

Celebrity World

Botswana's Native Magazine

December 2025 P12

Fashion to the World: The Rise of GaChe Designs

Architecture Design Competition

Didier Drogba Joins Forces with Zotus City

ANGELINA BELLA: THE ART OF TIMELESS ELEGANCE

Mint Chocolate Cookies with Mint Frosting

Brigitta Zwanie:
FINDING HOME IN
Botswana





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

Physical Address: Plot 20635 Block 3, New
Rosedhurst Industrial, Gaborone, Botswana
Tel: +267 3185296 Fax: +267 3184443
Post Address: P.O. Box 202124, Gaborone
E-mail: chjhbw@gmail.com

The A Team

Editor

Takudzwa Joylene Chigura

Writers

Duncan Sebeso

Graphic Designer

Amuchilani Rara

Photographer

Oarabile Seofeleng

Cover Story Credits

Wardrobe: Self

Make up: Self

Hairstyle: Self

Marketing Officer

Harmony Tshuma

Manager

Kudzani Nametso Mudala



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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A new year always feels like standing at the edge of something extraordinary. There's a quiet magic in January, an invitation to pause, reflect, and step forward with renewed purpose. As we open the first issue of 2026, I'm reminded that every year brings its own lessons, its own challenges, and its own victories. What matters most is how we rise to meet them.

This month, we honour the fearless creators who continue to light up our communities with their work. Our cover stories dive into the minds of poets who turn emotion into art, artists who bend genres with futuristic imagination, and individuals who show us that passion and discipline can build entire worlds. Their stories remind us that greatness doesn't arrive all at once, it grows quietly, through persistence, vision, and the belief that your voice deserves space.

January is also a powerful moment for self-renewal. It is the month of realignment, of choosing what to carry forward and what to leave behind. Whether you are returning to your craft with fresh fire, chasing an overdue dream, or simply fighting to stay hopeful in a changing world, I hope this issue meets you where you are and inspires you to keep moving.

As you flip through these pages, let them remind you that progress is personal, growth is continuous, and your journey is uniquely yours. No dream is too small, no story too ordinary. This year, may you walk boldly into the chapters you've been afraid to write.

Thank you for welcoming 2026 with us. Here's to courage, creativity, and becoming the strongest version of yourself.

Happy New Year, and may it be your most intentional one yet.

Editor in Chief

Takudzwa Joylene Chigura



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



MELANIA



TUMO MABEDI TLOTLOSEHUBE:

Teaching, Healing, and Rebuilding Life, One Brick, One Lesson, One Breath at a Time

Tumo Mabedi Tlotlo Sehube is a woman shaped by learning, resilience, and an unrelenting desire to see others grow. A graduate of the University of Botswana, she holds a Bachelor of Arts in Humanities and a Post Graduate Diploma in Education (PGDE). Currently, she is pursuing a Master of Education in Educational Leadership (MEDEL) with Botswana Open University, an academic journey that mirrors her lifelong commitment to growth, leadership, and empowerment.

Naturally gifted in languages, Tumo's love for communication began early. Excelling in languages at BGCSE level inspired her to take on the challenge of learning French at university. It was not easy, but it was worth it. Determined to succeed, she enrolled in two institutions simultaneously, supplementing her studies with extra lessons at Alliance Française de Gaborone. That struggle shaped her belief that growth lives on the other side of discomfort.

To Tumo, teaching is not merely about transferring knowledge. It is about inspiring belief, motivating action, and eliminating ignorance in all its forms. While she teaches French, she refuses to teach it in abstraction. Her classroom is a space where language meets life, where lessons are infused with encouragement, healing, and self-belief. She firmly believes that her students succeed not because she knows all the French, but because she teaches them to believe in themselves.

"I always say nobody who has been with me will ever leave with nothing," she reflects. "Whether it's a life lesson, genuine laughter, or just the confidence to try something new."

The classroom, however, is not a simple space. It is filled with diverse personalities, abilities, backgrounds, and destinies. Managing that diversity is demanding, but for Tumo, it is also the most beautiful part of teaching, carrying every learner along and witnessing their growth. Not necessarily in grades, but in confidence and clarity of self. Her master's studies have further strengthened her ability to empower learners, reinforcing a philosophy she lives by: everyone is a leader. Yet beyond the classroom, Tumo's life has unfolded through profound personal trials.

A series of life events once pushed her into deep depression, eventually bringing her to rock bottom. But even in her darkest moments, she found ways to rebuild. Entrepreneurship had always lived in her, selling biscuits in primary school, Tupperware in varsity, clothes from the boot of her car once she started working. When life became overwhelming, she turned inward and chose real estate as a quieter form of survival.

She built twin two-bedroom houses in her home village during a time when her personal life was breaking apart. Brick by brick, she was rebuilding herself. Construction became a source of comfort, grounding her in purpose. Today, she is close to completing her third and fourth houses, with dreams of expanding further. Real estate, she says, is not just business, it is passion.



Still, the journey has been far from easy. Late payments, vandalism, unoccupied properties, and financial strain often stall progress. The cost of repairs sometimes outweighs security deposits, and patience becomes both a necessity and a burden. While she has not yet reached the point of satisfaction, Tumo hopes that by the end of 2026, her first multi-residential project will stand complete, a tangible symbol of perseverance.

Fashion, too, has been a consistent thread in her healing. Dressing well, and dressing others, became therapeutic. Her wardrobe once doubled as a boutique, complete with price tags. Friends, sisters, and cousins would borrow, buy, or be styled for special occasions. Eventually, this love for style evolved into La Tumie Collection, a fashion line focused on elegant, formal, and work-appropriate apparel.

The La Tumie Collection is deeply personal. Tumo curates pieces she would wear herself, to work, church, or an interview. Her aim is simple: to make women feel comfortable, beautiful, and adorned. Seeing someone shine in an outfit she selected brings her immense fulfillment.

In September 2023, Tumo survived a suicide attempt after a prolonged battle with depression. That moment became a turning point. Awakening from what she describes as a "long coma," she realized how precious life truly is. Through therapy, meditation, and deep introspection, she embarked on a sincere journey of healing.

Out of that journey came a book, born from diary entries, research, and raw truth. Although initially written to heal others, it ultimately healed her. The book explores how seemingly disconnected life events can culminate in depression, how the brain, like any other organ, can malfunction, and how self-acceptance is key to healing. Above all, it affirms her faith that God heals all diseases, including mental illness.

"There is hope at the end of the tunnel," she says. "Trauma has no degree."

Motherhood adds another profound layer to Tumo's life. Raising a child, she admits, demands sacrifice, financial, emotional, and psychological. It is often exhausting and overwhelming, especially when driven by the desire to ensure her child never has to heal from what she herself endured. Through humility and determination, she has cultivated a healthy co-parenting environment, one that prioritizes freedom and emotional safety. Watching her child thrive in that space is one of her greatest victories.



Balancing all these roles is not easy. Some days, she feels like she has survived a hurricane. Mental health remains an ongoing journey; her brain, as she candidly puts it, sometimes refuses to cooperate. Regular therapy check-ins, a simplified lifestyle, fewer social pressures, and a move to a quieter township have helped her find balance. Slower living, patience, and relentless faith keep her moving forward.

Authenticity is her compass. Everything she does must speak to her, heal her, and make a difference in someone else's life. Profit matters, but purpose matters more.

She rests when she needs to. School holidays are sacred, time to travel, go home, reconnect, and reflect. Walking across the

old Nata bridge of her childhood reminds her of who she was before life happened. Learning, she believes, never stops.

"I keep it real," Tumo says. "If I need to tone down, I do. If my businesses are doing well, I live life. Lifestyle only becomes demanding if you make it so."

As for what comes next? She chooses patience.

For now, her focus is on finishing and perfecting the multi-residential project. After that, she will wait, faithfully, for whichever door God chooses to open.

And when it does, she will walk through it, stronger, wiser, and still building.

Making Tswana Fashionable Again: The Quiet Fire of AuthorBlack



Thatayaone Lekoba is 22 years old, a brother of three, born in Kgomokasitwa village and shaped by the streets of Extension 16. His journey is not loud or rushed, it is intentional, reflective, and deeply rooted in culture. He is a poet by calling, not by convenience, and long before stages and microphones, he already knew who he was.

"I always believed I am a poet," he says simply. Raised in a family of creatives with a strong background in dikhwaere, traditional music, and dance, Thatayaone grew up surrounded by rhythm, harmony, and storytelling. Culture was never distant, it lived in his home, in his environment, in the voices of elders and the songs that filled the air. But as he grew older, a realization settled heavily on him: Tswana culture was slowly disappearing with each generation.

Rather than mourning its loss, he chose to preserve it.

Operating under the powerful slogan "Making Tswana Fashionable Again," Thatayaone uses poetry as both resistance and remembrance. His work draws inspiration from traditional music, ancestral rhythms, and the raw energy of 90s and early 2000s South African Motswako. Every piece is a bridge, between past and present, village and city, memory and now.

Sometimes, when the poetic spirit feels fully present, he wears a tiara and walks onto the stage barefooted. It is not performance for shock value, it is ritual. Grounding. Honouring something older than himself. Poetry, he says, visits him unexpectedly. Lines arrive anywhere, anytime, often uninvited. Yet before a performance, discipline takes over. He clears his mind and listens to music, not to inspire new ideas, but to silence them. New lines at the wrong time could disrupt the carefully prepared piece.

Anxiety follows him right up until he steps behind the microphone. Then it disappears. "Once I stand there, it all goes away," he says. What remains is connection. He performs with intention, making sure his audience understands every detail, even when his poetry is deeply figurative. He does not speak to people, he speaks with them.

Every achievement matters to him. Choosing a single highlight feels impossible because the journey itself carries weight. From pre-school, where his passion was first discovered, to now, poetry has never left him. Talent opened the door, timing played its part, but persistence kept him standing. Still, Thatayaone is often misunderstood. Many assume he and AuthorBlack are the same person. He disagrees.

"Yes, they are one, but not really."

AuthorBlack is the performer, the voice, the fire. Thatayaone is private, reserved, and introspective. His poetry can be intimate, even vulnerable, yet he is not comfortable having intimate conversations about it afterward. That contrast surprises people most: how someone can recite something so personal and then retreat into silence. But that boundary is intentional, it protects the artist.

Poetry is his everyday therapy. He does not have many friends, so he shares his thoughts with paper. He rarely writes about himself because he wants audiences to know AuthorBlack, not Thatayaone. Once, he wrote a political poem, one he has never performed to this day. Some words, he believes, are not ready for the world.

His inspiration reaches back to childhood bonfire memories, when his great-grandmother told mainane, Diane, and dithamalakane, stories about culture, origins, and identity. When asked what symbol represents him best, he chooses fire.

"The way it lights up a room," he says. There were moments he nearly quit. Exhaustion took its toll. Doubt crept in. But a friend spoke sense into his ear, and he returned with renewed focus. The answer was simple, though not easy: more rehearsal, and then even more rehearsal.

Thatayaone speaks candidly about poetry's place in society. He believes it is the most crucial art form for delivering real messages, yet also the most overlooked. While social media has created opportunities, institutional support remains lacking. Still, platforms and individuals like Angel of Poetry, Kago Africa, Motlatsi, and Pheny continue to carry the movement forward.

Five years ago, he was performing mainly in English. Then he made a defining shift, to Setswana. Not just a change of language, but a cultural statement. He embraced an unconventional Setswana poetic style, one that was once questioned and is now celebrated. Today, it is in vogue, and he feels firmly in his becoming era, aware that growth is still unfolding.

Fear still exists. His greatest fear is messing up a piece on stage. During difficult moments, he returns to his upbringing, everything he was taught about composure, strength, and acceptance. Balance, he says, has always come naturally, perhaps because he is multi-talented and disciplined with time.

Beyond poetry, he dreams of building something tangible, an entity he can truly call his own, starting with graphics. The AuthorBlack brand, he believes, did not



happen by chance. It was built through trials, patience, and unwavering belief. He also hopes to return to school someday, still holding onto the dream of becoming a student again.

Love remains unexplored territory. He has not really tried, or perhaps luck has not yet found him. What he does have are affirmations from strangers who say he reminds them of great poets who came before, some whose names he has never even heard. That recognition

humbles him deeply.

If he could speak to his younger self, his message would be clear and steady: "Focus."

Because Thatayaone Lekoba is not only preserving culture, he is proof that it can evolve, speak boldly, walk barefoot into modern spaces, and still carry the weight of ancestry.

AuthorBlack is not just a poet. He is a quiet fire.

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Mogo Mall Unit 4&5

Phone: 3113 845

Fax: 311 846

LOBATSE:

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Phone: 5332 088

Fax: 5339 803

SELEDI PHIKWE:

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Fax: 2600 400

SHAKAWE:

Plot 3181

Phone: +267 6872025

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From Music to Millions: Vee Mampeezy's Expanding Empire

Long before business headlines and franchise launches, Vee Mampeezy was already declaring his intentions through music. In *No Suffer*, a hit track featuring King David, the artist born Odirile Sento delivers a powerful line in Nigerian Pidgin English that translates to a refusal of hardship and dependence. What once sounded like a confident lyric has, over time, come to resemble a personal prophecy.

The line draws inspiration from *Me I No Go Suffer* by Nigerian gospel singer Lara George, a song widely embraced as a declaration of faith, hope and divine provision. Within Christian circles, the phrase has become a prayerful mantra, one that speaks to resilience and the pursuit of success. For Vee Mampeezy, its message appears to have shaped more than just a song.

Over the past decade, the Botswana-born star has steadily risen to the upper echelons of African music. With chart-dominating hits such as *Dumalana*, collaborations with top-tier artistes including Makhadzi, and a

collection of industry awards, Vee has built a career marked by longevity and relevance. Yet music has never been his only focus.

Beyond the stage, he has intentionally diversified. He earned a Law certificate and ventured into entrepreneurship, launching products such as *Africa's Soft Bread*, *Vee Power* energy drink, *Maveeta* water and an aloe vera drink. These ventures signal a strategic shift toward building wealth and influence that extend beyond entertainment. Like any career defined by risk, his journey has faced moments of resistance. His recent release, *Shut Up And Dance*, attracted criticism from some quarters, with observers questioning its artistic direction. For a brief period, it appeared the year might end under a cloud of doubt.

That narrative quickly changed.

The announcement of *Veetro's*, Vee Mampeezy's Gaborone-based fast-food restaurant franchise, sparked widespread excitement and shifted public attention almost instantly. Social media buzzed with

praise, and what had been a conversation about music became one about growth, vision and ownership.

The official launch at Game City Mall drew large crowds and was attended by prominent figures, including Gamalete Member of Parliament Boniface Mabeo, Gaborone Mayor Oarabile Motlaleng and Kgosi Mosadi Seboko. Fans turned out in force, celebrating the latest chapter in the artist's evolving journey.

"It took time to reach this point," Vee shared in an interview. "I had to save, invest carefully and work with people who believed in my dream."

He explained that the dominance of foreign-owned franchises in Botswana motivated him to establish a locally driven brand with the potential to compete at scale. *Veetro's* has already secured four outlets around Gaborone: the flagship store at Game City, branches near the Bus Rank and Bonnington, and another at Pula Spar in Mogoditshane.



With sufficient investment, Vee says the long-term plan is to expand across Botswana and into international markets. Giving back also remains a central pillar of the brand, as he reiterated his commitment to supporting community initiatives through the business. Vee Mampzeezy's transformation from chart-topping artist to entrepreneur places him among a global wave of musicians who have leveraged fame into sustainable enterprises. Figures such as Jay-Z, whose Roc Nation spans multiple industries, and Rihanna, whose Fenty brand has reshaped the beauty sector, reflect a path Vee is now confidently walking, one grounded in African identity and local impact.

And the momentum continues. While keeping details under wraps, the star hinted at another product launch planned for next year, separate from the food business but tailored specifically to his audience.

What began as music has evolved into a movement, one defined by ownership, vision and the determination to never settle for less.



The Importance of Sleep Hygiene: A Key to Optimal Health and Well-being



Sleep is a fundamental pillar of health, as essential as nutrition and exercise, yet often overlooked. Quality sleep is crucial for both physical and mental well-being, and sleep hygiene plays a pivotal role in ensuring we get the restorative rest our bodies and minds require.

What is Sleep Hygiene?

Sleep hygiene refers to the practices and habits that are conducive to sleeping well on a regular basis. It encompasses everything from the environment in which we sleep to our behaviors and routines before bedtime. Good sleep hygiene helps regulate our body's internal clock, making it easier to

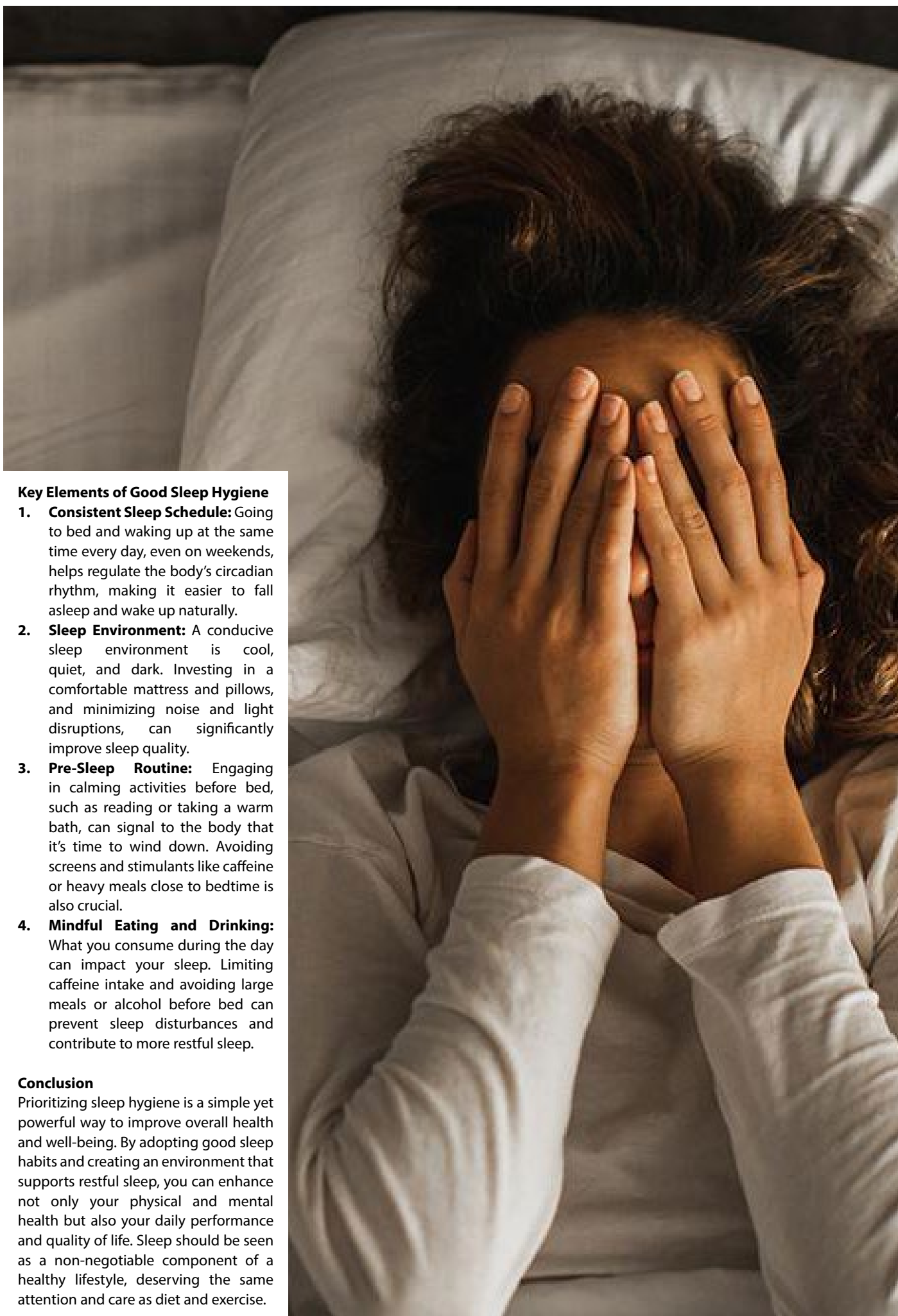
fall asleep, stay asleep, and wake up feeling refreshed.

Why is Sleep Hygiene Important?

- 1. Physical Health:** Consistent, quality sleep supports the body's repair processes, boosts the immune system, and reduces the risk of chronic conditions like heart disease, diabetes, and obesity. Poor sleep hygiene, on the other hand, can lead to sleep disorders such as insomnia, which are linked to increased risks of these health issues.
- 2. Mental Health:** Sleep is closely tied to mental and emotional well-being. A well-rested mind is more resilient,

better at managing stress, and more capable of clear thinking and decision-making. Poor sleep hygiene can contribute to mood disorders such as anxiety and depression, as well as impair cognitive functions like memory and concentration.

- 3. Performance and Productivity:** Adequate sleep enhances cognitive function, creativity, and problem-solving skills. In contrast, sleep deprivation, often a result of poor sleep hygiene, leads to reduced productivity, errors, and accidents, both at work and in daily life.



Key Elements of Good Sleep Hygiene

- 1. Consistent Sleep Schedule:** Going to bed and waking up at the same time every day, even on weekends, helps regulate the body's circadian rhythm, making it easier to fall asleep and wake up naturally.
- 2. Sleep Environment:** A conducive sleep environment is cool, quiet, and dark. Investing in a comfortable mattress and pillows, and minimizing noise and light disruptions, can significantly improve sleep quality.
- 3. Pre-Sleep Routine:** Engaging in calming activities before bed, such as reading or taking a warm bath, can signal to the body that it's time to wind down. Avoiding screens and stimulants like caffeine or heavy meals close to bedtime is also crucial.
- 4. Mindful Eating and Drinking:** What you consume during the day can impact your sleep. Limiting caffeine intake and avoiding large meals or alcohol before bed can prevent sleep disturbances and contribute to more restful sleep.

Conclusion

Prioritizing sleep hygiene is a simple yet powerful way to improve overall health and well-being. By adopting good sleep habits and creating an environment that supports restful sleep, you can enhance not only your physical and mental health but also your daily performance and quality of life. Sleep should be seen as a non-negotiable component of a healthy lifestyle, deserving the same attention and care as diet and exercise.



THE ART OF A WELL-RUN HOME: MODERN HOME MANAGEMENT THAT MAKES LIFE EASIER

Managing a home today goes far beyond sweeping floors and keeping things in order. It's a delicate blend of planning, balance, and creativity, a quiet skill that shapes how comfortable, peaceful, and functional our daily lives become. Whether you live alone, with family, or with roommates, home management has evolved into a lifestyle practice that empowers people to create spaces that truly support their wellbeing.

At the heart of good home management is structure. A thoughtfully planned routine keeps the household running smoothly, reducing stress and ensuring nothing falls through the cracks. From scheduling weekly cleaning tasks to designating specific zones for storage, structure transforms chaos into clarity. Even small habits, like making the bed

each morning or meal-prepping on Sundays, can change the entire tone of a home.

Modern home management also embraces smart solutions. Technology has become a silent assistant, helping track expenses, plan meals, automate cleaning, and manage energy use. Apps can send reminders, manage grocery lists, or organize family calendars, turning everyday tasks into effortless routines. What once took hours now takes minutes, freeing up time for rest, family, and personal enjoyment.

Yet, efficiency is only one side of the story. Today's home management emphasizes comfort and personalization. A well-managed home doesn't have to look perfect, it simply needs to feel like a sanctuary. This

means choosing décor that reflects your personality, creating functional spaces for work or hobbies, and maintaining an environment that encourages calmness and productivity. Even decluttering has moved beyond aesthetics; it's now about mental clarity, emotional ease, and living intentionally.

Financial management also plays a major role. Budgeting for household expenses, planning ahead for maintenance, and being resourceful with what you already have can significantly reduce financial strain. Small habits like buying in bulk, monitoring electricity usage, or repurposing old items help build a sustainable and cost-conscious home.



Communication is equally essential, especially in shared households. Assigning responsibilities, setting expectations, and checking in regularly can prevent conflict and promote harmony. When everyone understands their role, the home becomes a cooperative space rather than a source of stress.

Ultimately, home management is less about perfection and more about creating a life that feels balanced and supported. It's about handling the behind-the-scenes tasks that make daily living smoother and more enjoyable. A well-managed home becomes a reflection of care, for yourself, for your loved ones, and for the environment you build around you.

With the right systems, thoughtful planning, and a personal touch, anyone can transform their home into a space that nurtures happiness, productivity, and peace. After all, good home management isn't just about running a household, it's about elevating the quality of life within it.



Access Bank Incentivises Saving with High-Value Rewards

Written By: Amogelang Tau





Access Bank Botswana has reinforced its commitment to financial inclusion and disciplined saving by concluding its Save and Win campaign with the handover of high-value prizes, including a Toyota Cross and substantial cash rewards.

The six-month campaign, designed to encourage consistent saving behaviour, rewarded customers who demonstrated long-term commitment to their financial goals. Mary Bodigelo received P25,000, Ntshielang Chiba walked away with P50,000, while Tshamekang Bolokang claimed the grand prize, a Toyota Cross SUV Hybrid.

According to Head of Marketing, Duduetsang Chappelle Molloy, the initiative was anchored on the bank's Maungo Savings Account, with the objective of incentivising responsible saving while offering meaningful rewards. She noted that the campaign sought to strike a balance between customer motivation and financial discipline.

Participation required customers to maintain consistent savings of P10,000 over a six-month period in either the Morobi or Maungo savings accounts, an approach that underscores the bank's focus on sustainable saving habits rather than short-term deposits.

Access Bank says the success of the campaign highlights growing consumer awareness around structured savings and reflects the bank's broader strategy to support long-term financial resilience among Botswana.

The bank has reaffirmed its intention to roll out similar reward-based savings initiatives as part of its ongoing efforts to deepen customer engagement and strengthen Botswana's savings culture.



REXX:

The Artist Turning Urban Stories Into Living Colour

From the very first moment you encounter REXX's work, you feel it, a pulse, a rhythm, a rawness that mirrors the streets he draws inspiration from. His art doesn't just decorate walls or canvases; it speaks, provokes, and breathes life into spaces. But behind the bold hues and expressive motion is a journey that began long before he stepped into galleries or collaborated on public murals.

REXX's love for art took root in childhood, born from simple sketches and playful colours. What started as a pastime slowly became a lifeline, a way to express himself, to connect, and ultimately, to communicate with the world around him. "I realised it wasn't just drawing," he reflects. "It was storytelling."

That desire to tell stories pushed him beyond the boundaries of traditional art forms. His curiosity led him to explore drawing, painting, digital arts, muralism, and even clothing customization. To him, every medium was a new language. The vastness of a mural allowed bold expression, the intimacy of a sketch captured emotion, and customized clothing spoke individuality. Together, these artistic dialects shaped a style he describes as urban, raw, and people-centered, a fusion inspired by street culture and the everyday movements that give it rhythm.

For REXX, the streets are more than a backdrop; they are a creative catalyst. Conversations, daily routines, faces filled with character, and the dynamic energy of urban life guide his process. He begins by observing, gathering moments, and sketching ideas. From there, he refines, experiments with colour, and builds each piece into an emotional narrative. The goal is always the same: to communicate resilience, pride, and identity. "I want to show the strength and beauty in everyday life," he says. His unique voice has earned him recognition in some of Botswana's most celebrated art galleries.



One particular moment that stands out is showcasing his work alongside established artists, a milestone that reassured him that he belongs in the national art conversation. But it's not only Botswana that has embraced his vision; international appreciation has also found him. For REXX, this dual recognition is grounding and motivating. It proves that local stories, when told authentically, can resonate anywhere in the world.

Collaboration is another chapter in his artistic story. Public murals created with fellow artists remain some of his favorite experiences, transforming blank walls into vibrant community landmarks. "It wasn't just about painting," he recalls. "It was about creating something the community could see themselves in every day." Community engagement is central to his mission, not just for visibility, but to help build a thriving, supportive art ecosystem for emerging talent.

Beyond the canvas, REXX continues to express his creativity in unexpected ways. As a barber, he finds inspiration in precision, detail, and style. Clothing customization allows him to explore identity and individuality, linking back to the same themes that shape his visual art.

Looking ahead, REXX is preparing for new exhibitions and collaborations, both locally and internationally. His ambition is clear: to place Botswana's urban culture firmly on the global stage. And as for legacy, he hopes his journey will inspire others to pursue their passions boldly. "I want young artists to see that their stories matter," he says. "That passion can create impact."

His advice to the next wave of creatives is simple but powerful: stay authentic, experiment fearlessly, learn constantly, and trust your vision even when others cannot yet see it.

REXX isn't just creating art; he's creating identity, community, and possibility. And with every piece he brings to life, he continues to etch his own vibrant mark on Botswana's cultural landscape, one bold stroke at a time.





Wandering Through Paris:

The Timeless Allure of the City of Lights

There are cities you visit and forget, and then there's Paris, a place that lingers in your memory like a melody you can't stop humming. Known affectionately as the "City of Lights," Paris is more than a destination; it's an experience, a feeling, a living canvas painted with history, art, romance, and elegance. Every street, every bridge, every whisper of the Seine tells a story that feels both deeply personal and universally enchanting.

From the moment you arrive, Paris embraces you with a quiet kind of charm. The air smells faintly of roasted chestnuts and freshly baked croissants. Street musicians fill the boulevards with soft jazz, and the chatter of café-goers spills out onto the sidewalks. Parisians move with purpose yet seem to carry a calm rhythm, as if they know the secret to living beautifully.

The city's heart beats strongest along the River Seine, where bookstalls line the banks and lovers linger on bridges like Pont des Arts, capturing the essence of Parisian romance. And towering above it all stands the Eiffel Tower, a structure so familiar yet still breathtaking every time you see it. Watching it sparkle against the night sky is like witnessing magic made real.

But to truly know Paris, you must wander. You must get lost in Le Marais, where narrow streets lead you to hidden courtyards and chic boutiques. You must explore Montmartre, where artists sketch portraits at the foot of the Sacré-Cœur Basilica, and where time seems to pause as you take in the panoramic view of the city below. You must visit the Louvre Museum, not just to see the Mona Lisa smile but to feel the centuries of creativity that pulse within its grand halls.

And then there's the food because in Paris, every meal is a masterpiece. Mornings begin with coffee and flaky pastries, afternoons are for baguette sandwiches by the river, and evenings call for candlelit dinners in cozy bistros. Whether it's escargot, coq au vin, or a perfectly made crème brûlée, the city invites you to indulge your senses.

When it comes to culture, Paris is unmatched. The Opéra Garnier, Musée d'Orsay, and Palace of Versailles stand as monuments to art and architecture. Each neighborhood carries its own identity, from the bohemian flair of the Latin Quarter to the modern sophistication of La Défense. Even a simple walk along Champs-Élysées feels cinematic, especially when it ends at the magnificent Arc de Triomphe, a symbol of France's enduring spirit.

Yet, what makes Paris truly special isn't just its beauty, it's its ability to make you feel. It's in the quiet joy of sipping wine at sunset, in the shared smiles of strangers at a street performance, in the way time slows down when you sit by the Seine and simply exist. Paris teaches you to live deliberately, to find poetry in the everyday, and to celebrate the art of being alive.

Whether you're an art lover, a history enthusiast, a hopeless romantic, or simply a wanderer in search of meaning, Paris welcomes you with open arms. It's a place that reawakens your senses and reminds you that life is not to be hurried, but savored, moment by moment, breath by breath.

So as the new year begins and wanderlust calls, perhaps it's time to answer with a ticket to Paris. Lose yourself in its charm, walk its storied streets, and let its timeless light guide you back to the beauty of the world and maybe even to the beauty within yourself.

THE BAGANDA: HERITAGE, ROYALTY, AND THE HEARTBEAT OF UGANDA



In the lush heartlands of central Uganda, where rolling hills meet fertile valleys, lives one of East Africa's most influential and historically rich communities: the Baganda. As the largest ethnic group in Uganda, the Baganda have shaped the nation's politics, art, and identity for centuries, leaving an unmistakable cultural footprint that remains vibrant today.

At the center of Baganda identity is the Buganda Kingdom, one of Africa's oldest and most organized traditional monarchies. Led by the Kabaka (king), the kingdom stands as a symbol of unity, pride, and cultural continuity. The Kabaka's palace, cultural institutions, and royal ceremonies reflect a society built on hierarchy, respect, and communal values deeply rooted in time-honored customs.

The Baganda language, Luganda, holds a special place in Uganda's linguistic landscape. Spoken widely across the country, it is more than a means of communication, it is a cultural vessel carrying proverbs, traditions, oral histories, and a shared sense of belonging. Through storytelling, songs, and idioms passed from grandparents

to grandchildren, the Baganda preserve narratives that define who they are and where they come from.

One of the most captivating expressions of Baganda culture is their music and dance. The traditional Bakisimba dance, performed with fluid waist movements and rhythmic drumming, embodies joy, celebration, and community spirit. The Nankasa and Muwogola dances further highlight the Baganda's deep artistic heritage, with performers moving in perfect harmony to the lively beat of the engalabi (long drum), amadinda (xylophone), and endingidi (tube fiddle). These performances aren't mere entertainment, they are cultural archives set to music.

Baganda cuisine is another integral part of their identity. Staples like matooke (steamed green bananas), groundnut sauce, luwombo (a delicious dish steamed in banana leaves), and roasted meats bring families and communities together. Meals are traditionally served with warmth and generosity, reflecting the Baganda's belief in hospitality and togetherness.

Their social structure is elegantly organized into clans, each represented by a totem such as the lion, monkey, leopard, or colobus. Totems are more than symbols, they guide cultural norms, marriage arrangements, and ancestral ties. A Muganda cannot marry someone from the same clan, a tradition that reinforces unity and prevents close-family unions.

Although modernization continues to reshape Ugandan society, the Baganda have embraced change without abandoning their roots. Young people proudly wear gomesi and kanzu during weddings and ceremonies, royal institutions remain active in community development, and cultural education is passed down both at home and through heritage centers. The result is a culture that feels both ancient and refreshingly alive.

In every drumbeat, every royal procession, and every family gathering around a shared meal, the spirit of the Baganda endures. Their story is not just a chapter in Uganda's past, it is a thriving, evolving legacy that continues to define the nation's cultural heartbeat.





A Fresh Start for the New Year

January marks a new beginning not only for us but for our gardens too. Across Africa, the first month of the year brings a mix of warm sunshine, refreshing rains, and fertile soil ready for growth. Whether you're working with a small balcony, a backyard patch, or a family garden, January is the perfect time to revive your green space and set the tone for the months ahead.

Because Africa's climate varies widely, January looks different from country to country. In Southern Africa, the rains are in full swing, making the soil soft and welcoming for new plants. East Africa enjoys warm weather that encourages tropical growth, while West Africa faces the dry season and

dusty Harmattan winds, calling for more water-wise gardening techniques. In North Africa, cooler winter temperatures create the ideal environment for hardy vegetables and herbs. Knowing your local climate is the first step to choosing what will thrive.

January is a productive planting month almost everywhere. Gardeners can confidently sow leafy greens like spinach, kale, Swiss chard and rape, which love moist soil and steady warmth. Root crops such as carrots, beetroot and radish are also perfect for this time of year. For those in hotter regions, tomatoes, peppers and eggplants grow beautifully when planted early in the year. Herbs like basil, parsley, coriander, mint

and lemongrass add flavour to the kitchen while helping to naturally repel pests. If you love flowers, marigolds, sunflowers and zinnias add bursts of colour and attract bees and butterflies.

The foundation of any healthy garden lies in good soil. January is a great moment to enrich your beds with compost, animal manure or organic feed to boost plant strength. Mulching becomes especially important this month: a simple layer of grass cuttings, dry leaves, wood chips or newspaper helps lock in moisture, suppress weeds and protect young roots from the harsh sun.



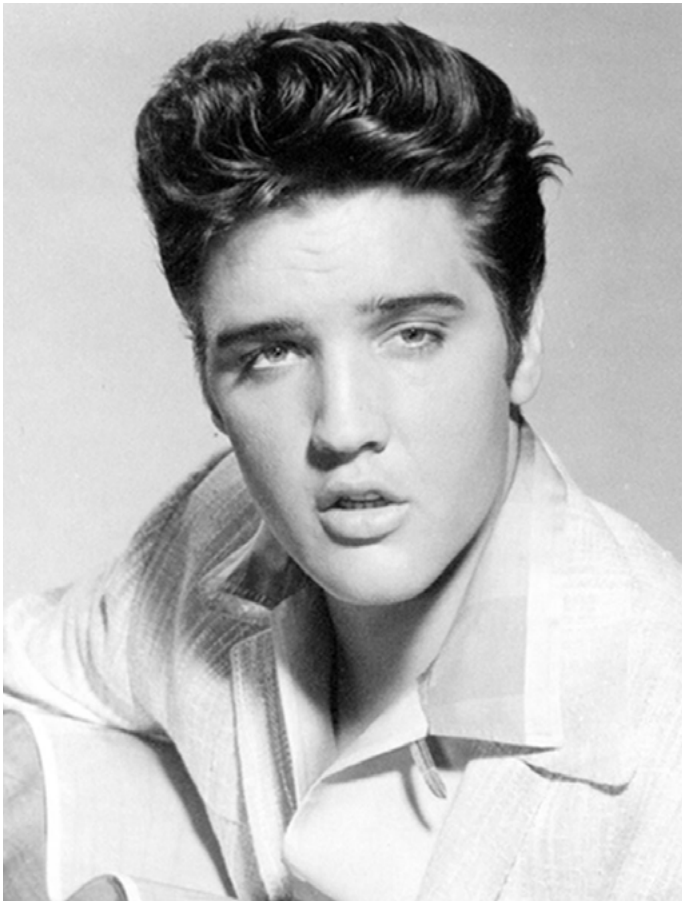
Because warmer months can also invite pests, gardeners should stay alert. Aphids, whiteflies, caterpillars and snails are common in January. Natural remedies like garlic spray, chilli water or planting marigolds make excellent, eco-friendly pest control options. Watering early in the morning also reduces the risk of fungal diseases that thrive in warm, humid conditions.

With temperatures rising across much of the continent, water conservation becomes part of responsible gardening. Deep, less frequent watering encourages stronger roots. Collecting rainwater in buckets or tanks, mulching generously, and avoiding watering in direct midday heat all help reduce water usage while keeping plants healthy.

But January gardening isn't just practical, it's uplifting. Starting the year with your hands in the soil brings a sense of calm, purpose and connection to nature. It's a quiet way to reset after the festive season and prepare for the year ahead. Watching seedlings grow becomes a reminder that growth takes time, patience and care.

January invites every gardener, beginner or experienced, to create something beautiful. With the right plants, a little attention to soil and water, and an appreciation for Africa's diverse climate, this month can set the stage for a thriving garden all year long.





Elvis Presley
January 8, 1935

The "King of Rock and Roll," Elvis Presley revolutionized music and pop culture with hits like Hound Dog and Jailhouse Rock. He remains an enduring icon decades after his passing.



Oprah Winfrey
January 29, 1954

Media mogul, talk show host, and philanthropist, Oprah Winfrey is known for The Oprah Winfrey Show and her influence in media, books, and humanitarian work worldwide.



Dolly Parton
January 19, 1946

Legendary country singer, songwriter, and philanthropist, Dolly Parton is famous for hits like Jolene and 9 to 5. She is also known for her charitable work, including her Imagination Library.



Robert Downey Jr.
January 4, 1965

American actor known globally for portraying Tony Stark/Iron Man in the Marvel Cinematic Universe. He has had a prolific career in film and is admired for his comeback story.



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.



It was a bright, sunny morning in Greenleaf Forest, and excitement buzzed through the trees like music. The animals were busy preparing for the Forest Festival, the biggest celebration of the year!

There were decorations to hang, fruits to gather, and songs to practice. Lulu the leopard, known for her speed and sparkly golden coat, was in charge of the races. Toto the tortoise was preparing his storytelling corner, and Mimi the monkey was swinging from tree to tree, hanging colorful leaves for decoration.

Everyone was happy, until the sky began to darken.

"Oh no," muttered Toto, peering up. "That doesn't look like a friendly cloud."

Within minutes, the wind howled through

the trees. Thunder rumbled, and rain poured down in heavy sheets. The forest animals hurried to their shelters as lightning flashed and branches snapped.

By morning, the storm had passed, and the forest was calm again. The sun peeked out shyly from behind the clouds. The animals stepped out, ready to continue their festival work, until they saw it.

The river bridge that connected both sides of the forest was gone! Broken logs floated downstream, and the muddy banks were too slippery to cross.

"The bridge! It's been washed away!" cried Mimi.

"How will we get to the festival ground now?" sighed Lulu.

The animals looked at each other, worried and silent. No bridge meant no festival.

Then Toto slowly cleared his throat. "My friends, we can fix this, together. Every creature in this forest has a gift. If we use them wisely, we can rebuild the bridge before sunset!"

The animals perked up. "Let's do it!" shouted Kiko the kangaroo. So the forest came alive with teamwork.

The beavers gnawed down sturdy logs and floated them to the riverbank. The elephants lifted the heavy wood with their trunks. The monkeys tied the logs together using strong, leafy vines, while the birds flew overhead, guiding them and spotting safe spots to anchor the bridge.

Even the ants joined in, carrying tiny pebbles to fill holes between the logs. Zara the zebra



trotted back and forth delivering water and snacks to keep everyone refreshed.

As the sun rose high, the animals began to feel tired. But Toto encouraged them:

"Remember, my friends, the bridge is not just wood, it's our friendship holding it up!"

That made everyone smile and work even harder.

Finally, as the golden light of evening touched the treetops, the last log slid into

place. The animals cheered!

Lulu stepped onto the bridge carefully. It didn't shake or wobble. "It's perfect!" she said proudly.

That night, under the twinkling stars, the Forest Festival went on as planned. There was music, dancing, laughter, and delicious fruit pies baked by the squirrels.

Toto stood quietly, watching his friends celebrate. Lulu came over and smiled.

"You were right, Toto," she said. "When we work together, nothing can stop us."

Toto chuckled softly. "That's the magic of friendship, my dear. It's stronger than any storm."

And from that day on, the animals of Greenleaf Forest promised that no matter what challenges came their way, they would always face them, side by side.



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Gwest Industrial,
Gaborone



Everyday Beauty Secrets for the Modern Woman

In today's fast-paced world, beauty is no longer just about makeup, it's about confidence, care, and embracing who you are. Whether you're juggling work, family, or personal goals, looking and feeling your best starts with simple daily habits that nurture both your skin and spirit.

1. Glow Starts with Good Skincare

A healthy complexion is the foundation of true beauty. Begin with a gentle cleanser to remove impurities, followed by a hydrating toner and moisturizer suited to your skin type. Exfoliate once or twice a week to keep your skin smooth and radiant. Remember, the best makeup is glowing, healthy skin.

2. Sunscreen: Your Skin's Best Friend

No matter the weather or your skin tone, sunscreen is non-negotiable. Daily SPF use helps prevent premature aging, dark spots, and sunburn. Apply it as the final step of your morning routine, your future skin will thank you.

3. Keep Makeup Effortless

Less is more. A light foundation or BB cream, a touch of blush, defined brows, and a nude lip can take you from day to night effortlessly. For evenings, elevate your look with bold eyeliner or a statement lip, beauty should always feel fun and expressive.



4. Healthy Hair, Happy You

Your hair deserves just as much attention as your skin. Regular trims, gentle shampoos, and natural oils like argan or coconut keep hair healthy and shiny. Avoid excessive heat styling, and treat your locks to a nourishing mask at least once a week.

5. Eat and Drink for Beauty

Beauty truly begins from within. Load up on fresh fruits, leafy greens, and foods rich in antioxidants. Stay hydrated, your skin reflects what you put into your body. A balanced diet not only enhances your glow but also boosts your energy and mood.

6. Rest, Relax, and Recharge

Sleep is the secret weapon behind every radiant face. Aim for at least seven hours of

rest, and practice stress-relieving habits like meditation, journaling, or a warm evening bath. A calm mind reflects in your eyes, smile, and overall aura.

7. Confidence: The Ultimate Beauty Secret

The most beautiful women are not the ones with perfect features, but the ones who walk with confidence and self-love. Take time to celebrate yourself, flaws and all. Remember, true beauty is not about perfection, it's about authenticity.

In the end, beauty is a lifestyle.

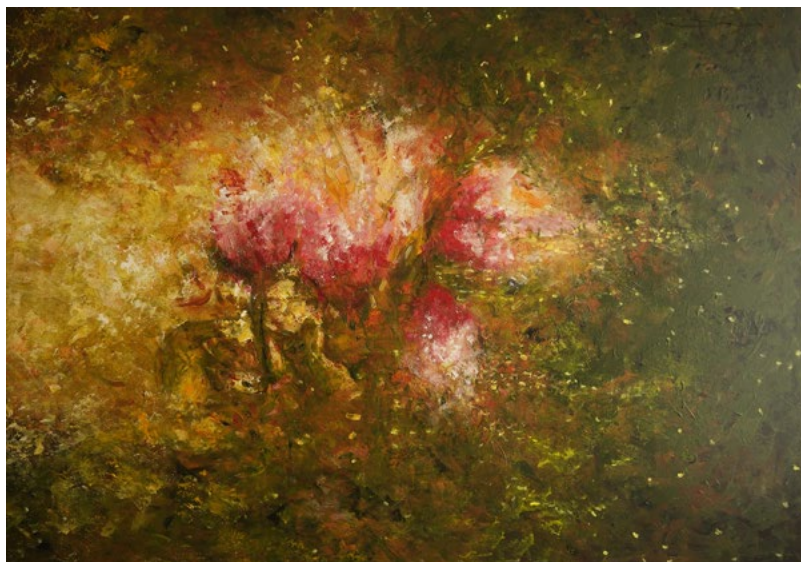
It's in the way you care for yourself, speak to yourself, and carry yourself every day. With a little care and confidence, you can shine effortlessly, because when you feel good, you look even better.



ReCurate and Phakalane Golf Estate Launch

the “Art of Heritage” Series with Naledi Maifala’s Debut Solo Exhibition, Little Sparks of Peace





Phakalane Golf Estate, in partnership with ReCurate art consultancy, unveiled the first event in its new cultural initiative, the Art of Heritage series. The programme officially opened with the inaugural solo exhibition of emerging Botswanan artist Naledi Maifala, titled *Little Sparks of Peace*. The exhibition runs from 4 December 2025 to 31 January 2026 at the Phakalane Golf Estate Convention Centre.

The launch marks a defining moment in Maifala's rapidly ascending career. Her first solo showcase in Botswana comes after an exceptional year, highlighted by her win of the 2025 continental ANNA Award in August and impressive sales at the Woordfees Auction in Cape Town in October. She is also preparing to exhibit at the RMB Latitudes Art Fair in Johannesburg in 2026, cementing her status as one of Botswana's brightest contemporary art talents.

Little Sparks of Peace presents a deeply intimate collection centred on serenity, presence, memory, and gratitude. Drawing from her upbringing and family life in the

village, Maifala's work captures everyday moments, family gatherings at sunset, the warmth of shared meals, cattle moving across open land, and the soothing quiet of early mornings by the fire. These scenes act as what she calls "stimulants of peace," reminding audiences of the beauty and contentment found in simple daily rituals.

Her signature emphasis on light, especially the golden hues of sunset, adds emotional depth to the collection. She complements this with antique household objects, weathered tables, rustic metal containers, and treasured old items, which symbolize heritage, nostalgia, and the enduring power of memory. Reflecting on her process, Maifala shares: "To love with all you have, to be fully present... feels vital, because these moments soon become memories."

The exhibition also speaks to her dual upbringing, balancing the rhythm of city life with the grounded calm of the village. This background shapes her warm colour palette, natural textures, and the meditative stillness that defines her artistic voice.

For Phakalane Golf Estate, the Art of Heritage series is a long-term investment in cultural enrichment. The initiative aims to position the Estate as a creative hub, one that supports local artists, engages its community, and expands Botswana's artistic presence. The Estate described the series as "an invitation to nurture creativity, share success, and amplify Botswana's creative voice."

At the opening, Maifala delivered a moving message of gratitude, thanking God, her family, ReCurate, her curator Renee, and the supporters who encouraged her artistic journey. She ended with a reflective quote from *Kung Fu Panda*: "Yesterday is history, tomorrow is a mystery, but today is a gift, that's why it's called the present."

Phakalane Golf Estate and ReCurate encourage the public, art lovers, collectors, and media to experience this landmark exhibition on the 3rd floor of the Phakalane Golf Estate Convention Centre.

KENANAO KEREELTSWE: Fashion Rooted in Purpose

Kenanao Kereletswe describes herself first as a lover of fashion and an educator, two identities that have shaped her journey and influence within Botswana's fashion industry. For her, fashion is not simply about clothing, but about nurturing creativity, individuality, and confidence in others.

Her passion for fashion began early, inspired by a home where creativity was encouraged. Kenanao recalls how her mother dressed her children differently and created clothes through crocheting. That early exposure sparked a love for creating things from scratch, a love that later evolved into a lifelong calling.

Over the years, Kenanao has mentored and raised numerous fashion creatives across Botswana. Seeing former students grow into professionals and business owners remains one of her greatest rewards. Watching people she has taught become confident contributors to the industry affirms the value of her work and the impact of education.

Balancing her roles as both a lecturer and a designer comes naturally. Kenanao believes that every individual possesses a unique talent. Her approach to teaching is centered on identifying each student's strength and moulding it, rather than forcing creativity into a single formula. This philosophy was further solidified when she became a lecturer at Limkokwing University, a breakthrough moment that allowed her to influence the industry beyond design alone.

Kenanao's personal style and design philosophy are rooted in authenticity. She does not follow trends, choosing instead to create from lived experience and personal expression. Life itself serves as her greatest inspiration, influencing her work more than fashion cycles or seasonal demands. She gravitates toward natural fibres and currently enjoys working with all shades of green, a colour family gaining popularity in Botswana.

She welcomes the fusion of traditional



and modern fashion, viewing it as a bridge between generations. Such designs, she believes, speak to both the young and the old, allowing heritage and contemporary style to coexist within a single piece. Off the runway, her everyday fashion leans firmly toward streetwear, comfortable, expressive, and practical.

Sustainability plays an important role in her teachings and personal wardrobe. By encouraging intentional creation, the use of natural materials, and a mindset that values quality over excess, Kenanao emphasizes fashion that respects both people and the environment.

Interestingly, she does not subscribe to fashion role models, either locally or internationally. Her inspiration comes from faith. She believes God is the original designer, referencing the creation of clothing for Adam and Eve using natural resources. This belief anchors her work and keeps her authentic, regardless of changing trends.

Kenanao hopes her lasting impact on Botswana's fashion industry will be measured through the success of those she has mentored. Many of the designers she has taught now run their own businesses, a clear sign, she says, that the industry has evolved and improved. She views fashion as a powerful tool for youth empowerment, noting that young creatives today are fearless and willing to implement new ideas without hesitation.

She is equally impressed by the growth of fashion education in Botswana, describing it as tremendous and encouraging. Her advice to aspiring designers is simple yet deeply personal: pursue your dreams wholeheartedly, with Jesus as your backing.

Reflecting on her journey, Kenanao believes her greatest legacy lies in her contribution to the creative foundation of fashion, something that will endure beyond trends and seasons. One of her most unforgettable moments remains losing everything during the COVID-19 pandemic, a challenging period that tested her resilience but ultimately reshaped her purpose and strengthened her faith.









A Fresh Start: Interior Design Trends to Welcome the New Year

After the glitter and glamour of December, January arrives with a sense of calm, a blank canvas inviting us to refresh our spaces and reset our energy. The start of a new year is the perfect time to reimagine your home, clear the clutter, and create interiors that inspire balance, productivity, and peace.

1. The Art of Decluttering

The first step to a new-year refresh is letting go. Clear out unused décor, excess furniture, and holiday clutter to make space for what truly matters. A clean, organized home instantly lifts your mood and helps you start the year with clarity. Minimalism isn't about empty rooms, it's about thoughtful design where every piece has purpose.

2. Embrace Natural Light

January's mood calls for softness and light. Draw back those curtains, let the sunshine in, and replace heavy drapes with lighter fabrics. Mirrors can be strategically placed to reflect light and make your space feel open and airy. Bright, natural spaces not only enhance the look of your home but also boost well-being during the quieter start to the year.

3. Neutral Tones with a Twist

While December was all about rich, festive colors, January favors soothing neutrals, think beige, taupe, cream, and soft greys. To keep the palette from feeling flat, introduce subtle pops of color through accent pillows, rugs, or wall art. Shades of sage green, sky blue, or terracotta are trending for 2025, offering warmth and tranquility.

4. Sustainable Living Spaces

This year, sustainability continues to shape interior design. Opt for natural materials such as wood, linen, clay, and bamboo. Houseplants remain a popular way to bring life indoors, not only do they purify the air, but they also symbolize growth and renewal.

5. Redefining Spaces for Modern Living

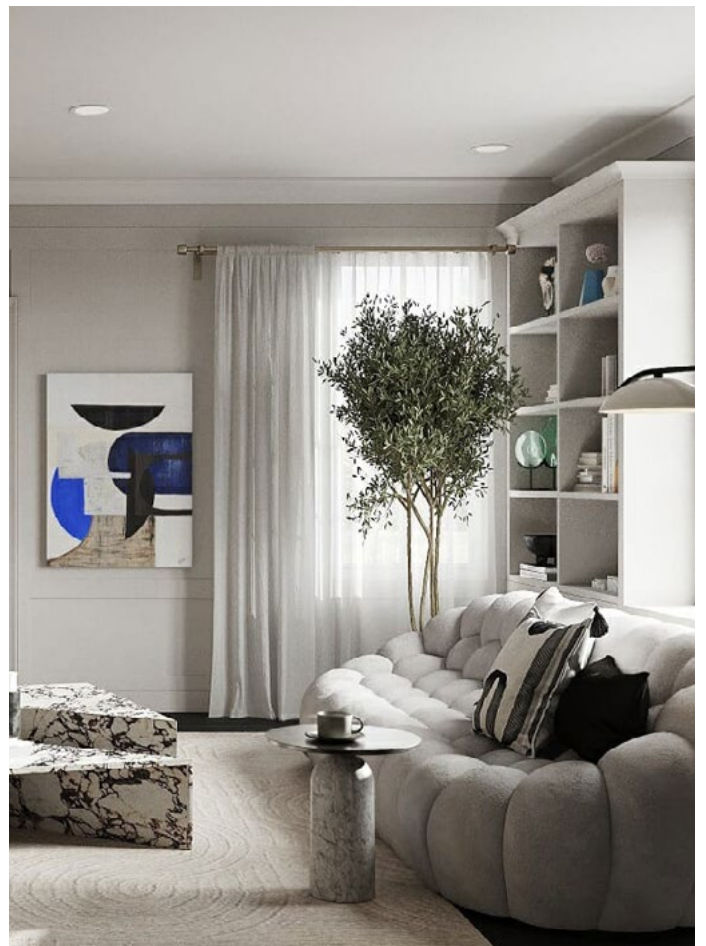
With many people spending more time at home, functionality is key. Transform corners into cozy reading nooks, update your workspace with better lighting and ergonomic furniture, or add multi-functional pieces that blend practicality with style. Design that adapts to your lifestyle keeps your home both beautiful and efficient.

6. Personal Touches that Tell Your Story

January is also about authenticity. Move beyond trends and let your space reflect who you are. Display travel souvenirs, family photos, or locally crafted pieces that add personality and warmth. Your home should feel like a reflection of your journey, grounded, evolving, and full of promise for the year ahead.

Final Thought: New Year, New Energy

Interior design in January is less about perfection and more about intention. It's about creating spaces that nurture you, places where you can breathe, dream, and grow. So as the year begins, let your home become a symbol of new beginnings, calm, clear, and full of light.





New Year, New Love Energy: Refreshing Your Relationship in 2025

As the calendar flips to a new year, it's not just about setting goals or chasing dreams, it's also about nurturing the relationships that shape who we are. January is often a month of reflection, growth, and new beginnings, making it the perfect time to hit the reset button on love.

Start with Honest Conversations

Before diving into resolutions, start with communication. Take a quiet evening to talk about the highs and lows of the past year. What worked? What didn't? Often, relationships fail not because of lack of love, but because of unspoken frustrations. This year, commit to listening without defense and speaking with kindness. Honest conversations build emotional safety, the foundation of lasting love.

Practice the Little Things Again

Over time, couples tend to forget the small

gestures that once made their bond feel electric. The good morning texts, surprise hugs, handwritten notes, those tiny sparks matter. In 2025, bring back the romance in its simplest form. Sometimes love doesn't need grand gestures; it just needs consistency.

Prioritize Quality Time

In a world of constant notifications and tight schedules, time has become a love language of its own. Plan "no-phone" dates, take a weekend getaway, or cook together. The key is to be present. Love deepens in the moments when both hearts are fully there.

Heal, Don't Haul

Many people carry emotional baggage from previous years into the new one. It's time to let go. Whether it's resentment, unmet expectations, or past mistakes, 2025 deserves a lighter version of you, and your relationship. Healing doesn't mean forgetting; it means

choosing peace over pain.

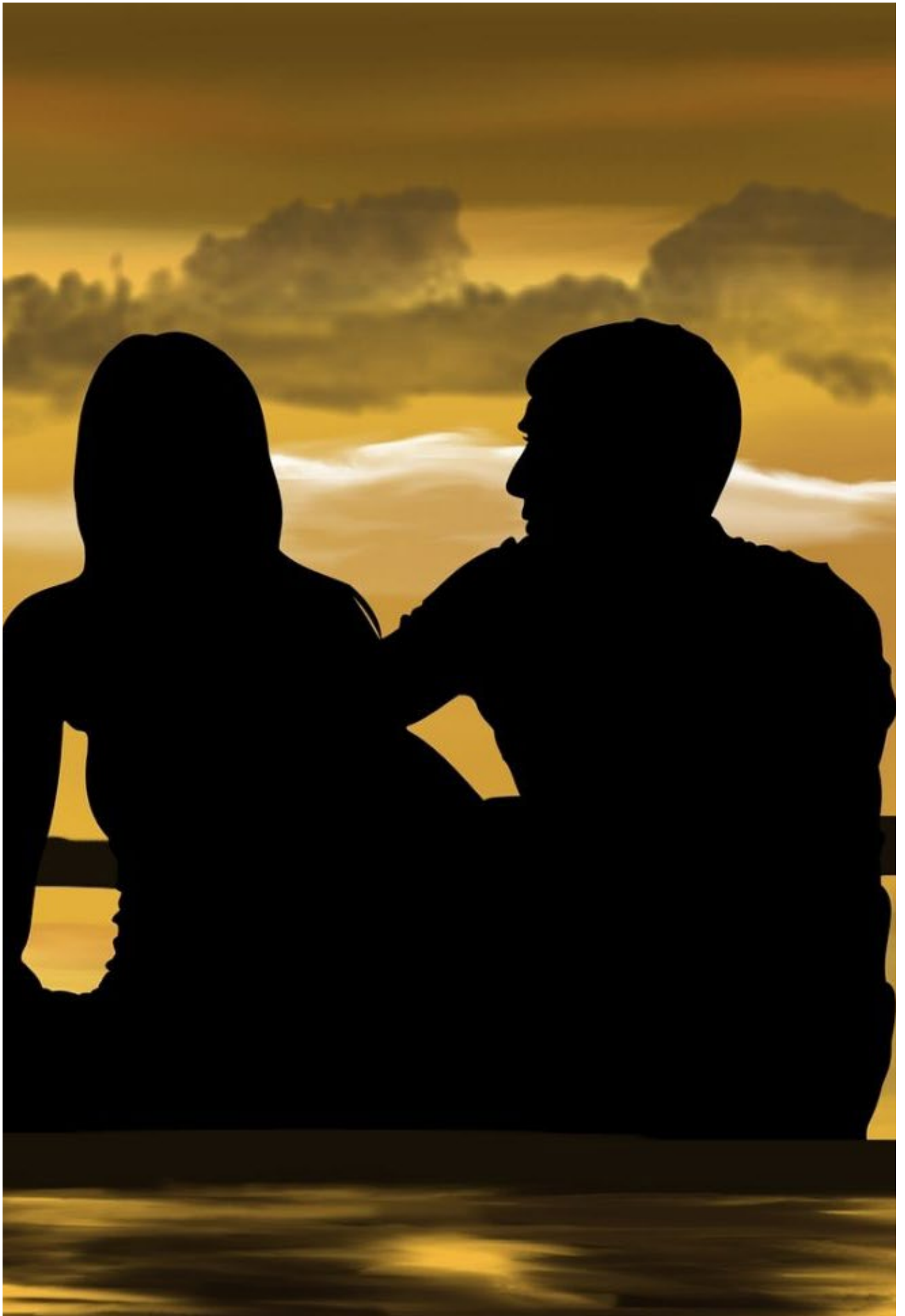
Grow Together, Not Apart


Strong relationships evolve with time. Encourage each other's personal goals and dreams. Celebrate wins, no matter how small, and be patient during losses. When two people grow as individuals yet still choose each other daily, that's love in its purest form.

A Love Resolution

This January, make a different kind of resolution, not one to change your partner, but to be more intentional with love. Be more patient. More grateful. More present. Relationships thrive not because they're perfect, but because two imperfect people refuse to give up on each other.

As the new year unfolds, may your love be kinder, deeper, and more refreshing than ever before.



A full-page photograph of Serena Williams on a tennis court. She is wearing a black, long-sleeved, sequined tennis dress and black athletic shoes. She has her mouth wide open in a shout or yell, and her right hand is holding a tennis racket. The background is a blurred crowd of spectators in a stadium.

SERENA WILLIAMS: THE WOMAN WHO CHANGED THE GAME FOREVER

For more than two decades, Serena Williams stood at the center of the world's biggest tennis stages, not merely as a champion, but as a phenomenon, an athlete who transcended sport, redefined excellence, and became a symbol of strength for millions across the globe.

Her story began on the hard courts of Compton, California, where she and her sister Venus trained under the guidance of their visionary father, Richard Williams. The journey was far from easy. The conditions were tough, the environment unforgiving, and the expectations nearly impossible. But what Serena lacked in resources, she made up for with grit, raw power, and an unshakable belief in her destiny.

By the time she emerged on the professional circuit, the world was witnessing a new chapter in tennis history. Serena didn't just win, she dominated. Her explosive serve, unmatched athleticism, and fearless mentality revolutionized the sport. She wasn't just playing tennis; she was rewriting its rules.

With 23 Grand Slam singles titles, four Olympic gold medals, and countless records, Serena Williams became one of the greatest athletes of all time, male or female. But her legacy extends beyond trophies. She broke barriers as a Black



woman in a predominantly white sport, fought for equal pay, and used her platform to champion women's rights, maternal health issues, and social justice.

Her career was marked by spectacular highs and deeply human struggles: life-threatening injuries, a near-fatal childbirth experience, and the constant pressures that come with global fame. Yet every time she stepped back on the court, she reminded the world what resilience truly looks like.

Off the court, Serena evolved into an entrepreneur, fashion icon, investor, and mother. Her venture capital firm invested in women and minority-founded companies long before inclusivity became a corporate buzzword. Her fashion line challenged traditional standards. And her authenticity, unfiltered, bold, unapologetic, made her both relatable and revolutionary.

Today, Serena Williams stands not just as a retired athlete, but as a monumental figure whose influence ripples across sport, culture, and society. She inspired an entire generation of girls to dream bigger, push harder, and show up as their most powerful selves.

Serena didn't just change tennis. She changed the world.

New Year, New Intentions: Parenting with Purpose in 2025



January brings a sense of renewal, a time for fresh starts, resolutions, and reflections. For parents, it's more than just another calendar flip. It's an opportunity to pause, reset, and realign with what truly matters: raising grounded, confident, and happy children.

1. Be Present, Not Perfect

Parenting today comes with endless pressure, from social media highlight reels to endless advice columns. But here's the truth: your child doesn't need a flawless parent. They need a present one.

Put down the phone, close the laptop, and spend a few undistracted minutes listening to your child's stories, even the ones that meander. These small, consistent moments

create the strongest bonds.

2. Set Family Intentions, Not Just Resolutions

Instead of vague resolutions like "we'll spend more time together," create specific family intentions for the year.

Try this: every family member writes one intention on a sticky note, like "more outdoor adventures" or "less yelling during homework." Stick them on the fridge as a daily reminder of what you're collectively working toward.

3. Teach Emotional Intelligence Early

In 2025, emotional awareness is just as important as academic success. Help

your kids name their feelings, whether it's frustration, excitement, or sadness. When children can express emotions safely, they're more likely to grow into empathetic and resilient adults.

4. Encourage Independence

It's tempting to do everything for your children, especially when mornings are rushed. But allowing them to make small decisions, like choosing their outfit or helping prepare breakfast, boosts confidence and problem-solving skills.

Remember: independence doesn't mean distance; it's a sign of trust.

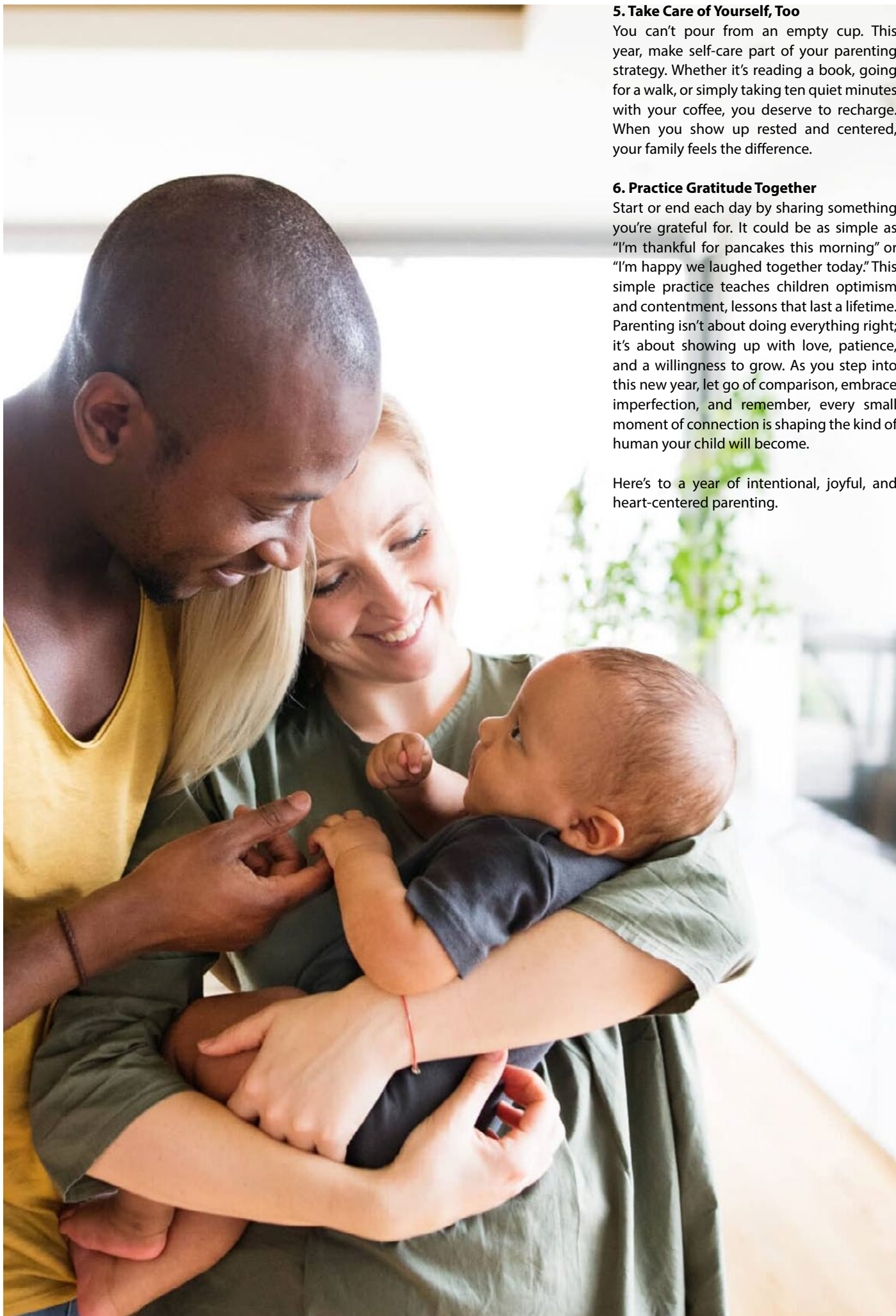
5. Take Care of Yourself, Too

You can't pour from an empty cup. This year, make self-care part of your parenting strategy. Whether it's reading a book, going for a walk, or simply taking ten quiet minutes with your coffee, you deserve to recharge. When you show up rested and centered, your family feels the difference.

6. Practice Gratitude Together

Start or end each day by sharing something you're grateful for. It could be as simple as "I'm thankful for pancakes this morning" or "I'm happy we laughed together today." This simple practice teaches children optimism and contentment, lessons that last a lifetime. Parenting isn't about doing everything right; it's about showing up with love, patience, and a willingness to grow. As you step into this new year, let go of comparison, embrace imperfection, and remember, every small moment of connection is shaping the kind of human your child will become.

Here's to a year of intentional, joyful, and heart-centered parenting.





Mint Chocolate Cookies with Mint Frosting

Wonderful mint chocolate cookies with peppermint extract, rich dark chocolate flavor and a delicious, colorful mint frosting. These easy mint chocolate cookies taste just like a peppermint patty! Top with crushed candies and sprinkles for a fun holiday cookie everyone will love.

It's festive season and today I'm bringing back deliciously rich, dark chocolate, minty fresh cookies with a luscious mint frosting! It's the holidays and these mint chocolate cookies are here. to. party.

They seriously taste just like a peppermint patty or a mint Oreo. I first made them as mint chocolate sandwich cookies but decided to dial it back a bit with just a frosted cookie. Obviously, feel free to sandwich two of these babies together for an even more epic combo (I won't tell).

What you'll need to make these mint chocolate cookies
We're using regular flour, sugar & butter in these mint chocolate cookies, and the peppermint combo with rich dark chocolate is truly out of this world. Here's what you'll need to make them:

- **Flour:** you'll need regular, all-purpose flour in these cookies.
- **Cocoa powder:** for that rich chocolate flavor, use a high quality, unsweetened cocoa powder.
- **Baking staples:** you'll need baking soda & salt so that the cookies bake properly.
- **Butter:** we'll be adding butter in both the cookies themselves and in the mint frosting.
- **Sugars:** we're using both brown sugar and regular, granulated sugar to sweeten cookies. You'll also need

powdered sugar for the frosting.

- **Eggs:** you'll just need one egg for the cookies.
- **Extracts:** a little vanilla and peppermint extract give these mint chocolate cookies the perfect flavor. You'll add some peppermint extract to the frosting as well.
- **Milk:** feel free to use any milk you'd like to make the frosting nice and creamy.
- **Frosting extras:** I used natural green food dye in half of the frosting and a bit of red food dye for the other half to give it a festive look. This is optional but looks so cute.
- **Toppings:** I love topping these cookies with crushed candy canes, chopped up Andes Mints and red & green sprinkles. A fun activity for the kiddos! Mint chips or mini chocolate chips would also be perfect.



Optional swaps

I'd suggest sticking with the recipe as best as possible, but if you don't have a few ingredients here's what I suggest:

- Feel free to use vegan butter if you'd like to keep these dairy free. Use dairy free milk in the frosting as well.
- Instead of cocoa powder you can also use cacao powder.
- I haven't tested these with a flax egg, but I think it would work just fine!

Can I make these gluten free?

Yes! We tested this recipe using this gluten-free measure-for-measure flour and they turned out perfect.

How to make mint chocolate cookies

1. Prep your pan. Add parchment paper to a large baking sheet and preheat the oven to 350 degrees F.
2. Mix the dry ingredients. In a large bowl combine all of your dry ingredients and whisk until they're well-combined.
3. Beat together wet ingredients. In a stand mixer, start with the butter and sugar until they're smooth and creamy, and then add your egg, vanilla & peppermint extract.
4. Make your dough. Slowly beat the flour mixture into the wet ingredients until just combined and your dough forms. Cover and chill the dough for 30 minutes before baking.
5. Scoop & bake. Scoop about 1 tablespoon of dough with a cookie scoop, and place the dough balls 2 inches apart on your baking sheet. Then bake for 10 minutes.
6. Cool & frost. While your cookies are cooling, make your mint frosting in your electric mixer (this is the natural food dye that I use! I like doing red and green colors). Frost each cookie, top with your fav toppings and enjoy!

The fluffiest mint frosting

You're going to LOVE the flavor of the cool, minty, fluffy frosting on these cookies, e ko go dimo tota. Here are a few tips to ensure success with it:

- First, beat together the butter and powdered sugar for about 1 minute on high until combined.
- Then, add in your peppermint extract and 1 tablespoon of milk (if the frosting needs more moisture).
- Choose red or green food dye (this is the natural dye I use and love!) and beat in a few drops to the frosting. Feel free to adjust as you like if you want them more red or green!
- If you like a creamier frosting, simply add a bit more milk.



Freezer-friendly tips

1. Freeze the dough. To freeze the dough, simply roll it into individual balls and place them on a cookie sheet lined with parchment paper. Chill the dough in the freezer for 30 minutes. Once the cookie dough balls firm up, transfer them to a reusable freezer-safe bag or container for up to 3 months. When ready to bake, simply bake the mint chocolate cookies as directed. You'll likely just need to add a few extra minutes of baking time!

2. Freeze the baked mint chocolate cookies. You can also freeze your baked mint chocolate cookies for later. Wait for them to cool completely, then transfer them to a reusable freezer-safe bag or container lined with wax or parchment paper. I like to place them in a single layer to avoid any cookies breaking. Cookies will keep well for up to 2 months. Once ready to eat, simply thaw out at room temperature and enjoy. You can freeze them with or without the frosting.

Mint Chocolate Cookies with Mint Frosting

Wonderful mint chocolate cookies with peppermint extract, rich dark chocolate flavor and a delicious, colorful mint frosting. These easy mint chocolate cookies taste just like a peppermint patty! Top with crushed candies and sprinkles for a fun holiday cookie everyone will love.

Ingredients

Dry ingredients:

- 2 cups all purpose flour
- 1 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ¼ teaspoon salt

Wet ingredients:

- 1 cup butter, at room temperature
- 1 cup packed brown sugar
- ¾ cup granulated sugar
- 1 egg
- ½ teaspoon vanilla
- ¼ teaspoon peppermint extract

For the mint frosting:

- ¾ cup butter, at room temperature
- 1 ½-2 cups powdered sugar, depending on how sweet you like your frosting
- ½ teaspoon peppermint extract
- 1-2 tablespoons milk, to make the frosting creamy
- Natural green food dye, to color the frosting
- Natural red food dye, to color the frosting

For toppings:

- Crushed candy canes
- Chopped Andes mints
- Red & green sprinkles

Instructions

1 Preheat the oven to 350 degrees F. Line a



large baking pan with parchment paper.

1 In a large bowl, whisk together the flour, cocoa powder, baking soda and salt.

1 In the bowl of an electric mixer, cream together butter and sugar until light and fluffy, about 1-2 minutes. Next, add in the egg, vanilla extract, peppermint extract and beat again until well combined smooth and creamy; about 30 seconds longer.

1 Add in dry ingredients and mix on medium low until just combined. Cover and chill the dough in the refrigerator for 30 minutes.

1 After chilling the dough, use a cookie scoop to grab about 2 tablespoonsful of dough, then roll dough balls and place on a cookie sheet, leaving at least 2 inches apart from one another.

1 Bake for 10-12 minutes or until edges begin to set and crackle. Remove and allow cookies to cool for 5-10 minutes on the baking sheet before transferring to a wire rack to finish cooling. This is important to help the cookies set up and harden around the edges. Repeat with remaining dough.

1 Once cookies have completely cooled, they are ready for frosting: in the bowl of an electric mixer, add the softened butter and powdered sugar and beat on high for 1 min.

1 To make plain mint frosting: add in

peppermint extract and 1 tablespoon of milk. Beat slowly at first, then increase speed to medium high. Frosting should be nice and creamy, if you want it extra creamy, add another teaspoon of milk and beat again.

1 To make a red and/or green frosting: after beating together the butter, powdered sugar, peppermint extract, and milk, divide the frosting in half between two separate bowls. Add a few drops of green natural food coloring to one bowl, and red food coloring to the other bowl. Whisk the color into each bowl of frosting until well incorporated, adding more drops of food coloring until the desired color is reached.

1 Frost cookies and then sprinkle with toppings of choice: crushed candy canes, chopped chocolate or Andes mints or red & green christmas sprinkles! Up to you. Makes approximately 24 cookies.

Recipe Notes

To make dairy free: feel free to use vegan butter if you'd like to keep these dairy free. Use dairy free milk in the frosting as well. To make gluten free: use this gluten-free measure-for-measure flour instead of regular all purpose flour. I haven't tested these with a flax egg, but I think it would work just fine! See the full post for tips, tricks & freezing instructions!



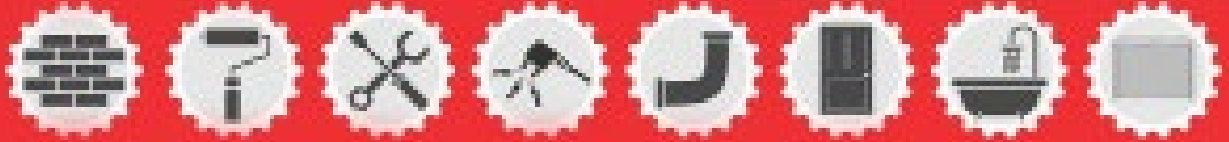
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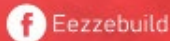
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THE POWER OF MOVEMENT: HOW FITNESS IS SHAPING A NEW GENERATION



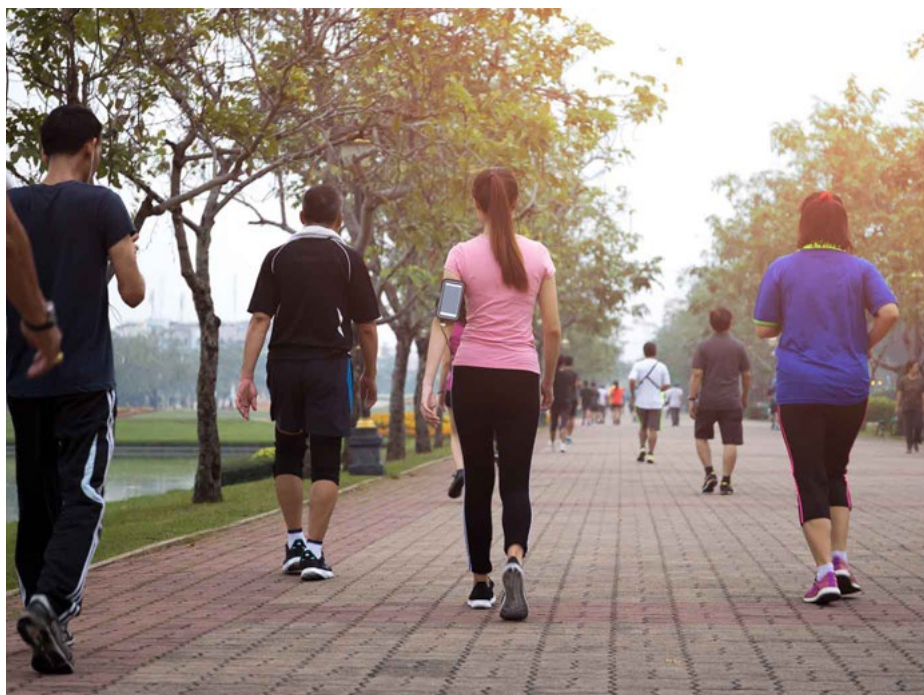


Fitness has evolved into one of the most influential lifestyle trends of our time, transforming the way people think about their health, confidence, and overall well-being. What used to be viewed as a routine task has become a culture, a daily commitment to becoming stronger, healthier, and more mindful.

Today's fitness movement celebrates more than just physical strength. It embraces mental resilience, emotional balance, and the joy that comes from taking control of one's health. From early morning workouts to late-night training sessions, people are discovering that exercise is not only a path to a better body but a gateway to clarity, discipline, and self-love.

Across Botswana and other parts of the world, the fitness community continues to grow. Gyms are expanding, outdoor boot camps are attracting new enthusiasts, and online platforms allow individuals to share their journeys with honesty and inspiration. What stands out today is how accessible fitness has become, no longer limited to athletes or trainers, but open to anyone willing to start where they are.

Fitness professionals and influencers are also redefining the conversation around health. They emphasize sustainable progress, balanced nutrition, and routines that fit individual lifestyles. The modern approach is less about quick fixes and more about



building habits that last, routines that empower people to move with purpose and enjoy the process.

Whether it's weightlifting, yoga, dance fitness, running, or home workouts, there is a style for everyone. This variety has encouraged more people to explore and find activities that make them feel strong, confident, and motivated. With each workout, individuals are discovering newfound energy, improved focus, and a deeper connection to themselves.

The rise of fitness culture reflects a simple truth: taking care of your body is one of the greatest investments you can make. It's a decision that enhances how you feel, how you think, and how you show up in your daily life.

Fitness is more than a trend, it's a lifestyle that encourages discipline, celebrates progress, and empowers people to become the best version of themselves. And for many, it's just the beginning of a lifelong journey toward health, balance, and fulfillment.

Bona Life Backs the Next Generation of Golf Champions

Written By: Amogelang Tau



Investing Early, Investing Smart

Bona Life in partnership with Excel Golf Academy has taken a bold step in shaping the future of Botswana's sporting landscape through a new investment in the Maruapala Loxicon Golf Programme. The partnership was unveiled at the launch of the second edition of the under-10 development initiative, an event that highlighted the power of nurturing talent from as early as possible.

Why Start at Under 10? Because That's Where Character Begins

According to Coach Mpho Kelosiwang, children benefit immensely when exposed to golf at a young age. Unlike many fast-paced sports, golf demands patience, emotional control, strategic thinking and self-correction, qualities that shape not just athletes, but grounded, resilient individuals.

As Bona Life CEO Phatsimo Keakabetse put it, "Golf builds character, it builds discipline, it is a classroom on its own. Golf will test you. It teaches you to be calm, think smart and correct your mistakes. When you hit a bad shot, you try again, just like in life."

More Than a Swing: The Programme Adds Academic Tutoring

Beyond teaching the perfect swing, the programme will also introduce tutoring sessions to support the children academically. This dual approach ensures that participants grow both intellectually and athletically, aligning with Bona Life's mission to build well-rounded young leaders.

A Pathway to Excellence, On and Off the Course

With this investment, Bona Life is not just sponsoring a sport, they are shaping the next generation of disciplined thinkers, future athletes and confident young citizens. The Maruapala Loxicon Golf Programme is quickly becoming one of the country's most promising youth initiatives, and this year's under-10 edition sets the bar even higher.



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39⁹⁹



39⁹⁹



39⁹⁹



39⁹⁹



24⁹⁹



44⁹⁹



89⁹⁹



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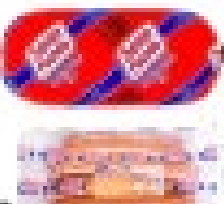
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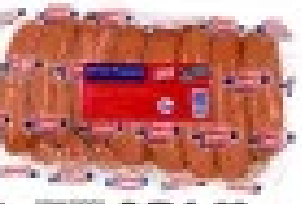
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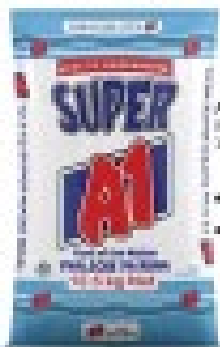
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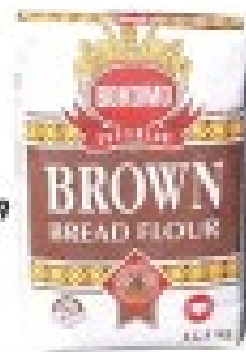
LADUMA
ALL PURPOSE
MEAL 25kg

97⁹⁹



BORDAO
CAKE
FLOUR
14kg

149⁹⁹



BORDAO
BROWN BREAD
FLOUR
14kg

134⁹⁹



BORDAO
MACARONI
1.5kg

47⁹⁹



FETTE & MOHRE
MACARONI
1.5kg

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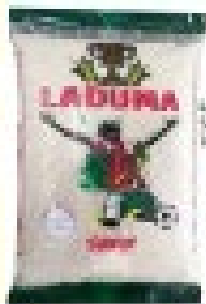
RIZZO
RICED PASTA
1.5kg

112⁹⁹



BLUE CRYSTAL
CORN FLOUR
1.5kg

172⁹⁹



LADUMA
ALL PURPOSE
MEAL 10kg

49⁹⁹



RIZZO
ALL PURPOSE
MEAL 10kg

84⁹⁹



FETTE & MOHRE
RICED PASTA
1.5kg

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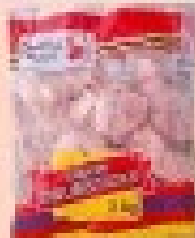
PARMALAT
ALL PURPOSE
MEAL 10kg

82⁹⁹



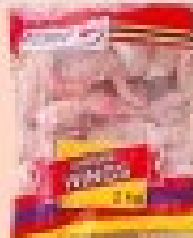
FRESH FROZEN
CHICKEN
THIGHS
1kg

68⁹⁹



FRESH FROZEN
CHICKEN
DRUMSTICKS
1kg

86⁹⁹



FRESH FROZEN
CHICKEN
WINGS
1kg

106⁹⁹



LAFANER
OLIVE OIL
1L

44⁹⁹



LAFANER
OLIVE OIL
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Excella
SUNFLOWER OIL
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579⁹⁹



PAN PALM
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