

Riding for a cause

Notwane Equestrian Centre provides children with horse riding skills



HORSE RIDING...Children in contact with Horses

BG REPORTER

The Notwane Equestrian Centre has been operational since 2017. Since they started operation, they have been very passionate about bringing Children in contact with Horses and Horse Riding, says Heidi Kalterherberg.

The long-term aim has always been to educate the children in handling horses, gaining respect for and enjoying the relationship to these large animals. It is a proven fact that children gain self-confidence when they succeed in controlling a horse which is many times their own weight and size, she explains. Their big dream is to nurture local children to become competitive riders and elevate to a level where they can represent the country in national and international competition.

Today, they have 24 horses and ponies, and are expecting fowls by the end of the year. The horses are taken care of by six handlers. They also happen to have a number of rescue horses that are enjoying retirement at the centre, but are not engaged in any tasks on the centre.

According to Kalterherberg, the idea for a Children Riding Programme was born soon after they started their popular 'Guided Pony Rides' in 2018 – where Children and Adult guests and customers are taken on a Ride across their spacious Property and down to the beautiful waterfront of the Notwane Dam.

"Each horse is guided and controlled by one of our Horse Handlers, and children as young as 2 years are permitted to enjoy these rides. This exciting

experience – often the first such close encounter for the riders ever with a Pony or a horse – has ignited an amazing interest in becoming a more avid Horse-back rider, and the challenge to learn to control and manage a horse, but also the feeling of 'companionship' and 'team with the horse' has resulted in a significant and constant rise of the numbers of Horse-Riding fans," she says. The Horse-riding adventure is one that everyone must try. It is so beautiful to be able to sit on a horse even for those who had a fear of horses, and just trust this animal to do what it has been trained to do. The opportunity to stand at the Notwane waterbanks is one that literally blows one away. One gets to see as far as their eyes can see, and they get to take in nature, and breathe the air from the river.

Kalterherberg further shares that they have been very fortunate to bring Sian Thomas, a British Horse-Riding instructor with an admirable professional history on board. Thomas received the Instructor's Certificate of the British Horse Society 28 years ago, and was rewarded the 'International Horse-Riding Instructor Level 3' in 2012; thus being one of, if not the Highest Qualified Horse-Riding instructor in the country. She has exceptional skills, and it is these skills that have led to an increase of Horse-Riding students in the past couple of months. Once the Covid-19 restriction are lifted, she is planning to conduct and choreograph the Children's programmes at the Equestrian Centre.

She further says that they have a flow of guest Horse Riding instructors from Germany who love to encounter the life

and wildlife in Botswana and support their initiatives with their 'pro-bono' participation.

"They also are avid supporters of our efforts to educate our local Horse handlers and Grooms and elevate and improve their skills. Our friend, Mrs. Christa Hinrichsen, who happens to be a Trainer for the German 'Special Olympics' Team, came and trained with children from the Camphill Community Trust and demonstrated the amazing beneficial effect of the 'Therapy disguised as Fun' initiative, and encourages challenged children with the saying 'On a horse, everyone has 4 healthy legs'," she says.

Presently, she notes that they enjoy the visit of Silke Wunsch, who is not only a Horse-Riding instructor from Germany, but a certified Equestrian Physiotherapist, trained in Acupuncture of the horses, a passion and skill she has demonstrated to their clients and staff alike. Currently, most activities are just waiting for Covid-19 restrictions to be lifted.

An exciting development, she says that due to financial constraints for some families they understand and appreciate that not all parents can afford to buy their children the gear which includes helmets, safety jacket and cover the costs for the riding lessons hence they are working on setting up a Trust Fund to bridge the gap. The idea is to afford all youth of Botswana to be part of their community irrespective of their financial background.

"We hope for the support by Local businesses, but also are using our contacts in Germany and Kuwait to initiate Sponsorships," she says.

In the middle of nature

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the horse-riding part of the business, they wanted to offer an all-inclusive place to both adults and children. This is testament in how everything around the venue is placed. The kiddie's playground is located on a far corner, which allows for the adults to enjoy precious moments while the children play happily on the playground.

The kids can also take a leisurely walk to the stables which is a walking distance from their playground. New developments have also seen an expanded seating area that permits clients to sit

and enjoy their meals and drinks, and social distance at the same time. A type of Rustic décor suits this place, and adds a bit of drama to the place.

She explains that they started working on adding new life to the restaurant during the Lockdowns, as there was very little movement in the restaurant which allowed them time to do almost everything that they had envisioned. "We are still working on adding other developments such as extending the playground. We want this place to be family

friendly, because family is very important to us," she says adding that they want both parents and children to enjoy some leisure time in a relaxed atmosphere. Food wise, the restaurant offers almost everything that one can wish for.

They are best known for the wood oven pizza, which is very popular amongst visitors and their regular clients. They also happen to have one of the biggest meat platters comprising of beef, chicken, fries, and ribs which costs P210. The platter is meant for 2 but can even

be enjoyed by more than two people. Another addition on the menu which is a hit are their burgers. To keep bringing in more customers, and adding a different vibe to the place, they have been organising some themed weekends. They recently hosted a Kebab weekend, as well as a German weekend. The German weekend is very special to her as it allowed guests to come and experience a bit of the magic from her home country. "We will keep organising the themed weekends as and when we can," she says.



Wing crave busters rock the market

Wing it on specialises in chicken wings

Wing It On are a new ideal in town for the chicken wings lovers, boasting a variety of seven unique homemade sauce flavours.

Back then, one would visit these big franchise restaurants such as Chicken Licken or Nando's to satisfy their cravings but Wing It On has come out to serve. Their juicy flavoured wings are an exception and their branding also speaks for them, let alone their efficient delivery service on a motor bike, which gives the business some integrity. Owner and Director at Wing It On, Natasha Siku, better known for her athletic accolades tells **BG Food Court** that her anxiety during the Covid era, made her to shift from sports to venture into food business.

"I love wings and I have had so much experience with wings during my stay in the US. When I started Wing It On, I only needed a distraction from the pandemic, since sports were put on pause mode and I had nothing to

do," she says, explaining that her initial plan was to prepare just a small share and sell, then wait for another order.

Now she operates fully like any other restaurant and they are based in Broadhurst.

Her mouth-watering chicken wings created the turn up she did not expect. Many fell in love with the flavour and soon the product was in high demand. Within a very short period of time, Siku managed to secure a place to sell her product professionally and thereby employing about seven people she now works with.

They take pride in their in-house yummy sauces that add the zesty taste to their wings.

They have seven flavours: Honey barbecue, lemon pepper, Asian zing, lemon garlic, honey mustard, spicy barbecue and spicy jerk. They also have sides to complete their menu while also promoting healthy eating. They have a variety of salads and among them, their feta salad, seems to be their best-selling salad. Apart from salads, they also offer normal corn,

tator tots, carjun fried corn as well as wedges to mention a few.

"Our Garlic lemon savory garlic flavour, is filled with that zesty lemon for the taste, while the honey mustard has that creamy Dijon mustard with a hint of sweet, and spicy barbecue has that rich, smokey sweet with some heat flavour," Siku explains, reiterating that when she remembered her Wings experience in the US, all she could imagine was the variety of flavours and so she decided to bring the same to Botswana. She appreciates the positive feedback that she receives, and says if it wasn't for it, they wouldn't have managed to open their food outlet where people now chill to enjoy the wings or make orders. "I am truly honoured because from a plan of 20 orders a day, now we take many orders and visits for our freshly prepared food," she says.

They offer Individually packed combo meals ideal for corporate lunches and parties, besides ordinary orders and the walk in service.