

## *From Lobatse To The World* THE RISE OF PHLYHONEY

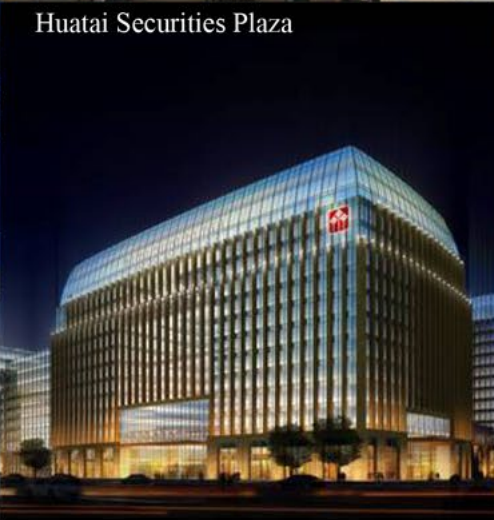
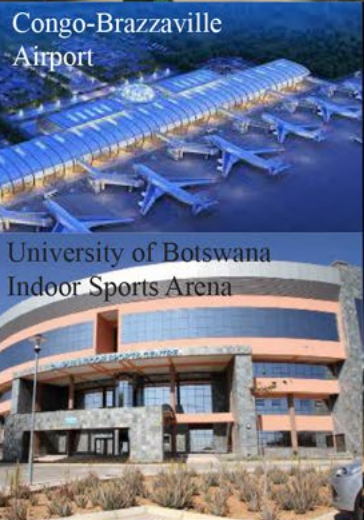
Faith, Form & Freedom:  
The Creative World  
of Gomolemo Mark  
Kalayakgosi Snr

MC Ayanda's Journey  
of Purpose, Presence,  
and the Perfect Crowd  
Connection

Stersis: The Voice,  
Vision, and Vanguard of  
a New African Creative  
Era

The Sound That  
Makes a Generation  
Nod





**CHINA JIANGSU INTERNATIONAL  
BOTSWANA (PTY) LTD**

Physical Address: Plot 20635, Block 3, New Broadhurst Industrial, Gaborone, Botswana  
Tel: +267 3185296 Fax: +267 3164449  
Post Address: P.O.Box 202124, Gaborone  
E-mail: [cjibots@gmail.com](mailto:cjibots@gmail.com)

## The A Team

### Editor

Takudzwa Joylene Chigura

### Writers

Amogelang Tau  
Duncan Sebeso

### Graphic Designer

Amuchilani Rara

### Photographer

Oarabile Seofeleng

### Cover Story Credits

Designer - Mummy Molapo  
Photographer - Eyes of Bryce  
Hairstylist - Sheillah Molebatsi  
Nail tech - Po Spa Nails  
Venue - Arabella Café  
Make Up - Phlyhoney

### Marketing Officer

Harmony Tshuma



### Founder & CEO

Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

Plot 14385 First floor of double storey  
building, New Lobatse Road  
Gaborone West Industrial  
Cell: 77606907  
Tell: 3937886  
Email:celebrityworldbw@gmail.com

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April arrives with a quiet kind of confidence, the kind that doesn't demand attention, yet naturally draws it. It is a month of renewal, reflection, and bold beginnings, where ideas start to take shape and creativity finds new rhythm.

In this issue, we lean into that spirit of evolution. From the ever-expanding worlds of music and creative expression to meaningful conversations around growth, purpose, and identity, April becomes our canvas for stories that move, challenge, and inspire. We spotlight individuals who are not only mastering their craft but are also redefining what it means to show up authentically in spaces that are constantly shifting.

There is something deeply intentional about this moment. Perhaps it's the way artists are experimenting beyond boundaries, or how innovators are reshaping industries with fresh perspectives. Or maybe it's simply the reminder that growth, whether personal, creative, or collective, is never accidental. It is built, layer by layer, with courage and clarity. This issue also reflects on progress in a broader sense. As Botswana continues to evolve, so do the opportunities that shape its future. From conversations around sustainable development to initiatives that empower communities, we explore how vision and collaboration are steadily building something lasting.

At its heart, April is a celebration, of becoming, of possibility, and of stepping into new chapters with intention. Whether you are creating, rebuilding, or simply finding your way, there is power in embracing where you are while remaining open to where you're going.

Thank you for growing with us, for engaging with these stories, and for continuing to be part of this journey.

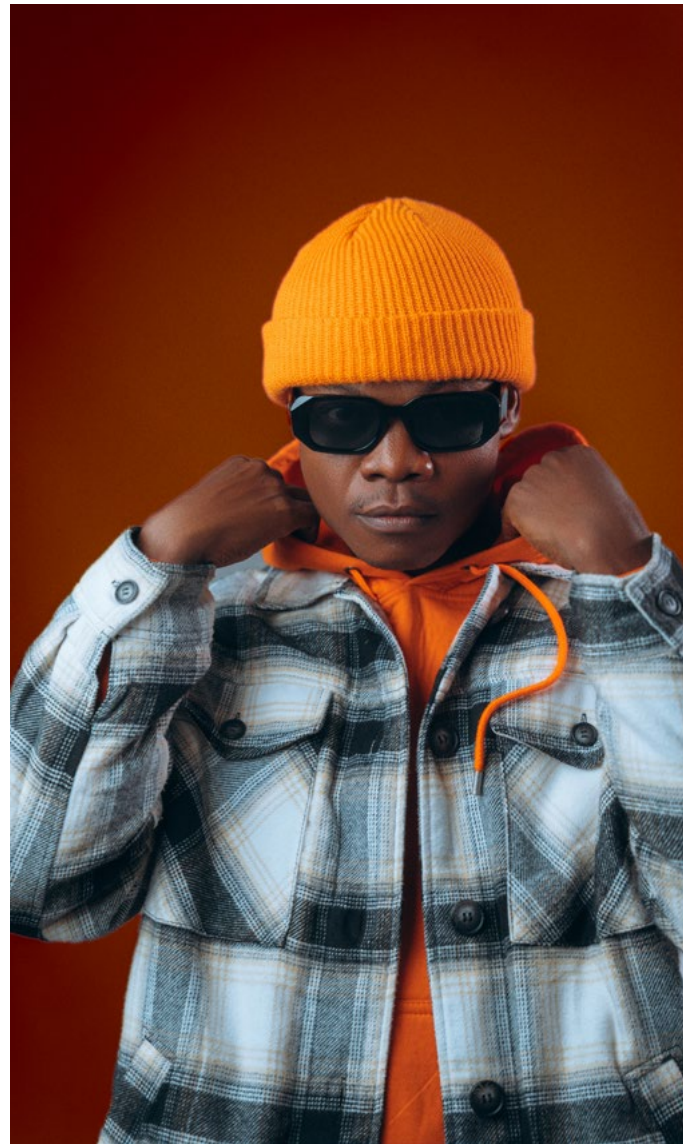
With Intention

Editor-in-Chief

Takudzwa Joylene Chigura



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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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



### The Super Mario Galaxy Movie

**Release:** April 1, 2026

**Genre:** Animation / Adventure

In this animated adventure, the Mushroom Kingdom faces its greatest threat yet: Bowser Jr. has devised a plan to take over the universe. Mario and Luigi, joined by Princess Peach, Yoshi, and Toad, must journey across vibrant galaxies filled with strange planets, cosmic landscapes, and quirky allies. Along the way, they confront challenges that test their courage, friendship, and teamwork.

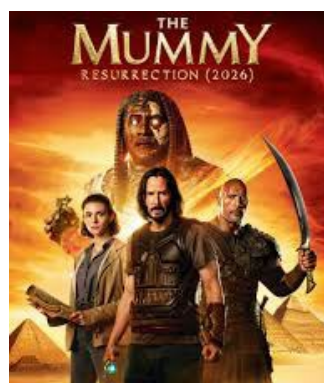


### Faces of Death

**Release:** April 10, 2026

**Genre:** Thriller / Horror

A modern horror thriller inspired by the infamous 1970s "Faces of Death" series, this film follows a group of young content moderators who stumble upon videos depicting violent and grotesque acts. At first, it seems like just another dark corner of the internet, but soon, the lines between reality and staged horror blur. As the group digs deeper, they uncover a disturbing underground network that has real-world consequences.



### The Mummy

**Release:** April 17, 2026

**Genre:** Horror

A suspenseful horror story where a long-lost girl mysteriously returns to her family years after disappearing in the desert. While the reunion initially brings joy, it quickly turns into fear as supernatural forces reveal themselves. Dark secrets tied to an ancient curse emerge, threatening the family's lives. With a mix of psychological tension and traditional horror, the film explores grief, family bonds, and the dangers of meddling with forces beyond human understanding.



### Michael

**Release:** April 24, 2026

**Genre:** Biography / Music

A deeply personal biopic chronicling the rise, triumphs, and struggles of pop icon Michael Jackson. From his early days as a child performer in the Jackson 5 to becoming the King of Pop, the film delves into the artistic genius, personal sacrifices, and controversies that shaped his life. Portrayed by Jaafar Jackson, it highlights Michael's innovative contributions to music, dance, and global culture, while also addressing the challenges of fame and public scrutiny. The film balances performance spectacle with an intimate exploration of the man behind the legend.



### Whale Shark Jack

**Release:** April 2, 2026

**Genre:** Family / Adventure

A family adventure about a spirited young girl who must rescue her beloved whale shark, Jack, after environmental threats and human interference put him in danger. Coping with the loss of her father, she finds healing and purpose in her mission, forming unlikely friendships and learning about the importance of protecting nature. Combining heartwarming emotional beats with moments of adventure and suspense, the story celebrates courage, compassion, and the deep bond between humans and animals.



### You, Me & Tuscany

**Release:** April 10, 2026

**Genre:** Romantic Comedy

A romantic comedy following a woman who escapes her busy, stressful life in search of clarity and inspiration in the sun-drenched landscapes of Tuscany. Among rolling hills, quaint villages, and delicious cuisine, she encounters new people and experiences that challenge her old assumptions about love and life. Unexpected romance blooms, forcing her to decide what truly matters in her life. The film mixes humor, emotion, and the transformative power of travel, making it an uplifting story of self-discovery and love.

# Faith, Form & Freedom:

## The Creative World of Gomolemo Mark Kalayakgosi Snr



Gomolemo Mark Kalayakgosi Snr emerges as a distinctive creative voice, seamlessly weaving faith, psychology, and visual storytelling into a purpose-driven expression. A senior pastor, professional counsellor, and award-winning visual artist, his work transcends boundaries, offering not only creativity, but healing, reflection, and truth.

At the core of his journey is purpose. "Being a pastor is my divine calling," he shares, a role that anchors his identity and feeds his spirit. Alongside this is his work as a professional counsellor, where he engages the human

mind through evidence-based approaches such as Cognitive Behavioral Therapy (CBT), psychodynamic, and humanistic methods, while also embracing spiritual guidance through the Holy Spirit.

This rare balance between theology and psychology shapes how he creates. His art is not just visual, it is intentional. Through cartoons layered with humor and symbolism, he addresses mental health, social struggles, and human behavior. Beneath the wit lies a deeper message: communicating truths that words alone often fail to express.

### Roots of a Creative Calling

Raised in Palapye within a family of artists, creativity was part of his foundation. His older brothers, all skilled realistic artists, influenced his early exposure—but it was his eldest brother, Mothusi Abraham Kalayakgosi, who left the deepest mark.

By the age of five, he was already sketching football stars from Kick Off magazine, carefully studying and recreating what he saw. As he grew, his imagination expanded. Primary school introduced him to abstract thinking and drawing from within, eventually leading him to discover his strongest voice in cartoons and illustration.

### A Vision Beyond Borders

The creation of his iconic character Senganga in 2002 marked a turning point. By 2005, the character was published in PAG Revelations, but it was in 2010, during his Multimedia studies, that everything shifted.

A lecturer from Germany recognized his talent and encouraged him to pursue art full-time. That moment changed his perspective, pushing him to think beyond Botswana and take his work online. It opened doors to international markets, where his talent found wider appreciation.

Today, much of his work comes from global clients, spanning caricatures, comic books, and detailed illustrations, proof that his creativity speaks a universal language.

### Purpose Over Applause

With multiple accolades from the Botswana National Arts Festival and international recognition, including being named Cartoonist of the Year by Toonsmag in Norway, his work continues to gain visibility. Yet for Kalayakgosi, recognition is not the goal.

"It feels good to be appreciated, but it's more about self-fulfillment," he explains.

His motivation runs deeper: legacy. He wants his children, and those who look up to him, to see a life fully lived on purpose. A life where talent is not hidden, but developed and used.

### Art as a Voice for Society

Kalayakgosi's work is bold, honest, and socially aware. Through his illustrations, he addresses issues such as gender-based violence, corruption, substance abuse, cyberbullying, and the often-unspoken struggles of men.

His comic Eseng mo Ngwaneng confronts the reality of defilement and exploitation, while Pula, Botswana's first superhero comic, champions women's empowerment and tackles GBV through a culturally relevant lens.

Working closely with individuals facing substance use challenges at BIRRO, his counselling work directly influences his art. He integrates coping mechanisms, especially those rooted in CBT, making his work not only expressive, but impactful and educational.

**Creativity as Healing**

For Kalayakgosi, art is more than expression, it is restoration. As a counsellor, he understands emotional exhaustion and the need for self-care. Drawing becomes his refuge, a space to reset, reflect, and recharge. "Sometimes I draw between sessions," he shares, using creativity as a tool to regain focus and energy.

It is this belief that extends into his work: that creativity has the power to heal, transform, and bring clarity, not just for the artist, but for those who engage with it.

**Balancing Calling and Career**

Balancing ministry, counselling, and art requires intention. Through structure, discipline, and self-awareness, he maintains harmony between his roles. "I am a Christian first," he says, words that define his approach to life.

His art naturally becomes an extension of his ministry. Through The Burning Bush Gazette, his church's monthly newsletter, he shares a comic series titled Lorato, exploring themes of Christian relationships, purity, and marriage. He is also working on Bible-based children's books, expanding his reach to younger audiences.

**The Mind Behind the Art**

His creative process is intuitive and emotionally driven. Inspiration comes in moments of stillness. Ideas begin as thoughts, then sketches, before evolving into fully realized pieces through inking, coloring, and refinement. Music often accompanies his work, helping him stay in rhythm with his creativity. There is no rigid formula, only flow.

**Challenges and Growth**

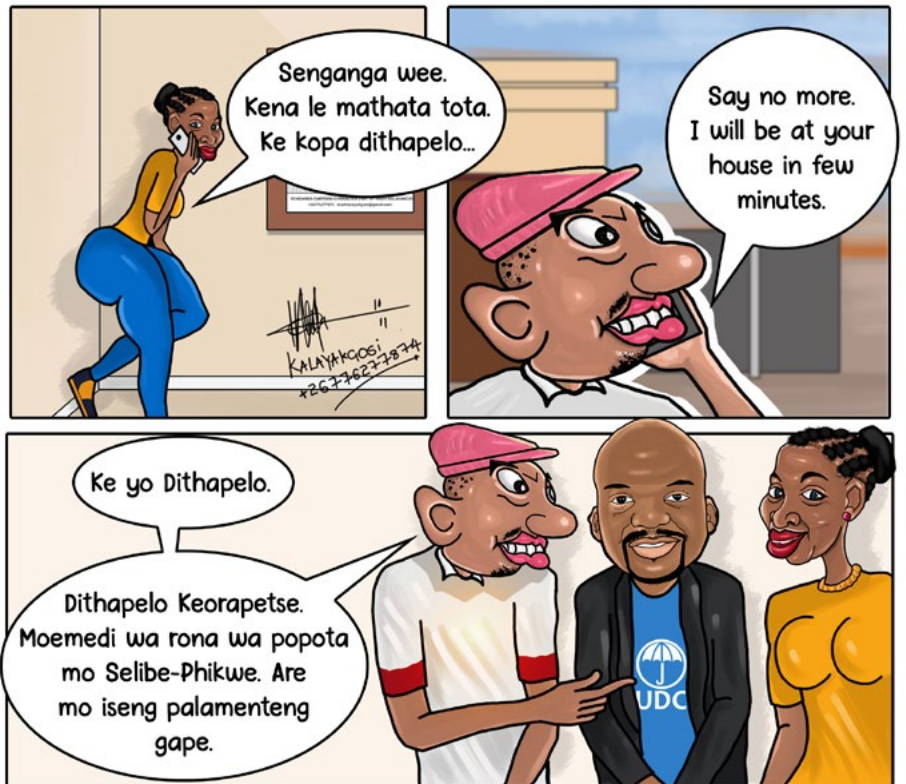
Despite global recognition, the journey has not been without challenges. In Botswana, cartooning and illustration are still underappreciated, often misunderstood as less significant forms of art.

"Most of the support comes from abroad," he notes.

But rather than discouragement, this reality has sharpened his direction, pushing him toward international platforms where his work is recognized and valued.

**A Message to Young Creatives**

His advice is simple, yet powerful: choose authenticity over approval.



"Be true to yourself. Love what you do." He encourages young creatives to share their work online, enter international competitions, and remain consistent, because growth often follows visibility.

**The Future of the Vision**


The journey is far from over. Following the success of Pula, he is currently working on Volume Two, promising an even more dynamic continuation. Meanwhile, Senganga is evolving beyond comics, with plans to develop it into a full 60-minute animated film.

It's a bold step, one that reflects both growth and vision.

**A Legacy Rooted in Grace**

When asked about the legacy he hopes to leave, his response is simple: "It is all by the grace of God." For Gomolemo Mark Kalayakgosi Snr, creativity is more than talent, it is purpose, ministry, and testimony. Through every line, every character, and every story, he reminds us that true art is not just seen, it is felt, lived, and capable of transforming lives.

# FROM LOBATSE TO THE WORLD: THE RISE OF PHLYHONEY

A woman with her hair styled in two large, dark, rounded buns is the central figure. She is wearing a bright yellow, off-the-shoulder, short-sleeved dress with a blue and white patterned bodice and a solid yellow skirt. She is looking towards the camera with a slight smile. The background is a green wall with a colorful abstract painting. A woven basket is visible in the lower left corner.

There's something powerful about stepping into your purpose at the exact moment you're ready for it, and for Phlyhoney, that moment is now. Venturing into DJing at a time marked by self-awareness and creative clarity, she isn't just experimenting with sound, she's stepping into control. "I'm more intentional, more open creatively," she shares. "It's unlocking a new layer of expression for me, where I'm not just creating moments, I'm controlling them." And that control isn't about perfection. It's about energy—real-time, unfiltered, and deeply felt.

Behind the decks, Phlyhoney isn't just playing music, she's telling a story. One rooted in evolution, confidence, and emotion. Her sets unfold like immersive journeys, a soft, sensual pull-in that slowly builds into something electric and unforgettable. It's not just about sound, it's about connection. "I want people to feel seen through sound," she says, hinting at the emotional depth she's bringing into her craft.

Her sonic palette reflects that duality. Drawn to Afro House, Neo-Soul, and smooth R&B transitions, her style lives in the balance between sensual and powerful, a slow burn that erupts into high-energy release. Each set is curated with intention, every transition considered, every beat placed with purpose.

It's this deep commitment to culture that continues to shape her artistry. Being fully immersed in spaces that amplify music and dance, Phlyhoney has been invited to leading brand events and engagements, such as Red Bull's Dance Your Style in Botswana and South Africa, as a friend of the brand. These experiences have allowed her to connect on a deeper level with both the youth and the cultural movement driving the scene forward. "Through spaces like this, I've seen how music moves people on a global level, and it's pushed me to think bigger, be more intentional, and stay authentic," she says. It's more than exposure, it's alignment.



Yet, despite the clarity in her vision, her defining moment on stage is still loading. She's waiting for that one booking, the one where imagination meets reality. "I want to see people moving exactly how I imagined in my head," she says. And when that moment comes, it won't just be a performance, it will be a manifestation.

But the journey there isn't without its challenges. Learning in public means embracing imperfection, navigating critique, and showing up before you feel fully ready. Still, she leans into it. "Growth requires you to be seen before you feel ready," she reflects, a mindset that captures the essence of her evolution.

Preparation is her anchor. Hours spent listening, organizing tracks, understanding BPMs, and mapping out energy flows happen long before she even touches the decks. By the time she steps up, the story is already written, it's just waiting to be told out loud.

And while expectations exist, she's choosing grace over pressure. Allowing herself to be a student while showing up with confidence is a balance she's learning to master. Encouraged by those who always believed she could do it, she's finally answering the call, and doing it on her own terms.

What sets Phlyhoney apart is her intention to create an exchange, not just a performance. "I give energy, they give it back," she says. It's about freedom, presence, and joy. It's about dancing without hesitation and feeling fully alive in the moment. Simply put, it's about connection.

Beyond the decks, her creative world expands into collaboration. Partnering with fellow creatives from her hometown of Lobatse, she's building experiences that merge music, fashion, movement, and visual storytelling. It's a celebration of heritage, culture, and community, proof that even a small town can produce global energy.

To her, music and movement are inseparable. Whether it's a dancefloor or a charity run, she sees rhythm as fuel for physical expression. "My sets are built to make you move, naturally," she says. And it's clear, she's not just creating playlists, she's creating motion. Right now, she exists in a space between personal and performative, balancing her own taste and emotion with the challenge of translating that outward. It's a process of discovery, one she's navigating with honesty, and a little humor. "Please give me grace," she laughs, but the growth is undeniable.

Her vision? Global stages. Open, expressive spaces. Diverse crowds. From Kunye to Ibiza,



Tomorrowland to Zazu, Phlyhoney is dreaming far beyond borders. "I want people to remember how I made them feel," she says, and in a world driven by moments, that feeling is everything.

Inspired by local DJs, global sounds, everyday experiences, and a growing wave of women stepping into DJ culture, she's building a sound that is uniquely hers. Every influence, every environment, every emotion, it all feeds into her artistry.

And while she's still stepping fully into her identity as a DJ, those breakthrough moments are already happening. Each time she pushes past fear, she gets closer to belonging. Interestingly, her transition isn't entirely unfamiliar, her background in radio has given her a subtle edge, making the shift feel like a natural evolution rather than a complete reinvention.

Everything in her world is connected. Fashion shapes her presence, her brand fuels her confidence, and her creativity defines how she curates sound. It's not just about music, it's about a full sensory experience.

Looking ahead, the vision is clear: growth, fearlessness, and ownership. Within a year, she wants to be more rooted in her sound, more confident in her space, and step onto global stages, not just opening, but headlining.

Her message is simple, yet powerful: "From Lobatse to the World, Limitless."

From celebrating birthdays at spots like The Squash Café, Ayoba, Deja Vú, Park 27, and Zen Café, to envisioning international stages, her journey is already in motion. For Phlyhoney, the month of April holds a deeper meaning, it's a time of reflection, growth, and celebration, as she marks her birthday on the 10th. "April is really special to me, it's my birthday month, and I celebrate on the 10th. It's always a moment to reflect, reset, and step into a new version of myself," she shares.

The next chapter? Still unfolding. One thing's certain, Phlyhoney isn't just coming. She's arriving.

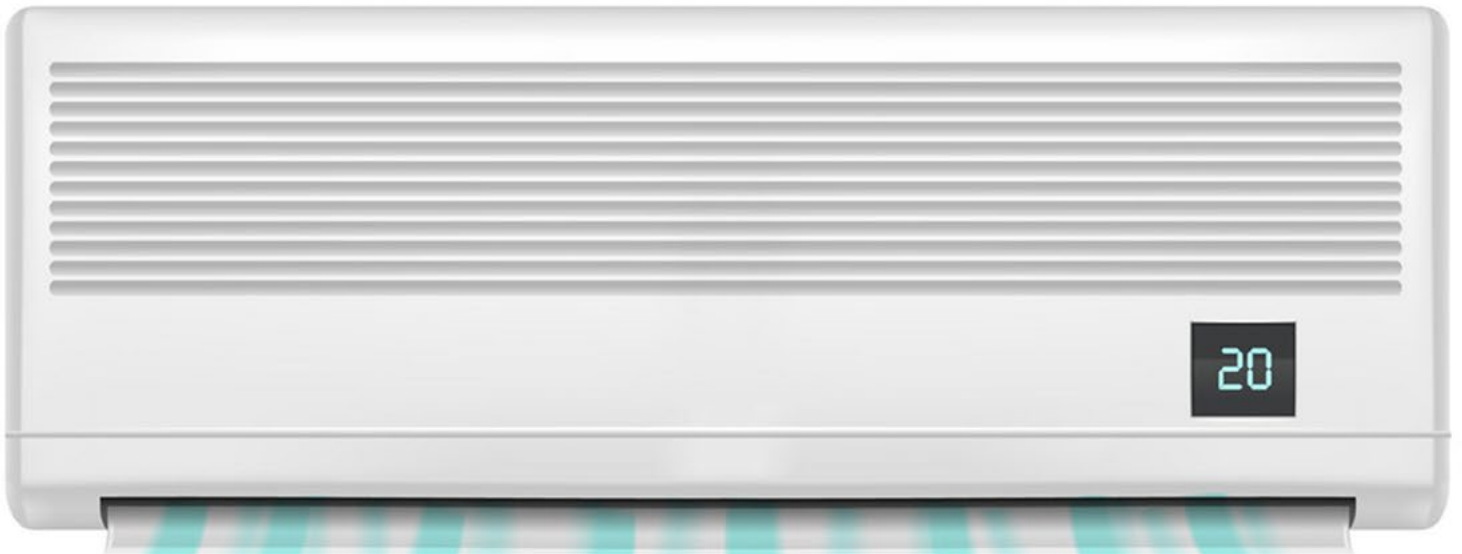


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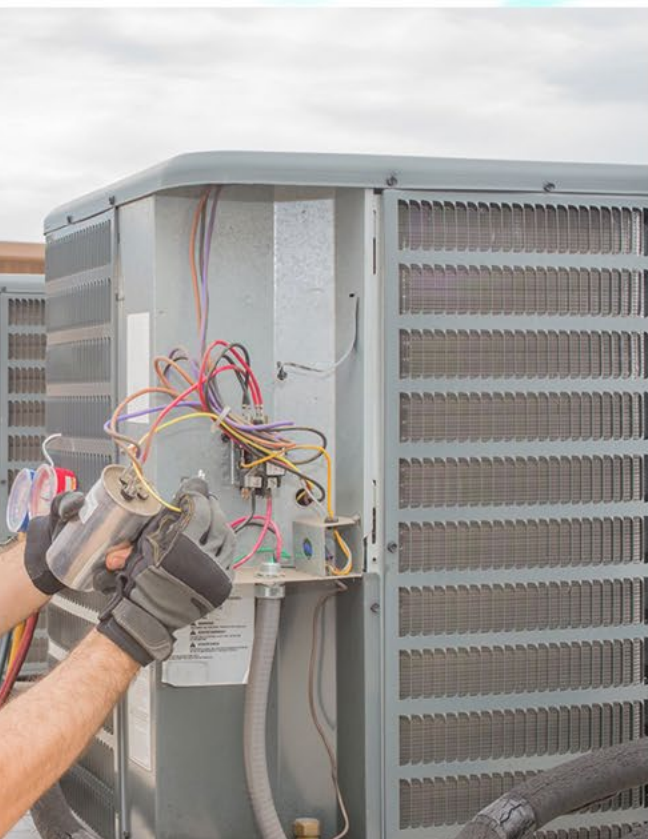
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# MC Ayanda's Journey of Purpose, Presence, and the Perfect Crowd Connection

Written By: Smith The Seam Ripper



Long before the lights, the music, and the commanding presence on stage, Mc Ayanda's story began with resilience, purpose, and a desire to rise above life's challenges. Today, she stands as one of Gaborone's vibrant voices in entertainment, not just as a Master of Ceremonies, but as a woman redefining what it means to turn pain into power.

Beyond the microphone, Ayanda is a young mother, a DJ, a promoter, and a spiritually grounded individual passionate about uplifting other women. Her journey into MCing was deeply personal. After the passing of her father, she found herself battling depression and searching for something to keep her going. Hosting events became more than just an activity, it became healing. Starting with small gigs around Gaborone, she slowly rebuilt herself, finding strength in engaging with people and creating joyful experiences for others.

Her inspiration is rooted in faith and a genuine love for performance. The spotlight, however, is not new to her. From her junior school days, she was already immersed in performance, dancing at school events, concerts, and prize-giving ceremonies. Those early moments planted the seeds for the confident performer she is today, evolving naturally into music and hosting.

Ayanda's early days as an MC were spent in bars, clubs, and intimate events, where she learned how to read the room and connect with audiences on a deeper level. To her, being a Master of Ceremonies is about more than just speaking, it's about guiding the event, creating the right atmosphere, and forming genuine connections.

Preparation plays a major role in her success. Whether it's researching the event, understanding the audience, studying

the lineup, or carefully selecting her outfit, Ayanda ensures she shows up fully ready. She believes confidence and communication are key, allowing her to own the stage and build a strong rapport with the crowd. Her unique energy, paired with her dance background, keeps audiences engaged and entertained.

Her hosting style is warm, engaging, and professional, with a strong personal touch. Even when faced with nerves or unexpected situations, she relies on preparation, controlled breathing, and staying present in the moment. Challenges such as managing crowds and handling surprises on stage have only strengthened her ability to adapt and grow.

What sets Ayanda apart is her authenticity and passion. She understands that every event is different, and she embraces diversity by connecting with people from all walks of life through empathy, inclusivity, and vibrant energy. Over time, she has learned the importance of staying true to the purpose of each event while continuously improving her craft.

Outside of the stage, Ayanda uses her platform to inspire others, especially young women. Through social media, she shares her journey, encourages her peers, and advocates for empowerment. She also supports upcoming MCs by offering guidance, sharing her experiences, and leading by example.

Looking ahead, Ayanda has her eyes set on bigger stages. She hopes to host major events and one day step onto international platforms, continuing to impact lives through her work. She believes the role of MCs is evolving, requiring more creativity, energy, and the ability to truly connect with audiences.

Her legacy, she hopes, will be one of inspiration and impact. For Ayanda, success is about growth and progress, something she sees reflected each year, especially through her signature event, the "Shorts and Shades Party."

In her own words, her journey is about embracing the spotlight to inspire and connect. And with every event she hosts, Mc Ayanda continues to do just that, turning every stage into a space of energy, connection, and purpose.





# Taming Acid Reflux Naturally:

## Home Remedies That Work

Acid reflux, often experienced as heartburn or a burning sensation in the chest, is a common digestive issue that can disrupt daily life. While occasional episodes are normal, frequent reflux may cause discomfort, affect sleep, and even impact overall health. The good news? Many cases of acid reflux can be managed, and even cured, using simple home remedies and lifestyle changes.

### Understanding Acid Reflux

Acid reflux occurs when stomach acid flows back into the esophagus, irritating the lining and causing that familiar burning sensation. Common triggers include spicy foods, fatty meals, caffeine, alcohol, and eating late at night. Stress and obesity can also exacerbate symptoms. Understanding your triggers is the first step toward relief.

### Simple Home Remedies That Help

**1. Apple Cider Vinegar:** Though acidic, a

small amount of diluted apple cider vinegar can improve digestion and balance stomach acid levels. Mix one tablespoon with a glass of water and drink before meals.

**2. Ginger:** Known for its digestive benefits, ginger helps calm inflammation in the stomach and esophagus. Fresh ginger tea or small slices of raw ginger can reduce reflux episodes.

**3. Aloe Vera Juice:** Aloe vera has soothing properties that reduce irritation in the esophagus. Drinking a small amount of aloe vera juice before meals can help relieve heartburn.

**4. Baking Soda:** A teaspoon of baking soda in water can temporarily neutralize stomach acid and ease heartburn. However, this remedy should be used occasionally, not daily.

**5. Chewing Gum:** Chewing gum stimulates saliva production, which can neutralize stomach acid and promote smoother digestion.

### Lifestyle Adjustments for Lasting Relief

Home remedies work best when paired with lifestyle changes:

- Eat smaller, more frequent meals rather than heavy portions.
- Avoid lying down immediately after eating; wait at least 2–3 hours.
- Elevate your head while sleeping to prevent nighttime reflux.
- Reduce or eliminate trigger foods like fried meals, chocolate, and caffeine.
- Maintain a healthy weight, as excess abdominal pressure can worsen reflux.

### When to See a Doctor

While home remedies are effective for mild or occasional acid reflux, persistent or severe

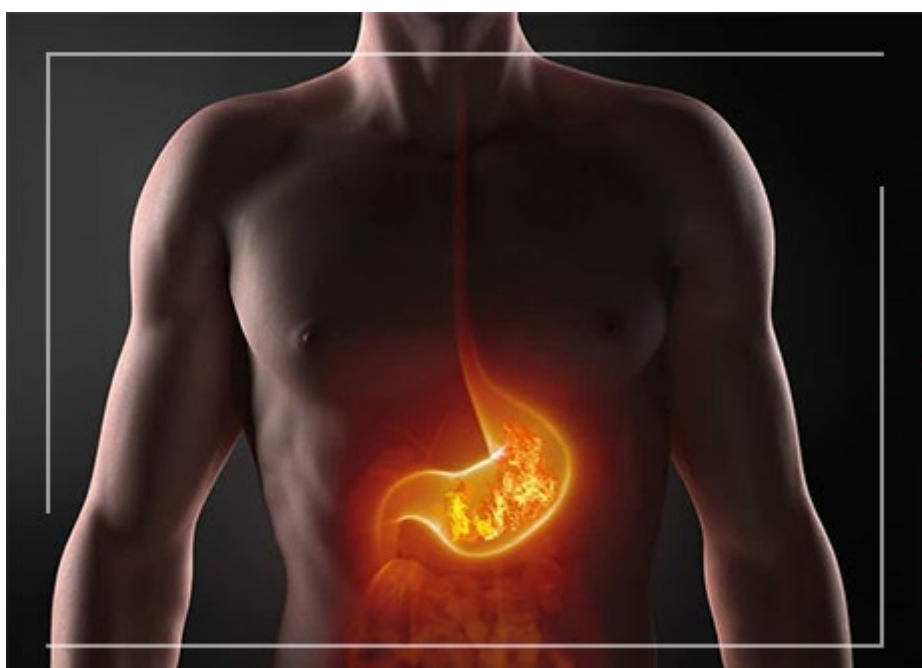


symptoms should not be ignored. Difficulty swallowing, unexplained weight loss, or chest pain may indicate a more serious condition that requires medical attention.

#### **Final Thoughts**

Acid reflux doesn't have to dominate your life. With simple home remedies, dietary adjustments, and mindful habits, many people can enjoy relief naturally. Taking proactive steps toward digestive health ensures comfort, better sleep, and a healthier lifestyle, without relying solely on medication.

**Pro Tip:** Keep a diary of what you eat and your symptoms. Identifying personal triggers makes home remedies even more effective.



# MASTERING HOME MANAGEMENT: Turning Chaos into Comfort



A well-managed home isn't just clean, it's a space that supports your lifestyle, boosts your productivity, and nurtures your well-being. Home management goes beyond chores; it's about creating systems that make life easier, reduce stress, and let your home feel like a true sanctuary.

Think of your home as a team: every room, drawer, and corner has a role to play. Cluttered spaces slow us down, while organized areas spark creativity and calm. Simple strategies, like designating spots for keys, bills, and everyday essentials, save time and prevent frustration.

Meal planning is another secret weapon in home management. Planning weekly menus, prepping ingredients in advance, and organizing your pantry can turn hectic weeknights into smooth, stress-free routines. Not only does this save money, but it also encourages healthier eating habits for the whole family.

Home management also includes creating routines that balance responsibilities and self-care. Cleaning schedules, laundry systems, and decluttering habits are easier to maintain when they're broken into small, manageable steps. Technology can help too, apps for reminders, grocery lists, or home

inventories keep everything running like clockwork.

But perhaps the most important element is intentionality. A well-managed home reflects your values and priorities. It's not about perfection; it's about creating a space that supports your life, encourages harmony, and leaves room for joy.

When your home works for you, life feels lighter. Tasks get done faster, mornings start smoother, and evenings feel more peaceful. With the right strategies, home management becomes more than a chore, it becomes a tool for a happier, more balanced life.



# Building Dreams, Brick by Brick: Stanbic Bank Botswana Unveils Legae Home Loan



Access to housing remains one of the most pressing challenges in Botswana, particularly for citizens who own land but lack the means to transform it into completed homes. Responding to this gap, Stanbic Bank Botswana has introduced the Legae Home Loan, a structured housing finance solution aimed at unlocking scalable pathways to homeownership while driving sustainable economic participation.

Launched in Gaborone, the initiative reflects a shift in housing finance, moving away from fragmented systems toward an integrated model that combines financing, design, and construction support. By bringing these elements into a single ecosystem, the product addresses long-standing structural barriers that have slowed housing delivery across the country.

The launch was officiated by Onneetse Ramogapi, who underscored the importance of collaboration between the public and private sectors. He emphasized that housing is more than just shelter, it is a foundation for stability, dignity, and opportunity, and a key driver of inclusive development.

Through the Legae Home Loan, clients

can access financing of up to P650,000, with a repayment period of up to 10 years. The offering includes 100% funding of construction costs, covering everything from planning to project management. In a move designed to improve accessibility and reduce financial strain, the product also removes bond registration, legal, and valuation fees, factors that often delay or deter potential homeowners.

Chief Executive Chose Modise highlighted the broader impact of the initiative, noting that sustainable homeownership extends beyond individual benefit. It plays a critical role in stimulating economic activity and strengthening communities.

“Sustainable homeownership is not only a social imperative; it is an economic catalyst,” he said, pointing to the shift from isolated housing interventions to a more coordinated and enabling approach.

The Legae Home Loan also introduces three sustainable housing plans and expands access beyond traditional mortgage markets, reaching areas that have historically been underserved. This broader reach is expected to open new opportunities for citizens

while supporting more balanced national development.

Beyond individual households, the initiative is set to stimulate activity across the construction value chain, benefiting local contractors, suppliers, and small-to-medium enterprises. By enabling structured, construction-linked financing throughout the building process, it supports job creation and strengthens local industry participation. At a community level, the model encourages the development of planned neighbourhoods, contributing to improved living standards and long-term resilience. It aligns with the growing need for solutions that are not only scalable but also environmentally responsible and socially inclusive.

The Legae Home Loan forms part of Stanbic Bank Botswana’s wider commitment to enabling sustainable economic participation and contributing to national development objectives. Rooted in the belief that “Botswana is our home, we drive her growth,” the initiative reflects a future-focused approach to housing, one that prioritizes access, efficiency, and impact.



# Stersis:

The Voice, Vision, and Vanguard of a New African Creative Era



Across Africa's evolving media and creative landscape, a new generation of leaders is rising, individuals who are not only shaping conversations but building platforms that empower others. Among them is Stersis, a dynamic force whose work bridges creativity, leadership, and social impact, positioning her as one of the most compelling young figures shaping the continent's future.

Her presence in radio broadcasting has become both influential and far-reaching. Connecting audiences across Botswana and Malawi, Stersis brings energy, perspective, and authenticity to

the airwaves. Each morning, she engages listeners on Power Radio, while every Tuesday she reaches audiences on J247 FM in Malawi, creating a cross-border dialogue that reflects the diversity and pulse of African youth. As co-host of the Cereal and Raisins Show, she has helped shape a platform that seamlessly blends entertainment with education and real conversation, tackling topics that resonate deeply with young people navigating today's world.

What sets her apart is not just her voice, but the intention behind it. Her work is guided by a production model rooted

in research-driven content, verified sources, and structured audience feedback systems. In an era where speed often outweighs substance, Stersis has built a reputation for credibility, ensuring that her content is not only engaging but also meaningful and impactful.

Beyond broadcasting, she has established herself as a visionary in leadership and entrepreneurship. As the founder of Life Shield Consultancy, she develops innovative strategies that drive youth development and organisational growth. Her work reflects



a deep understanding that sustainable change requires both structure and intention.

Her influence extends through Soul Sisters, a movement dedicated to empowering women through media, mentorship, and community engagement. Through this platform, she creates spaces where women are encouraged to grow, lead, and connect, transforming empowerment from a concept into a lived experience. At the same time, as co-founder of Youth Ambassadors, she is actively linking young Africans to global opportunities and leadership programmes, ensuring that they are equipped to participate in, and shape, international conversations.

Her creative vision is further realised through her role as Creative Director of Sound Emotion Global, a multimedia powerhouse she co-founded. Through this platform, she oversees artist management, show production, and the development of emerging creatives across Africa and beyond. Her work here reflects a forward-thinking approach that merges traditional broadcasting with digital innovation, using data analytics and social metrics to measure not just reach, but real-world impact.

This ability to bridge creativity with strategy has positioned her as a connector, linking cultures, industries, and ideas. Her international collaborations continue to open

pathways for African creatives, earning her recognition from global media and organisations as a respected voice in youth empowerment and digital innovation.

At the core of her journey is a belief that continues to guide her work: "As long as you believe, you will achieve." It is a philosophy that resonates not only in her career, but in the opportunities she creates for others.

Through every platform she builds and every space she occupies, Stersis is doing more than telling stories, she is shaping ecosystems, empowering communities, and redefining what it means to lead in Africa's creative future.

# Wanderlust Unleashed: Exploring the World Through Tourism



Tourism is more than just a leisure activity, it is a bridge to culture, adventure, and personal discovery. Traveling allows us to step out of our daily routines, see the world through new eyes, and experience life in ways that broaden perspectives. Whether it's wandering through bustling city streets, hiking pristine mountain trails, or exploring hidden cultural gems, tourism offers a chance to create memories that last a lifetime.

## The Magic of Discovery

There is a certain magic in discovering new places. The thrill of stepping off a plane or train, breathing in unfamiliar scents, and hearing new languages can awaken the senses in ways nothing else can. Tourism encourages curiosity, it pushes travelers to explore history, architecture, and traditions they might never encounter at home. A stroll through an ancient city, a visit to a local market, or participating in a traditional ceremony allows one to feel intimately connected to a place.

Adventure tourism is gaining popularity, offering activities such as safaris, trekking, scuba diving, and extreme sports. These experiences go beyond sightseeing, they challenge travelers, create adrenaline-fueled memories, and encourage appreciation for nature's wonders. For many, the joy of tourism lies in both the journey and the stories that come from pushing personal boundaries.

## Cultural Immersion: The Heart of Travel

Tourism is also a gateway to understanding other cultures. From tasting traditional cuisine to learning local dances, the most enriching travel experiences come when visitors immerse themselves fully. Cultural tourism allows people to appreciate the uniqueness of each

destination while respecting its heritage. Consider destinations like Kyoto, Japan, where centuries-old temples coexist with modern city life, or Marrakech, Morocco, where the vibrant colors, spices, and music create an unforgettable sensory experience. Engaging with local artisans, attending festivals, or participating in cooking classes can transform a simple trip into a meaningful cultural exchange.

In Africa, tourism holds immense potential. Countries like Botswana, Kenya, and South Africa offer world-class safari experiences, rich heritage sites, and opportunities to witness the majesty of wildlife in its natural habitat. Tourism doesn't just enrich the traveler, it supports local economies, creates jobs, and helps preserve cultural and natural treasures for future generations.

## Sustainable Tourism: Traveling Responsibly

Modern travelers are increasingly conscious of the impact tourism has on the environment and communities. Sustainable tourism emphasizes respect for nature, local customs, and responsible travel practices. Eco-lodges, community-based tourism, and wildlife conservation programs offer travelers a chance to experience the world while contributing positively to local ecosystems.

Simple practices, such as reducing plastic waste, supporting local businesses, and choosing ethical tour operators, make a big difference. Responsible tourism ensures that destinations remain vibrant, cultural heritage is preserved, and natural resources are protected. It allows travelers to enjoy breathtaking experiences today while safeguarding them for tomorrow.



### The Role of Technology in Tourism

Technology has revolutionized tourism, making travel planning easier and more accessible than ever. Online platforms provide instant access to flight bookings, hotel reservations, and travel itineraries. Apps help travelers navigate cities, discover hidden gems, and even translate languages in real time. Social media has transformed tourism into a global conversation, where travelers share experiences, tips, and recommendations instantly.

Virtual tourism has also emerged, allowing people to explore museums, landmarks, and natural wonders from the comfort of their homes. While it may not replace the thrill of physical travel, it expands awareness and inspires wanderlust for future adventures.

### Personal Growth Through Travel

Tourism is not only about seeing new places; it's about personal growth. Traveling exposes individuals to different ways of life, challenges comfort zones, and encourages adaptability. Learning to navigate unfamiliar environments, communicate across language barriers, and embrace unpredictability fosters resilience and confidence.

Travel stories often reveal more than scenic beauty, they reflect human connection. A shared meal with strangers, helping someone in need on the road, or participating in local traditions creates experiences that go beyond sightseeing. Tourism becomes a journey of the heart, offering insights into humanity and oneself.

### Tips for an Unforgettable Travel Experience

**1. Plan, but leave room for spontaneity:** While itineraries help

maximize your trip, some of the best memories come from unplanned discoveries.

**2. Engage with locals:** Ask for recommendations, learn simple phrases, and immerse yourself in the culture.

**3. Capture moments thoughtfully:** Photos and journals are wonderful, but living in the moment makes travel unforgettable.

**4. Travel sustainably:** Support local economies, respect the environment, and choose ethical experiences.

**5. Prioritize experiences over possessions:** Souvenirs are nice, but experiences shape your story forever.

### Tourism as a Global Connector

At its core, tourism unites people across continents, generations, and cultures. It fosters empathy, understanding, and appreciation for the diversity of our world. Every trip taken, every culture explored, and every story shared contributes to a global tapestry of experiences that enrich humanity.

Whether it's the breathtaking landscapes of Patagonia, the colorful streets of Havana, or the serene beaches of the Maldives, tourism reminds us that the world is vast, beautiful, and waiting to be explored. It challenges us to see beyond borders, to connect with people, and to return home with not just souvenirs, but with memories, stories, and a renewed sense of wonder.

Travel isn't just a hobby, it's a journey of discovery, culture, and self-growth. Every adventure is a chance to learn, connect, and celebrate the beauty of our shared planet. So pack your bags, step out the door, and let the world show you its magic.



## The Power of Arts and Culture: Preserving Identity in a Modern World

Arts and culture have always played a powerful role in shaping societies, telling stories, and preserving the identity of communities. Across the world, artistic expression, whether through music, dance, film, fashion, painting, or storytelling, acts as a mirror that reflects who we are, where we come from, and where we are going. In an era driven by technology and globalization, the importance of protecting and celebrating culture has never been greater.

At its core, culture is the heartbeat of a community. It carries traditions, values, language, and shared experiences from one generation to another. Through artistic platforms, these traditions are not only preserved but also reimagined for modern audiences. Music genres, traditional dances, and visual arts continue to evolve, blending heritage with contemporary influences to create something both familiar and new.

Across Africa, there has been a remarkable resurgence of cultural pride, particularly among young creatives. Artists are increasingly embracing their roots while experimenting with modern forms of expression. From fashion designers incorporating traditional fabrics into urban streetwear to filmmakers telling authentic African stories, culture is becoming a powerful tool for both identity and innovation.

The creative industry is also proving to be more than just a cultural asset, it is an economic driver. The global creative economy is valued in billions of dollars, and African creatives are beginning to claim their place on the international stage. Music, film, digital art, and fashion are opening new opportunities for entrepreneurs, creators, and storytellers who are eager to showcase their talents to the world.

Another important role of arts and culture is their ability to unite people. Art crosses borders, languages, and social barriers. A song, a painting, or a film can spark conversations, inspire movements, and bring communities together. In times of social or political change, artists often become the voices of reflection, using their craft to challenge ideas, highlight issues, and encourage dialogue.

Technology has also transformed how culture is shared and experienced. Social media platforms, streaming services, and digital galleries have made it possible for artists to reach global audiences without traditional barriers. A dancer in Botswana, a painter in Nigeria, or a filmmaker in Kenya can now share their work with viewers around the world within seconds. This digital shift is allowing local cultures to gain international recognition while still maintaining their authenticity.



However, with modernization comes the challenge of cultural preservation. As global trends dominate popular culture, there is a risk that traditional practices may fade. This makes it crucial for communities, governments, and cultural institutions to actively invest in arts education, heritage programs, and platforms that promote local talent.

Ultimately, arts and culture remain essential to the human experience. They help societies remember their past, express their present, and imagine their future. By celebrating creativity and preserving cultural heritage, communities ensure that their stories continue to be told for generations to come. In a world that is constantly changing, arts and culture remind us of one powerful truth: our stories matter, and through creativity, they will always find a way to be heard.





# A Green Escape and a Growing Passion

There's something magical about planting a seed and watching it grow. Gardening isn't just about growing plants, it's about cultivating patience, creativity, and a connection to nature. From tiny indoor pots to sprawling backyard beds, gardens offer a personal sanctuary where time slows down and life feels a little greener.

More than a hobby, gardening has tangible benefits for both body and mind. Studies show that tending to plants reduces stress, boosts mood, and even improves focus. The simple acts of watering, pruning, and nurturing a plant can provide a sense of accomplishment and mindfulness that's hard to find elsewhere.

Home gardens also provide a delicious and healthy payoff. Fresh vegetables, herbs, and fruits grown at home are packed with flavor and nutrients. Crops like lettuce, tomatoes, peppers, and basil are easy to grow, even in small spaces, making home gardening accessible for beginners. Growing your own food not only saves money but also encourages sustainable living by reducing reliance on store-bought produce.

Beyond the personal benefits, gardening has a positive environmental impact. Plants clean the air, attract pollinators, and create green spaces that support local biodiversity. Even small container gardens on balconies or rooftops can contribute to a healthier urban environment, showing that anyone can make a difference.



For beginners, starting a garden may seem daunting, but it can be simple and fun. Choosing resilient plants, ensuring adequate sunlight, and keeping up with regular watering are all you need to get started. For those with limited space, creative solutions like vertical gardens, raised beds, and herb planters make gardening possible anywhere. Ultimately, gardening is more than a pastime,

it's a lifestyle. It teaches patience, rewards care, and offers a quiet connection to the natural world. Every leaf, bloom, and sprout is a small victory, reminding us of the beauty of growth, both in the soil and in ourselves.

Whether you want fresh produce, a peaceful escape, or a greener home, gardening is a journey worth starting today.





**Eddie Murphy**

**April 3**

Eddie Murphy is a legendary comedian and actor known for films like *Coming to America*, *Beverly Hills Cop*, and *Shrek*. His energetic humor and iconic roles made him one of Hollywood's most successful comedy stars.



**Russell Crowe**

**April 7**

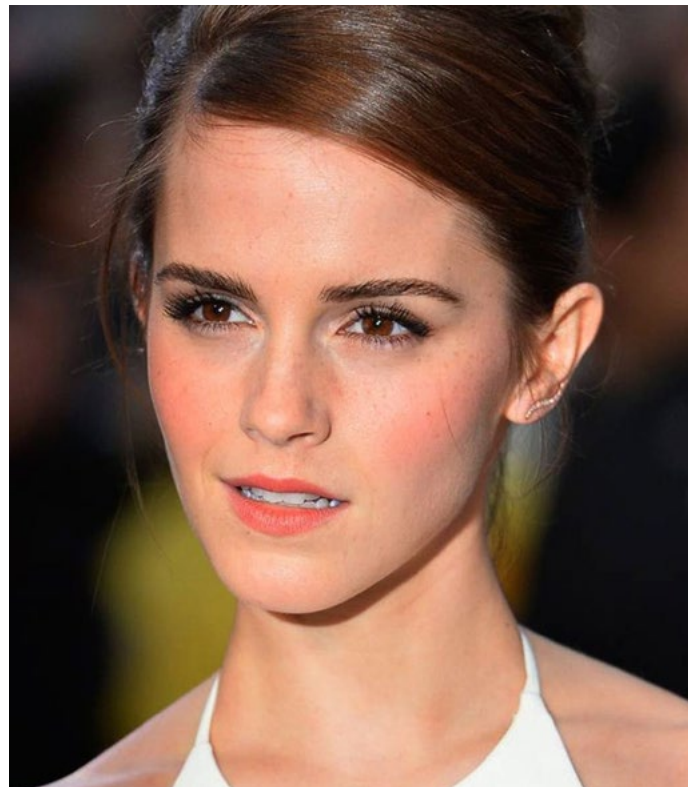
Best known for his Oscar-winning role in *Gladiator*, Russell Crowe has starred in many major films including *A Beautiful Mind* and *Cinderella Man*.



**Kristen Stewart**

**April 9**

Kristen Stewart rose to global fame through *The Twilight Saga*. She later gained critical acclaim for roles in independent films and her portrayal of Princess Diana in *Spencer*.



**Emma Watson**

**April 15**

Emma Watson is widely recognized for playing Hermione Granger in the *Harry Potter* series. Beyond acting, she is also known for her advocacy for women's rights and gender equality.



**Aries**

(March 21 - April 19)  
 General: You're feeling bold and energetic today. Take advantage of this momentum.  
 Love: Passion is in the air! A surprise encounter may spark something exciting.  
 Career: A leadership opportunity could arise—don't hesitate to step up.  
 Finance: Avoid impulse spending; focus on long-term investments.

**Taurus**

(April 20 - May 20)  
 General: Patience is key today. Things may move slowly, but progress is happening.  
 Love: A heart-to-heart conversation will bring clarity in your relationship.  
 Career: Your hard work is paying off; recognition is coming your way.  
 Finance: Stay cautious with spending—save before you splurge.

**Gemini**

(May 21 - June 20)  
 General: Expect a busy and social

day! Your charm will attract interesting people.  
 Love: If single, a flirtatious exchange could turn into something meaningful.  
 Career: Your creativity is at its peak—use it to solve a lingering issue.  
 Finance: Be mindful of unnecessary expenses; budgeting is key.

**Cancer**

(June 21 - July 22)  
 General: Emotions may be intense today—take time for self-care.  
 Love: A deep conversation with your partner will strengthen your bond.  
 Career: Trust your intuition when making important work decisions.  
 Finance: An unexpected expense might arise—be prepared.

**Leo**

(July 23 - August 22)  
 General: Your confidence is magnetic today! Take the lead in social situations.  
 Love: Sparks are flying—expect romantic gestures or new

admirers.  
 Career: Your hard work is finally being noticed; a reward may be coming.  
 Finance: Money matters improve, but don't overspend on luxuries.

**Virgo**

(August 23 - September 22)  
 General: A productive day ahead—stay focused on your goals.  
 Love: A small misunderstanding may arise, but communication will resolve it.  
 Career: You're being watched by higher-ups—show your best work.  
 Finance: A practical investment could yield long-term benefits.

**Libra**

(September 23 - October 22)  
 General: Balance is key today—don't overextend yourself.  
 Love: Romance is in the air! A new connection could take an exciting turn.  
 Career: Collaborations and teamwork will bring success.  
 Finance: Be mindful of shared expenses; set boundaries where needed.

**Scorpio**

(October 23 - November 21)  
 General: Trust your instincts—they won't lead you astray.  
 Love: Intensity in love—whether good or bad, emotions run deep.  
 Career: Your determination will help you push past any obstacles.  
 Finance: A financial opportunity may present itself—analyze before acting.

**Sagittarius**

(November 22 - December 21)  
 General: Adventure calls! A spontaneous plan could lead to great experiences.  
 Love: Love is lighthearted today—enjoy the moment without overthinking.  
 Career: A new challenge is coming, but you're more than ready.  
 Finance: Watch out for impulsive spending—save for future travels.

**Capricorn**

(December 22 - January 19)  
 General: Discipline and hard work pay off—stay committed.  
 Love: Stability in love—focus on deepening your emotional connection.  
 Career: A promotion or recognition is on the horizon.  
 Finance: Practical decisions will lead to financial growth.

**Aquarius**

(January 20 - February 18)  
 General: Unconventional ideas will bring exciting opportunities.  
 Love: Be open to new experiences; someone unexpected may capture your heart.  
 Career: Innovation is your strength—use it to impress at work.  
 Finance: Keep track of your finances; a smart move now will pay off later.

**Pisces**

(February 19 - March 20)  
 General: Your intuition is strong today—trust it.  
 Love: Romance flows naturally; express your feelings without hesitation.  
 Career: Creative pursuits will bring satisfaction and success.  
 Finance: A small financial gain could surprise you.

# The Colourless Crayons

Tammy was a little girl who loved going to school. She loved playing with her friends and learning new math problems. Tammy did not, however, like art.

Everyday at art time, Tammy would stare at her blank paper and draw the same sun and tree picture every time. Around her, her friends seemed to feel the same and some would not draw anything at all.

One day, Tammy sat down for art time, her mind already drifting to what games she would play at break time in an hour. Sighing, she picked up her yellow crayon, ready to draw a tiny sun at the corner of her page. She pressed the crayon down and made the curve of the sun on the paper. But when she finished and looked down at it, there was no colour on the page at all. Confused, Tammy drew the shape again, thinking she hadn't done it right the first time. Still, no colour showed up!

Tammy looked around at her friends, wondering what on earth was going on. James was shaking his green crayon, hoping that would fix it. Savana was staring at her blue crayon, utterly perplexed. Maryam was looking around for their teacher, Miss Sophie, who was talking to Mr James outside the door.

Suddenly, Tammy's crayon jerked in her hand, wiggling around like a worm. She brought the crayon up to her face and looked at it closely. A pair of yellow eyes stared back at her, anger flashing across them. "What do you think you're doing?" asked the yellow crayon, frowning at her. "Uh...drawing?" replied Tammy. "Of course you are!" another voice piped up from Tammy's left.

She looked over and spotted Maryam's purple crayon staring up at her as well. All the kids were staring at their crayons, not sure what to make of this at all. "What do you mean?" Tammy asked the crayons, who had all suddenly come alive.

"We are sick and tired of you kids drawing the same boring sun and tree scene everyday!" exclaimed James's green crayon. "There is absolutely no imagination in this classroom and we are sick of it!" "Yeah we don't want to draw for you kids anymore! We want more creative children to use us!" Savana's crayon piped up.

Soon, every crayon in the classroom was talking over each other, venting their frustrations to the kids that held them. "We get bored too, you know! Drawing the exact same thing everyday is not what I was made for!" pitched yet another crayon.

Tammy looked around at the upset crayons and realised she had never really considered how they might feel. She and all the other children had been treating art like a chore, to be completed rather than enjoyed.

"We're sorry," mumbled James sheepishly.

"Yeah we'll be more imaginative with our drawings from now on," added Savana quickly. Tammy nodded, meaning every word spoken to the crayons. She already missed the colourful lines the crayons would make as she dragged them across her page.

"Fine but you kids had better use us more creatively, or we'll be back and find new children to draw with us and make us happy," grumbled Tammy's crayon.

The kids all nodded profusely and went back to their art, this time drawing new and better pictures. From that day on, Tammy and her friends loved art time and made sure to use their imaginations every time, remembering the frustration of their crayon friends.







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# Essential Skin Maintenance Tips for Healthy, Radiant Skin





Healthy skin is one of the most important elements of beauty. While makeup can enhance appearance, true beauty begins with well-maintained skin. Proper skin care not only improves how the skin looks but also protects it from environmental damage and premature aging. With the right routine and habits, anyone can achieve healthier, glowing skin.

### 1. Cleanse Your Skin Daily

Cleansing is the foundation of any skincare routine. Washing your face at least twice a day helps remove dirt, oil, sweat, and pollution that accumulate on the skin. Using a gentle cleanser that suits your skin type helps keep pores clear and prevents breakouts.

### 2. Stay Hydrated

Drinking enough water is essential for maintaining skin health. Hydration helps the skin retain its elasticity, reduces dryness, and supports the body's natural detoxification process. Aim to drink several glasses of water throughout the day to keep the skin looking

fresh and vibrant.

### 3. Moisturize Regularly

Moisturizing helps maintain the skin's natural barrier and prevents dryness. Even people with oily skin should use lightweight moisturizers to keep the skin balanced and protected.

### 4. Protect Your Skin from the Sun

Exposure to the sun can cause premature aging, dark spots, and other skin damage. Using sunscreen daily helps protect the skin from harmful ultraviolet rays. Wearing hats or protective clothing can also reduce direct sun exposure.

### 5. Maintain a Healthy Diet

What you eat has a direct impact on your skin. Foods rich in vitamins, antioxidants, and healthy fats support skin repair and regeneration. Fruits, vegetables, nuts, and foods rich in omega-3 fatty acids help maintain a clear and glowing complexion.

### 6. Get Enough Sleep

Sleep plays a major role in skin renewal. During sleep, the body repairs damaged cells and restores energy. Poor sleep can lead to dull skin, dark circles, and increased stress on the body.

### 7. Avoid Excessive Use of Harsh Products

Using too many products or harsh chemicals can irritate the skin. It is important to choose products carefully and give the skin time to adapt to new treatments.

### 8. Practice Consistency

One of the most important aspects of skincare is consistency. Healthy skin does not happen overnight. Maintaining a simple, regular routine can produce better long-term results than constantly switching products.

Ultimately, skin maintenance is about caring for the body and respecting its natural balance. With the right habits, patience, and attention, anyone can achieve skin that is not only beautiful but also healthy and strong.

# The Sound That Makes a Generation Nod

Not every music producer begins their story behind a mixing desk. Some begin in the most unexpected places, like a church pew.

Long before studio sessions, beat tags, and award-winning productions, Fella was just a young boy sitting in a Catholic church, watching something powerful unfold through music. The choir would begin singing and suddenly the atmosphere would change. Parishioners responded in different ways, some smiled, some cried, others seemed to find healing in the melodies filling the room.

That moment stayed with him.

"Born and raised in a Catholic-oriented family, it was always beautiful witnessing what music did to parishioners at church, different emotions like healing, happiness and joy. That fascinated me. The power of music," Fella recalls.

Even at that age he knew he loved music, though he didn't yet realize how far that love would take him. As he grew older, the fascination moved beyond the church walls. He became curious about the technical side of music, what exactly happens in a studio, how artists record songs, and what producers actually do behind the scenes.

"At a young age I always knew I loved music, but I didn't know the love would grow wild to a point where I'd actually be crafting it."

Determined to understand the process, he began watching documentaries of artists across the world recording music, studying every detail of how songs were made. Somewhere along the way, curiosity turned into certainty.

"I started watching documentaries of different artists recording in studios and I knew, this is for me."

When he finally began producing music himself, the results came sooner than expected. The first song he ever produced quickly found its way onto radio, receiving heavy rotation on RB2 and even climbing into the station's Top 30 chart.

"The first song I ever produced was on heavy rotation on RB2 and charted in the Top 30. That couldn't have been a coincidence, it felt like a sign I was on the right path to bigger things."





The name people now associate with his work came about in the most casual way. When he first entered the music scene, he didn't have a stage name or alias. His only goal was making music. But the rappers around him noticed the quiet producer constantly delivering beats and began referring to him as "the young fella with the beats."

"There's honestly no big story behind the name," he laughs. "Rappers around me started calling me 'the young fella with the beats.' It became Youngfella... then I shortened it to Fella because, well, I'm not getting any younger."

Since then, the name has become a brand built around consistency, quality, and dedication.

Musically, his sound carries the high energy of the genres that shaped him. Hip-hop and rock have always been his biggest influences, styles known for their charisma and intensity. "I've always been a huge fan of hip hop and rock. That's music with energy and charisma, so I always wanted to make music that hits hard and makes people nod their heads."

Unlike many artists who grew up in households where music constantly played, Fella says his story is different.

"I don't have a story where someone at home influenced my taste in music. I guess I became that family member now," he jokes. His creative process doesn't follow a fixed formula. For Fella, the music often begins with emotion.

"Sometimes I wake up pumped and want to make something you can work out to. Other days it's slow and I want to make something you can relax in. It really depends on the mood." But sometimes the inspiration doesn't come from him, it comes from the artists he collaborates with. "Sometimes an artist challenges me to make something I've never done before. That's when the technical side comes in, making sure everything gels together to create an experience and an ear-friendly product." The road to recognition wasn't always smooth. In the early stages of his career, he faced challenges that many upcoming producers know all too well.

"Access to bigger artists was difficult, some artists had poor time management, and sometimes there was no payment or delayed payment because no one really knew me yet." Despite those struggles, his sound continued evolving. Today, one of the most recognizable parts of a Fella production is the opening moment. "In the first few seconds of my music you'll hear my producer tag screaming 'FELLA!' Then the energy kicks in, hard beats and cultural elements like phala."

Like many producers, Fella draws inspiration from both local and international talent. Locally he admires producers such as Prez Beatz, BK Proctor, and Eric Ramco. On the global stage, he studies the creativity of Ryan Leslie, the legendary craftsmanship of Dr. Dre, and the modern hit-making sound of Metro Boomin. Despite being known for his production, he believes a beat alone isn't enough to make a great song.

"Honestly, a beat is just a beat without vocals or an artist. It's just an idea that can either turn to trash or treasure depending on what the artist does with it.

Because of that belief, he often prefers creating music directly with artists in the studio rather than relying solely on pre-made instrumentals. "Most of the time I make the instrumental on the spot with the artist in the studio. Ready-made beats sometimes get skipped, but when you build it together the chemistry is different." That collaborative approach has led him to work with several respected names in Botswana's music industry, including SCAR, William Last KRM, Bouncy, Puna Gabasiane, and Ozi F Teddy, as well as entities like DBS Roadshow and All Kasi.

His hard work has also been recognized through a remarkable run of awards. Between 2022 and 2024 he collected four producer awards consecutively, including BOMU Best Producer in 2022 and 2023, as well as Producer of the Year awards from Yarona FM in 2023 and 2024. Even with those achievements, he believes the most impactful work is still ahead. "I'm about to experience great culture-shifting, moment-making music because ga e sare FELLA ga ya FELA."

Beyond producing records, his long-term vision focuses on developing the next generation of talent. "I want to run a producer academy and own the best studio facility, one that provides great music, mentorship and consultancy for artists."

For now, he's keeping the momentum strong. Throughout 2026 he plans to release one song and one visual every month, collaborating with various artists along the way, with projects involving Ozi F Teddy, William Last KRM, Thuli T, Taurin, Eli and others expected to unfold as the year progresses.

And for young producers hoping to follow a similar path, his advice is simple but honest. "Do it because you truly love it. Otherwise you'll give up along the way. Be consistent, be teachable, stay open-minded, and don't box yourself. Try things you wouldn't normally do, that's how you grow as a musician."

# 8th Perfection: Weaving Creativity, Culture, and Craftsmanship into Every Stitch

Written By: Smith The Seam Ripper

Not every brand begins with a grand plan, some are born from a simple desire to create, to explore, and to give meaning to what our hands can make. For Bame Botlhe Moiphemedi, founder of 8th Perfection, that desire became the foundation of a brand that now stands for creativity, craftsmanship, and individuality.

The name "8th Perfection" carries a quiet depth. Inspired by the symbolism of numbers, where seven represents completion, eight signifies new beginnings and excellence. It reflects a commitment to going beyond the expected, crafting pieces that are not just finished, but refined, intentional, and extraordinary. As the brand puts it, it is "where every piece is crafted to perfection beyond the ordinary."

What began as curiosity soon evolved into something more profound. Bame's journey into crocheting, sewing, and macramé was shaped by patience and persistence. Each stitch and every knot told a story of growth, of learning through mistakes, and of discovering the beauty in creating something from nothing. Over time, this personal exploration transformed into purpose, a business rooted in passion and meaning.

Today, 8th Perfection creates handmade pieces designed for women who want more than just fashion. The brand speaks to those who seek uniqueness, confidence, and authenticity in what they wear or display. Every crochet piece, every macramé detail, and every sewn garment is thoughtfully made, ensuring it reflects both quality and personality.

A defining element of the brand is its deep connection to culture. Inspired by Botswana's rich heritage, Bame incorporates bold colors, intricate patterns, and textured designs that echo both tradition and modern expression. The result is a collection that feels both familiar and fresh, where cultural identity meets contemporary style.



For Bame, crocheting is more than a technique, it is a personal sanctuary. It is where creativity flows freely, where ideas are shaped into tangible forms, and where every piece becomes a reflection of patience and intention. It is, in her words, not just about what she creates, but what the process creates within her.

Her designs are influenced by the world around her, everyday life, human connection, and the subtle beauty found in ordinary moments. This is evident in one of her most beloved creations: a macramé dress that combines elegance with artistry. Carefully handcrafted, it captures movement, texture, and individuality, embodying the essence of what 8th Perfection represents.

Behind the artistry lies a story of resilience. Building a brand from the ground up came with its challenges, from mastering techniques to navigating the business side of creativity. Finding customers, pricing products, and standing out in a crowded market required determination and adaptability. Yet, each obstacle became part of the journey, strengthening both the brand and the vision behind it.

Marketing, for Bame, is not just about visibility, it's about connection. Through social media, storytelling, and community engagement, she invites people into the world of 8th Perfection. Customers don't just buy products; they become part of a story, one that values craftsmanship, authenticity, and personal expression.

Customization also plays a central role in the brand's identity. Every custom piece is a collaboration, where the customer's vision meets the designer's creativity. From choosing materials to refining details, the process ensures that each item is unique, crafted not just for someone, but with them. Looking ahead, Bame Botlhe Moiphemedi envisions 8th Perfection growing into a recognized name both locally and internationally, one that not only produces beautiful handmade items but also inspires a community of creatives. She hopes to expand her range, collaborate with other artisans, and continue celebrating the value of handmade craftsmanship in a fast-moving world.

At its core, 8th Perfection is about more than design, it is about impact. It is about empowering individuals, celebrating culture, and reminding people of the value of handmade artistry.

Because in the end, every stitch, every knot, and every seam tells a story, and through 8th Perfection, Bame is making sure it's one worth remembering.



EXIT







PangolinCreatives



# Crafting Spaces That Speak to You



Your home has more than four walls, it's a canvas for self-expression. Interior design isn't just about trends or expensive décor; it's about creating spaces that reflect your personality, inspire your mood, and make everyday life feel effortless.

The beauty of interior design lies in its power to transform. A thoughtfully designed room can energize you in the morning, calm you after a long day, or spark creativity when you need it most. Colors, textures, and lighting all play a role, and when combined intentionally, they tell a story, your story.

One of the most exciting trends today is personalized design. People are moving away from cookie-cutter layouts, instead mixing modern and traditional elements, combining bold patterns with minimalist touches, and integrating personal memorabilia into décor. Every item becomes part of the narrative, making your home uniquely yours.

Lighting is another often-underestimated hero in interior design. Natural light not only brightens a room but also uplifts mood and enhances energy. For evenings, layered lighting, like floor lamps, pendant lights, and candles, creates warmth and atmosphere, turning ordinary spaces into inviting retreats.

Sustainable and functional design is also gaining attention. Multifunctional furniture, recycled materials, and energy-efficient solutions are not only practical but also add character to your home. Interior design is evolving into a blend of beauty, comfort, and responsibility.

Ultimately, great interior design is about balance: balancing style with function, boldness with simplicity, and personality with practicality. It's a journey of discovery, finding what makes a space feel alive, comfortable, and truly yours.



# The Art of Relationships: Building Connection in a Modern World



Relationships are at the heart of the human experience. Whether romantic, familial, or friendships, the bonds we form shape our happiness, influence our choices, and give meaning to everyday life. But relationships are more than just love or companionship, they are living, evolving connections that require understanding, effort, and communication.

### **Communication: The Cornerstone of Connection**

At the foundation of every strong relationship is communication. Honest and open conversations allow people to express their feelings, set boundaries, and navigate differences. Listening is just as important as speaking, truly hearing what someone else is saying can prevent misunderstandings and deepen trust. Small gestures like checking in, asking meaningful questions, or simply being present can make a world of difference.

### **Quality Over Quantity**

In today's fast-paced world, it's easy to get caught up in social obligations or online interactions. However, the quality of your relationships matters far more than the number of connections you maintain. Prioritizing meaningful interactions, spending time with someone, celebrating milestones, and offering support, creates lasting bonds that withstand the test of time.

### **Managing Conflict with Care**

Conflict is inevitable in any relationship, but how it is handled determines whether it strengthens or strains the bond. Healthy relationships thrive on compromise, empathy, and understanding. Avoiding blame, focusing on solutions, and acknowledging each other's perspectives can turn disagreements into opportunities for growth and deeper understanding.

### **Love, Respect, and Boundaries**

Romantic relationships flourish when love is paired with respect and healthy boundaries. Respecting individuality, personal space, and differences allows each person to thrive while nurturing the shared connection. Boundaries are not barriers—they are the scaffolding that protects trust, emotional well-being, and long-term stability.

### **Friendship and Emotional Support**

Romantic love often takes the spotlight, but friendships are equally vital. True friends provide support, perspective, and laughter. They act as a mirror and a sounding board, helping us navigate life's ups and downs. Investing in friendships, through time, shared experiences, and reliability, builds a network of support that enhances overall well-being.

**The Role of Self-Love**

Strong relationships begin with a strong relationship with oneself. Self-awareness, self-respect, and emotional intelligence allow individuals to bring their best selves to any connection. When you know your worth, communicate clearly, and honor your needs, you attract healthier, more fulfilling relationships.

**Navigating Modern Challenges**

Technology, social media, and changing lifestyles have reshaped how relationships function. Digital connections can foster closeness but also create misunderstandings or unrealistic expectations. Setting boundaries around technology use, prioritizing face-to-face interactions, and maintaining authenticity help relationships thrive in the modern world.

**Building Relationships That Last**

Ultimately, relationships require attention, effort, and intention. They are not just about romance or companionship, they are about growth, support, and shared experiences. Celebrating small victories, practicing forgiveness, and nurturing emotional intimacy turn everyday interactions into lasting connections.

**Takeaway:** Relationships are both an art and a practice. By prioritizing communication, respect, and emotional connection, anyone can build bonds that not only endure but also enrich every aspect of life.



# Elton John: The Rocket Man Who Redefined Music





Few artists have left a mark on the music world like Elton John. From his flamboyant costumes to his unmistakable voice, Elton has been a trailblazer for decades, creating timeless music that resonates across generations. His songs aren't just hits, they're anthems, capturing love, heartbreak, joy, and rebellion in ways that feel both personal and universal.

Elton's journey began in modest beginnings in England, but his talent and dedication quickly propelled him to international stardom. With iconic albums like *Goodbye Yellow Brick Road* and *Rocket Man*, and unforgettable collaborations with lyricist Bernie Taupin, he crafted a sound that is instantly recognizable and eternally beloved. Beyond his music, Elton John has been a pioneer in pushing boundaries. His bold fashion choices, openness about his identity, and philanthropic work, especially his fight against HIV/AIDS through the Elton John AIDS Foundation, have made him an inspiration far beyond the stage.

Even today, decades into his career, Elton continues to tour, record, and inspire. His legacy is proof that true artistry combines talent, authenticity, and courage, qualities that have earned him a permanent place in music history.



# The Text I Didn't Send Back

Written By: Amogelang Tau



There's a message sitting in my inbox right now.

"Hey, you didn't text me back."  
Or sometimes, "You don't check on me anymore."

Every time I read those words, I pause. Not because I don't know what to say, but because I don't know how to explain the kind of busyness that comes with this season of life.

Because the truth is, I saw your message. I saw it pop up while I was in the middle of work. I saw it again later when I finally picked up my phone. I even told myself, I'll reply properly when I get a minute.

## But the minute never really came.

Before becoming a working parent, I believed in the idea of "finding time." Surely there's always a moment to send a quick reply. Surely a text only takes seconds. But parenting, especially while working,

changes your relationship with time completely. Your day doesn't have gaps anymore. It overlaps.

Morning doesn't start when you wake up. It starts when the children wake up. From that moment, the clock begins racing. It's the morning rush: getting little bodies out of bed, preparing breakfast, packing school bags, making lunches, searching for missing socks, checking homework, and trying to get everyone dressed and out the door. Somewhere in between all of that, you're also trying to get yourself ready for work.

You move through the morning in fast-forward, already tired before the day has properly begun.

Then comes school drop-off, traffic, and the mental switch into work mode.

At work, you are expected to be focused, present, and productive. You show up, you deliver, you meet deadlines. But the truth is, a part of your brain never leaves home.

You wonder if the kids ate their lunch. If the baby napped. If you remembered everything they needed. If today will be a good day or a difficult one.

So when your phone lights up with a message saying, You didn't reply, you see it. You really do.

But replying isn't just typing words. It's shifting your attention. It's being emotionally present. It's having the mental space to engage properly. And some days, you don't even have space for your own thoughts.

From the outside, evenings look like the end of the day. For a working mother, they are the beginning of the second shift. You step back into full parenting mode the moment you get home. Dinner has to be planned, cooked, and served. Children need attention, help, conversation, and comfort. Bath time follows. Then bedtime routines. Then the long process of getting little ones to actually sleep.



By the time the house is finally quiet, your body feels like it has run a marathon.

**And the message is still there. Waiting.**

This is the part people don't see: the intention. The mental replies drafted while stirring a pot. The voice notes imagined while folding laundry. The conversations planned while rocking a child to sleep. You think about replying all day. You just never get a moment that belongs fully to you.

And when you finally do, late at night, when everything is quiet, you're too exhausted to form the words you wanted to send properly. So you tell yourself, I'll reply tomorrow.

**And tomorrow looks exactly like today.**

So when I don't reply, please know this: it's not because I don't care. It's not because I forgot you. It's not because you don't matter. It's because in this season, my days don't have gaps. They are full from the moment my children open their eyes to the moment mine finally closes.

And somewhere in that fullness, there's a text I didn't send back, but never stopped meaning to.



# Chaffles (Cheese & Egg Waffles) By Ks



They're cheesy! They're waffle-y! They're CHAFFLES!

Have you tried the latest 2-ingredient craze yet? If not, it's time to get these cheese and egg waffles on your brunch table ASAP. I made these delicious, savory, low carb chaffles just maloba nyana Jaana and fell in love. They're packed with protein and actually make a wonderful post-workout breakfast with all of your favorite toppings.

These Amazing low carb cheese and egg waffles, or "chaffles," made with two base ingredients. This easy recipe for chaffles takes just 15 minutes to make and is gluten free, vegetarian, keto-friendly and packed with protein! Enjoy chaffles for a delicious breakfast or brunch with your fav toppings and sides. Di best for lona ba di body goals.

This easy chaffle recipe is a fun way to serve up protein-packed eggs for kids, too, and they'll love being able to customize them with you.

## What are "chaffles?"

Chaffles are simply cheese and eggs cooked in a waffle maker to literally create a cheese and egg waffle! They're naturally packed with

protein, gluten free, grain free, low carb and keto-friendly. Plus, you can easily customize them with your fav cheeses, fillings, toppings and more!

## The 2 ingredients you'll need to make chaffles

These cheese and egg waffles are truly made with just 2 ingredients, plus a little something extra for flavor. I bet you can guess what they are:

**Cheese:** we like to use shredded cheddar cheese, but mozzarella or even shredded pepper jack would be delicious!

**Eggs:** you'll need 3 eggs to help hold the chaffle together. Protein party!

## Which cheese is best for cheese and egg waffles?

Be sure to use a cheese that melts easily like cheddar, pepper jack, Monterey jack, mozzarella, etc. Harder cheeses like parmesan don't melt as easily, but you can combine them with a melty cheese! I also suggest using more finely shredded cheese so that the cheese and egg waffle cooks evenly.

## Easy, low carb chaffles in 3 simple steps

Prep your waffle iron. Feel free to use a regular or mini waffle iron and heat it to medium high heat.

Combine the chaffle mixture. Whisk together the eggs and cheese, plus any add-ins you'd like (such as scallions in this recipe).

Cook your chaffles. Pour the mixture into your waffle iron and cook for about 5 minutes until the egg is fully cooked. Repeat until you've used up all the "batter," then top and serve!

## Spice them up with fun flavors

Because chaffles are literally just made with cheese and eggs, you can easily customize them with fun flavors! Here are some of our favs to try:

**Garlic parmesan:** use 1 cup of shredded cheddar cheese and 1/2 cup shredded parmesan cheese, then add about a teaspoon of garlic powder. Sprinkle with parsley before serving.

**Taco flavored:** add a teaspoon of taco seasoning and use a shredded Mexican blend of cheese. Serve with homemade salsa, avocado and fresh chopped cilantro on top.

**Everything bagel:** add a tablespoon of everything bagel seasoning and serve with cream cheese on top!

**Pizza chaffles:** add a teaspoon of Italian seasoning, a dash of garlic powder and chopped up pepperoni. Top with your fav pizza sauce and more pepperoni.

**Broccoli cheddar:** add some finely chopped, cooked broccoli and use shredded cheddar cheese.

**Jalapeño popper:** add in seeded, diced jalapeño, 1-2 tablespoons of cream cheese and cooked chopped bacon.

#### Looking for a sweet option?

Yes, you can make sweet chaffles! I suggest using a neutral cheese like mozzarella, then add about a tablespoon of sweetener like sugar or maple syrup. Then feel free to add things like mini chocolate chips, a sprinkle of cinnamon, or a swirl of jam and top with fruit, maple syrup, whipped cream and more!

#### More ways to serve chaffles

These easy cheese and egg waffles are the perfect base for your fav toppings, and can even be used as sandwich bread (OMG YES): Add a pat of butter, drizzle with honey (or better yet, hot honey) and sprinkle with red pepper flakes.

Make a chaffle breakfast sandwich with scrambled or fried eggs, bacon, arugula, tomato & avocado.

Sausage, egg & cheese, anyone? Add a sausage patty and fried egg! Try it with lox, a spread of cream cheese, capers and red onion.

#### Freeze your chaffles for later

Yes, these cheese and egg waffles are freezer-friendly! Simply let them cool completely and store them in an airtight, reusable bag in the freezer for up to 3 months. To reheat, I recommend doing so in the toaster so they get nice and crispy!

#### Chaffles (Cheese & Egg Waffles) Recipe

##### Prep Time

5minutes minutes

##### Cook Time

10minutes minutes

##### Total Time

15minutes minutes

Serves 2

#### Ingredients

3 eggs

1 ½ cups shredded cheddar cheese (or mozzarella)

2 scallions, finely chopped



#### Instructions

- Preheat a nonstick waffle iron to medium-high heat.
- In a medium bowl, whisk together eggs, shredded cheese and scallions.
- Pour mixture into waffle iron and cook for about 5 minutes, or until the egg is fully cooked. Repeat until you've used all of the "batter."
- Serve plain, with hot sauce, maple syrup, honey butter, red pepper flakes, or any of your favorite toppings! We love this with a drizzle of honey and red pepper flakes on top.

#### Recipe Notes

- Try these delicious flavor add-ins, and follow <https://www.instagram.com/sheleni.k?igsh=bTR0bzZ5YzNuMDE1> for more ideas on Instagram!
- Garlic parmesan: use 1 cup of shredded cheddar cheese and 1/2 cup shredded parmesan cheese, then add about a teaspoon of garlic powder. Sprinkle with parsley before serving.
- Taco flavored: add a teaspoon of taco seasoning and use a shredded Mexican blend of cheese. Serve with homemade salsa, avocado and fresh chopped cilantro on top.

- Everything bagel: add a tablespoon of everything bagel seasoning and serve with cream cheese on top!

#### What other types of chaffles can you make?

The possibilities here are endless, my friends.

Use an egg and cheddar cheese to make a cheddar flavored savory chaffle that can be used as a hamburger bun or for a BLT or in place of bread for a sandwich.

Add some cocoa powder to make brownie chaffles. (Recipe coming soon – follow my Instagram so you don't miss it!)

Add some pumpkin for pumpkin chaffles. (Recipe coming soon – follow my Instagram so you don't miss it!)

Garlic bread chaffles. Pizza chaffles. Big Mac Chaffle! Ks Roast Beef Sandwich Chaffle! <— That last one even has myr homemade coo. Ks sauce to go with it!

As you can see, I love using chaffles as a base for sandwiches, as a pizza crust, or for a sweet breakfast treat! So versatile.

<https://www.instagram.com/sheleni.k?igsh=bTR0bzZ5YzNuMDE1>



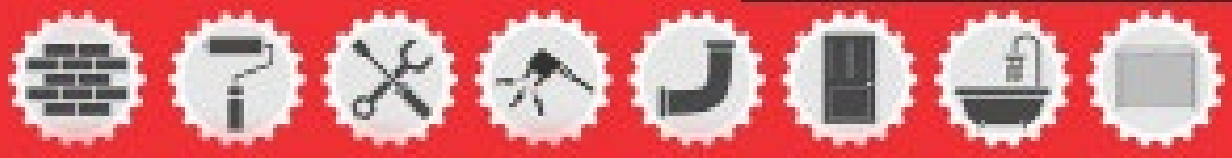
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# **Fitness for a Better Life: Building a Healthier You**





In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever. Fitness is no longer just about achieving a certain body shape; it is about improving overall health, boosting energy levels, and enhancing mental well-being. Regular physical activity helps people live longer, feel stronger, and stay more productive in their daily lives.

Exercise plays a crucial role in keeping the body active and strong. Activities such as walking, running, cycling, and strength training help improve cardiovascular health, build muscle, and increase endurance. Even simple daily activities like taking the stairs instead of the elevator or going for a short walk can make a significant difference in maintaining physical fitness.

Beyond the physical benefits, fitness also contributes to mental health. Exercise releases endorphins, often called "feel-good hormones", which help reduce stress, anxiety, and depression. Many people find that regular workouts improve their mood, boost confidence, and enhance focus throughout the day.

A balanced fitness routine should include a combination of cardio, strength training, and flexibility exercises. Cardio workouts help improve heart health, strength training builds muscle and improves metabolism, while stretching and yoga enhance flexibility and prevent injuries. Together, these elements create a well-rounded approach to fitness.

Nutrition also plays an essential role in supporting an active lifestyle. Eating a balanced diet rich in fruits, vegetables, lean proteins, and whole grains provides the body with the energy it needs to perform and recover. Staying hydrated is equally important, as water helps regulate body temperature and maintain energy levels during workouts.

Consistency is the key to achieving fitness goals. Rather than focusing on intense workouts for short periods, it is more beneficial to develop sustainable habits that fit into daily routines. Setting realistic goals and staying motivated can help individuals maintain a long-term commitment to their health.

Ultimately, fitness is not about perfection, it is about progress. Every step taken toward a healthier lifestyle counts. By making exercise, proper nutrition, and self-care part of everyday life, individuals can build stronger bodies, clearer minds, and a more balanced way of living.

In the end, fitness is an investment in one's future, one that pays off through better health, greater confidence, and a higher quality of life.



# A New Name, A New Era:

## Botswana Prepares for the Debswana World Athletics Relays Gaborone 2026

Written By: Amogelang Tau

Botswana is stepping confidently into the global sporting spotlight with a landmark announcement that signals ambition, pride, and a bold national vision. With the unveiling of the Debswana World Athletics Relays Gaborone 2026, the country has reached a defining milestone in its journey toward hosting one of the most prestigious competitions on the international athletics calendar.

This moment is more than a sponsorship announcement. It is a declaration that Botswana is ready to welcome the world.

### A Historic First for Botswana and Africa

In May 2026, Botswana will make history by hosting the World Athletics Relays for the very first time, an achievement that places the country firmly on the map as a destination capable of staging world-class sporting events. Even more significant is the continental milestone: this will be the first time the event is hosted on African soil.

For Botswana, the relays represent a powerful symbol of progress. They reflect how far the nation has come in building its sporting credentials and demonstrating confidence in its infrastructure, organisational capacity, and reputation for hospitality.

The event is expected to draw over a thousand athletes and officials, supported by technical teams, volunteers, global media, and thousands of international visitors. For a nation of just over two million people, the global attention offers an unprecedented opportunity to showcase Botswana's story to the world.

### Debswana Steps Forward

At the centre of this historic moment is Debswana, whose P16 million sponsorship has secured naming rights and given the event its new identity. This investment transforms the competition into the Debswana World Athletics Relays Gaborone 2026, marking one of the most significant sports partnerships in Botswana's history. The sponsorship is a powerful expression of confidence in Botswana's future and the transformative power of sport. It also reflects Debswana's long-standing commitment to national development, youth empowerment, and the advancement of sport.

For decades, the diamond mining company has played a central role in Botswana's economic success. Beyond financial contributions, the organisation has supported athletes across various sporting disciplines through infrastructure,

facilities, and programmes that nurture talent. From grassroots development to elite performance, the impact has been felt across the country's sporting landscape.

This latest partnership cements Debswana's legacy as a champion of Botswana's national ambitions.

### More Than Sport: A Platform for National Storytelling

Global sporting events have evolved into powerful storytelling platforms, and Botswana intends to use this moment strategically.

The relays will not only highlight athletic excellence but also offer a unique opportunity to showcase Botswana's rich cultural heritage, thriving tourism sector, and globally respected diamond industry. The convergence of sport, culture, and commerce presents a rare chance to project a compelling national narrative to millions of viewers worldwide.

Botswana's story is one of resilience, sustainability, and responsible development, values that resonate strongly on the global stage. Hosting the relays allows the country to amplify these messages while reinforcing



its position as a leading producer of natural diamonds.

This fusion of sport and national branding reflects a growing global trend: nations using international events to shape perception, build soft power, and stimulate economic growth.

**Economic Opportunities Beyond the Track**  
The impact of the relays is expected to extend far beyond the competition itself.

Major international sporting events often act as catalysts for economic activity, creating opportunities in tourism, hospitality, media, transport, and infrastructure development. The influx of visitors, combined with global broadcast coverage, offers Botswana a significant boost in visibility and investment potential.

Local businesses, entrepreneurs, and communities stand to benefit from increased demand and international exposure. The event also creates opportunities for job creation, skills development, and long-term growth in sports tourism.

For many young athletes, the relays represent something even more meaningful:

inspiration. Seeing Botswana host a global competition of this magnitude sends a powerful message that dreams are possible and pathways to success are within reach.

**A Nation United by Sport**  
Sport has a unique ability to unite people, and the countdown to 2026 is already fostering a sense of shared national pride. The relays are being framed not just as a sporting event, but as a national project, an opportunity for every Motswana to play a role in welcoming the world.

From volunteers and organisers to athletes and fans, the collective effort reflects the spirit of botho, the warmth, generosity, and humanity that define Botswana's national identity.

The event also sets a new benchmark for collaboration in Botswana's sports sector. It demonstrates the power of partnerships between government, private sector organisations, and the broader community.

**Africa's Rising Sporting Influence**  
The significance of the Debswana World Athletics Relays extends beyond Botswana's borders. The event reinforces Africa's growing status as a destination for major

international sporting competitions.

In recent years, the continent has hosted high-profile tournaments and championships, showcasing its ability to deliver world-class events. Botswana's role in hosting the relays strengthens this narrative and signals Africa's increasing influence in the global sporting arena.

For many across the continent, the relays represent a shared victory, a moment of pride that highlights Africa's progress and potential.

**Looking Ahead to 2026**  
As preparations continue, excitement is building. Facilities will be enhanced, logistics refined, and plans expanded to ensure the event delivers an unforgettable experience for athletes, spectators, and global audiences. Expectations are high, but so is confidence.

Botswana is ready. Africa is ready. And the world is coming.

The Debswana World Athletics Relays Gaborone 2026 is more than an event, it is a moment of transformation, a celebration of partnership, and a legacy in the making.





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