

Celebrity World

ISSUE NO.5 JULY/AUGUST 2017



We Have Come

A Long Way-

Team Distant

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I Love Dating
Short Women

What

Makes Your Hair Grow
Faster?

Celebrating A Life Well Lived-
Sir Ketumile Masire

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REACT OR RESPOND
TO YOUR KIDS

FINANCIAL TIPS

FOR UNIVERSITY STUDENTS TO SAVE AND
MANAGE MONEY BETTER

BTO
SHOWCASES
International Tourism Bourse

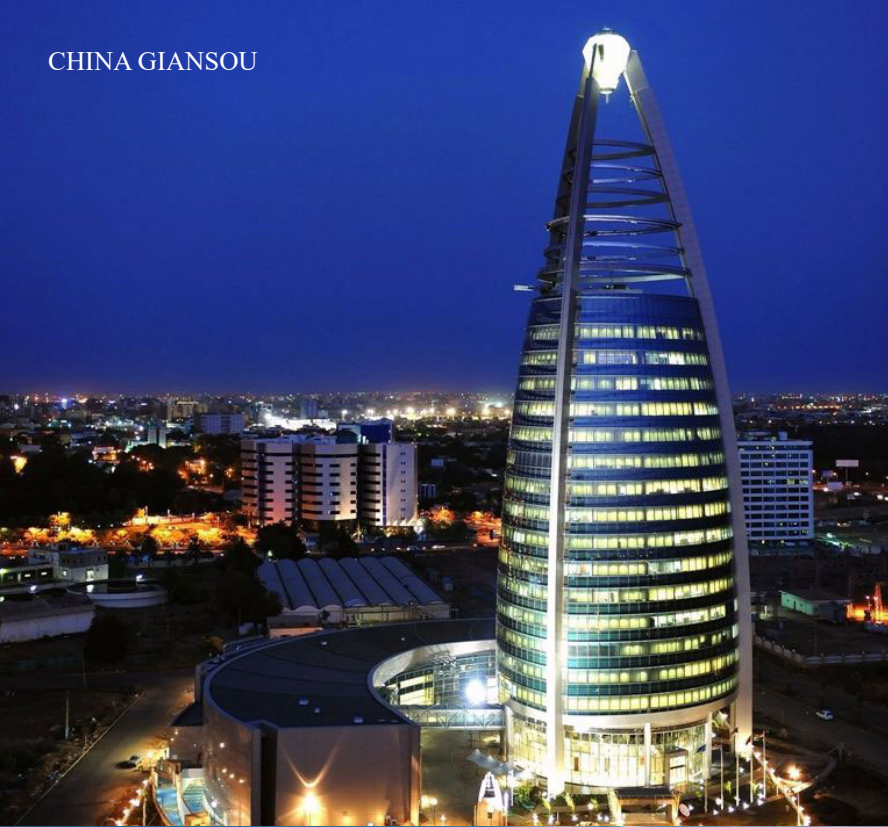


How to Grow an Indoor Garden

Health Benefits

Everyone Needs to Know about Ginger

CHINA GIANSOU



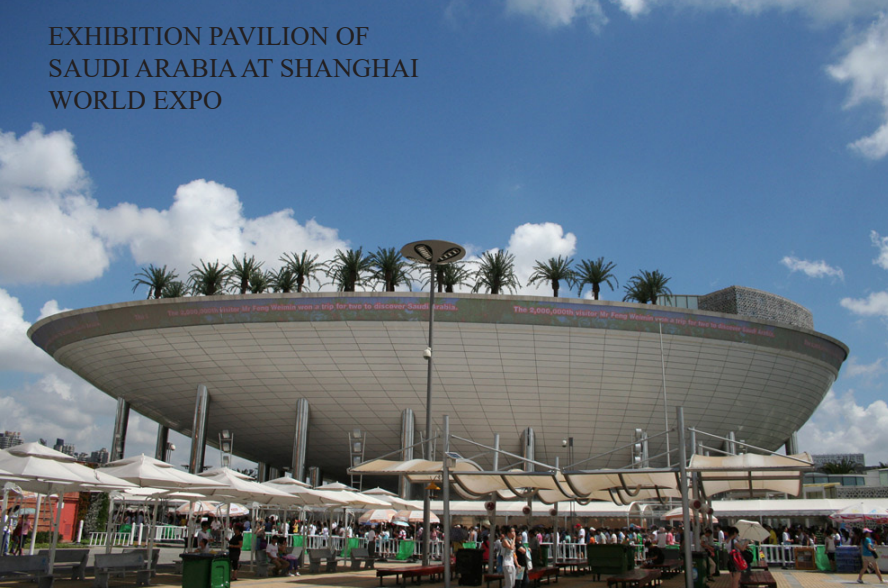
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GARDEN IN BEIJING



EXHIBITION PAVILION OF SAUDI ARABIA AT SHANGHAI WORLD EXPO



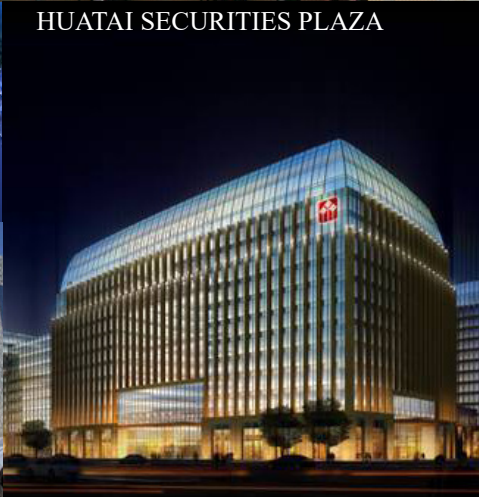
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What Is Your Role In Shaping The Next Generation?

Parents, siblings, aunts, uncles, librarians, friends and community leaders all play a role in literacy. If you want to, you have come to the right place. This issue is for you.

CELEBRITY WORLD MAGAZINE:

We have interviews for Botswana celebrities who you may not know, we have entrepreneurs who explore the journey of their businesses, and you can get tips of how you can start your business without being funded. Are you suffering with money loss? We have finance section for you, so it is not a big deal. Common and uncommon disease, you might not know

you have the unrecognized disease. Do it yourself... what? Gardening, home management tips, beauty tips, and kitchen tips. Are you feeling depressed, is your relationship wrecking? Do not think of anything, visit our relationship advices section, it is where we reveal your mind.

Celebrity World Magazine would also like you to call your attention to the tourism and culture section, as one of our objectives is to promote culture. We are shaping the next generation by counselling in form of writing, education section for kids to motivate them. We do not miss anything behind; we have catered for you too!

Celebrity World Magazine: Happy Reading!!



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Bhuiyan (Babu)**
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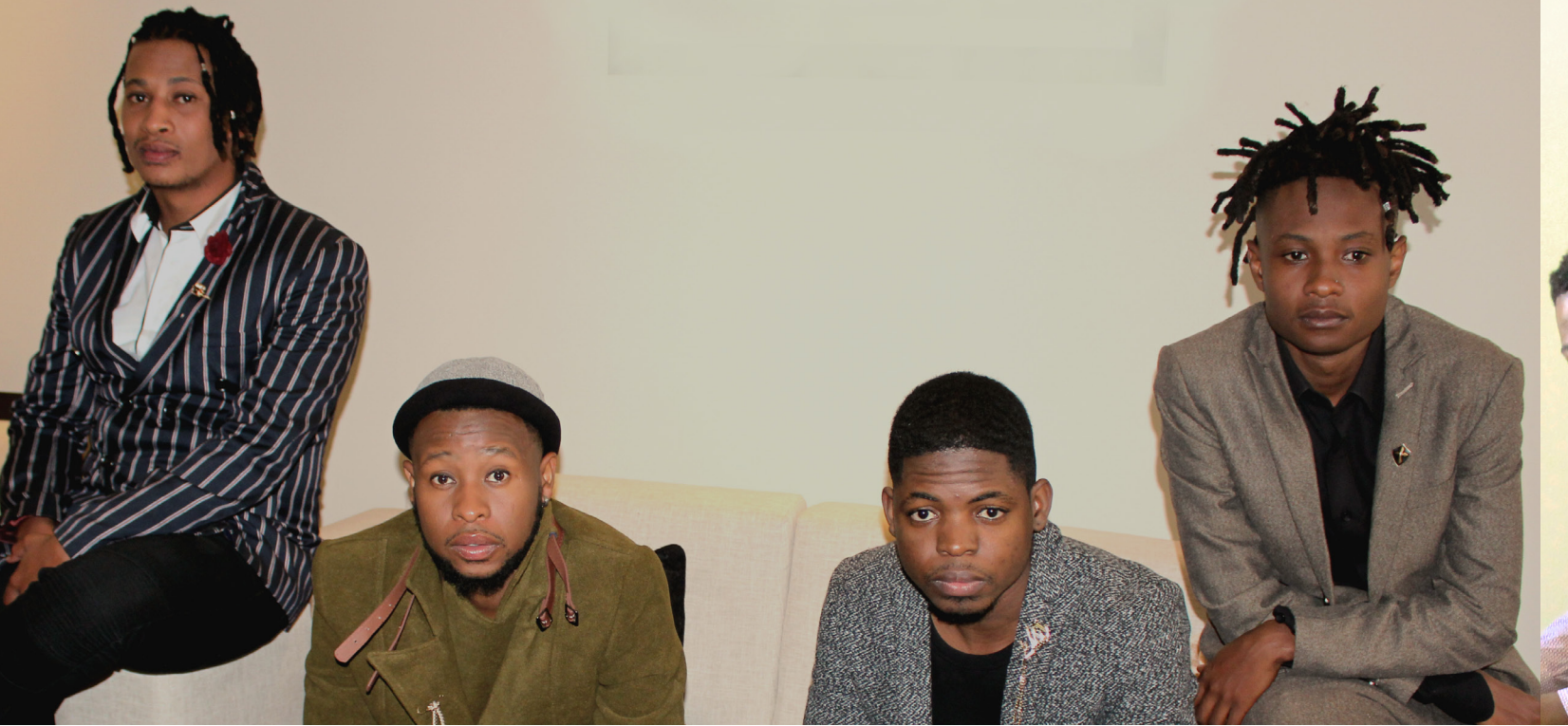
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IMPLAUSIBLE

JAZZ MUSIC PROJECT

BY A TEENAGER

SEBAGA

She is part of a jazz trio called playground, which consists of two young men and her. She plays an instrument that has been stereotyped to be an instrument that is played only by men under a Jazz project called "It Has To Be Jazz".

It is rare to find young Motswana youth doing such an amazing thing like this at Sebaga Rabanthen's age; she is an aspiring Motswana jazz artist from Tonota, 18 years of age and a music student at Kingdom Arts. It has been a year and four months doing instrumental music project. She plays a saxophone exceptionally well and learning all these at her school has had a positive impact on her. CW Magazine held an interview with the young girl as she opens up on how she became an artist and what inspired her career.

At a very young age, it can be a great opportunity to expose children to music; Children can do better in future. Sebaga said at a tender age she used to listen to a lot of music which started as a hobby then love and passion for it grew as time goes on. Her dream came real; all these came after she finished her Cambridge level then the idea of starting music came after. Sebaga mentioned that she did not have any chance to listen to house music and other genres since she stayed and spent a lot of time with her grandmother who listened to artists like; Budazza, Jhonny Mokhali, Hugh Masikela, gospel music and that is where she fell in love with jazz.

Speaking about how she joined the 'It has to be Jazz' project, Sebaga said that she got an inbox from her manager, Mr Maseko through Facebook who came to her school and she played a saxophone for him. Sebaga impressed them and they went for recording two days after they have met.



With encouragement and the right full support Sebaga is getting from her family, it inspires her to build a strong sense of self-confidence and a solid foundation for lifelong success on her career, except that sometimes her mother complains about her late home comings at night. She also said that she is receiving good compliments about the project that she is doing now adding that some people are shocked looking at her age but doing this kind of thing here in Botswana.

Talking about challenges, Sebaga said that they are always there but when you know that everyone face theirs it will be easy to cope with yours. "Challenges are there but I don't like to call them challenges where by you get into a band and it's only a lady and they will think that I can't do it looking at my age or gender. When I find myself in that situation I usually tell myself that I am going to do this with these people, not feeling inferior or superior and we artists don't like to come together as one and help each other for the sake of music. That is the only challenge I ever faced since I got into the music industry," she said.

In Botswana Sebaga worked with artists such as Sereetsi and the Natives and gospel group called B Attitude. Currently she is working with Amantle Brow. During her spare time she reads anything musical only and what she feels in her soul at the moment is what inspires her music. If she were to relocate to South Africa, Sebaga said that she will, but not for good because she is highly welcomed in South-Africa and she gets warming responses about her project from South-Africans. Sebaga added that the fact that she is from a different country, makes them believe and think that she is coming with new different things that can benefit them.

Adding on our conversation, she rated how local radio stations play music by saying "We are growing by the day; I think will get there and we will reach 90%. I would like to credit myself, my mother; 'it has to be jazz project', my saxophone teacher and lastly God. My vision is already happening now we want to go through SADC region so that they can hear what the youth are bringing to them and how we understand jazz."

Many youth are stereotyped when it comes to some music genres like jazz, they think it is for elderly people but at Sebaga's age, having that passion and love for it makes her unique and so amazing. Jazz is in her blood, she listens to different artists like Abdu Ibrahim, Moses Khumalo and they inspire her because there is a lot of story telling in their music.

Believing in oneself is one of the most dominant obstacles that most of the youth faces. Failing to believe in themselves will not work if they do not have self-confidence. "If you are a musician or you are willing to get into the music industry, know that you're going to face the world. Don't be shy or say I can't do this. In some ways we can be the same but we are different in other ways, if someone can't do something it doesn't mean you too can't do it. Don't limit yourself and don't listen to people out there saying negativities," advised Sebaga.

HER QUOTE:

The only thing you should be concerned about yourself is to be happy and reach amazing higher level of success and follow your own path.



Musically Inspired

Tshepo Maseko Is The Founder Of 'It Has To Be Jazz'.



26 year old Tshepo Maseko is the founder of It Has To Be Jazz movement which aims to unearth the youth jazz to record their amazing compositions and also provide them with the platform for them to penetrate the jazz world.

The movement was formed with his father Raymond Maseko in 18 September 2016. He founded it out of curiosity, as he was trying to see if the youth of jazz is ready to take over the jazz scene. Since they started, they have worked with

many young musicians from Botswana, South Africa, Ghana, Malawi and Zimbabwe.

So far his project is doing well; even though they are struggling with certain items like finance, they are hopefully waiting for sponsorship. They are planning on their next recording which is their 7th album and working on creating more live events with which they want to cross borders with. So far It Has To Be Jazz has done live events in South Africa which was a great success as they have been exposed to radio coverage and TV coverage.

"As far as been well, we did our part in raising funds fight cancer, our artists perform there. They can see we are doing something positive and the youth is doing something positive and that will bring a better future for them. The project is doing a positive work", added Tshepo. He also added that he sees the brand growing to be known worldwide. The artist that they work with will not be recognised in Botswana only but also international.

In future Tshepo sees It Has To Be Jazz as a worldwide brand that brings together young jazz musicians to make off the cuff music from after meeting for the first time.



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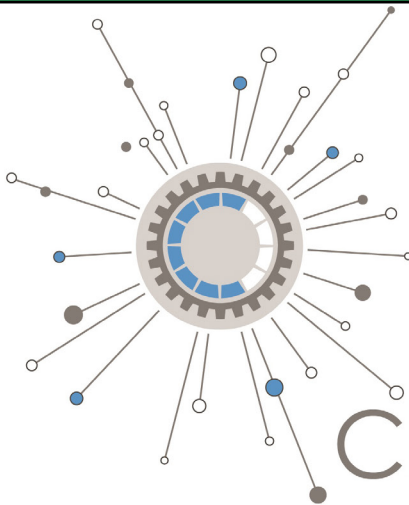
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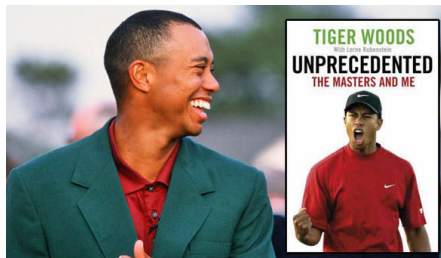


Title: The Dinner
Year: 2017
Running time: 120 minutes
Country: United States United States
Director: Oren Moverman
Screenwriter: Oren Moverman (Novel: Herman Koch)
Music: Elijah Brueggemann
Cinematography: Bobby Bukowski
Cast: Rebecca Hall, Laura Linney, Chloë Sevigny, Richard Gere, Steve Coogan, Michael Chernus, Seamus Davey-Fitzpatrick, Charlie Plummer, Adepero Oduye, Dominic Colón, Joel Bissonnette, Emma R. Mudd, Onika Day, Robert McKay, George Aloi, Benjamin Snyder
Producer:
Genre: Drama.



SPIDER-MAN: HOMECOMING

Thrilled by his experience with the Avengers, young Peter Parker (Tom Holland) returns home to live with his Aunt May. Under the watchful eye of mentor Tony Stark, Parker starts to embrace his newfound identity as Spider-Man. He also tries to return to his normal daily routine -- distracted by thoughts of proving himself to be more than just a friendly neighborhood superhero. Peter must soon put his powers to the test when the evil Vulture emerges to threaten everything that he holds dear.
GENRE: Adventure, Action
RELEASE DATE: Friday 7, July 2017
STARRING: Tom Holland, Michael Keaton, Zendaya Coleman



Tiger Woods Unprecedented: The Masters And Me, Sphere

What is clear from the outset is Woods' insatiable appetite to win. This was noticeable from his excellent amateur career. After turning things around following a poor front nine at the Masters on the first day, Wood got back on track, picking up birdies on the back nine. He was like a cold-blooded assassin in terms of not just winning but truly beating all his competitors. At The Masters, he won by a record 12 strokes. The keen observer will know Woods always liked to wear red on the final day of a Majors tournament - something that resonates with his mother as red is her favorite colour. The book succinctly charts the extraordinary success and challenges Woods faced in his nascent professional career. While his decline as previously mentioned has been a sad sight, this work provides a timely reminder of Woods' former glories and is a must read for all golfing aficionados.

MOVIE DIRECTOR, SCRIPT WRITERS AND THEATRE DIRECTORS



Rajkumar Hirani

Rajkumar Hirani born in Nagpur, Maharashtra, India on 22 November 1962 he won a National Award and Filmfare Award winning Indian director, screenwriter and film editor of Hindi films is best known for the films Munna Bhai MBBS (2003), Lage Raho Munnabhai (2006) and three Idiots (2009).



Amy Jephta

Amy Jephta is a South African playwright, screenwriter and theatre director. She is a lecturer at the University of Cape Town and the first recipient of the Emerging Theatre Director's Bursary in South Africa. Her work has been staged at The Fugard Theatre, The Bush Theatre, The Royal Court Theatre disambiguation needed, Jermyn Street Theatre and Theatre503. Jephta is an alumnus of the Lincoln Center Theatre Directors Lab and was one of the Mail & Guardian's 200 Young South Africans in 2013. Her Monologue Shoes was performed by James McAvoy and directed by Danny Boyle as part of the 2015 show The Children's Monologues at The Royal Court Theatre.

WAR FOR THE PLANET OF THE APES

In War for the Planet of the Apes, the third chapter of the critically acclaimed blockbuster franchise, Caesar and his apes are forced into a deadly conflict with an army of humans led by a ruthless Colonel. After the apes suffer unimaginable losses, Caesar wrestles with his darker instincts and begins his own mythic quest to avenge his kind. As the journey finally brings them face to face, Caesar and the Colonel are pitted against each other in an epic battle that will determine the fate of both their species and the future of the planet.
GENRE: Adventure, Action Drama
RELEASE DATE: Friday 14, July 2017
STARRING: Judy Greer, Chad Rook, Andy Serkis



GAME OF THRONES (SEASON 7)

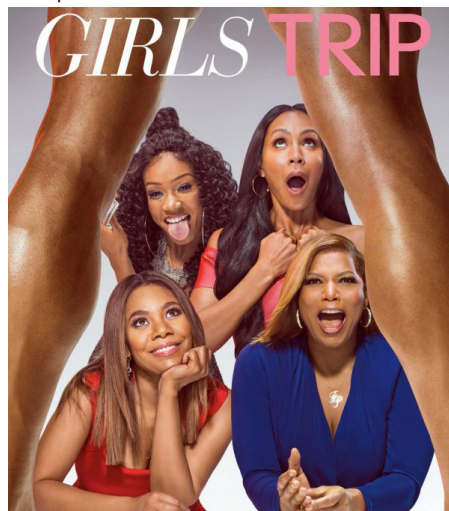
"Now that winter has arrived on Game Of Thrones, executive producers David Benioff and D.B. Weiss felt that the storylines of the next season would be better served by starting production a little later than usual, when the weather is changing," Casey Bloys, president of HBO programming, said in a statement. "Instead of the show's traditional spring debut, we're moving the debut to summer to accommodate the shooting schedule."

But there is plenty of good news too. Join us in this living and breathing document as we anticipate the coming ice storm...

RELEASE DATE: July 16, 2017.

GENRE: Fantasy

STARRING: David Bradley Joseph Mawle



GIRLS TRIP

When four lifelong friends travel to New Orleans for the annual Essence Festival, sisterhoods are rekindled, wild sides are rediscovered, and there's enough dancing, drinking, brawling and romancing to make the Big Easy blush.

GENRE: Comedy

RELEASE DATE: Friday, July 21, 2017

STARRING: Queen Latifah Jada Pinkett Smith Regina Hall



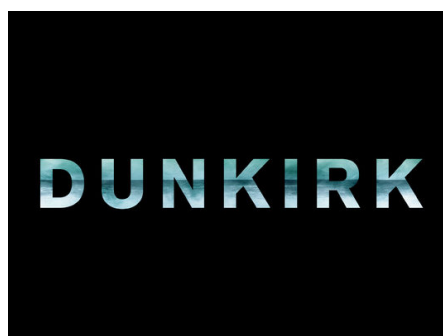
THE BLACK PRINCE

The King, Maharajah Duleep Singh, was placed on the throne at the age of five only to be robbed of it by a bloody treason at the hands of trusted courtiers. He was then torn from his mother and taken to England by the British at age fifteen. While in England, he was introduced to Queen Victoria, who took an immediate liking to him, calling him "The Black Prince". He was indoctrinated into Christianity and baptized, changing his life forever.

GENRE: Drama Historical

RELEASE DATE: Friday, July 21, 2017

STARRING: Jason Flemyng Amanda Root Ameet Chana



DUNKIRK

Miraculous evacuation of Allied soldiers from Belgium, Britain and France, who were cut off and surrounded by the German army from the beaches and harbor of Dunkirk, France, between May 27-June 04, 1940, during Battle of France in World War II.

GENRE: Action Adventure IMAX Historical War

AGE RESTRICTION: PG-13

RELEASE DATE: Friday, July 21, 2017

STARRING: Kenneth Branagh Tom Hardy Harry Styles



ATOMIC BLONDE

The crown jewel of Her Majesty's Secret Intelligence Service, Agent Lorraine Broughton (Theron) is equal parts spy-craft, sensuality and savagery, willing to deploy any of her skills to stay alive on her impossible mission. Sent alone into Berlin to deliver a priceless dossier out of the destabilized city, she partners with embedded station chief David Percival (James McAvoy) to navigate her way through the deadliest game of spies.

GENRE: Thriller Adaptation Spy

RELEASE DATE: Friday, July 28, 2017

STARRING: James McAvoy Charlize Theron Boutella

THE EMOJI MOVIE

The Emoji Movie unlocks the never-before-seen secret world inside your smartphone. Hidden within the messaging app is Textopolis, a bustling city where all your favorite emojis live, hoping to be selected by the phone's user. In this world, each emoji has only one facial expression – except for Gene (T.J. Miller), an exuberant emoji who was born without a filter and is bursting with multiple expressions. Determined to become "normal" like the other emojis, Gene enlists the help of his handy best friend Hi-5 (James Corden) and the notorious code breaker emoji Jailbreak (Ilana Glazer). Together, they embark on an epic "app-venture" through the apps on the phone, each its own wild and fun world, to find the Code that will fix Gene. But when a greater danger threatens the phone, the fate of all emojis depends on these three unlikely friends who must save their world before it's deleted forever.

GENRE: Family Animation

RELEASE DATE: Friday, July 28, 2017

STARRING: T.J. Miller Gene (voice) James Corden Hi-5 (voice)



"I HAVEN'T DROPPED THE ASSAULT CHARGES AGAINST ARTHUR" – CICI

Cici has released a press statement, which refutes claims that she's dropped assault charges against her boss and alleged partner Arthur Mofokate.

The muso has released a statement which states she hasn't dropped charges against 999 Music owner Arthur Mofokate. This is after he apparently dragged her with his car during an altercation earlier this month.

Cici, real name Busisiwe Thwala, then released an image of the injuries she sustained and revealed she had a pelvic replacement operation and hasn't been able to walk since the incident with Arthur.

The statement reads:

"I refute claims that me and Mr Arthur Mafokate have kissed and made up. I also refute claims that I have dropped the assault charges against Arthur as reported in the media. As far as I know, the charges against Arthur are still pending and I have no intentions of dropping them."

In the statement she also points out she won't be discussing the matter further as the "matter is in the hand of the police and the National Prosecuting Authority." "Furthermore, I would like to ask the media to ignore any remarks in the media regarding me contrary to what I have responded to."



PEARL THUSI LEAVES QUANTICO AHEAD OF THIRD SEASON

South African actress and TV personality Pearl Thusi, who plays Harvard lawyer Dayana Mampasi, in the international ABC network TV series Quantico will not be returning in season 3.

Thusi's exit comes after news that original cast member Yasmine Al Massri, who played twins Nimah and Raina, would not be returning to the show. Thusi's character was introduced at the beginning of season two. After a strong first season, the show's viewership declined sharply in season two causing a creative overhaul of the series and leadership changes.



COLLAPSED MARRIAGE: I WAS NEARLY KILLED – EMEKA IKE

Nollywood actor, Emeka Ike, has claimed that there have been several attempts to kill him since he broke up with his estranged wife.

The veteran actor told Punch that when the time was ripe, he would set the record straight concerning his divorce which was finalised earlier this year. He said, "This matter with my ex-wife is not an important issue. There are more important things I'm concerned with right now and I wouldn't want to lose focus."

"A time is coming when I would set the records straight about what really transpired between us.

"There have been two attempts to kill me and both times, I escaped unscathed. That's part of the reason my wife left; she is running for her life."



DOLCE & GABBANA WILL 'NEVER WORK' WITH MILEY CYRUS' BROTHER AGAIN AFTER SINGER SLAMS THE BRAND ON HIS MODELLING DEBUT

In Stefano Gabbana's latest Instagram post, which has since been deleted, he wrote the following message directed at Miley;

"We are Italian and we don't care about politics and mostly neither about the American one! We make dresses and if you think about doing politics with a post it's simply ignorant. We don't need your posts or comments so next time please ignore us!!" He then went on to comment on a photo of Miley's brother, Braison, who made his modeling debut with D&G earlier this week saying; "For your stupid comment never more work with him"

It's full of praise for her bro but then goes on to take a dig at D&G, saying; 'PS D&G, I STRONGLY disagree with your politics... but I do support your company's effort to celebrate young artists & give them the platform to shine their light for all to see!

We imagine the politics Miley refers to in her post is directed at D&G's choice to dress Melania Trump...

Previously the duo offended a load of people including Elton John with their statements on gay parenthood. More recently they came under fire for calling a pair of sandals 'slave sandals' and bringing out trainers with the slogan 'I'm thin and gorgeous' written on the side. Obviously a lot of people were not happy about the messages coming from D&G's designs.



PAKISTANI TWITTER USER ASKS WHO IS SHAH RUKH KHAN, FANS FROM INDIA, PAKISTAN TROLL HIM BACK

After Pakistan won the final match of ICC Champions Trophy on Sunday, cricket fans in Pakistan showed their love for the team and its captain Sarfraz Ahmed by gathering to wish the star. A Twitter user, '@iUsmanJameel' posted the pictures of fans cheering for their sportstar and asked "SRK WHO?" This was not taken lightly by fans of Shah Rukh Khan. Not just India, but the star's fans from Pakistan also came to his rescue and trolled the troll. One fan even posted photos of fans gathered to see a glimpse of Shah Rukh and stated that there was no comparison to who was the bigger star.

From retweets about SRK being the 'world's biggest superstar' to fans posting videos of fan frenzy around the star, Twitterati made sure that '@iUsman-Jameel' wouldn't underestimate a star next time.

BEYONCE AND JAY Z'S RUMORED TWINS' NAMES LEAKED AND THEY'RE NOT WHAT THE BEYHIVE EXPECTED

Beyoncé formed Destiny's Child 2.0 last week when she FINALLY gave birth to the Carter twins, who are both doing well despite reportedly being treated for jaundice. While Bey and Jay Z are keeping their lipped zipped on every detail about the delivery (as expected), that hasn't stopped the ol' rumor mill from churning out some pretty interesting tidbits about the twins' names. According to



KIM KARDASHIAN AND KANYE WEST HIRE A SURROGATE TO CARRY BABY NO. 3

Kim Kardashian has decided to have another baby with husband Kanye West. The E! reality star and the Grammy-winning musician are already parents to daughter North West, 4, and son Saint West, 18 months. Because Kim has placenta accreta, making a third pregnancy potentially life-threatening, they used an agency to hire a surrogate.

In the Nov. 13, 2016 episode of Keeping Up With the Kardashians, Kim—who celebrated her third wedding anniversary May 2—said she "would love to maybe" have another baby. So, she talked to OB/GYN Dr. Paul Crane to weigh her options, given her complicated pregnancies and deliveries. Because she suffered from toxemia and a retained placenta, which was "traumatic" on her body, the odds of her having another difficult pregnancy are higher, Dr. Crane explained.

The Hollywood Gossip, the billion-dollar couple has chosen the names "Shawn" (though some media outlets are spelling it "Sean") and "Bea" (pronounced "Bee") for their heirs.

While it took us a while to decipher the meaning behind "Blue Ivy," you don't have to be a genius to figure out why Beyoncé and Jay Z (allegedly) picked these names for their twins: Shawn/Sean is named after his dad, who spells it the first way, while Bea seems to be a reference to Bey's "Queen B" nickname. (THG's source adds that Bea means "bringer of joy" in Latin.)



KATE MIDDLETON CHANNELS DIANA IN ACCIDENTALLY SEETHROUGH DRESS

Duchess of Fashion (and Cambridge) Kate Middleton continues to be a royal trend-setter. This time, she turned to the past for inspiration, having a sheer white-skirt moment just like her late mother-in-law, Princess Diana, did when she was photographed by the press in 1980. Diana, just 19 at the time, was a nursery assistant at the Young England Kindergarten School when she attracted attention for the now-famous look. She posed for the camera with a toddler on each side, pairing her sheer skirt with a classic button-down shirt, sweater vest, and peep-toe flats. Di became engaged to Prince Charles the following year and was quickly heralded as a style icon.

Kate, 35, appeared to emulate the daring fashion choice at Tuesday's Royal Ascot wearing a lacy Alexander McQueen dress, which subtly revealed the outline of her legs. She complemented the look with a pair of nude heels, a matching clutch, and a chic fascinator.





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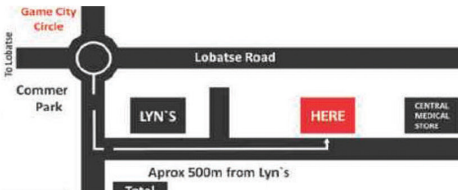


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We Have Come

Team



Team Distant is a group that has its own rhythm and style. It comprises of four members Limkokwing University graduates who play instruments with their Manager, Mr Kgolagano Entaile. Roy "Roy-K", Kasale, Omphile "O.M.P" Baoki, Aaron "Riise" Motlhabani, Kgosithebe "AFRO ZEST" Toto met in the past four years and worked together for a common goal of music.

They grew up together to nurture their talents and their dream came true. They are still working together effectively as a team with different skills. The quartet focuses on house music because they love the genre and feel that they have a lot to offer under it. There are lot of sub-genres under house music, like deep house and West Africa Sound so they are in love with all those.

At first people knew Team Distant by the name 'Distant Relatives' so they went to register their name at Registry of Companies where they were told that their trading name had been taken. All these meant that they had to go back and change the name that keeps relevant to 'Distant Relative' name. They figured out that they are still a team and they are from different places that are very distant, thus becomes Team Distant.

In 2011 Team Distant came up with a single out called Oni korota to try the industry and released it in 2013. That is when people heard it on radio and around the world. That was also the time when everything started with Team Distant. Their first performance was at a promotional event in 2013 at game city where their first payment was 300 pula. They mentioned that they played their hearts out without knowing that it was the beginning of bigger things. For Team Distant it was not really about money then, but it was about what they have for people. It was a great feeling for them

to face the crowd and it is one of their achievements.

Each and every particular song has its story. Out of all, 'Oni Korota' got attention but the hit 'Sedi laaka' did more of what they wanted to achieve as Team Distant because it reached out to the adults, youth and children. They won two Yarona FM Music Awards in 2016 for Best Producer and Best Collaboration. Team Distant do not have albums but only Effortless Project (EP) out and the rest are singles.

Collaborating with other musicians can be beneficial for singers; it can open up new ideas and give you a vision into how others do their music. Locally, Team Distant has worked with Dj Crispin, Da drama, Han-C, Kapenda the guitarist and others. Internationally they have worked with Dr Malinga and African Roots. Working with these people has given them challenges because at a certain point they are going to work with different people in different approaches to get

A Long Way

Distant



that work done. It has also broadened up their image and brand because of Dr Malinga, African Roots and Han-C. Those musicians have their fans and Team Distant has theirs. Their name is also known throughout other musicians' fan bases because they got more exposure to a wider audience. Their sound has reached places like Portugal, Canada, United States of America and United Kingdom. Team Distant decided to be a quartet because their plan was to offer a lot in terms of music ideas and stage wise. Their main aim is to be unique by bringing different things in terms of music, which have not been done in Botswana. They do not want to be regular DJ desk playing popular songs but to be the guys behind those drums that play their own songs. Currently they are working on their second EP.

Support

Finance is the main support that can make an artist grow, it will take you where you want to be and what you want

They do not want to be regular DJ desk playing popular songs but to be the guys behind those drums that play their own songs. Currently they are working on their second EP.

to achieve. Team Distant mentioned that people appreciate, support and come to their shows. Everyone seems to be happy about them whenever they perform. Being recognised as an artist by radio stations like Yarona FM, RB2, etc. on its own is support too because it keeps them going.

Challenges

Roy "Roy-K", Kasale said "The main current challenge every artist faces can be solved by the government, because since 2008 operating times for clubs and events were changed by the government. That means money is now limited because Botswana prefer coming

to the shows around 2a.m, which is the time when clubs are closed. Nowadays money that comes in when doing events and shows is no longer something someone in the music industry happily takes. Team Distant is putting more effort on this challenge but getting less and it is something one cannot blame the club owner or Botswana. It is the main challenge which causes other problems, artists need money, and they do not do big projects because they do not have money. We are not taken serious in the streets or even go outside to look for collaborations because there is no money.

The other challenge is support; I think we need more support from Botswana other than being negative always. They should see some positivity towards what other person is trying to do. Botswana should not always compare Botswana artists with foreign artists because those are totally in different industries. Their countries have population and sponsorship better than us. If you want something you know where to get it. Sponsorship is

hard nowadays compared to back before 2008. We had other artists that were bigger but today they are no longer that big due to one reason."

Motivation

"Motivation is all around, we grew up being told that people who do music won't succeed, you live off that when people tell you that you can't do something prove them wrong. So it is from the negative energy and it is from the love of doing something and knowing one day you are going to be blessed and achieve what you want, not giving up and living up to your dreams. That will take you somewhere," added Roy.

He continues, we see us far there is a place called São Paulo at Brazil that's where we see ourselves as Team Distant at the beach playing music live for the Brazilians and France. We are imagining all the international things and we want to take our music outside to the world at large. Team Distant has grown and achieved a lot in terms of stage performances and musical growth. Although obstacles are there, all that is left is to cross over to the next stage. I think you won't relate Team Distant's first song to what is happening today because now we can be booked for events at places like Botswana craft, where there are elders. We have established our brand through music videos and we get to send our songs outside. We are more organised now".

His message:

What I would love to tell future artists is; please find your path and stick to it. Invest in yourself whatever the little you have and don't be afraid to look good. There are ups and downs in life that you should expect, people are going to tell you negative things but you should be able to stand up and prove them wrong.



Roy K



Afrozest



Riise



OMP

Urban Flava



Urban Flava is an upcoming local Dancehall music group. It comprises of Unangoni Ophaketse (21), known by his stage name 'Blaq ros' and Bakang Mabe (23) known by his stage name 'Becolar Jr'.

Residing from Maun, Unangoni Ophaketse founded Urban Flava in 2014 and was later joined by a Gumare native, Bakang Mabe in 2015 while they were students at Limkokwing University of Creative Technology in Botswana.

Unangoni said that he gets some inspirations from Vybz Kartel music and other dancehall artists. Dancehall is a most popular music in Jamaica. Botswana is one of countries that are still adapting to dancehall music. Unangoni and Bakang strictly listen to dancehall and reggae music with afro-beat of Nigerian songs. They released their first two singles called 'Summer Love' in 2016 and 'Mama' in 2017 which made them being recognized in the music industry. "Since we are new in the music industry, the response we receive from people is good and we hope for better in future," added Unangoni.

Talking about challenges they face since they joined music industry, Bakang said that money is the main issue they encountered in their journey. They had financial problems such as paying the producer, recording and shooting videos. All in all, their parents are supportive; they

encourage and advise them to push hard on what they are doing.

Unangoni suggested that the Government of Botswana should at least provide financial assistance to the upcoming artists or maybe hold competitions local artists could showcase their talents and get prizes. This will help curb money crisis issue faced by upcoming artists.

In 2016 Urban Flava attended the show called City to City Tour at Molapo Crossing where there were only dancehall artists like Winky-D. Urban Flava performed only two songs; 'Summer Love' and 'Soul Mate' and people supported them. They have submitted only one song (Summer Love) to Radio Stations like Duma FM, RB1 & RB2. Unangoni mentioned that he foresees Urban Flava being the best dancehall group in Botswana. Their dream is to work with other local artists like Amantle Brown, Spizza, VEE and DJ Latimy. "Apart from singing, I'm an upcoming actor. I do acting and sports. I'm a rugby player, I spare my time by listening to some music, writing lyrics, sometimes playing football to refresh my mind and keep my body fit," he said. Bakang Mabe concludes "I do camera operating and video editing during my spare time. My word to people is that we need your support and upcoming artists should know that education comes first before everything. My favourite quote is 'work hard like a slave to live like a king'". Facebook page: @blac ros Group page name: Urban flavor Email: @blacrosbw@gmail.com



Fashion and Beauty



Models: Nelson Chaka, Kutlo Godisa,
Kerrin Ramotlhabane, Botlhe Molete
from Madame Queen Modeling agency
Stylist: Madame Queen
Make up: Madame Queen





BIOGRAPHY

NAME: Ithueng Siresi

NICK NAME: Moriski

DATE OF BIRTH: 19/Nov/1993

GYM: Superfit Block 6

FB: Moriski Ithueng Riskiss

EDUCATION: Interior Architecture at Limkokwing University of Creative Technology

PROFESSION: Fashion/Runway model, Fitness model, Men's physique bodybuilding competitor

WHATSAPP: +267 76177897

HONOURS: Designer physique bodybuilding medalist (1st position in men's physique category) 2017

QUOTES: You don't always get what you wish for, but you always get what you work for.

ROLE MODEL: Dwayne 'The Rock' Johnson

FAVOURITE DISH: Mashed potatoes and fried chicken

GOALS: To become an international model as well as to compete abroad in bodybuilding competitions



Name: Boipelo Manche

Place of Birth: Selibe Phikwe

Date of Birth: 01 May 1996

Occupation: student

Hobbies: reading novels & drawing

Social Media contacts:

fb-Minnie-Boipelo Mmela

twitter-Minnie Mmela

Model Page-Boipelo Model

What

Makes Your Hair Grow Faster?

Essential Oils

Concoction of oils so far has been argon oil, jojoba oil, linen oil, coconut oil, lavender oil and olive oil.

Slightly heat the oils enough for it to be comfortably warm to the touch then gently massage it into your scalp or ask someone to do it for you, this can be very therapeutic. Massage it in a circular motion at the roots for about 15 – 20 minutes then ask them to spread the oil down the length of your hair. Wait for another 30 minutes and then shampoo your hair thoroughly; you may need to do a double shampoo.

This treatment is therapeutic and the end results will make your hair look glossy and healthy. You can repeat this regularly to grow hair faster.



Castor Oil

The first one is an overnight castor oil hair treatment. Castor oil had been known for its astonishing effects on hair for years.

All you need to do is massage it into your hair before bed and leave it in overnight. The following morning wash your hair as usual. Repeat this process once or twice per week for a month or two and you'll see the wonders it does for the length and health of your hair.

Whip Up An Egg Mask

Eggs are packed with protein, zinc, iron, sulfur, selenium and phosphorous so it's great to grow hair faster. You can do an egg hair mask at least once a month. Whisk an egg yolk; add a few drops of lavender oil and four tablespoons of grapeseed oil.

Apply it to your scalp and hair then leave it on for half an hour. Finally, rinse and shampoo your hair as usual

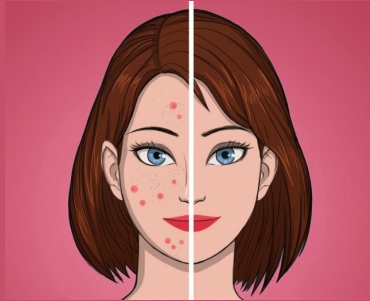


SKIN ROUTINE MUST DO'S

TO AVOID PREMATURE AGING

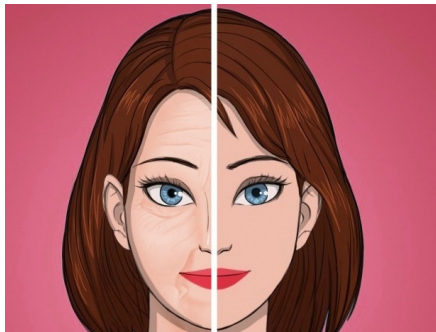
Preventing Acne

Acne can make a comeback if you do not wash your face. Clogged pores usually lead to pimples and inflammation. If you suffer or have suffered from acne, use special non-oily and easy-to-remove makeup and micellar water to wash it off.



Delaying The Aging Process

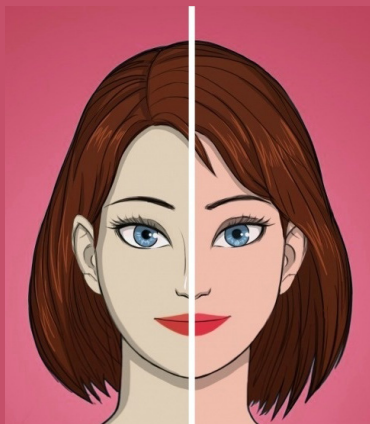
It has been scientifically proven that every night your skin regenerates itself. If it's not clean, it will age more quickly. You will not be able to avoid flaccidity, and premature wrinkles will appear sooner than you can imagine.



Nourishing Your Face

Skin cells regenerate faster at night, so help your skin with this process: remove makeup, and then apply an astringent and moisturizer with antioxidants. There's nothing better than going to bed with a clean, refreshed face.

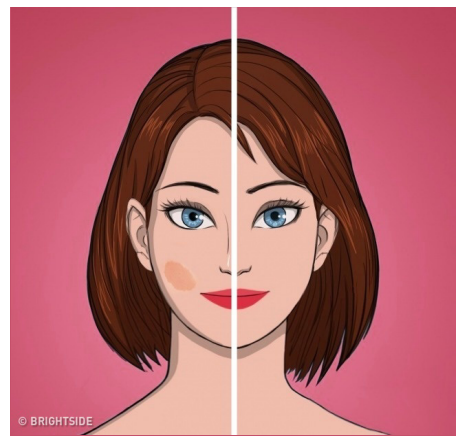
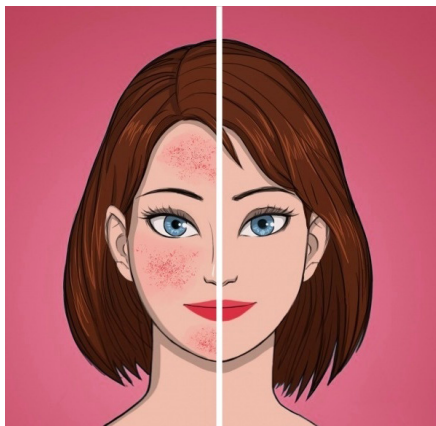
Also, remember that using high-quality makeup is vital for your skin to be healthy. Poor-quality makeup can damage your skin and lead to serious problems.



Fighting Allergies

Your skin may be prone to allergic reactions, even if you have never noticed any visible symptoms. Sleeping in your makeup can cause eczema and other serious health problems.

The symptoms will not appear immediately, but if you do not remove your makeup before sleep, you will soon notice redness, burning, and itching.

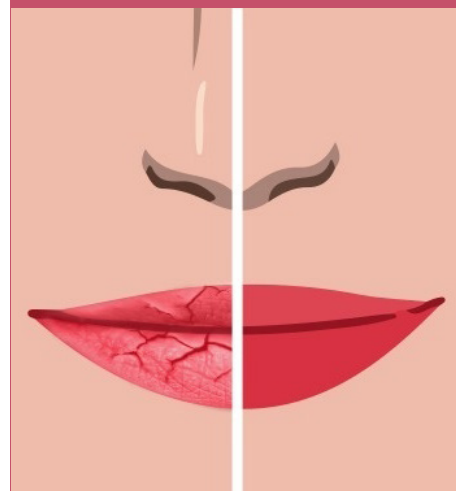


© BRIGHTSIDE

Avoiding Skin Pigmentation

Have you ever noticed those dark spots on the face that some women cannot cover up even with the best base available? The appearance of such spots is not always related to frequent sun exposure or the aging process.

They can be the consequences of chronic allergic reactions if you do not clean your skin properly. Wearing your makeup overnight can actually cause some serious pigmentation disorders.



Keeping Your Lips Hydrated

If you think that by the time you go to bed there is no lipstick left on your lips, you are wrong. Even if you do not see it, lip gloss and lipstick continue to dehydrate the delicate skin and eventually lead to dry and chapped lips.

Inside the Boy



Winter nights are finally here and it is time to keep your off springs warm. When temperatures drop, children need extra attention to stay warm, safe and healthy. They are less likely to recognize when they are cold and more likely to lose body heat quickly due to their smaller size.



Boys and Girls Closet



It is therefore important to get them a set of these night wear for boys and girls. Put several layers of night clothing on your child and make sure their bodies are covered before they sleep. It is vital to dress your children in one more layer than an adult would wear.



DO YOU REACT OR RESPOND TO YOUR KIDS

Are you a yeller? Do you criticize? Overreact? Maybe you ignore, walk away or throw up your hands in frustration.



Or...do you enquire? Invite discussion and problem solving? Make space for big emotions?

As we strive to have strong positive relationships with our children, it is important to remember to Respond rather than React.

Reacting means that you meet your child's emotionally-charged behavior with your own emotionally-charged reply. They are yelling, so you enter the conversation by yelling. They are screaming and having a tantrum, so you work hard to quiet them down and "get over" their fussing.

Responding, on the other hand, gives your child permission to express their big emotions, ideas and feelings without criticism, shame or guilt. If your child is upset because something does not seem fair, you let them be frustrated and express empathy. There is no need to change your mind or try to fix the problem.



THIS IS NOT EASY

This is really tricky concept for a lot of parents. You are definitely not alone if you struggle in this area. Responding can feel ineffective, passive or too permissive at first.

In the long-run, however, the payoff is fantastic. Your children learn that it is safe to express their thoughts and feelings; they trust that you will help them process big emotions, and you may feel less pressure to intervene right away or change your mind.

If you are a "react-er," it may take time for this to become more natural. That is ok. As you go through your day, look for times to respond rather than react.

If you slip-up and react, give yourself permission to try it again. It is not a sign of weakness to say, "Wait, what I meant to say was..." Let your children know that you are not perfect either!

Sometimes it is going to be easy to respond rather than react. Other times, it is going to be more challenging...especially if you are feeling tired, stressed, overwhelmed, worried, frustrated, etc. If it is one of those days, remember to breathe. Give yourself that split-second to decide if you are going to react or respond. (If it is really one of those days...take two deep breaths!)

React Vs. Respond

Here are some examples of reacting vs. responding:

"How many times do I need to ask you to feed the dog?" vs. "It seems like we're always forgetting to feed the dog. Can you help me create a plan so we remember to feed him every morning?"

"Another 'C'? What's going on with you?" vs. "It looks like you are struggling in math. Is there anything I can do to help?"

"That's enough whining, young lady." vs. "Please use a calm voice when asking me for something."

HARD WORK PAYS OFF

Keneilwe Dikoloti is a form 3 student at Maikano Junior Secondary School. Celebrity World Magazine had a chit chat with Keneilwe to hear how she manages to beat other students in her school. Keneilwe said that she spends sleepless nights reading her books to achieve her goals and she uses her study time to read her books and because some questions can repeat on exams, she uses her past exam papers to revise.

Keneilwe's dream career is to be a Gynaecologist because she is a woman hence wants to deal with women's health.

Passing with 5 A's in the past exams gave Keneilwe courage as she scooped 53 points in the end of term results. She mentioned that her mother always encourages her to read a lot in order to make it in life and improve their living at home.

In a word of encouragement, Keneilwe advised other students to stop dating at an early age, to stop abusing drugs and to use their study time for reading, to listen to their teachers and participate in classes because time lost never returns.



Creative Out Of Waste Material Crafts for Kids

This is such an enjoyable waste materials craft for kids from start to finish and they will adore playing with these tin can lanterns.

You Will Need:

Tin cans
Hammer
Bailing wire
Nail
Pliers
Tea light candle
Spray paint

How to do it:

1. Remove all the label and glue from the can.
2. Fill the can with water and put into the freezer. Leave in the freezer for a few days.
3. Now take out the can from the freezer and poke a hole on the top side of the can. Flip and make another hole just across the first hole.

4. Now make the holes using the nail and hammer. You do this task for your kids. You can even make the design with the pencil before making holes.
5. If the can has a bulge at the bottom, flatten it using a hammer.
6. Take a 12-inch strip of wire and curve at the ends to make a hook.
7. Affix the handle to the can and twist the sides to secure it.
8. Have your kid paint the tin cans in different colors. Make sure he paints several coats inside and outside. Do not forget handles.
9. Once the paint dries, insert tea candles and light them up.





Baby illness

Chickenpox

Caused by the varicella-zoster virus (VZV), chickenpox is very contagious. Kids who do get it might have an itchy rash of spots all over the body and flu-like symptoms. An infected child should stay home and rest until the rash is gone.

Symptoms

Chickenpox often starts with a fever, headache, sore throat, or stomachache. These symptoms may last for a few days. Chickenpox causes a red, itchy skin rash that usually appears first on the abdomen or back and face and then spreads to almost everywhere else on the body including the scalp, mouth, arms, legs, and genitals.

The rash begins as multiple small red bumps that look like pimples or insect bites, usually less than a quarter of an inch wide. They appear in crops over 2 to 4 days and develop into thin-walled blisters filled with fluid. The blister walls break, leaving open sores, which finally crust over to become dry, brown scabs. The rash is very itchy, and cool baths or calamine lotion may help to manage the itching.

Contagiousness

The chickenpox virus spreads both through the air (by coughing and sneez-

ing) and by direct contact with mucus, saliva (spit), or fluid from the blisters. Chickenpox is contagious from about 2 days before the rash appears until all the blisters are crusted over.

Prevention

The chickenpox vaccine is 99% effective at preventing the VZV infection in kids. Doctors recommend that kids receive the chickenpox vaccine twice:

- a first injection when they're 12 to 15 months old
- a booster shot when they're 4 to 6 years old

Healthy kids who have had chickenpox do not need the vaccine; they usually have lifelong protection against the illness.

Treatment

Since a virus causes chickenpox, doctors won't prescribe antibiotics to treat it. However, antibiotics may be required if the sores become infected by bacteria. An antiviral medicine might be prescribed for children with chickenpox. The decision to use this will depend on a child's age and health.

Dealing with Discomfort

To help relieve the itchiness, fever and discomfort of chickenpox:

Use cool wet compresses or give baths in cool or lukewarm water every 3 to 4 hours for the first few days. Oatmeal bath products, available at supermarkets and drugstores, can help to relieve itching. (Baths do not spread the rash.)

Pat (don't rub) the body dry.

Put calamine lotion on itchy areas (but don't use it on the face, especially near the eyes).

Serve foods that are cold, soft, and bland because chickenpox in the mouth can make drinking or eating difficult. Avoid feeding your child anything highly acidic or especially salty, like orange juice or pretzels.

Ask your doctor or pharmacist about pain-relieving creams to apply to sores in the genital area.

Give your child acetaminophen regularly to help relieve pain if your child has mouth blisters.

Ask the doctor about using over-the-counter medicine for itching.

Never use aspirin to reduce pain or fever in kids with chickenpox because aspirin has been associated with a rare but serious disease, Reye syndrome, which can lead to liver failure and even death.



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10 Reasons

I Love Dating Short Women

When it comes to women, do not be super picky. Have your own standards. *CelebrityWorld Magazine* got inspired by Ricky Williams to share with you reasons that you could love when it comes to dating short women.



“Winning” play fights

She will never know you let her win, and since you are obviously bigger, you can easily fold her up and throw her over your shoulder. In the bed on Sunday mornings, there is nothing like balancing her on both feet in the air to let her feel like “Superwoman.”

She will need you

While she may be strong and independent, she is going to need your help eventually. She is vertically challenged after all. Any guy who is dating a short woman will know that in the first few months of your living together, there is absolutely nothing cuter than your girlfriend trying to reach the sugar on the top shelf in your house. Eventually, she will get tired of dragging a chair over and you are laughing. The only time you will be aggravated with her needing help is during football season.

It is not awkward kissing them

If you have ever dated a girl as tall as yourself, you know what I am talking about. If you have ever dated a girl taller than you, you know what I am talking about. It is just weird.

Legs

Most girls that fit into this category have short torsos and long legs, or at least they appear to me. Love legs. Love cuddling on the couch in the summer and have your hand on one of those long legs.

When she is mad, she cannot hit you in the face if you are standing

She just cannot. It is awesome, and if she lands some good body shots, you can hold her away with one hand.

When she drives your truck, and won't admit it, you know it anyway

When you are gone, your Ford truck is a temptation for any short girl. I guess it gives her a sense of power to drive the beast. Immediately when you get home and sit yourself in your own truck to go somewhere, you notice two things immediately: your legs are awkwardly close to the steering wheel and your gas tank is nearly empty. It takes a minute to notice the steering wheel and mirrors have been adjusted too.

They eat more than you think, sometimes more than you even, or barely at all

This has been true on more than a few occasions. On the first date she barely picks. It is because you will find out later that she has snacked all day. Then later in your relationship you two will go on an outing, and stop by her favorite restaurant at the end of a long day of fun filled adventure. She will order and devour a steak bigger than yours, a baked potato, and a salad. You will be amazed and terrified.

She is so damn cute when she is mad, most conflicts are solved or made worse because you are laughing at her

It is true. She is standing there mad because you tracked mud into the house AGAIN and she has her hands on her hips, yelling at you. All you can think of is a chipmunk pissed off at a large dog for chasing it up a tree.



They are passionate

They are emotionally passionate about all of their causes. Be it animals, or the environment, or whatever. Especially over you, maybe you are their protector, or the night in shining armor for some reason only they know.

They are Beautifully self-conscious

As weird as these sounds, they think taller girls are prettier. They think they are not as attractive as other girls because they have naturally smaller breasts, or "no butt" or some such foolish reason. They spend little time or tons of time in their appearance, depends on the mood of the day. Either way, you remind them day after day that they are beautiful and they love you for that too.



Financial Topics to Discuss After the Honeymoon



Getting married is an exciting life-changing milestone. Before the wedding, it is common to want to learn as much as you can about your future spouse. You should know their financial situation and goals, but after the wedding and honeymoon is when you start actually putting your plans into action in terms of how you will live together and manage money.

If you are still in a state of newlywed bliss, here are financial topics that you may want to discuss with your partner after your honeymoon.

Discuss Who Will Be Responsible for Paying Bills

In most relationships, it doesn't matter who pays the bills as long as they get paid on time. At this time, you should have a good idea whether you will be combining finances completely or not, which will give you a better idea of who is responsibility it will be to pay the monthly bills.

If one of you is naturally better at managing money, that person might want to take the reigns. Or, if one of you has a little more free time outside of work, you may be able to take on the added responsibility.

Changing Your Insurance Policies

After you are married, you may need to change some of your insurance policies or cancel something if you and your spouse choose to combine health care plans or something similar.

Make sure you have the proper insurance for your home, cars, etc., and you might even want to change your spouse to the beneficiary on your life insurance policy. Also make sure you have a living will, and a health care power of attorney. These things are not fun to do, but they are necessary financial housekeeping tasks for newlyweds.

Determine How Much You Will Save

Since your household size officially increases once you are married, you might want to consider increasing your emergency fund amount or your other savings accounts.

Sit down together and discuss how much money you both feel comfortable with having in your savings account. Write out a bare bones budget, consider how much debt you have and think about how much you would truly need to get by if one or both of you were out of work. Then, put a deadline in place and start setting aside extra money to boost your savings. If you decided earlier when you were engaged to save for a large expense like a home, a big vacation, or even a baby, come up with a mutual plan to specify how much you need to set aside per month and where you will house your savings.

How Will You Handle a Budget Slip Up?

So you most likely have your desired monthly budget in place. But have you decided how you will approach the situation if one of you overspends or if you have a lot of unexpected expenses in a given month?

While discussing growing your savings is a good thing, some couples forget to specify which situations they believe would prompt them to withdraw from their savings account. It is unrealistic to think that your finances will flow perfectly each month, so make sure you prepare to deal with the results of mismanaging money in your marriage.

Talk About Your 10 Year Plan

Maybe you have spoken about your five year plan before getting married, but be sure you discuss your goals and aspirations for later down the line as well. Odds are; your future goals and vision for your life together will involve money.

What kind of career path are you both heading toward? How would you like to see your income increase in the following years? When do you want to retire? If you have kids, would you like to help them through college? Do you prefer to take a vacation every year or will you have other priorities?

These are all topics of discussion that will come up in your marriage at one time or another. Why not talk about it now as you are starting your life together? This helps set realistic expectations and avoid money fights later down the line.

and be willing to compromise when going over financial topics with your partner. It may seem overwhelming at first, but you married your spouse for a reason and should hear them out and value their opinion no matter what.

FINANCIAL TIPS

FOR UNIVERSITY STUDENTS TO SAVE AND MANAGE MONEY BETTER



Moving from high school to college can be tricky for students and parents. Emotions can run high and social media amplifies those feelings. For some, this will be their first time away from home.

Here are the five easy tips that will help college students make the grade when it comes to forming a strong foundation for money management;

Create a budget

This is very important. List monthly income sources including savings, wages, food and rent, then write down estimated expenses for the month. It is not easy to identify college living expenses in advance, but you should try. Take costs such as school supplies, food outside your meal plan, personal care items and laundry into account then.

Spend on the Right Things

Naturally, college students should not use financial aid to fund pizza night in their dorm rooms, but temptation is a powerful thing. Take the time to impress the importance of using debt wisely. Even if loans look like “free money” now, they do come back to bite you. It is your job as a student to define what is and is not okay to use money for books, housing and maybe food plans. Not social outings, new clothes or pitching in for a party.

Earn some extra cash

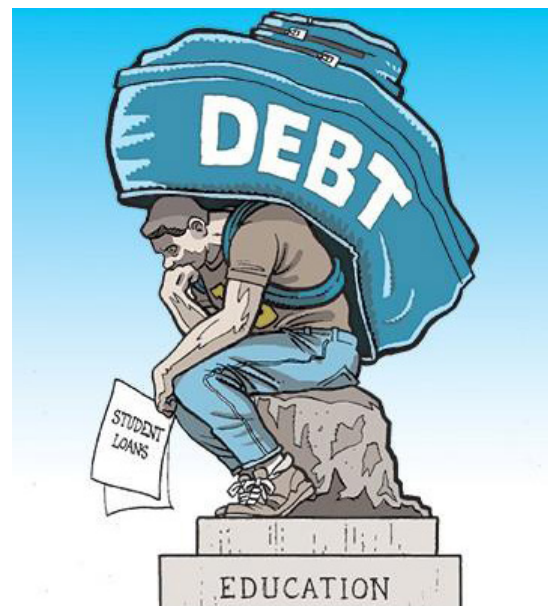
“Work as much as you can without hindering your studies,” says Chenell Tull from BrightCents.com. Depending on what you are majoring in, freelance work may be a great option to make a little money on the side. If your degree does not offer many opportunities for freelance work, consider other creative ways to make money.

Purchase used school books & sell your old ones

Prices for certain textbooks have reached astronomical levels. It can also be difficult to get yourself over to the bookstore at the start of the semester when you know you are about to spend way more than you would like. The bottom line: College can be expensive, but learning the basics when it comes to money management now means you do not have to graduate with massive debt.

Cook at home

Cooking at home can be fun, inventive and even a great social activity. While it may require some planning ahead, a lot of money can be saved by purchasing ingredients from your local supermarket and making the most of leftovers.



KIDS BEDROOM DESIGN

A child's bedroom is so much more than just a place to sleep—it is a place for sleeping, playing and working too. It should be a reflection of their little personalities. Consider above all what your child's interests and needs are, what they are playing and how they play.

Color scheme

Choosing color palettes for kids' room can be fun because spaces for little ones allow for more creative freedom. Bed, desk, storage space for clothes and shelves for toys, you need to incorporate both to fit the form and the color. Choose colors that will keep you from repainting when the kids outgrow.

Explore kids' personalities to discover the right color scheme for their room. Choose color schemes that complement each other. It should be kid enough but not too 'baby'.

Choosing furniture

Safety is the most correct answer to the question 'how to pick furniture for kids' room'. Furniture should be rounded, rather than sharp, so that kids will not hurt themselves while playing.

Choose larger and more durable pieces that will stay in your kids' lives for at least 5 years. Also make the place safe and functional!

Children should be surrounded by hypo-allergic, natural, and non-toxic materials; as their susceptibility to allergies is much higher than yours.

Flooring

Safety and sound issues are foremost in kids' room, you need to choose flooring that will stand up to constant use and look great doing it, and carpet emerges as the best choice. It cushions kids' fall and dampens sound. You can guarantee there will be spillages so go for a colour or pattern that will hide stain. In later years, wood-effect laminates are a good option and are affordable and easy to clean – just add a rug for a bit of warmth. Children love nothing more than having play time or even quiet time down on the floor. Plenty of floor space allows for freedom to move and play.



Accessories

Use accessories to add color and atmosphere.

Have photography of baby animals, it's just the right amount of cuteness whilst still feeling a little grown up.

Lighting

Lampshades are a fantastic addition to any child's bedroom. Hanging lights add a touch of warmth and coziness to the room—which is exactly how every kids' room should feel.

How to clear the clutter

Make storage practical, accessible and easy to use so that children have a place where everything (toys and books) goes.



MASTER BEDROOM CLOSET WARDROBE

Master bedroom is certainly a key room in any home. The master closet that helps to make the rest of the space appear clean and organized.

The first thing to decide when considering walk in closet ideas is how to create the most functional space possible.

Select a Walk-In Closet Shape

Straight, L-shaped, U-shaped walk in closet

Add Good Storage

Implement clothing rods that will store items that are used every day. Wall hooks are useful for hanging belts, ties and scarves, and shoe racks or cubes are helpful for keeping shoes off the floor. When Considering Walk-In Closet Ideas, choosing a Style is Key

A Dressing Island

Islands come in a variety of shapes and sizes; select one with plenty of storage drawers and shelves to maximize storage. Add trays or boxes to your island top to catch smaller items like jewellery, pocket change or keys.

Innovative Accessory

Take inspiration from the hottest fashion boutiques to display your fashion objects. Some display ideas include: mannequins, racks retail jewellery displays, open bookcases and floating boxes and ledges.

A Seating Area for Dressing

For your walk-in closet to be truly func-

tional and a space you want to enjoy, you'll need seating. An ottoman is the perfect solution. You can lay out outfits on the ottoman, or sit on it to get your shoes on

Mirrors

Consider upgrading your closet doors to mirrored. The multi-function doors will keep items organized while reflecting light and other parts of your closet, making your dressing area feel larger.

Cool Lighting

Set the mood with lighting in several ways including:

Creating a design or focal point, adding mood lighting to the space, improving room brightness, especially when windows are not available, highlighting accessories, functioning as task lighting when dressing or applying make-up, showcasing your beautiful closet displays.



- ✓ Aluminium Shop Fronts
- ✓ Aluminium Cladding
- ✓ Sliding Doors & Windows
- ✓ Exclusive Joinery Works
- ✓ Partitioning & Ceiling
- ✓ Patio & Skylight

Architecture Redefined



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WAYS TO USE VELVET IN YOUR HOME



You have probably noticed that velvet furniture has made a huge comeback in 2016. Designers are using it to add a touch of elegance and class, and it works well with the opulent gold and glass accessories which are trending at the moment.

After all, what better way to nestle down for a night in than on a plush velvet sofa or armchair? Luxuriously soft to the touch, velvet is the ideal texture if you're looking to create a cozy living space.

There are easy to clean velvet materials available too, so it is actually quite a practical option for soft furnishings.

As a slightly unusual choice, velvet upholstery can put an entirely new spin on a traditional model of furniture. Eye catching and bold, just one statement piece could completely transform a room. Purple is one of the most popular color choices. Other colors that work well with velvet are grey, burgundy, deep blues such as midnight blue and navy, or if you are feeling daring, try a bright orange or green.

Hot New Sofa Trends 2017

Sofas can make or break the look of the living space. Whether you are in your main lounge, an open plan living/dining space, a bedroom, den or playroom, a sofa can really set the scene and offer some incredible wow factor to any scheme.

Velvet

It is decadent, luxurious and packed full of texture. The chesterfield style might feel old fashioned, it has been brought bang up to date here with the use of this fabric and indeed, the color.



Patterned

Patterned sofas and chairs have been gaining momentum over the last couple of years and have definitely taken their place in the market. And they make a remarkable statement in any room. It is up to you how you dress it.



Pastels

Another trend that has really taken its place in the last few years is the use of pastels in our home interiors. And now it has made its way into sofas which is why it is included in the new sofa trends 2017. Subtle, charming and wonderfully elegant, a pastel sofa or chair will really bring a little sophistication into your living room.



How to Grow an Indoor Garden

What Can You Grow in an Indoor Garden?



Choose plants that will grow under artificial light, mature quickly, and stay compact enough to grow in containers without outgrowing their space. Most leafy greens, herbs, and a few root vegetables will grow very well inside under lights.

Lettuce: Leaf lettuce varieties mature quickly for salads and sandwich toppings. Harvest: Snip outer leaves allowing the center of the plants to continue to produce. Varieties to Consider: Black Seeded Simpson, Tom Thumb, and Mesclun Mix.



Spinach: The vitamin-rich and tasty dark-green leaves are excellent for salads and winter soups. Harvest: Ready to harvest in a little over a month as baby spinach. Snip outer leaves allowing the plants to continue to produce. Varieties to Consider: Lavewa, Bloomsdale, Space, and Tye.



Carrots: short and round varieties grow very well in 6-inch pots. Harvest: ready to harvest in 6-8 weeks. Pull gently from the soil as needed for baby carrots. The can be left in pots to develop further. Varieties to consider: Parisian, Little Finger and Thumbelina.



Radish: very fast-growing and their peppery flavor adds a kick to soups and salads. Harvest: ready for harvest in about 4-weeks or when the radish is approximately 1-inch diameter. The greens are edible too. Varieties to consider: Cherry BELLE, French Breakfast and Easter Egg Blend.



How to grow edible in an indoor Garden

You will need:

- Grow lights
- Growing Containers: Gather up pots or containers to grow your in-door garden. Pots or containers that are at least 4-inches deep work well for most greens while carrots need at least 6-inches. Consider using window boxes, or recycled bakery or produce containers. Use plastic trays beneath containers to prevent water from dripping.
- Soil: Select an organic, all-purpose potting mix for your indoor garden. Fertilize plants with a weak solution of fish emulsion when leaves show signs of stress.
- Seeds or Purchased seedlings: Buy seeds or purchase plants. Herbs mature slowly, so grow from established purchased plants for a fast harvest. Procedure:

1. Build or assemble your grow light system and locate in a cool area such as a basement or spare room. Try to keep it away from wood stoves and other heat sources because warm temperatures will cause the plants to bolt or go to seed prematurely instead of producing a continuous harvest.
2. If growing from seed, follow sowing instructions on the back of the seed package and keep soil evenly moist until the seeds germinate.
3. Keep the lights about 2 inches above the plants. Adjust the lights as the plants grow. Plants grown under artificial light need at least 12-16 hours of light each day.
4. Water twice a week or when the soil surface feels dry.
5. Harvest and enjoy fresh, nutritious edibles throughout the cold, winter months.

Clever recycling hacks for a garden makeover

Inspired by TESCO LIVING

Hanging basket colanders for your garden

Got an old colander you never use?

Spray paint it, attach some sturdy chains and it's instantly transformed into a quirky hanging basket.

SUPPLIES NEEDED:

Old {or new} colanders
Flowers
Potting soil
Landscape fabric
Jute string
Hooks with drywall
hangers

THE PROJECT:

Step 1:

Cut out a circle of landscape fabric to put in the colander so dirt doesn't pop out the holes when you water it. I just eyeballed mine and did a little trimming to help it fit.

Step 2:

Place flowers I used Purslane into colander, knocking off dirt from the bottom if it's too tall to fit. Then sprinkle dirt inside to fill the rest of the planter. I always seem to make such a mess doing this!

Step 3:

Cut a LONG piece of Jute string to tie on one corner of the handles, wrap around handle to cover, and knot again. Leave as much excess as you want for the planter to hang, and tie a knot on the opposite corner of the other handle. Repeat wrapping on other handle, knot at the end, and if you have enough left, bring over with enough excess to knot where you first started.



Step 4:

Put hooks into the ceiling, if needed, and make sure to use drywall hangers to secure hooks that are not screwed directly into a stud. I had Joseph help with this part!

Step 5:

Water plant and arrange or "fluff up" where you accidentally mangled it trying to plant, and hang for all to see!

Step 6:

Repeat steps 1-4 for as many planters as you want to make.



SIMPLE AND EASY

TRICKS TO MAKE YOUR CLOTHES PURE WHITE AND STAINLESS

Using expensive detergents or stain cleaners to wash off the stains of wine or food of your white clothes does not always guarantee their effectiveness. Sometimes it seems nothing can clean that stubborn stain thoroughly, not even the most popular stain cleaner.

There are few natural ingredients which can help you remove that stain from your white clothes and make them pure white quickly and efficiently and there is no risk of any chemicals.

BAKING SODA

Soak your clothes in a solution of one cup of baking soda in four liters of water. Leave them for a few minutes, and you will notice they regain their original color.



ASPIRIN

Crush six aspirins and add them to a bowl of water. Then, just soak your clothes for half an hour. The next step is washing them with your regular detergent. Your clothes will be as white as new.



VINEGAR AND LEMON

Last but not least, some lemon juice and vinegar will help you clean your white clothes and remove any stain from them. Just mix them in 1:1 ratio, and use the solution to wash your clothes. Your favorite white shirt will no longer be stained and it will restore the white color it had when you first bought it.



HOW TO SHINE CLOUDY GLASSWARE

Vinegar

If you have a lot of glassware to shine, let them soak first in a mixture of one part water to one part white vinegar. After soaking for a while, scrub with a soft rag and the calcium deposits and water spots should wipe right off. If you are just cleaning one or two glasses, then dip the corner of a soft rag in straight white vinegar and rub. A little elbow grease will do the trick.



HOW TO CLEAN YOUR BRUSH IN MINUTES!

1. Taking some scissors, cut the hair in the brush lengthwise down every 2nd or 3rd row making sure you are cutting in between the bristles.

2. taking the tip of the scissors, slide the scissors lengthwise underneath the hair and lift. The hair should lift right up. Continue until all the hair has been removed. Pull off any loose stragglers.

Tip: Do not use a comb or another brush to remove the hair from your brush! This usually pops off the little beads that are on the top of your bristles. One those beads are gone, it sure doesn't feel good when brushing your hair.

3. Now, even though most of the bulky hair has been removed, there still is dander and dust on your brush. Set your brush in a sink that has some warm water mixed with a small amount of shampoo.

4. Taking a spare toothbrush, brush vigorously up and down each row of your hair brush and also all around the top.

5. Set on paper towel to dry and your brush should look like new.

Dj Chabo



Chabo Butale is a 26 year old male DJ. Having started as an avid supporter and consumer of local house music for many years, it was in 2009 that he entered the music scene as a DJ mainly playing at weddings and house parties. He played with industry heavy weights such as Black Coffee, DJ Kuchi, DJ Sly and DJ Gouviea. They were also his main musical influences. DJ Chabo quickly elevated in the local music scene with house music being his genre of choice. He became a resident at Lizard Lounge in 2010 and it was during this

time that he started penetrating the music industry. That became an opportunity to work alongside his music idols.

FULL NAME: Chabo Butale
DJ NAME: DJ Chabo
BRAND: DJ Chabo Truly Botlhoko
DATE OF BIRTH: 1990
PLACE OF BIRTH: Gaborone
OCCUPATION: Just a DJ, Producer
MARITAL STATUS: Single
INTERESTS: House DJ
AREAS OF EXPERTISE: House Music Producer

CATCHING UP WITH KARABO BOSENA

This is a very active sports lady and a firm supporter of Township Rollers. CW Magazine had a chat with Karabo Bosena, BTV sports presenter.

Tell us about yourself and your work in detail

Karabo Bosena was born in Selebi Phikwe. I was raised by my dad. Even though my mother originates at Serowe, the pater side is from Lesenepole. I schooled at Selebi Phikwe and studied Business Management course at ABM University College.

I work as a freelancer at Botswana Television. I present two sports shows, Enole sports show and Tshamekang. Enole talks about sports in general and we have different visitors from different sport codes. Tshamekang is a football show most of the time even though we sometimes talk about different sports codes like soft ball, Volley ball etc.

Take us through your journey since you joined the media fraternity.

Involving myself in Township Rollers committees helped me to get into this industry. It is also the team I grew up supporting. In 2015, I found Botswana Television post looking for sports presenters and I tried my luck. I passed the interview, went for auditions and passed them too. After two months I received a call from BTV asking me to come and collect an offer letter.

Most of the time when I am not doing anything at BTV, I work at an NGO called



Men and Boys for Gender Equality where I help them to do business management.

What challenges do you normally face when doing your work?

My workmates are always wondering if I would be able to do the work, looking at my age and fact that I am a female. Many people have that mentality of that "girl doesn't know anything about sports" but I always prove them wrong. The other challenge is that in the sports field there are a lot of men than females. Those females who are already in the industry don't give you the necessary support needed. I believe that if you are old in the industry, you have to guide me but most of women are kind of backstabbers on each other.

How do you balance your time?

It's all about hard work, determination and passion. I always try to give them same time but sometimes one gets more time, like there is Netball World Youth Cup starting on the 8th, which means TV is going to take a lot of time.

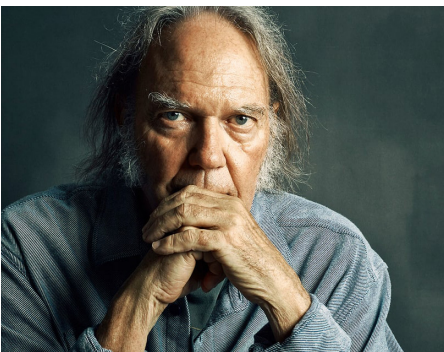
What is it that people don't know about you?

I am a short tempered person but I love laughing. I am in a stable and happy relationship. I have recently started Supplies Company to make a living. It is a registered business called Safely Done. I have two highlights of my career, doing the BFA presidential debate and recently I was the MC at the Mascom Top 8 Awards, it was my first time to do it.



Vidya Iyer,

Vidya Iyer, known by her stage name Vidya Vox is an Indian-born American singer who was born in Chennai and raised in Virginia. She learnt Carnatic music from D.K. Nagarajan, brother of the late D. K. Pattammal. She first started performing on YouTube with her sister Vandana on Shankar Tucker's YouTube channel. She released her first mashup cover on her YouTube page "VidyaVox" in April 2015 and has gained over 250+ million views and 2.1 million subscribers since then. Her mashups have garnered attention from the likes of Shah Rukh Khan, Akshay Kumar, Diplo, Major Lazer, and Hrithik Roshan. She sings in a myriad of languages including Bhojpuri, English, French, Hindi, Malayalam, Tamil and Telugu.



Neil Young

He is a Canadian singer-songwriter, musician, producer, director and screenwriter, born in November 12, 1945. A long-lost Neil Young album, which was recorded at Malibu's Indigo Ranch Studios in 1976, is set to be unearthed this summer.

A never before heard Neil Young record called Hitchhiker will likely be released this summer. The album's title track appeared on Young's 2010 album *Le Noise*, but the rest of the album has never been heard. Young fan sites have obtained cover art and release details about the project, which will be released in July 14 2017.

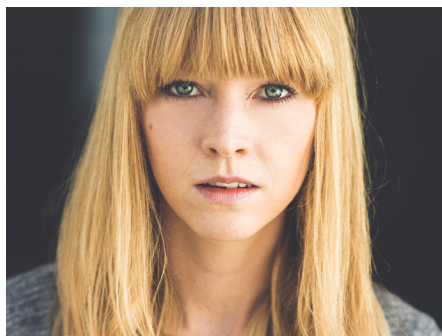
Celebrity World Magazine



Levina

Isabella Lueen is a German singer and songwriter born in Bonn and raised in Chemnitz in 1 May 1991. Known by Levina, she then moved to London where she earned her bachelor's degree from King's College London. She splits her time between Berlin and London, where she studies music management at the London College of Music.

In 2016, Levina was announced as one of the 33 shortlisted acts for Unser Song 2017. On 6 January 2017, she was confirmed to be one of the five finalists. During the show, Levina performed a cover of "When We Were Young" by Adele for the cover round. She ended up advancing to the final as the sole artist left, performing the songs "Wildfire" and "Perfect Life".



Lucy Rose

Born 20 June 1989, UK singer-songwriter and musician "Lucy Rose" is from Warwickshire, England. Her debut album, *Like I Used To* was released in September 2012. Rose released her second album *Work It Out* in 6 July 2015 at Columbia Records. Her third album *Something's Changing* will be released in July 2017 at Communion Records.



Han-C drops his first single for his forthcoming album. The song titled *Se ileng* produced by Tha Arkitect, will drop on all local radio stations on June 19, 2017. Get ready. It's about to get hot.



Damian Marley

Damian Robert Nesta "Jr. Gong" Marley (born 21 July 1978) is a Jamaican reggae artist. He is the youngest son of reggae musician Bob Marley and he is the only child born to Marley and Cindy Breakspere, Miss World 1976.

In 2005, he made his mark on the socially driven single "Welcome to Jamrock," on which Marley unabashedly addresses the high crime rate that plagues his home country of Jamaica. The record, which peaked at No. 55 on the Billboard Hot 100, netted him a Grammy Award for best urban and alternative performance. Marley's stock continued to skyrocket when he connected with Nas for their 2010 collaboration album *Distant Relatives*. After being away from the spotlight for several years, Marley is back to release his new album *Stony Hill* on July 21.



Celebrating A Life Well Lived

It is with a profound sense of loss that we today mourn the passing on of our former President Sir Ketumile Masire, who was a chief architect of our country's democratic development.

As Vice President and Minister of Finance and Development Planning, as well as President, Sir Ketumile contributed immensely to Botswana's emergence from being ranked as one of the world's ten least developed nations to middle income status. During the same period Botswana also made enormous strides in the provision of education, health and social welfare.

Sir Ketumile's long and remarkable life in many ways mirrors how far this nation as a whole has progressed over the past nine decades.

Quett Ketumile Joni Masire was born in Kanye in 1925. Like most of his male peers he spent much of his early childhood as a herd boy. His big break came at the age of thirteen when he was able

to attend Rachele Primary School, where he displayed a remarkable academic aptitude. As one of the first local students to earn a Government bursary, he was able to continue his studies across the border at Tiger Kloof (Old Moeding) secondary school in 1944.

But tragedy struck when his parents both died in 1946. This development caused him to forfeit his opportunity to attend University on a further bursary. Instead he acquired a teacher's certificate so that he could assume responsibility for his five younger siblings.

In 1950 Masire became the headmaster of the new Kanye Junior Secondary School (now Seepapitso Senior), where he taught until 1955.

While in education, Masire maintained his lifelong passion for agriculture. Once he could afford a tractor he became a fulltime farmer. His modern methods of cultivation were initially derided by some. But, big yields silenced the nay-

sayers. In 1957 he became the first indigenous African in the Bechuanaland Protectorate to be awarded a Master Farmer's Certificate.

Over the years Masire was regularly appointed or elected to various Bangwaketse development committees. From 1958 he began to acquire a national reputation as the Botswana editor of the *Naledi ya Batswana/African Echo* newspaper. It was in this role that he became politically engaged and first met Seretse Khama.

In 1961 Masire was elected to both the reformed African Council and the higher Legislative Council, being the only commoner from the southern Protectorate to be elected to the latter body. Later in the year he was approached by Seretse Khama and others to play the leading role in organising what would become the BDP.

Drawing on his many newspaper and educational contacts, Masire quickly es-

tablished an organisational network that became the basis for the party's landslide 81% of the vote in the 1965 general election. He also established and edited *Therisanyo*, a party periodical that appeared regularly from 1963 to 1967.

From the beginning the new political government was to a great extent a partnership between Seretse's vision and charisma and Masire's energy and organisational ability.

As the nation's first Minister of Finance as well as Vice-President, Masire championed a series of robust interventions to elevate Botswana out of its then prevailing status as one of the world's least developed countries, which in 1966 had an annual per-capita income of only about US\$ 60. His programme included channelling foreign aid, loans, and mining revenues into the development of educational, health, power and transport and communications infrastructure, while encouraging small-scale services and industries. Efforts were also made towards promoting commercial agriculture.

In the early years of independence Masire's dynamic approach was unpopular with some conservative bureaucrats, while others resented his pre-eminent influence over national policy planning. But, Seretse maintained his faith in his deputy.

In 1969 Masire suffered a setback when he lost his Kanye Parliamentary seat to Kgosi Bathoen II, who had left bogosi to lead the BNF. Thereafter, Masire retained the office of Vice-President as specially elected Member of Parliament until 1974 when he was elected in the Gangwaketse West constituency.

By the end of the 1970s the success of Masire's development portfolio had gained him increasing international as well as domestic respect and political clout.

Masire succeeded to the Presidency in 1980 with the overwhelming support of his party's Parliamentary caucus, presiding over the late Sir Seretse's unfinished term until 1984, when he led his party to victory in his own right.

Seeing the country through severe drought and an early 1980s slump in diamond sales, Masire's tenure were characterized by continued high rates of economic

growth and social development, marked by Botswana's rise to middle income status.

Indeed, from 1966 to 1998 Botswana enjoyed the highest annual economic growth rate in the world. The resulting rising revenues allowed for further investment in infrastructure and public services, as well as human resource development, with education and health consistently taking the lion's share of the budget.

Sir Ketumile's legacy goes beyond our borders as during his tenure he also played a key role as one of the leaders of the Frontline states in the liberation of our region from colonialism and Apartheid.

After leaving office, Sir Ketumile divided his time between his passion for farming

and frequent service as both a domestic and global statesman, often working through his Sir Ketumile Masire Foundation.

Internationally, he chaired the Panel of Eminent Persons that investigated the 1994 Rwandan genocide, was the facilitator of the inter-Congolese Dialogue and the SADC mediator for Lesotho. Up until the time of his death he remained a respected voice for peace and good governance on the African continent and beyond.

Above all we will remember Rre Rra Gaborone for his character, his humility and decency, which personified the values of Botho.

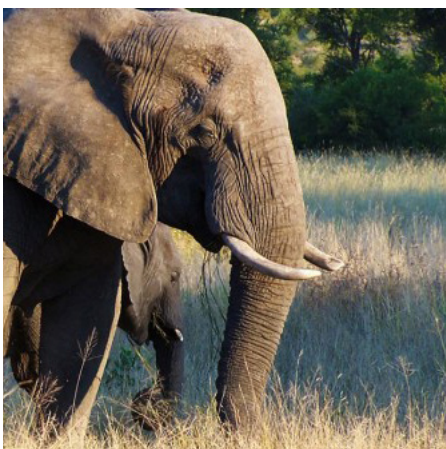
May His Soul Rest in Peace and his family be comforted. #RIPMasire
Source: BWgovernment





TULI BLOCK

Tuli Block is situated in the South-Eastern corner of Botswana. Alongside the borders of South-Africa and Zimbabwe lays the Tuli Block. It consists of a conservancy of privately owned game farms. It is fondly known as the 'Land of Giants', where huge trees line the banks of the Limpopo and the Shashe Rivers, massive herds of elephant wander the river basin, and the large apex predators are prolific. The Tuli gets incredibly dry during dry winter months and game species are drawn to the rivers and to the remaining pools. It is a unique Safari destination and offers a wide array of activities from traditional game drive-based Safaris to horseback and cycle safaris. It is easily accessible from Johannesburg and Francistown and the border is relatively quiet.



WHY WE LIKE IT

Grand, majestic landscape; excellent predator and elephant populations; unique safari experiences such as horseback and cycling

FACTS & FIGURES

- Park / Reserve Size: 80 000 Ha
- Reserve Type: Conservancy
- Big 5: No
- Specialist Specie: Elephant
- Malaria Area: Yes
- Nearest Town: Bobonong



Democratic Republic of the Congo:

The beauty beyond the conflict

Capital: Kinshasa
Area: 2.34 million sq km (905,354 sq miles)
Major languages: French, Lingala, Kiswahili, Kikongo, Tshiluba
Major religions: Christianity, Islam
Life expectancy: 47 years (men), 51 years (women)
Currency: Congolese franc
UN, World Bank

LEADER

PRESIDENT: Joseph Kabila
Joseph Kabila became president when his father Laurent was assassinated in 2001. He was elected in 2006 and secured another term in controversial elections in 2011.

His second and final term officially ended in December 2016 but elections failed to be held.

Pro-government and opposition groups agreed to a deal brokered by the influential Roman Catholic Church that sought to avert a full-fledged crisis.

Under the deal, Kabila would remain in office until elections in late 2017, ruling in tandem with a transitional watchdog and a new premier chosen from within the ranks of the opposition.

PEOPLE

Congo's population is estimated at 4.04 million, over half of which live in the two major cities of Brazzaville and Pointe-Noire. Rural exoduses since the 20th century and a sparse population have meant that three fourth of the population lives in urban areas, thus making Congo one of Africa's most urbanized countries.

Almost all Congolese are Bantu, a name that refers to the people living in Central, Eastern and Southern Africa. The Bantu originated from Nigeria and Cameroon and migrated to Southern Africa 2,000 years ago. In present day Congo, non-Bantu tribes account for only 3% of the population. The Bantu include 74 peoples belonging to different ethnic groups such as the Kongo, the Teke, the Mbochi and the Sangha.

The Bakongo live in the south from Brazzaville to Pointe-Noire on the Atlantic coast. The Bakongo include the Lari around Brazzaville, the Vili near Pointe-Noire, the Yombe (Bayombe) in the Mayombe Range, the Babembe, the Basoundi, the Bakamba and of course the Bakongo, after the powerful Kings of Kongo.

The Mbochi, another major ethnic group includes the Mbochi, Kouyou, Makoua,

Bonga, Bobangi, Moye, Ngare and Mboko. They live in the north of the Plateaux department and in the Cuvette and Western Cuvette departments around Boundji, Owando, M'Bomo, Etoumbi, M'Bama, Mossaka, Oyo, Makoua and along navigable rivers such as Kouyou, Alima, Sangha and Likouala, that are gifted with well stocked fish. The Mbochi raise poultry, sheep and goats and catch fish in the rivers. They are also famous for being farmers and grow coffee, cocoa, tobacco and rice.

There are probably 30,000 Pygmies in Congo. Most live in the deep forests of the north (the Sangha and Likouala regions) and west (the Chaillu Range). They live in small family units and practice mainly hunting to secure their livelihoods.



The Netherlands



The Netherlands is the second largest exporter of food and agricultural products in the world, this Dutch-speaking country (with overseas possessions in the Caribbean) is a powerhouse on the global stage with various courts and legal institutions located in The Hague and the largest European port (larger than the next three combined) at Rotterdam.



Capital: Amsterdam
Dialing code: +31
Sovereign state: Kingdom of the Netherlands
Capital and largest city: Amsterdam; 52°22'N 4°53'E / 52.367°N 4.883°E
Recognized regional Languages: Limburgish, Dutch Low Saxon
Official languages: Dutch, Papiamento, Frisian

Culture Name

The Netherlands, a country in northwestern Europe, is known for a flat landscape of canals, tulip fields, windmills and cycling routes. Amsterdam, the capital, is home to the Rijksmuseum, Van Gogh Museum and the house where Jewish diarist Anne Frank hid during WWII. Canalside mansions and a trove of works from artists including Rembrandt and Vermeer remain from the city's 17th-century "Golden Age."

Dutch: The English word "Dutch" derives from the German deutsch ("German"). "Dutch" referred originally to both Germany and the Netherlands but came to be restricted to the people and language of the Netherlands when that country became independent in the seventeenth century. "Holland" and "the Netherlands" often are used as synonyms even though "Holland" refers only to the provinces North and South Holland.





ARIANA GRANDE- Born June 26, 1993

Also listed in Actresses, Pop Singers, Rhythm & Blues Singers

NICK NAME: Ari, Little Red, Riri
Also known as Ariana Grande-Butera, Riri, Little Red, Ari
Famous as Singer, Actress

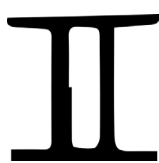
Nationality: American

AGE: 24 Years

Star: Cancer

HEIGHT: 1.53

Gemini



The emphasis will be on family and psychological matters for the Gemini zodiac sign during June 2017. If you are in a creative field, success is assured. Finances can be enhanced by sales promotion. Health will be fabulous, but marital life will be turbulent.

Cancer



Both independence and teamwork are necessary for success for Cancer people in June 2017. Jupiter is favourable for your career goals. Monetary windfalls are expected and good health will make you attractive.

Leo



Leo, it is time for you to follow your own will during June 2017. Career can be furthered by charitable and spiritual activities. Financially this will be a profitable month. Life with spouse will be harmonious and sexual relations will improve during the month.

Virgo



Career is in focus for Virgo sun sign people in June 2017 and progress will happen through social networking. Profession will contribute in a large measure for your financial prosperity. Neptune and Uranus are not in favour of love relationships. Health will be challenging for the virgins.

Libra



Venus will make life lively for Libra people in June 2017 and you will be respected and admired by others. Professionally this will be a challenging period. Finances are a bit stretched and a past love relationship may disturb your family life. Mars will affect your health negatively.

Scorpio



Scorpio, while career is important, family matters also will have to be dealt with. June 2017 will give you an opportunity to review your career objectives and formulate new strategies. Your spouse will help you in financial success. Health and vitality are exceptional.

Sagittarius



Life will be frenetic for Scorpio star sign in June 2017. People involved in fine arts and creative fields will prosper. Monetary prospects are fabulous and romance is freely available for singles. Take enough breaks to remain fit.

Capricorn



Capricorn individuals will get many chances to improve their intellectual capabilities in June 2017. Professionally life will be active, while more patience is required to achieve financial success. Volatility is expected in family life as well as social life. Exercise and diet will improve your health.

Aquarius



Aquarius people will have to be adaptable and be ready to make compromises in June 2017. Your professional skills will be appreciated by the management. Unfavourable planetary positions will hinder cash flow. Life with spouse will be enjoyable. Health is superb.

Pisces



In June 2017, family will take precedence over career for the Pisces zodiac sign. Family will be supportive of your professional goals. Money can be made by hard work. You have to work on making your family environment pleasant. Health will be delicate.

Aries



Aries! You have to improve your skills by learning if you have to stay afloat in life. Family issues will be in centre stage in June 2017. Career is not dominant this month. Money can be made in stock market and real estate dealings. Jupiter is favourable for relationships to tie the knot. Health will be good in the first half of the month.

Taurus



Taurus people can achieve success through enterprise and hard work. Uranus and Neptune will impact your career adversely in June 2017. Finances are wonderful, but love relationships will be complex. Pregnancy will be discussed. Health is superb.

Jokes

A guy took his girlfriend to a football game for the first time. After the game he asked his girlfriend how she liked the game. "Oh, I really liked it," she said, "but I just couldn't understand why they were killing each other for 25 cents." "What on earth do you mean???" "Well, I saw them flip a coin and one team got it, and then for the rest of the game all they kept screaming was, "Get the quarter back! Get the quarter back!"

During a recent password audit, it was found that a blonde was using the following password:
"MickeyMinniePlutoHueyLouieDewey-DonaldGoofySacramento"

When asked why she had such a long password, she said that she was told that it had to be at least 8 characters long and include at least one capital.

A blonde woman was speeding down the road in her little red sports car and was pulled over by a woman police officer, who was also a blonde.

The blonde cop asked to see the blonde

driver's license. She dug through her purse and was getting progressively more agitated.

"What does it look like?" she finally asked. The policewoman replied, "It's Square and it has your picture on it." The driver finally found a square mirror in her purse, looked at it and handed it to the police woman. "Here it is, she said." The blonde officer looked at the mirror then handed it back saying, "OK, you can go. I didn't realize you are a cop..."

Daughter accidentally finds her mother having an affair. Then her father calls. "Hello?" "Hi honey. This is daddy. Is mommy near the phone?" "No daddy. She's upstairs in the bedroom with Uncle Paul." After brief pause, daddy says, "But honey, you haven't got Uncle Paul." "Oh! Yes I do and he's upstairs in the room with mommy right now." Brief Pause, "Uh, ok then, this is what I you to do. Put the phone down on the table, run upstairs and knock on the bedroom door and shout to mommy that Daddy's car just pulled into the driveway." "Okay

Daddy, just a minute." A few minutes later the little girl comes back to the phone. "I did Daddy." "And what happened?" he asked. Well, mommy got all scared, jumped out of bed with no clothes on and ran around screaming. Then she tripped over the rug, hit her head on the dresser and now she isn't moving at all!" "Oh my God!!! What about your Uncle Paul?" "He jumped out of the bed with no clothes on, too. He was all scared and he jumped out of the back window and into the swimming pool. But I guess he didn't know that you took out the water last week to clean it. He hit the bottom of the pool and I think he's dead."
****Long Pause****

Three drunken guys entered a taxi. The driver knew that they were drunk so he started the engine and turned it off again. Then said, "We have reached your destination". The first guy gave him money and the second guy said "thank you". The third guy slapped the driver. The driver was shocked thinking that the third drunken guy knew what he did. But then he asked "What was that for?" Then the third guy replied, "Control your speed next time, you nearly killed us!"

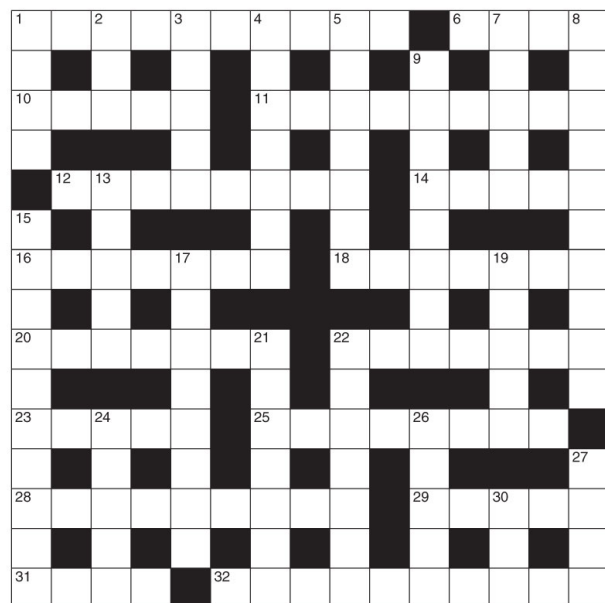
Crossword 3

ACROSS

1. Talkative person
6. Motorway off-ramp
10. Cathedral, ... Dame
11. Slanting lines
12. Ticketed
14. Japanese seaweed roll
16. Pierced with fork
18. Every evening
20. Annoyed
22. Nuclear process
23. Vanilla slice topping
25. Railway bridges
28. Take apart
29. Was gloomy
31. One-on-one fight
32. Carry out (crime)

DOWN

1. Dollar division
2. Appropriate
3. Here, ... & everywhere
4. Overrun (with disease)
5. Continually (2,3,2)
7. Bone photos (1-4)
8. Giving evidence
9. Delivers (goods)
13. In existence
15. Tolerant (4-6)
17. Weight unit
19. Discredit (reputation)
21. Dedicated admirer
22. Sudden outburst (5-2)
24. Agenda item
26. Unfulfilled
27. Rim
30. Ham & ... soup



TRIVIA

Solutions page 73

3. In which Dickens book would you find the character Little Nell?
(a) A Christmas Carol (b) David Copperfield (c) Oliver Twist
(d) The Old Curiosity Shop

Chicken Parmesan Pasta Skillet

Impress friends or family with virtually no effort at all. Comfort food made easy...



INGREDIENTS

- 2 tablespoons Italian dressing (not the creamy kind)
- 3 boneless skinless chicken breasts, cut into cubes
- 16 ounces small/medium sized rigatoni pasta
- 1 24-ounce jar of your favorite Marinara pasta sauce
- 1/2 cup shredded mozzarella cheese
- 1/2 cup grated parmesan cheese
- salt and pepper to taste
- Chopped fresh basil for garnish (optional)

INSTRUCTIONS

1. Heat chicken and Italian dressing in a large 12-inch skillet over medium high heat (If you don't own a large skillet, you can use a stock pot). Season chicken with salt and pepper to taste.
2. Cook chicken until browned and just cooked through, about 5 minutes depending on thickness of chicken.
3. Add the box of pasta and the entire jar of marinara. Fill the empty marinara jar with water and add to the skillet. If using a stockpot, use 2 cups water. Lightly stir the mixture to combine.
4. Bring mixture to a boil and then reduce to a simmer. Cover and cook for 15 minutes or until pasta is tender to your liking.
5. Cover with grated parmesan and then shredded mozzarella. No need to stir. Continue to cook for 2-3 more minutes or until cheese is fully melted. You can also broil the entire skillet for about 4 minutes to make the cheese extra melty!
6. Top with chopped basil (optional) and serve! Enjoy!
7. The pasta in the middle of the skillet and underneath will be more tender than the outside pasta. It's okay if those pieces are a bit toastier and less soft. The inside will be plenty soft.

Grandma's Malva Pudding

Ingredients:

Pudding

- 30ml (2T) Butter/Marg
- 125ml Hulett's White Sugar
- 1 Extra Large Egg
- 15ml (1T) Apricot Jam
- 5 ml (1t) Bicarbonate of Soda
- 125ml (1/2C) Milk
- 250ml (1C) Cake Flour
- Pinch of Salt
- 15ml (1T) Vinegar

Sauce

- 125g Butter/Marg
- 185 ml (3/4C) Hulett's White Sugar
- 65ml (1/4C) Water
- 185 ml (3/4C) Cream
- 5ml (1t) Vanilla essence

Pudding

Cream butter and sugar together, beat in the egg until light and fluffy. Beat in the apricot jam. Dissolve the bicarb in the milk. Sift the flour and salt together and add to the creamed mixture alternately with the milk. Lastly stir in the vinegar. Pour into a deep round dish about 19cm diameter. Cover the dish with a lid or foil and then bake for 1 hour at 180°C.

Sauce

Bring the butter, sugar and water to the boil and simmer, stirring all the time for 2 minutes. Remove from the stove and then add the cream and the vanilla. Pour over the hot baked pudding.



Health Benefits

Everyone Needs to Know about Ginger

Ginger can do something positive for almost every part of your body – plus it is downright delicious! Check out these benefits you can get from including ginger in your daily diet.

Soothes Irritable Bowel Syndrome

The thing ginger is best known for is soothing an upset stomach. People with chronic irritable bowel syndrome (and other stomach disorders) will take ginger supplements to ease their stomach pains.

Helps With Weight Loss

Eating ginger pills or raw ginger when you are dieting is extremely helpful to weight loss. The reason being that ginger helps to burn fat, so including it in your diet makes sure that you are burning fat when you exercise, rather than accidentally burning muscle.

Helps with Morning Sickness

Ginger, with its healing properties for your tummy, is great for that nasty morning sickness. Mommies everywhere – stock up on your ginger.

Prevents Cancer

Ginger does not just help minor problems; it is also a proven lifesaver. Several studies have found it beneficial in fighting lung, prostate, ovarian, colon, breast, skin, and pancreatic cancers.

The compound 6-gingerol, which is found in large amounts in raw ginger, is credited with the cancer-stopping abilities. 6-gingerol has anti-bacterial, anti-inflammatory and anti-tumor properties. This prevents new cancer cells from forming and destroy active ones.

Relieves Menstrual Cramps

As most women know, menstrual cramps can be the bane of your existence. Distracting and painful, you want to nix the cramping quick, so you usually turn to drugs like Advil or Ibuprofen. But a recent study found that the all-natural, anti-inflammatory properties of gin-



ger proved more effective on menstrual pains than ANY over-the-counter drug. Raw or in tea, ginger is the cramping gal's best friend.

Fights Infections

On top of everything else, ginger has anti-bacterial properties, too! Which means it's a first-line of defense with bodily infections. The compound in ginger, gingerol, has been proven to fight and cure many different types of infections – however, ginger works most effectively on infections of the mouth.

Stay Healthy By Eating the Rainbow Colors

When it comes to healthy eating, so much advice seems to center on what not to put in our mouths that it's easy to forget that there's a whole world of foods out there that are great for you!

Red: Lycopene, ellagic acid, hesperidin, and anthocyanin.

Potential benefits include: Lowered cholesterol, reduced risk of heart disease, improved circulation, reduced inflammation, improved endurance and athletic performance, and better digestion.

Apples, cherries, chili peppers, pink grapefruit, radishes, red apples, red bell peppers, red cabbage, strawberries, tomatoes, and watermelon.

Orange/Yellow: Beta-carotene, alpha-carotenoids, hesperetin, beta-cryptoxanthin, and lutein.

Potential benefits include: Boosted immune system, healthy eyes, and reduced risk of macular degeneration, stronger bones, and reduced inflammation response.

Apricots, cantaloupes, carrots, corn, mangoes, melon, nectarines, peaches, and summer squash.

Blue/Purple: Anthocyanins, betanin, vulgaxanthin, flavonoids, lutein, and resveratrol.

Potential benefits include: Improved memory, healthier aging, boosted immune system, and antioxidant protection.

In season: Blackberries, blueberries, eggplant, figs, grapes, huckleberries, marionberries, and plums.

Green: Chlorophyll, lutein, zeaxanthin, indoles, isothiocyanate, flavonoids, and sulforaphane.

Potential benefits include: Eye health, cancer prevention, reduced inflammation, and better digestion.

In season: Chard, cilantro, cucumbers, green beans, green onions, lemongrass, limes, okra, peas, spinach, and zucchini.



Pilates

Come to Jack's Gym and experience a mat-based fitness Pilates class emphasizing precise movements to activate, isolate and stabilize core muscles while improving posture, flexibility, balance and strength. Pilates moves require you to engage virtually your whole body. At



times, you may try to strengthen one muscle while stretching another. Pilates is a form of exercise that aims to develop flexibility, good posture, strength, and balance all at the same time. While some Pilates classes utilize special machines, mat sequences only require your bodyweight, so they are easy to replicate at home and still reap the same benefits.

Yoga

Yoga postures are designed to tone, strengthen and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands and tissues, keeping all the bodily systems healthy.

For a healthy peace of mind, join Jack's Gym, where Yoga is considered a mind-body type of complementary and alternative medicine practice. It brings together physical and mental discipline to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.

On the mental level, Yoga uses breathing techniques and meditation to quiet, clarify and discipline the mind. Yoga can also provide the same benefits as any well-designed exercise program, increasing general health and stamina, reducing stress and improving those conditions brought about by sedentary lifestyles.



Jack's Military Fitness

This is a whole body workout which through team and individual exercises, circuits and games is designed to improve speed, agility, strength and stamina. Very little equipment is required other than body weight to perform a wide range of individual, partner and team speed, strength, agility and stamina exercises-all tried and tested by the military. Join Jack's Gym Health and Fitness today to experience class fitness workouts.





Jack's GYM
HEALTH & FITNESS

Visit Any
Jack's GYM
*For Class Descriptions
& Prices*

Phakalane
Unit 43, Shop no.19,
Plot 63724, Mowana Park
Shopping Centre, Gaborone
3926723/75772628
phakalane@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

I-Towers
Plot 54536 .I-Towers
New CBD, Gaborone
3951248/71635598
itowers@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

G-West
Plot 17881, G-West
Gaborone
3918625/74124973
gwest@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

Village
Plot 4921, The Village
Gaborone
3905222/72205058
village@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

Lansmore Masa Square
3rd Floor, Plot 54353,
New CBD, Gaborone
72669880
lansmore@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

Mountain View - Block5
Unit 1, 1st Floor, Plot 53915,
Block 5, Gaborone
3905226/71321221
mountainview@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw



DR Afata of Blessing Medical Care clinic at Bodiba Mall

Erectile dysfunction

Most of men have problems with erections from time to time called erectile dysfunction. This is a common type of male sexual dysfunction also known as (ED). It becomes more common as you get older. CW Magazine sat down with DR Afata of Blessing Medical Care clinic at Bodiba Mall, giving answers about ED.

DR Afata defines ED as an inability for a man to carry on normal sexual activities. other categories he mentioned include weak erection, where by a man is unable to maintain erection firm enough for a successful sex intercourse. He also mentioned low sex drive, where in between different time of sexual intercourse, a man is not able to maintain good erection through premature/early ejaculation.

The research states that erectile dysfunction can lead to relationship problems, as well as depression and distress in men. It can be a symptom of larger health problems, particularly cardiovascular diseases. DR Afata stated that ED causes can be categorized into psychological/physical/clinical.

Factors that can increase the risk of ED include:

Physical Causes of ED

Age over 50, sugar (diabetes), High blood pressure, High cholesterol, Smoking, Cardiovascular disease, Drug or alcohol abuse, Obesity, Lack of exercise, trauma such as head injuries, pelvic injury, insufficient concentration of neurotransmitter it can result in early ejaculation. Other factors can be as a result of some medication.

Psychological causes of ED include

Depression, relationship conflicts, Stress at home or work, Worry about sexual performance, Anxiety, Libido (decreased sexual appetite).

According to Dr. Afata, weak erection can influence infertility in men but does not mean that a man who is weak erectile is infertile.

Diagnosing ED

In diagnosing erectile dysfunction, a doctor will examine a man's sexual, medical, or psychosocial history to determine possible sources of the

A physical examination for erectile dysfunction normally does not differ much from a standard physical examination from a doctor. Dr. Afata said that ED can be prevented by: More exercise, losing weight, stopping smoking, reducing stress and alcohol.

Treating ED

Dr. Afata said that the research states that a doctor will most likely tell a patient with erectile dysfunction to curb bad habits, including smoking and excessive alcohol or caffeine consumption, if applicable. He continues to say that Erectile dysfunction is treated with medications such those that block PDE-5—an enzyme that affects erections. Those medications include Viagra or Cialis, Apo morphine, or the herb yohimbine. Other less common treatments include prostheses, surgery, and injections to promote blood flow to the penis.

Omega-3 fatty acids have been shown to improve blood flow to the penis and may be a useful adjunct to treatments established by your physician.

For more information, call Blessing Medical Care clinic @ 3190653, Location; Bodiba Mall, Unit 9 or Visit any nearest clinic for further information.

Asthma

Asthma is a common long term inflammatory disease of the airways of the lungs. It is characterized by variable and recurring symptoms, reversible airflow obstruction and bronchospasm.

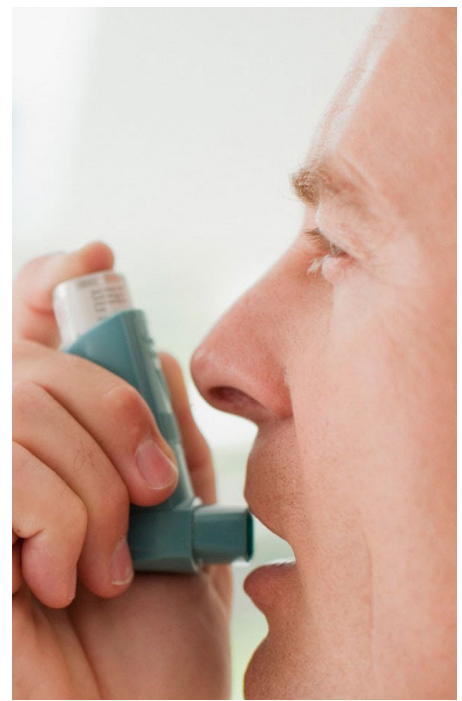
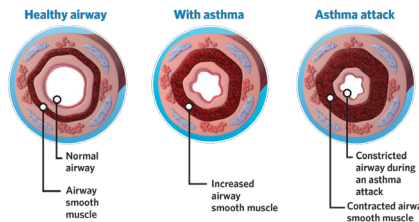
Symptoms include: episodes of wheezing, coughing, chest tightness, and shortness of breath. These episodes may occur a few times a day or a few times per week.

Depending on the person they may become worse at night or with exercise.

Asthma is thought to be **caused by** a combination of genetic and environmental factors. Environmental factors include exposure to air pollution and al-

lergens. Other potential triggers include medications such as aspirin and beta blockers. Diagnosis is usually based on the pattern of symptoms, response to therapy over time and spirometry.

There is **no cure** for asthma. Symptoms can be prevented by avoiding triggers, such as allergens and irritants and by the use of inhaled corticosteroids. Treatment of rapidly worsening symptoms is usually with an inhaled short-acting beta-2 agonist such as salbutamol and corticosteroids taken by mouth.



MENTAL DISORDER

A mental disorder, also called a mental illness or psychiatric disorder is a diagnosis by a mental health professional of a behavioural or mental pattern that may cause suffering or a poor ability to function in life.

Causes

The causes may include; Risk factors for mental illness include genetic inheritance, such as parents having depression, or a propensity for high neuroticism or "emotional instability".

In schizophrenia and psychosis, risk factors include migration and discrimination, childhood trauma, bereavement or separation in families and abuse of drugs, including cannabis, and urbanity. Environmental events surrounding pregnancy and birth have also been implicated. Traumatic brain injury may increase the risk of developing certain mental disorders.

Social influences have been found to be important including abuse, neglect, bullying, social stress, traumatic events and other negative or overwhelming life experiences.

PREVENTION

Depression

For depressive disorders, when people participated in interventions, the number of new cases is reduced by 22% to 38%.

Anxiety

For older people, a stepped-care intervention achieved a 50% lower incidence rate of depression and anxiety disorders in a patient group aged 75 or older.

For younger people, it has been found that teaching CBT in schools reduced anxiety in children.



Best Smart-watch:

Top 3 smartwatches you can buy in 2017

Your wrist only deserves the best companion

The smartwatch is the ultimate smartphone accessory. It can tell the time, of course, but it can also beam important notifications straight to your wrist, and run native apps.

What's more impressive is that many of today's best models can also perform a ton of novel tricks, such as enabling you to search the internet with your voice, tracking your exercise over GPS, and letting you check-out at the grocery store without reaching for your wallet.

Samsung Gear S3

Samsung's latest goes big against Apple - literally OS: Tizen OS | Compatibility: Android, iOS | Display: 1.3" 360 x 360 Super AMOLED | Processor: Dual-core 1.0GHz | Band sizes: S (105 x 65mm) L (130 x 70mm) | Onboard storage: 4GB | Battery duration: 3 days | Charging method: Wireless | IP rating: IP68 | Connectivity: Wi-Fi, Bluetooth, 4G



Apple Watch 2

Fitness takes over the Apple Watch OS: watchOS 3 | Compatibility: iOS | Display: 1.53" OLED | Processor: S2 dual-core | Band sizes: Varies drastically per watch size | Onboard storage: 8GB (only 2GB and 75MB allowed for music and photos, respectively) | Battery: 18 hours | Charging method: Wireless | IP rating: IPX7 | Connectivity: Wi-Fi, Bluetooth, NFC
Water-resistant
GPS onboard
Expensive



LG Watch Style

The thinnest Android Wear smartwatch yet
Compatibility: Android 4.3+, iOS 8.2+ | Display: 1.2" 360 x 360 P-OLED | Processor: Snapdragon Wear 2100 | Onboard storage: 4GB | Battery duration: Up to 24h | Charging method: Conductive USB charger | IP rating: IP67 | Connectivity: Wi-Fi, Bluetooth
<http://www.techradar.com>





Audi R8 2017



Tell me that's a car with a ski rack on the roof and not a cop," I pleaded to my pal just after demonstrating the extreme acceleration of the 2016 Audi R8 Plus. That's the one with 10 cylinders and a whole gob of horsepower. Unfortunately, the men in blue noticed my (highly illegal) demonstration and immediately pulled me over.

Whoops!

The R8 debuted 10 -- yes, 10 -- years ago, at the Paris Auto Show. It's always been an undercover supercar lacking the élan of a Ferrari or the swagger of a McLaren. Still, its 5.2-liter engine, available detuned with 540 horsepower or a full-bore 610, is a twin to the Lamborghini Huracan, thankfully without any of the harsh angles prevalent on that angry bull.

Instead, this second-generation R8 carries the tight Audi design language seen on the new TT. Smooth curves tuck into a tightly constricted front fascia. LED headlights and tail lights are standard, and the dynamic sequential rear turn signals grab the attention of the driver behind.

But you can't talk Audi R8 without talking about the blade. The slash of solid black from top to bottom on the profile of the R8 is no more. Instead, the body color cuts through the blade, bisecting it into two distinct parcels. I love it, but some of my colleagues at Roadshow contend that the new style line interrupts the visual flow of the rear quarter panel.

www.cnet.com



Young Motswana

Fine Artist Sells His Dream

Young Molepolole born fine art artist, Kenny Ketshotseng works hard every day to come up with nothing but the best work for his clients. Having been captivated by art since he started school, art work is now his every day work. It entails paintings and drawings.

Operating under the business name 'Kenny Arts' at Thapong Visual Arts, Ketshotseng is also the organizer of Motswarapoetry show, which gives upcoming local artists a platform to showcase their talents. The concept Motswarapoetry is an abbreviation of motswako, rap and poetry. Thapong Visual Arts Centre is the home of this monthly session.

According to the artist, he started art business while at Kwenasereto Junior School where he sold portraits to his mother's friends. This strengthened his passion in arts. He uses materials such as oil paint and soft brushes to do his work, which he buys at an art shop called Art Tswana.

Ketshotseng has been able to sell a number of his pieces to individuals, private companies and the government. These are also his potential clients. He said "The business is doing well and I have my own customers. The more you stay in business the more you know the secret of it."

He has proven himself to be stronger in fine arts by scooping awards in different categories such as; Painting Category where he got position 2 at the President's Day Youth Awards in 2015. In 2016 he got position 3 in the Installation Category at NACA World Aids Day Awards. He scooped best student in art certificates while at junior school.

Ketshotseng told Celebrity World Magazine during an interview "Fine art is a calling; I'm doing it with passion that I found in me. Fine art is not about how educated you are, but it's all about passion. I felt the love for it in me and I started pushing for it, now I'm living the dream. I bought myself a car with fine art; I pay rent, buy food and support my parents with fine art".

His Quote:

Keep the passion going if you love something because that is where your money comes in.

Contacts: 72524522/74939413





Ghanzi Show

Ghanzi, District de Ghanzi, Botswana

Tuesday 4 July 2017, 08:00 till Saturday 8 July 2017, 20:00

Organized by: Ghanzi Show
Farming Adventure Inspiration



Organized by : Organismc

The FB version of the Blog page, this is a platform to share information about: Great organizations, Mind blowing ideas, Good strategies, Management practices and of course great Change.

Share, like and discuss on the issues being presented here or better still, apply the ones that best suit you.

Activities Gaborone / Description

Season 4 of 13 Weeks of awesome presents ALL new workouts by Anti Gravity...more details to follow

Helping Hands international business seminar

Helping hands international is an empowerment based membership program,a global opportunity born out of the passion for total human capacity development and for helping the less privileged

Joining fee:P500

Time: Sat Jul 22 2017 at 02:00 pm

Venue: Block-8, Gaborone, Botswana

This August, 5th August, 02:00 pm, Helping Hands international business seminar in Gaborone

Walk for A change Race

Event in Tshesebe

Butale,Butale

Sunday 9 July 2017, 22:00 till Sunday 16 July 2017, 01:00

Organized by: Smile Africa Children's Home and School

Activities Tshesebe / Description

Walk To Help Raise Money To Build Orphanage Houses/Homes

You cannot do something to change yesterday but you can do something today and change tomorrow, join us in a walking race to do something today and change tomorrow. This is more than a race but Adventure to most parts of Uganda, Learning almost all the Ugandan cultures i.e. How their cook, dress and many others ,Walking with almost 1000 villagers in our community, Sports , working on the project you have fund-raised for and a full week of happiness

Nedbank Tour de Tuli

The Nedbank Tour de Tuli is the main fundraising event hosted by Tour de Wilderness for Children in the Wilderness.

Event Courtesy Of www.tourdewilderness.com

Nedbank Tour de Tuli

CONTACT DETAILS

Start Date: 27 July, 2017

End Date: 01 August, 2017

Phone: +27 (0)11 257 5000

E-mail: info@childreninthewilderness.com



Activities Francistown / Description

It is scheduled to take place on 14.15.16 JULY 2017at FRANCISTOWN, Botswana. CARNIVAL: an annual festival, typically during the week before Lent in Roman Catholic countries, involving processions, music, dancing, and the use of masquerade.

TICKETS PRICE TO FOLLOW SOON!!!!!!
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FOR MORE INFO CALL: +267 7708 2029/
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Source: <http://www.wherevent.com/>

BTO SHOWCASES

International Tourism Bourse



Botswana Tourism Organization invited corporate companies and the media to showcase what Botswana had displayed at the 51st International Tourism Bourse (ITB) which was held in March, 2017 in Berlin, Germany. The showcase was staged here in Gaborone at The Grand Palm Hotel in June 8, 2017.

Botswana is the first county in the Sub-Saharan Region to partner with ITB which is the biggest travel expo in the world. ITB-Berlin is the world's biggest travel and trade show that attracts multitudes of exhibitors, buyers, visitors, international media and trade visitors.

Present at the ensemble was His Excellency the President Lieutenant General Dr. Seretse Khama Ian Khama. Speaking at the ensemble, the Minister of Environment, Natural Resources, Conservation and Tourism Honorable Tshakedi Khama thanked the President for attending the ITB Germany. The minister proudly mentioned how Botswana has been participating in numerous international awards and prestigious international events. He further said that Botswana over the past years has been scooping numerous tourism awards such as; Lonely Destination Awards, National Geography World Legacy Award, International Events Legacy Awards and Global Sustainable Tourism Council only to mention a few. Honorable Tshakedi Khama added that the ensemble was undoubtedly the best show he had ever seen displayed.

The I Love Botswana ensemble gave the audience in the form of dance and song. This was a memorable event which left the audience in awe.



Honorable Tshakedi Khama speaking at the event



One of the dancers in action



Mr Gabriel Modise narrating the showcase



I love Botswana ensemble



The ITB Berlin Team: Thabang Segae, Tshapo Moleele, Dawson Ramsdon, Cynthia Buthelezi and Gillian Blackbeard.



one of the exhibitors, Mrs Bakani Johnson showcasing the A girls dolls.



Baboloki 'Hurricane' Thebe

Botswana's 400 metres ace runner Baboloki Thebe puts his name at the top as he scooped position 1 in the event during the Oslo Diamond League. He finished on the 44.95 time. Currently, Thebe has accumulated seven points after finishing on position two at Eugene Diamond League meeting with a time of 45.04. On Sunday (June 1, 2017), Baboloki competed in Stockholm Diamond League, where he got position 2 in Men's 400m. He finished on the 44.99 time. He shared the track with Kevin Borlee, Steven Gardiner of Bahamas, Luka Janezic of Slovakia, Rafal Omelko, Pieter Conradie of RSA, Onkabetse Nkolobolo of Botswana and Yousif Rabah of Great Britain.



Peter James Butler has been confirmed as new Platinum Stars Coach

Platinum Stars have moved swiftly to fill the void left by Cavin Johnson by appointing Englishman Peter Butler as their new head coach. Butler was in charge of the Botswana National Team, but resigned from the post in order to move to Dikwena. The 50-year-old Butler, who has signed a two-year deal, is a well-travelled coach, having gone from his home club Halifax Town in Northern England to such exotic destinations as Australia, Singapore, Malaysia, Indonesia, Myanmar and Thailand. He took over at Botswana in 2014 and will start his new job on July 1, 2017 after agreeing terms with Platinum Stars chairman Cliff Ramoroa.



Sterling expects Manchester City to 'punish' opponents

Manchester City has the talent to compete on all fronts if they cut down defensive mistakes next season, winger Raheem Sterling has said. Manager Pep Guardiola ended his debut campaign without a trophy as City finished third in the league after sloppy defending cost them crucial points to end their title hopes.

Their Champions League campaign was dogged by similar issues as City failed to protect a two-goal lead against French side AS Monaco and was knocked out in the Round of 16, but Sterling remains hopeful for the future.

"With the team, the players and the manager we have, it's looking to be good in the future," Sterling told the club's official website. (www.mancity.com).

Baroka FC have already twice approached Stellenbosch FC over a deal for Junaid Sait

KickOff.com can reveal that Stellenbosch FC captain Junaid Sait could further his career with Baroka FC in the Absa Premiership next season.

This comes after the Bakgaga secured their top-flight status for another term following the 1-1 draw against Black Leopards in the final match of the PSL Promotion Playoffs.

The Polokwane-based outfit ultimately finished top of the mini-league with two wins and two draws to avoid dropping down to the National First Division.

"Yes, we made contact [with Stellenbosch FC over Sait] before and after our match against them," a source close to the PSL club tells KickOff.com.



Wayne Rooney in focus as China transfer window opens

Wayne Rooney, Diego Costa and Pierre-Emerick Aubameyang are among the stars rumoured to be considering big-money moves to the Chinese Super League (CSL), which has been smashing spending records in recent seasons. Brazilian International Oscar moved to Shanghai SIPG for 60 million euros (\$67 million) as Chinese clubs splashed an unprecedented 388 million euros in January-February window. Argentine striker Carlos Tevez also arrived on huge wages to instantly become among the best paid players in world football. But in May the Chinese Football Association (CFA) stepped in to limit the largesse, effectively slapping a 100% tax on transfers for loss making clubs, with the proceeds going to a government run fund.



Ronaldo remains 'silent' amid tax evasion accusations

MADRID: Cristiano Ronaldo reacted to accusations that he evaded paying taxes of 14.7 million euros (\$16.4 million) by saying that remaining silent was the "best answer".

"Sometimes the best answer it's to be quiet," the Real Madrid star forward said on Instagram with a photo of himself in a Portugal polo shirt and right forefinger raised to his lips.

Botswana to host Netball World Youth Cup 2017



The General Manager of Netball World Youth Cup 2017, Mrs. Tebogogwe Kesupile takes us through their journey to host Netball World Youth Cup Gaborone 2017 games.

This is what she had to say: In 2013, Botswana Netball Association won the bid to host the Netball World Youth Cup 2017. The youth games will run from July 8th until 16th, 2017. Preparing to host the games entails a lot. It includes competition venues, accommodation for participants and officials, medical response strategy, feeding, transport and security. The other important factor to consider is the legacy you want the country to have, when the event is finished. Tied to the legacy issue could be how well you present the country to the world, and you achieve this by showcasing the national artistic talent, the richness of the culture, in the events planned around the games. This could generate more visits to Botswana, and even more investments.

One of the critical things when planning for such games is funding – a lot of funds are required to host games of this magnitude, hence the need for adequate financial planning and management. Funding would normally come from both the public and private sectors, and getting sponsorships goes hand in hand with marketing. You need to have a robust marketing plan that will give the sponsors the required mileage. The governance structure is also a critical

factor to consider to provide strategic direction. To run the operations, you also need to determine the structure you require, as well as how many people all in all, and what roles they will each play.

Overall, there has to be adequate resource planning. The host has to consider the technical side of running the games, such as special equipment and technical personnel. Capacity Building to ensure adequate numbers and competence of technical personnel is therefore another important issue to consider. Volunteers play a big role during the games too. A lot of them are needed, more than 500 will be engaged, and they have to be effectively inducted in their roles, in order to avoid inefficiencies.

Mrs. Kesupile added communications and protocol as another important factor, i.e. how information about the games should be packaged and communicated to all interested publics and stakeholders.

University of Botswana Sports Arena and Ditshupo hall are the venues for the games. Each venue will have a wooden sprung floor as per INF requirements. There will be spectator seating in these facilities.

Addressing challenges faced by women in sport in Botswana, Mrs. Kesupile said that according to her own perception, in our society women are not perceived to be equal with men, not only in terms of physical strength but in terms of leadership ability. In our society, we seem to generally believe that men make better leaders. "I do not know where that came from; maybe from the Bible, as the Bible positions the man as the head of the family. But wherever it came from, we seem to really believe that men make better leaders than women, and consequently we end up believing generally that things that are done by women are not as exciting or valuable as those done by men. As a result that itself is a challenge because the response will never be the same. The same challenge we face as women in sports is the same we face in other spheres of life. How we behave towards women in sports compared to men, is greatly influenced by what we believe as people about the worth of women versus men."

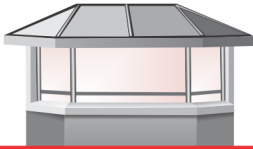
Mrs. Kesupile added that the government of Botswana through Ministry of Youth Empowerment, Sport and Culture Development has provided the bulk of the funding to support these games. Other resources provided by the Ministry are officers, vehicles, and office space. Government also participates in the event organizing structures through the relevant ministries and parastatals. As an example, the Botswana Police Service are involved in the security aspect of the games, while the Department of Broadcasting services is assisting with the Marketing and Communications aspects to publicize the games through television and radio. The Ministry of Health and Wellness is also involved in the medical aspect.

The private sector has also played a very important part in resourcing the event, either in direct sponsorships, or in kind partnerships. Government could not have adequately enabled execution of the project without the private sector also coming on board.

The best strategy for executing the assignment of this magnitude is therefore one that encompasses the various aspects, and embraces all role players. This makes it possible for a national approach to the hosting of the games.

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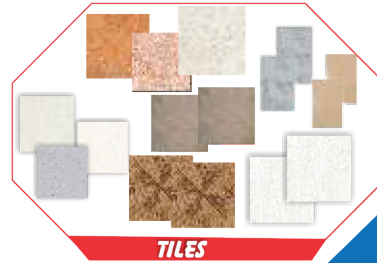
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