale and repeat to the left.
5. Try to keep your arms and shoulders down but feel the lumbo-pelvic region rotating freely.

## The cat stretch

1. Get down on all fours, using a blanket to cushion your knees.
2. Position your wrists slightly forward from your shoulders with your knees directly below your hips.
3. Inhale slowly and draw your chest forwards and up, allowing your spine to sink down.
4. Exhale with a sigh and arch your back upwards, relaxing your neck. Repeat five times, slowly breathing in and out as you move.

## Neck-and-shoulder release

1. Sit up straight with your shoulders relaxed, and your tummy and back muscles loosely pulled in to engage your core.
2. Slowly drop your right ear to your right shoulder, as far as comfortable, feeling the

stretch on the side of the neck.

3. Push the fingers of your left hand towards the floor, extending the stretch into the top of your shoulder. Hold for 30 seconds.
4. Repeat on the other side.

## Side reach and stretch

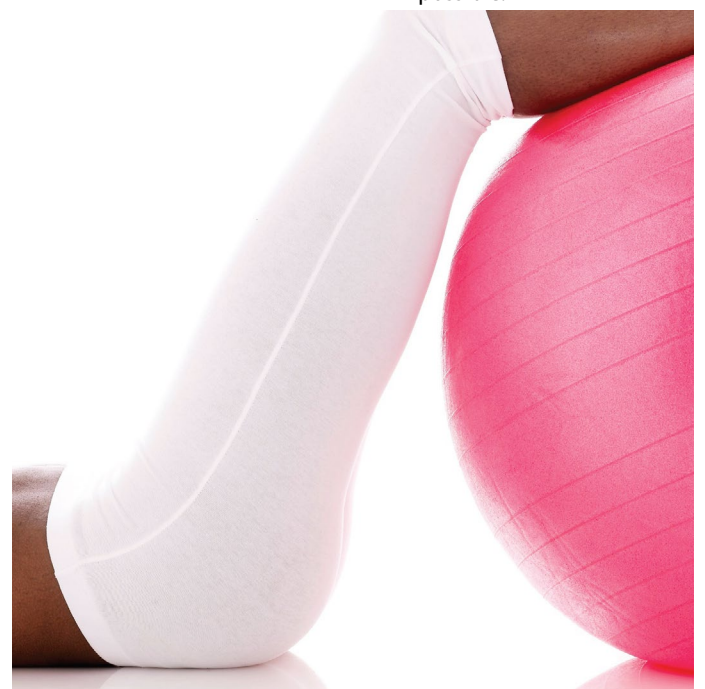
1. To improve the mobility of your shoulders and upper back, sit or stand with your feet shoulder-width apart.
2. With your right hand, reach up and over your head as if climbing a rope (relax your left knee if standing). Hold the position for five seconds.
3. Bring your right arm down and reach up and over with your left hand (relaxing your right knee) and hold the position for ten seconds.
4. Repeat five times to each side.

## Up and over

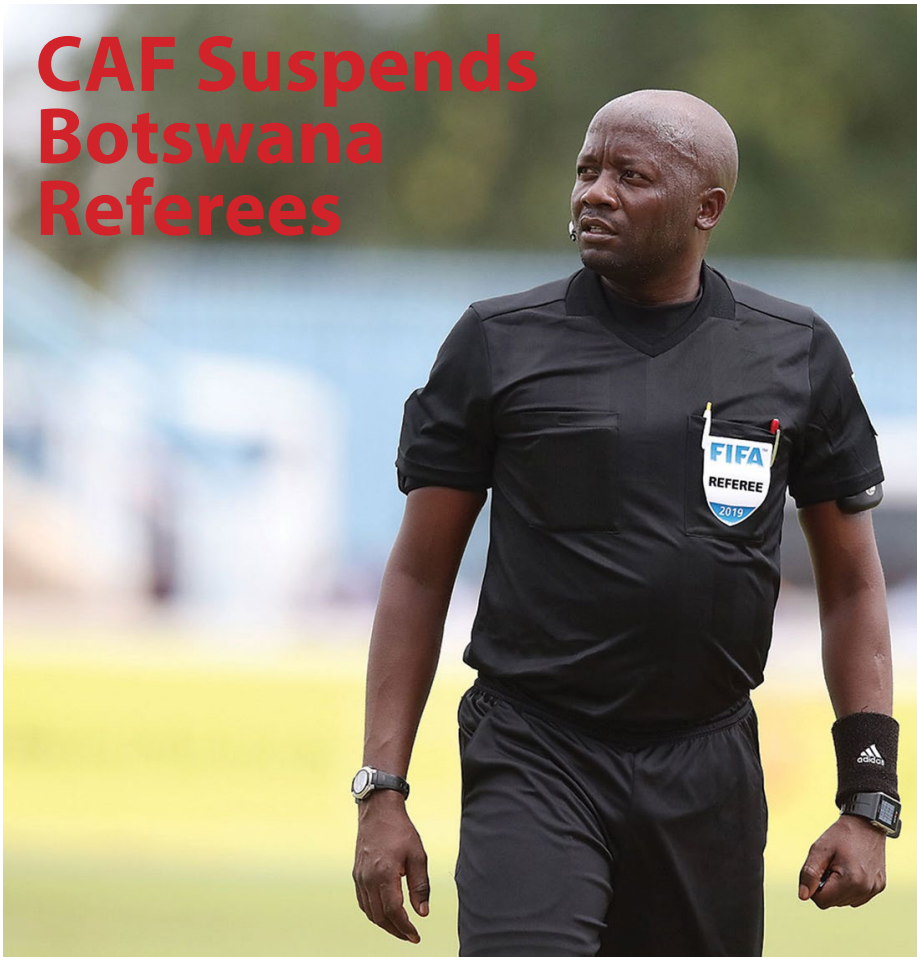
1. Stand with your feet apart. With your arms out to your sides, hold both ends of an exercise band (or a small towel) taut out in front of you at shoulder level.
2. Lift both arms up and take the band or towel over and behind your head and on as far down your back as comfortable.
3. Then, raise it up and over your head, still pulling hard at both ends to keep it taut throughout. Repeat ten times.

## Palm squeeze

1. Sit or stand. Holding two soft (tennis) balls (or oranges), tuck your elbows into your waist with lower arms out in front, and palms uppermost. Keep your arms and wrists still.
2. Squeeze and release the balls ten times, as tightly as possible.



# CAF Suspends Botswana Referees



Confederation of African Football (CAF) has suspended four local match officials, referee Joshua Bondo for six months, the trio of Kitso

Sibanda, Mogomotsi Morakile and Tshepo Gobagoba for three months. The quartet are believed to have failed to capture the

booking of Rwanda star player during the first leg of African Cup of Nations qualifier away to Benin. The said player featured in the return leg in Kigali though he was supposed to have been on suspension. Both legs ended in a 1-1 stalemate. Botswana Football Association has also taken a decision to suspend the quartet from officiating in domestic football until further notice.

Former FIFA Assistant Referee Harris Lebotse on the suspended match officials; "Saddened by the developments. These are the best we have in the country. I was there when they started their refereeing journey, when it was unfashionable to do so. Joshua Bondo is a legend, having refereed at the Apex of African Football. O dirile morwa Bondo, walk with your head high. This mistake should not overshadow the good you have done up to now. I am proud of you son. We walked the journey together when you started. Tshepo Gobagoba, Kitso Sibanda and Mogomotsi Morakile, it is unfortunate that you were caught in the cross fire. Stay strong, don't despair, you have been good servants of Botswana Football and you still have a lot to offer to the game." The quartet are suspended by Confederation of African Football (CAF) as they failed to capture the booking of Rwandan player in the recent qualifier against Benin. The said player featured in the return leg and Benin filed a complaint with African Football mother body. Source: fb

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