

# Celebrity World

Botswana's Native Magazine

November 2022 P12

*Born To Be Great - Mandla Music*

**Radio's Next Big Thing**

**Destined For Greatness - Morweetsana**

**Keeping Culture Alive Through Dance and Music**

**A Chat with DJ The Guy**

*Junior Miss Botswana 2022*

**Set To Revolutionize The Fashion Industry**



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**How To Spend Your Money Wisely**

**Corner Sofas, A Must Have In The House**

**Baobab Trees in Botswana**

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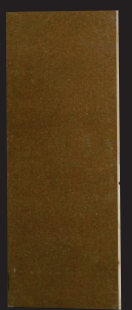
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 [www.celebrityworld.co.bw](http://www.celebrityworld.co.bw)

Let's welcome the month of November together! We bring you yet another breath-taking issue of CW Magazine. The vital purpose of CW magazine is to entertain, inspire and educate our readers. We wish to maintain the respect and interests of our readers. This new-look November issue of CW Magazine is dedicated to our unique and respected celebrities. We alert you of the known, new and upcoming celebrities. Giving them a platform to talk about who they are and what they stand for. I am incredibly proud of what the CW Magazine team has created on the pages that follow.

It is without shame that in our country, Botswana we encounter the hottest temperatures every summer season. Each time summer comes around, people feel pressured to have the "hot body," especially women. I feel compelled to write something like this. I always hope, in a simple, optimistic way, that people should accept themselves the way they are. Yes you can run with the times, but not too far. Perhaps 2022 is the best year to finally start believing in the clichéd self-love and female empowerment captions we always see plastered over social media. That we'd stop giving ourselves a hard time over diets, workout routines and counting the calories in fruit. For a moment we should start to fight back against a world that is constantly telling us to change.

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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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

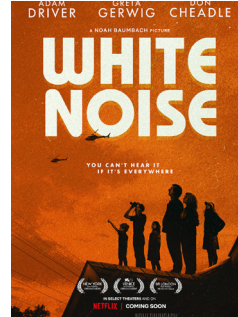
Stay inside or head outdoors, we've got plenty to keep you entertained



**Black Panther: Wakanda Forever**  
**Genre:** Action  
**Release Date:** November 11, 2022  
**Director:** Ryan Coogler  
 Starring: Tenoch Huerta, Angela Bassett and Martin Freeman  
 Queen Ramonda, Shuri, M'Baku, Okoye and the Dora Milaje fight to protect the kingdom of Wakanda from intervening world powers in the wake of King T'Challa's death. As the Wakandans strive to embrace their next chapter, the heroes must band together with the help of War Dog Nakia and Everett Ross and forge a new path for their nation.



**Lyle, Lyle, Crocodile**  
**Genre:** Animation  
**Release Date:** November 18, 2022  
**Director:** Will Speck  
**Starring:** Scoot McNairy, Constance Wu and Javier Bardem  
 Follows the title reptile who lives in a house on East 88th Street in New York City. Lyle enjoys helping the Primm family with everyday chores and playing with the neighborhood kids but one neighbor insists that Lyle belongs in a zoo. Mr. Grumps and his cat, Loretta, do not like crocodiles, and Lyle tries to prove that he is not as bad as others might first think.



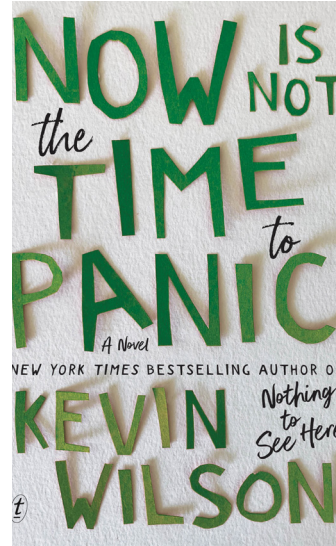
**White Noise**  
**Genre:** Comedy  
**Release Date:** November 25, 2022  
**Director:** Noah Baumbach  
**Starring:** Adam Driver, Don Cheadle and Greta Gerwig  
 White Noise is a supernatural horror story about a man named Jonathan Rivers who is a successful architect living with his wife Anna until one day she suddenly disappears. After some time he is contacted by a man named Raymond Price who claims he has recorded messages from Anna. Raymond's son past away and he became involved with electronic voice phenomena.



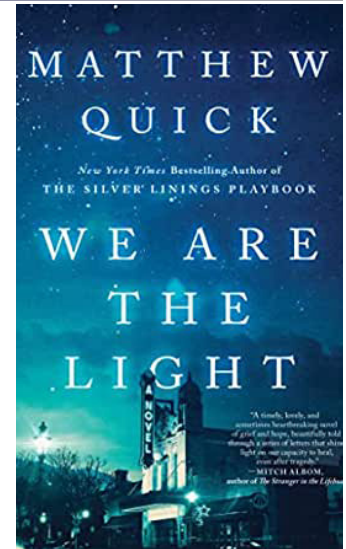
**Bones and All**  
**Genre:** Romance  
**Release Date:** November 23, 2022  
**Director:** Luca Guadagnino  
**Starring:** Mark Rylance, Timothee Chalamet and Taylor Russell  
 Maren Yearly is a young woman who wants the same things we all do. She wants to be someone people admire and respect. She wants to be loved. But her secret, shameful needs have forced her into exile. She hates herself for the bad thing she does, for what it's done to her family and her sense of identity; for how it dictates her place in the world and how people see her--how they judge her. She didn't choose to be this way.

### What To Read

**Now Is Not The Time To Panic**  
**Author:** Kevin Wilson  
**Genre:** Fiction  
**Publication Date:** November 8, 2022  
 Frankie is 16 years old and trying to make it through high school. She is a loner until she meets Zeke. The sparks fly with these two teens and they make a poster that becomes unforgettable to everyone who sees it. Now the people in the town do not know who made the sign and panic follows. Twenty years after, Frankie receives a phone call from a reporter asking about the panic of 1996 and what she knows.



**We Are the Light**  
**Author:** Deckle Edge  
**Genre:** Contemporary Fiction  
**Publication Date:** November 01, 2022  
 This is a new book for the bestselling author of The Silver Linings Playbook about a widower in a small town who takes in a grieving teenager who has been ostracized by the community they live in. This is an inspirational book that celebrates the power of healing.



|  |  |  |
|--|--|--|
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# Keeping Culture Alive Through Dance and Music



With so many modern Western kind of music and dances penetrating the industry, it seems so hard to preserve the local traditional dances. Most choreographers have now drifted to the new normal, some have less or no idea about traditional dances at all. In this month edition of arts and culture feature, Celebrity World team met with one of the well-known ambassadors of traditional dance to share with us her journey as a Setswana dance teacher, artist, actor, singer, assessor. Meet the bold and beautiful "Sebaga the Queen of Tswana Dance" as known by her fans.

The multi- talented Mmankgodi native, born Oneetse Cathrine Molefhe is mostly known for the art of symbolically representing Setswana traditional dances both locally and internationally. Her presence has been felt on international stages like in South Africa, Zimbabwe and Eswatini. She has also worked with local traditional troupes like Ditholwana, Leshalaba Mogwafaatshe, Dikgafela and Sesigo just to mention a few. She specialises in many Setswana dances such as Hosanna, Tsutsube ya letsomo, Tsutsube ya kalafi, Setapa, Sebirwa and many more.

She teaches and trains the young ones in different regions of Botswana about Setswana dances. Sebaga also helps different cultural troupes with Setswana dance moves. She released her first album in 2008 called 'Shirwakwaxumu'. In 2009, she relocated to South Africa where she performed with various traditional dance troupes. She later came back home to continue with her passion and legacy.

Her opinion on preserving culture through dance and music, "Traditional music and dance keep culture alive as a source of entertainment. Cultural treasures are slowly fading more especially traditional dance," she said. Sebaga the Queen of Tswana Dance also pointed out that her aim is to keep and revive Setswana dance by sharing it with different nationalities and the younger generation. Though preserving dance legacies does not come cheap, Sebaga said her wish is to have a traditional settlement where all traditional dancers, singers, poets and entertainers will be performing, and exchanging knowledge. She urged all locals, Setswana dancers to unite and keep the culture alive. Her message to her fans is to keep up the good work and continue supporting her work. She is currently preparing herself for a cultural exchange festival called Tshimologo Cultural Dance and Music Festival which will be held at Mokati Hall, Kanana in South Africa.

Facebook: Sebaga the Queen of Tswana Dance  
Contact: 72603653



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# Destined For Greatness - Morweetsana

Kaone Boatametse aka Morweetsana, began her music career in 2019. She started as a dancer of an instrumental troupe called Kuka La Setso. Her enthusiasm progress in the industry saw her becoming a female lead vocalist for the troupe on its first album called "Keledi ya monna". She led two songs titled "Bojanala" and "Mmabanyana". She was also groomed by one traditional group called Digwana. She went solo in the year 2020 as she released her single song called "Ba njela". This year she released an album titled "Lorato la dithhare" which consists of seven songs.

The 26 year old Serowe-native said in an interview that she started singing at a tender age. Her singing journey started at church. Though she is new in the music industry, her songs are well-received by traditional music lovers. She explained that her songs do not only entertain but educate and heal people because they carry powerful messages. Morweetsana explained that, "My songs are basically about what is going on in the world, our day to day activities and challenges, some of my songs spread messages about love, disappointments and mental health".

There is a song called "Cry for Africa", it is a prayer to God asking him to look after his people concerning provocative issues like murders, sicknesses and rape just to mention the few. The bubble songstress requests local promoters to help upcoming musicians by booking them at their shows. "This will help us to also get exposure and to be recognised," she added. Locally she would like to feature Culture Spears and Mma Ausi. She is also open for collaboration with any other artist who is willing to team up with her. On her last words Morweetsana confidently said, "I believe that I am destined for greatness and better things are coming my way, I am a shining star and my light will never dim".

#### Contact Details

**Facebook:** Morweetsana

**Contact:** 77 493 470



# Set To Revolutionize The Fashion Industry

He is a youthful Motswana who grew up surrounded by people and a lot of things in fashion and because of that, he got to fall in love with the whole industry itself. The love he had for it saw him pursuing some kind of career in it even though professionally he did or is the complete opposite of that. Well, what he studied at school did not stop him from his passion and even creating the biggest yet fashion week this country currently has.

The Modern Tswana Fashion week is a week-long fashion extravaganza that sees designers from all corners of the country coming on board to battle it out and showcase their best designs and fashion attires. The 7 days event was established in 2017 and has since came up as an annual event. This year promises to continue to deliver nothing but the best and it even had to face some delays while being perfected by James and his team. The Tutume native says he wants to see the event being celebrated and recognised way over the borders too bringing in internationally known acts.

#### **Tell us about yourself.**

My name is Nchidzi Chikumo, commonly known in the industry as James. I was born in Francistown and grew up in Gaborone, Botswana. I am a youth Kalanga from Tutume Village. I grew up and schooled in Gaborone, I did my senior school at St Joseph's College and did my Varsity years at Botho University.

#### **Are you part of the fashion and design world as a designer or just a manager?**

I am the Founder of Modern Tswana Fashion Week, I am also the Creative Director of Modern Tswana Fashion Week. I also do fashion modelling coaching.

#### **What is the inspiration to that particular part of your life?**

I grew up around a fashion oriented environment, my Mother Phalalo Chikumu, is a well-known fashion designer in the North side of Botswana. I also followed fashion channels on TV and enjoy reading fashion magazines and content.

#### **In that note, kindly share with us more about your fashion week event.**

Morden Tswana Fashion Week is a fashion oriented platform that moves the Botswana and ultimately the African fashion industry by bringing together buyers, consumers and the media to view the latest fashion collectives of designers at a 7 day event in the fashion industry of Gaborone.

#### **When you piloted it, what difficulties did you come across?**

We have always faced the challenge of financing and sponsorships. It is



hard to find sponsors to help one in this fashion industry.

**How many times have you hosted the event?**

The event has been happening annually since 2017.

**What have you learnt coming along with the show?**

Through our past events we learnt how to organize a fashion show from start to finish, how to build a perfect team that will execute the fashion show.

**Looking at Botswana's fashion and design industry, what can you say?**

For creativity to thrive and be exercised at its best, the industry needs financial assistance. Designers need to expand their creativity by learning how to sketch the work from the book to the output product without copying another designers' work to promote originality of designs.

**Who have you worked with?**

I have worked with Sparkle Designs who has grown from working at home to now owning a clothing and jewellery shop in Mowana Mall, Phakalane. We have worked together since her days of inception into the industry to now.

**Who do you desire to work with in the next fashion work that is prominent in the fashion world?**

I want to work with Berry heart, Butterfly Couture, Black Trash and Empire Premium Custom Suits.

**What can be said about Tswana fashion week, will it keep going and getting bigger?**

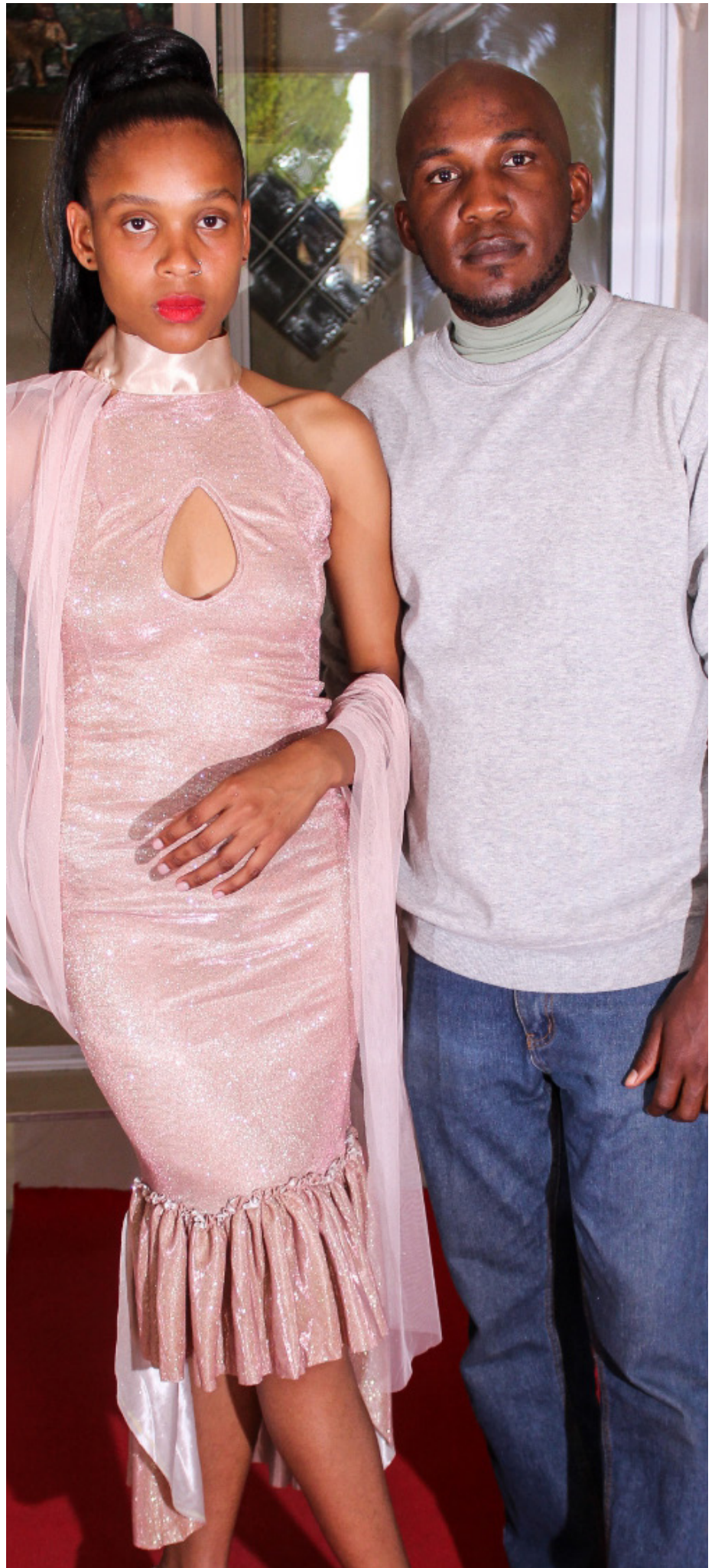
The modern Tswana Fashion Week event will keep on growing and getting bigger and bigger because the industry keeps on evolving every day.

**What was the cause for its delay this year?**

Financial problems, we have had to have some setbacks but we did manage to bounce back and will still go on with the project.

**What else do you have in the works to offer the industry?**

I have an upcoming Modern Tswana Fashion Week which will be hosted in May 2023. This will be one of the first biggest fashion shows in Botswana, it will take 7 days and will host designers, creatives, brands and attendees from all over Botswana and across the border. I will be hosting the Modern Tswana Fashion Week once a year for 7 days as opposed to the past years where we have hosted 2 themed fashion events every year.



# A Chat with DJ The Guy

Encounter the resolute local DJ from Hukuntsi who has worked hard to be where he is by just making use of his talent. He is a promising new kid on the block. CW recently caught up with him and this is what he said:

**Kindly share a little bit of your background with the readers of Celebrity World magazine.**

My name is Theetso Lekaukau a.k.a DJ The Guy from Gakhibane Ward in Hukuntsi, Kgalagadi North. I categorize myself as an entertainer and a musician.

I have long wanted to be a renowned DJ as I grew up and since I am new in the industry, I'm expecting a lot from my followers and Batswana at large. I want to work hard on building my name and I promise to give Batswana the best of my gigs. I am here to heal and fix their broken hearts through music and gigs.

**A lot could be told about yourself, what is it that we don't know about you?**

Am a loving person and also the best thing to ever come out from this planet, hahaha!

**Just to inspire the youth, what does it take to be a DJ?**

I wouldn't advise anyone to be like me. Because there will be nothing left after me. So people should purely believe in themselves.



**As a DJ, what change have you done that benefitted people in this country?**

I have healed so many souls through music, and still continue to heal them.

**What is your personal motto?**

Believe in yourself.

**How has being a DJ changed your life since you started it?**

I make ends meet through my career.

**Tell us what makes a good DJ?**

A hard worker who believes in himself.

**What challenges do you face when doing your job?**

My only concern is that most of Botswana artists are not united, something has to be done to at least bring them together.

**Are you willing to work with any international DJs?**

I am willing to work with anyone both locally and internationally. All that will click amongst us is talent. Nothing more.



# Radio's Next Big Thing

**M**eet Tirelo Tshimologo aka Titty The Ideas man in the Entertainment circles. He's a 34 year old Radio presenter and the rising star of the north station known as Francistown Online Radio Station (F.O.R.S).

He has been with the station for one year and two months and still counting. He has also been involved in other segments of the entertainment industry having started as a rapper and later became an artist Manager, events Mc, actor, etc. His journey has been that of highs and lows. He has also been credited as Ozi F Teddy's very first manager whom he met when he was doing form 2 without even a single recorded track. Tirelo went on to work with the legendary Wizards of the desert in his management journey. Other honorary mentions are Koola, Young Amazing and Oatsdona. In the music circles he has collaborated with almost everyone from Ozi F Teddy, T. H. A.B.O, Prez Beats, Spiza and a whole lot more.

Titty has also done adverts for radio and TV for the likes of Alpha Direct Insurance, First

Sun Alliance Insurance and many more. He also went on to Mc for South African artists like Oskido etc. He said he has always considered himself to be a Botswana hidden secret as he has discovered and promoted more local artists and he is in love with local industry than an average person. Titty has always looked up to DJ Sid as he believes he stands for what he believes in and believes in local industry the same as he does. According to him, DJ Sid is also a pioneer of radio and has worked with almost everyone like Titty has.

He added that radio has given him a voice that he now uses to advocate for local music with their radio station playing 98% local music of which is the highest locally. His future plans involve moving to a radio station which is in the frequency module (FM) so that he can reach all corners of the country and surely make an impact. Titty considers himself to be a rising star that everyone needs to look out for!

**For Booking:**  
72689288  
**Fb:** Tirelo Tshimologo



# Kgosi Mosadi Seboko



Kgosi Mosadi Seboko was born on 7 June 1950 in Ramotswa. Her name Mosadi literally means "Woman" in Setswana, and she was given the English name "Muriel". Her father, Mokgosi II, expected a boy to be his oldest child, but upon seeing his daughter, he said, "Well, it's a woman. What can I do? It's my child." In 1969, she graduated from Moeding College. Two years later, she became the department administrator at Barclay's Bank. She ended her six-year marriage with her abusive husband in 1978.

Mosadi Seboko's brother was kgosikgolo from 1 June 1996 to 17 June 2001 when he died from an illness. Tumelo Seboko, an uncle of Mosadi, became acting kgosikgolo from 21 June 2001 to 7 January 2002. Mosadi's mother and sisters pushed her to become the next kgosikgolo during this time, which would break a history of solely male dikgosikgolo. At the time of the installation, she worked as a floor manager at Century Office Supplies in Broadhurst. Mosadi based her claim for bogosi on the "birthright equity"; since she was the first born, she should have precedence in becoming kgosikgolo.

Seboko had many critics because she was a woman. Her uncle Tumelo wanted Tsimane Mokgosi, a cousin of Mosadi, to become kgosikgolo instead, and other members of the kgotla tried to delay her installation by saying that she did not have the skills to lead the traditional leopard hunt or to engage in the "rainmaking" ritual, both of which were necessary to prove a kgosikgolo's legitimacy. Mosadi rebutted the arguments, saying that many of those traditions fell into disuse when Christianity came to Botswana.

Her ascension was revolutionary in that it overthrew a tradition where women were only allowed in the kgotla (village meeting) if they were invited by a male. She assumed office on 7 January 2002 and became chairperson of the Ntlo ya Dikgosi on 28 February 2002. She was crowned on 30 August 2003. Her leadership style is unconventional compared to her male predecessors.

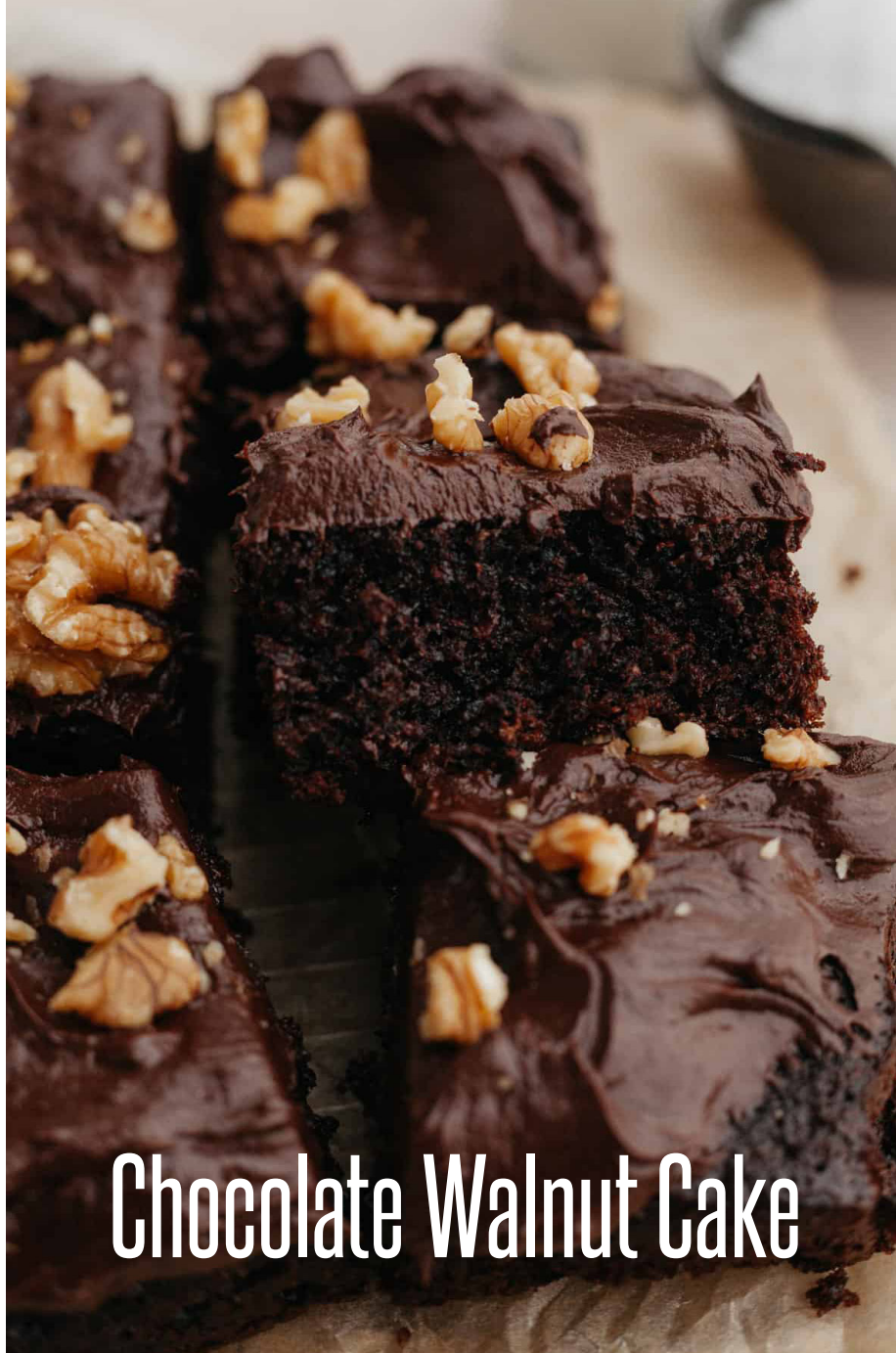
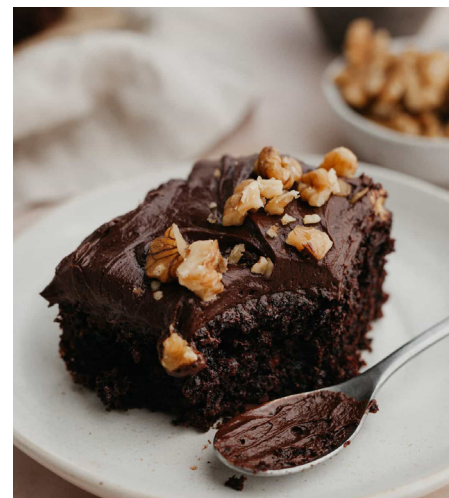
**Instructions**

**Make Cake**

1. Preheat your oven to 350°F/175°C. Butter or grease an 8 inch square baking pan and line it with parchment paper.
2. In a large bowl, whisk together the sugar and egg for 1 minute.
3. Add the buttermilk, hot coffee, oil, vanilla and salt. Whisk until it is smooth. Add your cocoa powder and whisk again until smooth
4. Add the flour, baking powder, and baking soda and whisk until smooth. Fold in your chopped walnuts
5. Pour into your pan and tap on the counter to get rid of any bubbles. Bake for 35-45 minutes. A toothpick inserted should come out clean. Allow it to cool for 20 minutes in the pan, then lift it out and let it cool completely on a cooling rack.

**Make Frosting**

1. Melt your chocolate in a microwave, stirring every 10 seconds so it doesn't burn.
2. In your stand mixer with the paddle attachment, beat the butter and confectioners' sugar on low speed until well combined
3. Turn the speed to high for 2-3 minutes until light and fluffy.
4. Add in your cocoa powder and beat on low, then increase the speed to medium for 1-2 minutes.
5. Add your sour cream, melted chocolate and salt and mix once more.
6. Spread over your cooled cake and decorate with walnuts.



# Chocolate Walnut Cake

**Prep Time:** 15 Mins

**Cook Time:** 35 Mins

**Ingredients:**

- 120 ml hot coffee
- 32 grams cocoa powder Dutch processed
- 175 grams granulated sugar
- ¼ teaspoon vanilla extract
- ½ teaspoon kosher salt
- 1 egg room temperature
- 110 grams all-purpose flour
- 1 teaspoon baking soda

- ½ teaspoon baking powder
- 120 ml buttermilk room temperature
- 60 ml vegetable oil
- 64 grams walnuts finely chopped

**Chocolate Frosting**

- 110 grams unsalted butter
- Pinch kosher salt
- 113 grams confectioners' sugar
- 42 grams cocoa powder
- 60 ml sour cream
- 85 grams chopped dark chocolate



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# The Land Of Ethiopia



**E**thiopia, in the Horn of Africa, is a rugged, landlocked country split by the Great Rift Valley. With archaeological finds dating back more than 3 million years, it's a place of ancient culture. Among its important sites are Lalibela with its rock-cut Christian churches from the 12th–13th centuries. Aksum is the ruins of an ancient city with obelisks, tombs, castles and Our Lady Mary of Zion church.

**Capital: Addis Ababa**

**Population:** 94.1 million (2013) World Bank

**President:** Mulatu Teshome

**Currency:** Ethiopian birr

**Official language:** Amharic

**Federal Democratic Republic of Ethiopia**

**Capital:** Addis Ababa

**Population:** 86.5 million.

**Area:** 1.13 million sq. km (437,794 sq. miles)

**Major languages:** Amharic, Oromo, Tigrinya, Somali

**Major religions:** Christianity, Islam

**Life Expectancy:** 58 years (men), 62 years (women)

**Society and Culture**

**The people**

Ethiopia is a multi-cultural and multi-ethnic country. Religion is a major influence in Ethiopian life. Nearly half the population belongs to the Ethiopian Orthodox Church but there is also large Muslim population. Others adhere to an ancient form of Judaism. The Ethiopian Orthodox Church is proud of its origins. The country embraced Christianity in the 4th century, long before Europe. The feast of the Epiphany ("Timkat") is the largest festival of the year. The Orthodox Church dominates the political, cultural, and social life of the population. It was the official religion of the imperial court and of the establishment until Haile Selassie was deposed in 1974. Muslims are important in the business community. They tend to live in the eastern, southern, and western lowlands, although there are considerable numbers in Addis Ababa.

**Etiquette and Customs in Ethiopia**

**Meeting Etiquette**

- Ethiopian greetings are courteous and somewhat formal.
- The most common form of greeting is a handshake with direct eye contact.
- The handshake is generally much lighter

than in Western cultures.

- After a close personal relationship has been established people of the same sex may kiss three times on the cheeks.
- Across genders, men should wait to see if a woman extends her hand.
- Greetings should never be rushed. Take time to inquire about the person's family, health, job, etc.
- People are addressed with their honorific title and their first name.

"Ato", "Woizero", and "Woizrity" are used to address a man, married woman, and unmarried woman respectively.

-Elders should be greeted first.

-It is customary to bow when introduced to someone who is obviously older or has a more senior position. Children will often be seen doing so.

**Dress**

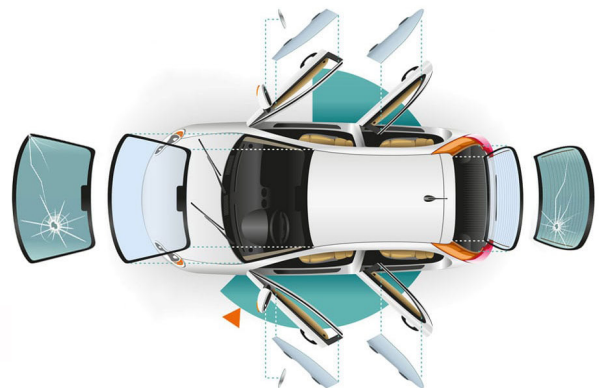
The Ethiopian traditional costume is made of woven cotton. Ethiopian men and women wear this traditional costume called gabbi or Netella. Women often wear dresses (Kemis) and netella with borders of colored embroidered woven crosses, but other designs are also used.



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# How to Green Clean the Grout in Your Bathroom

The word grout sounds inappropriate and the bright white stuff shows every little blemish. It is porous, hard to get to, easily stains, the list goes on. But worry less; here we have some helpful tips to make your smallest favorite chore a little more bearable.

#### You need the following:

- Baking Soda
- Vinegar
- Hydrogen peroxide (optional)
- Spray bottle
- Grout brush or scrub brush (a toothbrush works as well!)
- Small bowl

#### Instructions

##### Start with vinegar

Fill your spray bottle with a 1:1 solution of vinegar and water and spray the work area generously. Let the solution sit for about five minutes, then follow up with a grout brush or a scrub brush. If you don't have one of these, a toothbrush works in a pinch. Rinse with warm water.

##### Add baking soda

In a small bowl, make a paste with baking soda and water. Dip your toothbrush or grout brush in the paste and work it into the grout. Spray the area with your vinegar + water solution. The vinegar will cause the baking soda to bubble up and will start to work away that nasty soap scum. Use your brush and get all the way into the grout lines to remove buildup. Rinse with warm water.



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# Junior Miss Botswana 2022

Junior Miss Botswana is a nationwide search for young role models that can be an inspiration to other children. The mission for Junior Miss Botswana is to promote Botho, Confidence, Self-Awareness, and Charity amongst young girls. As such, it looks for young leaders aged between 6 and 14 years old who exude all these qualities and more. The contestants compete in two age groups 6-10 and 11-14 years.

The Junior Miss Botswana's 40 finalists all go through a rigorous audition and training program before they compete for the crown. In addition to pageant training, the participants also get educated on the value of community work and Botho through a 'Big Sister' mentorship program in partnership with Child Line Botswana.

On the 2nd of October 2022, the Grand Finale for the Junior Miss Botswana 2022 pageant was held at Sunshine Conference Center in Gaborone. The event was sponsored by various retailers including CB Stores which provides clothing for the finalists and prizes worth P30 000.00 for the winners. At the end of the night, the following girls were crowned:

### Under 11s

JMB 2022 - Jenna Ruri Montshiwa  
 1st princess - Mercy Serema  
 2nd Princess - Anesha Ame Moreri

### Under 15s

JMB 2022 - Masa Olorato Otsetwe  
 1st Princess - Tshepiso Moses Babusi  
 2nd Princess - Boago Nkhwa  
 The winners walked away with clothing vouchers, tablets, and scholarships from Brainstream - a local Science, Technology, Engineering, and Mathematics Academy.

### Prizes

Under 15s  
 Queen  
 Clothing voucher- 5750 CB  
 P500- fashion world  
 Brainstream classes- P3k  
 Tablet- 2k  
 Beauty products – 500  
 Total - P11750

### 1st Princess

Clothing voucher- P4750 CB, P500 Fashion World  
 Tablet- P2k  
 Beauty products- 500  
 Total P7750

### 2nd Princess

Clothing voucher- 3750  
 Tablet- 2k  
 Beauty products – 500  
 Total - P6750

### Under 11s

Queen  
 Clothing voucher- 6250k  
 Brainstream classes- P3k  
 Tablet- 2k  
 Beauty products – 500  
 Total - P11750

### 1st Princess

Clothing voucher- P5250k  
 Tablet- P2k  
 Beauty products – 500  
 Total P7750

### 2nd Princess

Clothing voucher- 4250K  
 Tablet- 2k  
 Beauty products – 500  
 Total - P6750







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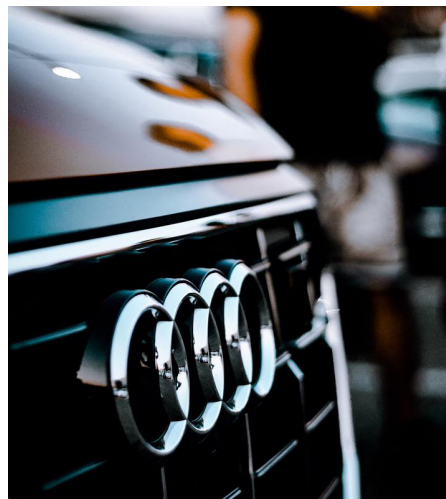
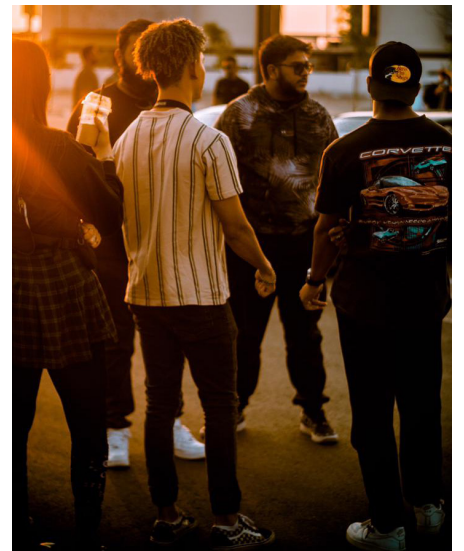
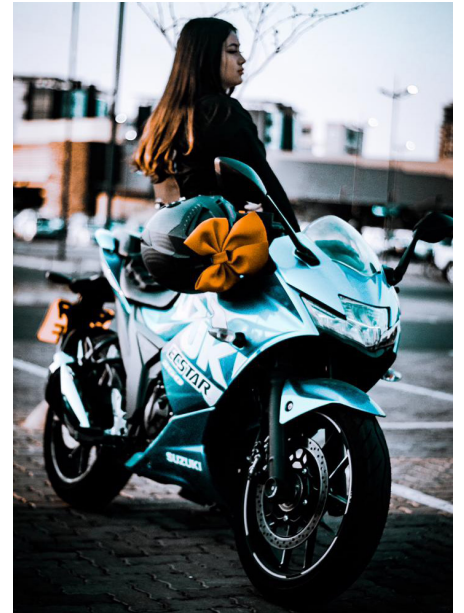
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 Best STEAM Based projects will be awarded.  
**Date:** 1st to 4th November 2022  
**Venue:** Fairgrounds Holdings Gaborone, Botswana.



**A Re Itsaneng Ma Africa ..Connecting Africa Into One Family Ngwao Boswa - Culture**

You deserve to experience the tradition you were born into...The day you will get a taste of what other tribes feast on.  
**Date:** Nov 5, 2022 - Nov 6, 2022  
**Venue:** Dinkgwana Chillas Pub and Grill



**Femina Woman 10th Year Anniversary Dinner**  
 With great pleasure, Femina Association celebrates 10 years of community service and impacted livelihoods.  
**Date:** 12 November 2022  
**Venue:** Travel Lodge



**BWFA fashion expo and Fashion show**

**Expo:** Entry is free  
**Fashion show:** P200  
 This expo and Fashion show is for the judge to see your work.  
**Date:** 03 December 2022  
**Venue:** Gaborone



**Vee Mampeezy Honors The Late Legends**



The King of Africa, Vee Mampeezy will honor the late musicians; Dramaboy, Sasa Klass and Kgosi Maburu in his upcoming 'Last Man Standing' show which will take place on the 10th of December 2022 at the national stadium.



The show is expected to pull up the crowd as it will have a massive performance by the people who used to work with these late stars. In his facebook page, Vee Mampeezy said, "We will put TOGETHER a performance through the people they used to work with, their booking fees will go to their families, the point is to make sure they are not forgotten and their music lives on".



The event is not only for Vee Mampeezy's personal gain as it is expected to benefit Batswana at large. They will get a chance to earn something prior to its preparations. Other local artists will get a chance to showcase what they have in terms of music and talent and this is the right time to unearth new artists.



# Corner Sofas, A Must Have In The House

Do you know that corner sofas save space in the house? We shared with you the perks of having them in your house:

- They provide more sitting space in the house, not only for the family but also for any guests who may be coming over to visit.
- They provide more comfort as compared to other types of sofas.
- Corner sofas with more seating space than an ordinary sofa, naturally encourage more socializing.
- Due to their sizeable nature, they're the instant focal point of your room design and ultimately stand out from the rest of your furniture in the living room.
- The good thing about them is that, they can double up as a sofa bed when you need them to.



**Aries**

The house of self is not powerful this month. Mars is also not favorable for your personal ambitions. Interest of others comes first and you have to keep aside your initiative and enterprise for the present. Financial prospects are wonderful. Jupiter will help you to get married if you are single.

**Taurus**

Family and emotional concerns will be in the background while career and worldly ambitions will be predominant. Your spiritual beliefs and guides will change this month. Finances are wonderful while love relationships are complicated and pregnancy will need to be planned.

**Gemini**

The two eclipses this month will have far reaching consequences. Movement of Jupiter will alter your romantic life extensively. Dealings with your children may undergo radical changes and their lives will become a mess this month. If you are unemployed, you will get a good job.

**Cancer**

You will face significant changes in your life this month. There

will be many conflicting areas of interest in November 2022 for the Cancer star sign. You will require all the energy at your disposal to overcome these challenges in the month of November 2022.

**Leo**

Due to planetary movements, family concerns along with emotional matters will be in center stage for the Leo zodiac person. Career will be very active due to the influence of Mars in this month. Your spiritual beliefs will undergo a major shift. Money will be spent on charities. Singles will form many love relationships for fun.

**Virgo**

You should reduce your activities this month. Jupiter people will help you to expand their intellectual base through studies and travel. Career targets are completed successfully. The eclipses will force you to change your financial plans. Love is not serious but will be more enjoyable. There will be no complaints about your health.

**Libra**

you are facing two dominant eclipses this month. It is advisable to cut down your activities during those periods.

You should only do important things this month. Venus people will impact the Libra career. Divorces and marriages are possible and health can be improved with more relaxation.

**Scorpio**

You can use your autonomy and enterprise to attain your goals the way you want. There is no need for depending on others or compromising to their impulses. Your way is the best way this month. You are free to do whatever you want in life. Jupiter will help you to change your job with better prospects. You will spend on buying luxurious items.

**Sagittarius**

Your destiny is affected by the two eclipses and the movement of Jupiter this month. There will be significant modifications to your outlook and focus. This will influence the Sagittarius compatibility in friendships and will examine the status of present friendships. Only good friendships will survive the test.

**Capricorn**

This month your professional and family lives are strongly impacted. Your life will undergo changes that will be long standing. It is essential to reduce the pace of your activities during the period of eclipses. The Capricorn people should avoid taking risks this month. All voluntary activities can be postponed to a future date.

**Aquarius**

The house of career will become more powerful after the 23rd. Professional issues for the Aquarians will dominate over domestic and emotional matters. You should not neglect family matters. Family will be happier with your career growth and will be supportive of your professional ambitions.

**Pisces**

This month is quite stormy and things look bizarre. You are affected by the significant transformations happening in the world around you. The Solar Eclipse of the 3rd and the Lunar Eclipse of the 17th of November 2022 will contribute to the confusion. Movement of Jupiter will affect the destiny of Pisces zodiac.

**Why Did The Chicken Cross The Road?**

Jean-Paul Sartre: In order to act in good faith and be true to itself, the chicken found it necessary to cross the road.

Ludwig Wittgenstein: The possibility of "crossing" was encoded into the objects "chicken" and "road", and circumstances came into being which caused the actualization of this potential occurrence.

Aristotle: To actualize its potential.

Buddha: If you ask this question, you deny your own chicken-nature.

Howard Cosell: It may very well have been one of the most astonishing events to grace the annals of history. An historic, unprecedented avian biped with the temerity to attempt such a herculean achievement formerly relegated to Homo sapiens pedestrians is truly a remarkable occurrence.

Salvador Dali: The Fish.

Darwin: It was the logical next step after coming down from the trees.

Emily Dickinson: Because it could not stop for death.

Epicurus: For fun.

Ralph Waldo Emerson: It didn't cross the road; it transcended it.

Johann Friedrich von Goethe: The eternal hen-principle made it do it.

Ernest Hemingway: To die in the rain.

Werner Heisenberg: We are not sure which side of the road the chicken was on, but it was moving very fast.

David Hume: Out of custom and habit.

Saddam Hussein: This was an unprovoked act of rebellion and we were quite justified in dropping 50 tons of nerve gas on it.

Jack Nicholson: Cause it (censored) wanted to. That's the (censored) reason.



# Baobab Trees in Botswana

There are a number of extraordinary baobabs in the Makgadikgadi area but the ones most worth visiting are Chapman's and Green's baobabs in Ntwetwe Pan and Baines Baobabs in Nxai Pans National Park.

In the days of early European explorers, a small pan beside this baobab was filled with perennial water, giving the great old tree special significance as a beacon of hope that signaled a spot to replenish supplies after a long trek through the salt pans. The intrepid Green brothers were one of the many early

traders, hunters and explorers to carve their names here, leaving "Green's Expedition 1858-1859" scrawled into the tree's bark and giving the tree its name. The tree is now one of Botswana's National Monuments. Baobab trees can live for thousands of years and this one certainly bears the battle scars to prove it, gunshot wounds included.

The enormous Chapman's baobab, six km to the north of Gutsha pan, was the first landmark to be seen by travelers crossing the lonely salt pans. The tree was noted by many early explorers, including David

Livingstone (who past here with George Oswell in the 1860's on the way to Linyanti), for its astonishing size, a circumference of 25 metres. In his journal Livingstone wrote, "About 2 miles beyond the northern bank of the pan we unyoked under a fine specimen of the baobab called in the language of the Bechuanas, Morwana; it consisted of 6 branches united into one trunk." James Chapman, after whom the tree was named, was a South African explorer and hunter and left his name on one of the trees enormous roots when he passed by with the artist Thomas Baines in the

1860s. A hollow in the tree also served as an ancient letterbox. Unfortunately, this legendary baobab fell down in January 2006 but is still a very impressive sight in its collapsed state, and travelers should visit it sooner rather than later before the tree decays. For those who don't want to camp, Uncharted Africa have a selection of lodges nearby that offer day trips to visit the Baobab and visitors can explore it by clambering about on the giant's collapsed limbs.

Located in the south of Nxai Pans National Park are the seven baobabs known as Baines Baobabs. This stunted cluster of Africa's most iconic tree was immortalized by the paintings of Thomas Baines, a British landscape artist commissioned by the Royal Geographic Society. Baines camped beneath these trees in 1862 en route to the Victoria Falls. The pans at Baines Baobabs are dry and bare for much of the year, as are the branches of the baobabs themselves, but during wet season the pans are covered in sheets of water and green canopies emerge from tree's branches.

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# Benefits of a Hot Stone Massage

A hot stone massage is a type of massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body.

During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat. Hot massage stones are said to be normally heated to between 130 and 145 degrees.

#### The stones may be placed:

- along your spine
- on your stomach
- on your chest
- on your face
- on your palms
- on your feet and toes

#### Here are some advantages of getting a hot stone massage:

- Helps relieve muscle tension and pain
- Reduces stress and anxiety
- Promotes sleep
- May help relieve symptoms of autoimmune diseases
- May boost immunity
- May help decrease cancer symptoms

Anyone who is experiencing muscle tension and pain, insomnia, or stress may benefit from a hot stone massage.

skin against harmful radiation in one hundred percent. In addition to sunscreens, it is worth taking care of intensive skin moisturizing.





## Born To Be Great - MandIA Music

By Lassie B. Ramodisa

It is just standard procedure that when you are born in a family blessed with some talent you just follow in the footsteps. Serena & Venus Williams' father was a tennis player, they grew up to be great at it, Will Smith was a great actor and musician, his son and daughter Jaden and Willow followed suit, locally we know of Thuto Rantao who takes after her mother Kearoma Rantao and her rapper uncle Touch-Motswak, the list goes on and on and local upcoming musician MandIA Music is of no exception. Born Keemenano Mandla Moonatsie, the amazing singer was born and raised in a musically talented family. As he narrates his upbringing, he states that everyone in his family is or was a great vocalist, his grandmother was a tenor, his mother was a singer as well as his siblings who are very good

singers. He then decided to take up the challenge and pursue the music professionally to a point where he went to school for it and came back with an Associate Degree in Sound Technology from Limkokwing University of Creative Technology. He is now as greatly equipped as one dreamer would ever wish; A good vocalist, a good producer or sound engineer and a good songwriter, working with almost all the big names in the industry. Afro-pop and Amapiano singer/producer MandIA Music graced Celebrity World offices with his presence for a quick chit-chat.

**Welcome MandIA and thanks for accepting our invitation. First things first, who is MandIA Music?**

MandIA Music is a producer, songwriter, performing and recording artist, also a sound

engineer. I was born in July 2000 in Ramotswa.

**When did you realise your talent?**

Ah, I would say from a very young age I always knew. I started singing when I was like 9 years old, but I started taking it seriously when I was about 12 years. This was when I started my first acappella group. It was started at church, I came together with my brothers from church and we would give our musical pieces at Sunday school. We were only three when we started but as time passed we extended into a whole family of vocalists.

**Were you the leader?**

Yah, I was the lead singer, and a leader, hahaha!

**Would you say the**

**environment you grew under influenced what you are pursuing currently, professionally?**

Nah, I wouldn't say they influenced me professionally, but just unearthing my talent you know, because growing up I drew inspiration from my family. Everyone in my family sings, my grandmother is a tenor, my mother sings, my aunt sings, my late uncle was a singer and I was like hell yah, amma sing too, haha. It's in the blood.

**Is there anyone in particular, or a group of people who pushes you to do better in the industry?**

Yah man, I have a team. I have a brother from Lesotho, Just J.O, or Jobo Sotho, who is a Producer, Sound Engineer and a Musical Director, I have an amazing vocalist Amantle, stage name Giant Heart, and many more of my guys who are on the team shout out to them. These are the people who made MandIA Music, from the beginning, when I recorded my first song they were there. Not forgetting my mentor Mr Pako Mpuang. When I was still in school at Limkokwing he is actually the one who made me realise my potential, he made me understand what I can do and say that he made this MandIA Music. They all did and God did too, hahaha!

**What is your favourite food?**

I don't know man but I like custard and ice-cream. I don't even know if that's food as you want, but apart from them I like sea food. Yah, sea food slaps.

**Any local and international celebrities you look up to?**

Internationally I look up to Bruno Mars and I used to look up to this other gospel singer back when I was singing at church, even now I still look up to him, Travis Greene. I also look up to Anderson Paak, Dj Maphorisa, Kabza, Daliwonga and locally I'd say Mpho Sebina, eish! You see that one yes she is the one, and Han-C, Baxon, also I look up to myself.

**Tell us about your relationship with Han-C?**

It started when I posted a video on facebook. He had just released a song with Mvzzle from South Africa, so I posted a video of me making fun of the



song, he saw it and commented on my page complimenting me for my singing. Ah I was star struck, I forgot myself that day. Then a friend of mine, Just J.O replied the comment with the link to my music, shout out to him. After the Han-C comment there, now came a comment from Dato Seiko, am now here like whooa... Jikijiki the guy calls me, and that time am in a combi, and am speaking to Han-C. I almost told this girl who was sitting next to me "hee, am speaking to Han-C here..." haha. And we kicked it from there, he introduced me to a few people in the industry, including Raptured Roots, who I work with a lot currently. So the other time I was an intern at Roc Lefatshe and we were hosting the rehearsals for Han-c for a SKY project and I got to work with them closely and got introduced to a lot of people.

**Still on the Roc Lefatshe tip, is it true Suffocate, the owner, almost or wanted to sign you?**

Yah, definitely! That was when I released my first single, am sure he heard it that's why he was impressed. So that was the time when Baxon was signed under the label, not sure if it was a distribution deal or what, but they had the deal. So it happened that I work on a song with Baxon, titled 'Nkueleng', and it was going to be released under the label, so we had a meeting at some point about the release of the song, that's when Suffo proposed the deal to sign me. But I have my own staff going on so I couldn't.

**How was it working with Baxon?**

It was superb man. It was nice, because working with him actually opened doors for me. I got connections here and there, and we still working together. We are working on something that you will get to hear soon.

**Most people like to say there is no life in the music industry in Botswana, but you seem to take the music very seriously, what is your take on the matter?**

As much as that is a little bit true, there is life in this thing man. I mean look at Mpho Sebina, look at Han-C, look at William Last and a whole lot more. These people are living it. They are getting

serious money out of whatever they are doing. So there is life in this Art. Even Khoisan, there is a lot of them, and there is money in this thing, you just have to be wise in using your money, invest or do something.

**I understand you are a producer, musician and songwriter at the same time, how do you juggle the 3?**

Its simple man, because it is all connected. Actually when I started, I didn't want to be the musician or the face. I wanted to have someone on the limelight while I'll be behind the production. So how do I juggle the 3? First am an artist, I sing, I perform and for me to do those things I got to write the songs, I got to make the songs. You see, so it's basically just one thing with different ways to do it in the end.

**Would you encourage upcoming artists to pay full attention to the art or would you encourage them to do it part-time?**

Looking at the situation in Botswana I'd say both. For me it is all I got. It is all I know, so every day I wake up, everything I do I have to make sure that this works. If you have the passion and everything it takes, focus on it and make it work. If you want it part-time, it's still cool, just make sure you respect those who do it full time.

**Where do you see the future of Botswana's entertainment scene?**

We are going far. I mean we are already tapping into the international market now, which used to be a different case back then. So yah, there is hope for the better. Look at William Last, Mpho Sebina, Veezo View and others.

**As an upcoming artist, you surely have weight under your belt, you have worked with notable industry heads here locally, who did you enjoy working with the most and why?**

I have worked with a lot of people, the likes of Baxon, Funny Jungilo, Han-C, Groovy Souls, and others. I am also featured Han-C's album as a vocalist and producer in one song. But other than that, I am also in the film industry as a sound technician,

just recently I was working with BOMU Awards on their build up, I think it is currently on BTV1, where I worked closely with the likes of Mpho Sebina, Nnunu, Shanti-Lo and Wizards of the Dessert, it's an amazing experience.

**What project are you currently working on?**

There is a new single that I just dropped this month, I was with an upcoming singer by the name Judith, its Amapiano. So we are currently pushing the single and I am working on a collaborative project with Just J.O, it will be released next year. But until then I think I will just be dropping Amapiano singles, before am back on my Afro-pop self.

**With your experience so far with the industry, what advice would you give to young, upcoming musicians?**

Respect who you find in the industry and believe in yourself. Keep pushing and believe in

God. I am a heavy believer in God. I am who I am because of Him.

**Before I let you go, I know a few ladies would like to know this, are you with anyone currently, are you available?**

Ah! Am in love. I am in love with myself. No one else, haha!

**They should check in?**

I guess they should... hahaha!

**Who is your celebrity crush?**

No one. Absolutely, haha!

**We came to the end, thank you MandIA Music for coming here.**

**We wish you the best with your career. Any last words?**

Thanks for having me it's always a pleasure. Well, I have no last words except the people should look out for the boy, like those social media pages and stay tuned.





motivate through love or fear?

**Withdraw from Conflict**

If your child is testing you through a temper tantrum, or being angry or speaking disrespectfully to you, it is best if you leave the room or tell the child you will be in the next room if he wants to "Try again." Do not leave in anger or defeat.

**Use Natural Consequences**

Ask yourself what would happen if I didn't interfere in this situation? If we interfere when we don't need to, we rob children of the chance to learn from the consequences of their actions. By allowing consequences to do the talking, we avoid disturbing our relationships by nagging or reminding too much. For example, if your child forgets her lunch, you don't bring it to her. Allow her to find a solution and learn the importance of remembering.

**Give Children Appropriate Ways to Feel Powerful**

If you don't, they will find inappropriate ways to feel their power. Ways to help them feel powerful and valuable are to ask their advice, give them choices, and let them help you balance your check book or help you shop. A two-year-old can wash plastic dishes, wash vegetables.

# Keys to Successful Parenting

**Be Consistent, Follow Through**

If you have made an agreement that your child cannot buy candy when she gets to the store, do not give in to her pleas, tears, demands or pouting. Your child will learn to respect you more if you mean what you say.

**Separate the Deed from the Doer**

Never tell a child that he is bad, that tears his self-esteem. Help your child to recognize that it isn't that you don't like him, but it is his behavior that you are unwilling to tolerate. In order for a child to have healthy self-esteem, he must know that he is loved unconditionally no matter what he does.

Do not motivate your child by withdrawing your love from him. When in doubt, ask yourself, did my discipline build my child's self-esteem?

**Be Kind and Firm at the Same Time**

Suppose you have told your five-year-old child that if she isn't dressed by the time the timer goes off, you will pick her up and take her to the car. She has been told she can either get dressed either in the car or at school. Make sure that you show her love when you pick her up, yet firm by picking her up as soon as the timer goes off without any more nagging. If in doubt, ask yourself, did I



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# Things He Won't Say Out Loud But Thinks About

**Your family really scares me** - Either the constant contact, or the gruff father, or the crazy sister... there's some aspect here that he will never name (you don't mess with a girl's family) but it scares the hell out of him.

**I'm not sure how good I am at that sex thing you seem to enjoy** - Whatever "that thing" may be, however much you've encouraged or praised it, he's still not sure if he's a pro at it and feels a little self-conscious each time. The female body is an elaborate and wondrous thing.

**I'm not 100% where I want to be professionally** - Who is he, really? Even if he's wildly successful he'll still have ambition to continue to climb whatever ladder he's on. The more a man says how amazing he's doing professionally, the more insecure he usually is about it.

**I have a body complex as well** - He sucks in his gut every time he takes off his shirt and hopes you don't notice.

**I have occasional doubts about us** - No one in a relationship is 100 percent sure all of the time. Mostly he's head over heels for you, but once in a blue moon he does a double take while contemplating your future.

**Playing with my friend's kid completely triggers my paternal instinct** - He doesn't want to freak you out and he's not necessarily ready for kids, but damn is that baby cute.

**He's scared to say 'I love you' first, too** - Unless you get him drunk, then he might just blurt out "I love you," on the third date. True story.



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# How To Spend Your Money Wisely

Are you looking for wise ways to spend or save your money? Surely you are. Now, here are some ways to spend your money wisely:

- Drink tap water and pocket monthly fee for bottled water.
- Shop your local farmer's markets and prepare healthy meals at home to save money.
- Survey your closets, see what clothes fit, and donate those you do not want to wear. Shop resale stores for bargains.
- Cut transportation costs by using public services. Walk or ride your bike when possible.
- Consider needs vs. wants – ask yourself if you really need weekly manicure, etc.
- Go to local beauty/barber schools to get less expensive grooming treatments.
- Visit your local library. Check out movies and books and read current magazines.
- Barter to get your children piano, karate, or dance lessons.
- Delay your purchase. When you want to buy something, wait one week to see if you still think the purchase is really important.

Before you rush off to buy fancy clothes and other unnecessary items, think again.

### Credit record

It is wise to keep a clean credit record. If you enter into a credit agreement, read the agreement carefully before signing. If there's anything you don't understand, don't be afraid to ask for an explanation. Always try to pay on time. If you find you cannot keep up with installments, don't skip payments. Talk to your credit giver about your situation.

### Expenses

The best way to spend your bonus wisely is to budget and plan for it. This will prevent you from buying things you don't really need and cannot afford.

January follows just after the holiday season and brings new expenses. Spending your money wisely means you can save some for emergencies and for necessary things like school uniforms, school fees and books.

You can also pay off some of your debt. Even

if you pay only a small amount towards your debt, it will reduce some of the interest that had built up during the year.

You can also use your bonus to buy in bulk. Many shops have end-of-year specials. Look out for items that can be stored like tinned food, dried food, soap and washing powder.



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Teething is the process by which an infant's first teeth appear by emerging through the gums, typically appearing in pairs.

#### When do babies start teething?

Most babies grow their first tooth when they're between 4 and 7 months old. An early developer may get his first tooth as early as 3 months, while it may take a late bloomer until he's a year old or more. Whenever your baby's first tooth makes its appearance, celebrate this by taking pictures.

Teeth actually start developing while your baby is in the womb and tooth buds form in the gums. Teeth break through over a period of months, and they often appear in this order: the bottom two middle teeth first, then the top two middle ones, then those along the sides and back.

Teeth can erupt one at a time, or several can come through at once. They may not all come in straight, but don't worry because they usually straighten out over time. The last teeth to appear, found in the very back of the mouth on the top and bottom usually come in around your baby's second birthday or in the months after. By the age of 3, your child should have a full set of 20 baby teeth, and they shouldn't start to fall out until his permanent teeth are ready to start coming in.



# Teething



#### What are the signs of baby teething?

Some babies get through teething with no signs at all, but many parents report that their babies do experience discomfort. The most likely signs of teething include: irritability or fussiness, swollen and sensitive gums, chewing behavior, refusing to eat and trouble sleeping.

#### How can I help my teething baby feel better?

- Give your child something to chew on, like a firm rubber teething ring
- Rub a clean finger gently but firmly over your baby's sore gums to ease the pain temporarily
- If your baby is old enough to eat finger foods, it may help him to chew on a hard, unsweetened teething biscuit. Just keep an eye on him and be mindful of choking.



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# Sheep Farming

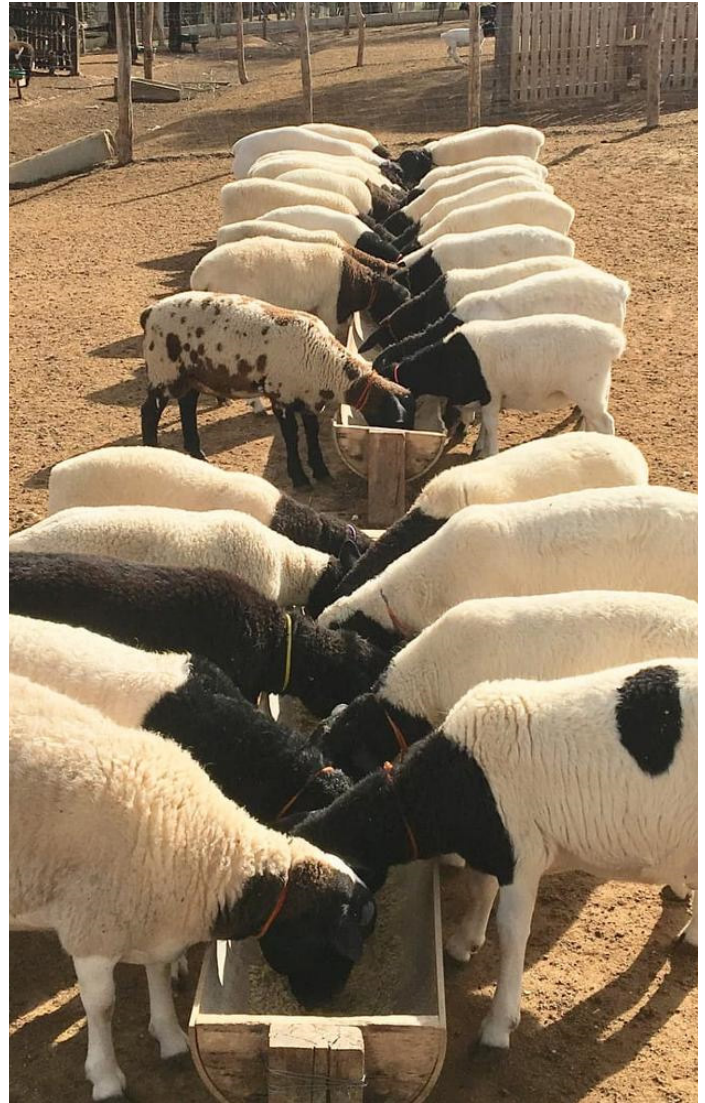
**F**rom way back, sheep have been raised for the purpose of generating an income for both the farm and family needs. While some farms make a majority of their income from raising sheep, sheep production is more often a secondary enterprise on a farm. Sheep-raising compliments many other agricultural enterprises. It is a popular enterprise for many part-time and lifestyle farmers. Sheep production is considered a good activity for youth and pensioners, it can also be enjoyable to them. Sheep are easier to handle than larger livestock and the investment in breeding stock, equipment, and facilities is usually much less than for other enterprises.

### Feeding and watering of sheep

For almost all livestock enterprises, feeders are a necessity. Feeding on the ground results in considerable feed wastage

and contributes to the spread of disease, especially internal parasites and abortion. Properly constructed feeders help to minimize feed wastage. Choose feeders that can be hung on the side of the fence, then removed after the sheep have finished eating. Sheep can be fed silage, hay or baleage.

**C**lean, fresh water is a daily necessity for sheep and lambs. Sheep prefer to drink still water as opposed to water from a moving stream. Remember that requirements increase greatly during late gestation and lactation. Water intake is positively correlated to feed intake. Sometimes, sheep will seem to drink very little water. This is probably because they are consuming feeds or forages that are sufficiently high in moisture content. As the grass gets drier or their diet gets drier, they will consume more water.



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In keeping with the Christmas theme, why not try to grow your own mistletoe? If you are lucky enough to have one of the host trees - apple, hawthorn, lime or poplar, growing mistletoe should be fairly easy. Simply collect some berries from a mistletoe plant and rub them into the cracks of the bark then let the mistletoe flourish from your tree's nutrients.

Round off the season by sowing plants for next year, sow summer flowering seeds and vegetable seeds to be harvested next autumn. Turn it into a family activity this winter, kids love growing from seed. Peas are perfect because of their quick results and they are great fun to pick and shell.

## What To Do In The Garden In December

As Christmas approaches, our to-do lists don't often contain gardening tasks at this time of year. You can take it a little easier this month without any risk to your garden; maintenance is the most important thing until spring. If you are looking to keep up the pace of your gardening, don't worry, there are still plenty of smaller jobs we can advise you to do.

### Sowing and Planting

Enjoy late flowers still in bloom and let us know what out of season flowers are still going in your garden. You can still plant out ferns and grass as they look as lovely covered in frost as they do when in bloom. Grass plants are great for planting under trees, complimenting surrounding plants with their delicate seed heads. Mix ferns up with berries and winter flowering Hellebore (Christmas Roses) for an interesting winter display.



### Fruit and Vegetables

it's time to plant new Fruit Trees. December is your last chance to plant fruit trees and bushes, secure the tree loosely to its stake to prevent it from being dislodged from the ground and remember to water when the weather is dry.

Gather up all your beanpoles, canes and another veg supports from your garden so they don't deteriorate over winter. Clean off any soil and leave them undercover, ready for next spring. Gather the last harvest, now is the final time to pick the fruit that is left and bring it indoors. Leave parsnips in the ground because they taste much better after the frosts. Tomatoes are unlikely to ripen further, bring them inside and put them next to a banana to ripen them quickly. Another way to use unripe tomatoes is to make green tomato chutney, perfect for eating on Christmas day, and even as presents.



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# About Shopping Malls In Gabs

### Main Mall

It is well known as a craft market mall because of a lot of craft vendors situated at the center of the mall. It has open walkway where shows, exhibitions and selling of crafts are conducted. Although the mall has so many stalls and shops, there is not much to do there as compared to other shopping malls in Gaborone. The good thing about it is that the mall has a skate park that is placed strategically higher, overlooking the main road. It's the right place for foreign visitors, because it's a good place for them to visit so that they experience some of the products that Botswana has to offer.

### Riverwalk Mall

This is a beautiful mall for family time. It is also a home to a number of Western style stores. It has a wide range of goods and produce and has quality stores to shop in which sell a fair range of clothing, food, beverages and others. It has nice movie cinemas.

### Rail Park Shopping Mall

Located adjacent to the Gaborone bus rank, Rail Park Mall is one of the busiest shopping malls in Gaborone. The good thing about this shopping mall is that it's easy to move around and find shops as compared to other malls and one would recommend it to a friend.

### Molapo Crossing Shopping Mall

This is a very good convenient shopping mall in Gaborone with most of the stores active until 8pm. It has stores that mostly sell gadgets and good restaurants where you can hang out with some friends and family members. The good thing about it that attracts more people is the performance stadium that is typically booked for events. This shopping mall is located at the junction of Molepolole road and Western Bypass.

### Game City Shopping Mall

Game city is a big mall with almost all the shops that you need. It has ample parking space that is always available for the customers. When you visit the shop, be sure to find anything that you want there. Like other shopping malls in Gaborone, Game City is the right shopping mall to hang out at with friends and family members.

### Airport Junction Shopping Centre

It's a beautiful, clean and big mall. It has a wide range of high end shops and has everything you need in one place. It is situated at the Airport Road, one would recommend it to others as it is a good place to hang out with friends and family members. It's easy to find whatever shop you are looking for at Airport junction mall, and has ample parking.

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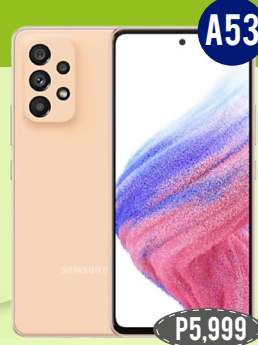
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- 4/6GB Ram | 128GB Rom



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# Fitness Challenge

|   |  |  |  |   |  |
|---|--|--|--|---|--|
| <b>Day 1</b><br>15 sit ups<br>5 crunches<br>50 pushups<br>10s plank<br>50s quats<br>50x J. rope       | <b>Day 2</b><br>20 sit ups<br>8 crunches<br>50 pushups<br>12s plank<br>55 squats<br>60x J. rope        | <b>Day 3</b><br>25 sit ups<br>10 crunches<br>50 pushups<br>15s plank<br>60 squats<br>75x J. rope       | <b>Day 4</b><br>REST DAY   | <b>Day 5</b><br>30 sit ups<br>12 crunches<br>50 pushups<br>20s plank<br>65 squats<br>85x J. rope        | <b>Day 6</b><br>35 sit ups<br>15 crunches<br>50 pushups<br>25s plank<br>70 squats<br>100x J. rope        |
| <b>Day 7</b><br>40 sit ups<br>20 crunches<br>50 pushups<br>30s plank<br>75 squats<br>120x J. rope     | <b>Day 8</b><br>REST DAY   | <b>Day 9</b><br>45 sit ups<br>30 crunches<br>50 pushups<br>35s plank<br>80 squats<br>140x J. rope      | <b>Day 10</b><br>50 sit ups<br>50 crunches<br>50 pushups<br>38s plank<br>85 squats<br>160x J. rope   | <b>Day 11</b><br>55 sit ups<br>65 crunches<br>50 pushups<br>42s plank<br>90 squats<br>175x J. rope      | <b>Day 12</b><br>REST DAY  |
| <b>Day 13</b><br>60 sit ups<br>75 crunches<br>50 pushups<br>50s plank<br>100 squats<br>190x J. rope   | <b>Day 14</b><br>65 sit ups<br>85 crunches<br>50 pushups<br>55s plank<br>105 squats<br>220x J. rope    | <b>Day 15</b><br>70 sit ups<br>90 crunches<br>50 pushups<br>60s plank<br>110 squats<br>250x J. rope    | <b>Day 16</b><br>REST DAY  | <b>Day 17</b><br>75 sit ups<br>100 crunches<br>50 pushups<br>65s plank<br>115 squats<br>350x J. rope    | <b>Day 18</b><br>80 sit ups<br>110 crunches<br>50 pushups<br>70s plank<br>120 squats<br>425x J. rope     |
| <b>Day 19</b><br>85 sit ups<br>120 crunches<br>50 pushups<br>75s plank<br>125 squats<br>475x J. rope  | <b>Day 20</b><br>REST DAY  | <b>Day 21</b><br>90 sit ups<br>130 crunches<br>50 pushups<br>80s plank<br>130 squats<br>550x J. rope   | <b>Day 22</b><br>95 sit ups<br>140 crunches<br>50 pushups<br>85s plank<br>140 squats<br>600x J. rope | <b>Day 23</b><br>100 sit ups<br>150 crunches<br>50 pushups<br>90s plank<br>145 squats<br>680x J. rope   | <b>Day 24</b><br>REST DAY  |
| <b>Day 25</b><br>105 sit ups<br>160 crunches<br>50 pushups<br>95s plank<br>150 squats<br>750x J. rope | <b>Day 26</b><br>110 sit ups<br>170 crunches<br>50 pushups<br>100s plank<br>155 squats<br>800x J. rope | <b>Day 27</b><br>115 sit ups<br>180 crunches<br>50 pushups<br>110s plank<br>160 squats<br>900x J. rope | <b>Day 28</b><br>REST DAY  | <b>Day 29</b><br>120 sit ups<br>190 crunches<br>50 pushups<br>115s plank<br>170 squats<br>1000x J. rope | <b>Day 30</b><br>125 sit ups<br>200 crunches<br>50 pushups<br>120s plank<br>180 squats<br>1050x J. ropes |

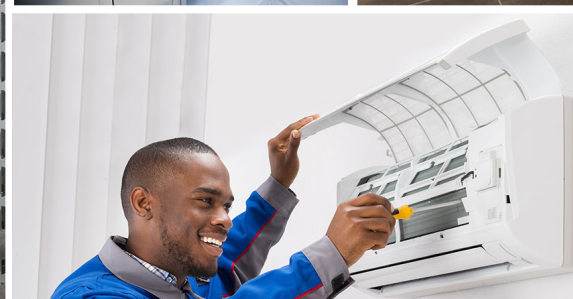
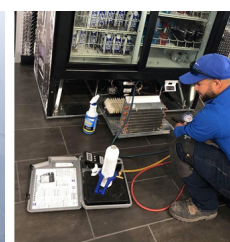
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## Gone Too Soon

The nation of Botswana recently lost a football star. Former Zebras, Highlands Park and Orapa United defender - Lesenya Lee Ramoraka lost his life as a result of car accident. Lee, as he was affectionately known in the football fraternity was dearly loved by a lot of Batswana. He was buried at his home village called Chadibe, in Tswapong.

# Whinstone Enterprises

## HIRING - HIRING - HIRING OPPORTUNITY

### Supervisor Fencing Division

We are looking for a supervisor, who is motivated to grow in the production space. He/ She should have run, automatic diamond mesh machines, hinge joint machines, barbed wire machines. He or She must have capability to understand the raw materials and type of wires and its grades, Galvanized coatings & powder coatings which are needed to run on the machine to produce various kinds of fences for different applications.

#### Requirement:

1. 10 Years' Experience
2. Electrical experience for the machine
3. Barbed wire machine
4. Diamond mesh Machine ( Automatic )
5. Hinge Joint Machine ( Automatic )
6. Galvanized Wire splicing online while

### Supervisor Position of Non- woven Plant X 2

We are also looking for a fitter and turner cum Electrician for assembling a Non woven plant in Selibe Phikwe. The plant was de-assembled 5 years ago and it has to be re-assembled and to be run continuously.

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- // Marzoli Cards
- // Crosslapper ( Custom Built )
- // Batch Oven ( Custom Built )
- // Heat Exchanger ( Thermax )
- // Coal Fired Exchanger
- // Ball Fibre Machine

#### Requirement for Plant:

- // 10 years Experience
- // Turner /Fitter & Electrical
- // Understands Types Of Fibres
- // Able to Run Heat Exchangers
- // Wiring on Marzoli Card Machines
- // Reassemble & Run Crosslapper

**Deadline:** 11/11/2022

#### Contact Details:

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