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THE PALACE SERVANT - PART IV

The palace halls were no longer the cold, forbidding labyrinth Mushipe remembered. Though the shadows of the past lingered, the echoes of Bupe's laughter softened their edges. Days passed, and a tentative peace began to take root. Mushipe and Mukasa, once outcasts, now found themselves at the....

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EMBRACE ORGANIC GARDENING: SUSTAINABLE PRACTICES FOR A HEALTHIER FARM



As environmental concerns become increasingly pressing, sustainable gardening has emerged as a vital practice for farmers and gardeners. Embracing organic gardening techniques not only cultivates healthier crops but also reduces chemical pollution and promotes biodiversity, contributing significantly to the well-being of our planet. By implementing essential sustainable practices, such as crop rotation and natural pest control, you can enhance the quality of your harvest while promoting ecological balance, ensuring that future generations can continue to enjoy the fruits of our labour.

What is Organic Gardening?

Organic gardening focuses on cultivating plants in harmony with nature, avoiding synthetic fertilizers and pesticides. Instead, it emphasizes the use of natural amendments, biological pest control, and sustainable practices that promote biodiversity. This approach not only leads to healthier produce but also supports soil health and ecosystem balance. It is crucial for individuals seeking to embrace

sustainable practices in their farm or garden to grasp the principles of organic gardening.

The Role of Biodiversity in Sustainable Gardening

Biodiversity plays a crucial role in the health of ecosystems, and it is essential for sustainable gardening. Planting a diverse array of species enables gardeners to create a more resilient environment. Diverse plantings attract beneficial insects and pollinators, thereby reducing the prevalence of pests and diseases in the garden. For instance, intercropping involves planting different crops in close proximity, which acts as a natural deterrent for harmful insects and enhances soil health, resulting in a more productive garden.

Implementing Permaculture Principles

Permaculture is a holistic approach that extends beyond gardening, aiming to create sustainable and self-sufficient ecosystems. Designing gardens to mimic natural ecosystems allows gardeners to enhance biodiversity and minimize resource use. The key principles of

Permaculture include:

- Observing natural patterns
- Using renewable resources
- Integrating plants and animals in a mutually supportive way.

For example, planting fruit trees alongside nitrogen-fixing legumes not only improves soil health but also provides food.

Sustainable Gardening Practices

Soil Health:

Healthy soil is the foundation of any successful garden. Composting enriches the soil with essential nutrients and beneficial microorganisms, promoting healthier plant growth and improved water retention. Moreover, cover cropping involves planting specific crops during the off-season, which effectively prevents soil erosion, suppresses weed growth, and enhances soil fertility. Prioritizing soil health is a fundamental aspect of sustainable gardening, creating an optimal and thriving environment that supports robust plant growth and long-term ecosystem health.

Crop Rotation:

Crop rotation is a practice that involves changing the types of crops grown in a specific area over time. This technique helps break pest and disease cycles, enhances soil fertility, and reduces the risk of nutrient depletion. For instance, planting soybeans, a nitrogen-fixing legume, before planting maize, a heavy feeder, can effectively balance nutrient levels and increase overall crop yield.

Water Conservation:

Efficient water management is vital in sustainable gardening. Techniques such as drip irrigation and rainwater harvesting conserve water. They also ensure that plants receive the moisture they need without overwatering. Implementing these methods can lead to healthier plants and reduced water bills, benefiting both the environment and your budget.

Pest Management:

Organic pest management is key to maintaining a healthy garden without relying on harmful chemicals. Techniques such as companion planting, which

involves growing specific plants together to naturally deter pests, can be highly effective. Moreover, introducing beneficial insects such as ladybugs as natural predators can help control pest populations and foster a balanced ecosystem in your garden.

Integrating Livestock in Gardening:

Small livestock, such as chickens or goats, can be integrated into your gardening practices to enhance sustainability. Chickens can help control pests and provide nutrient-rich manure, while goats can assist with weed management. This symbiotic relationship between plants and animals contributes to a more balanced and productive ecosystem.

Conclusion:

Adopting sustainable gardening practices, you can cultivate a thriving garden that not only produces healthy crops but also contributes to a healthier planet. Embrace organic gardening principles as an investment in the future, ensuring, agricultural practices support ecological balance and sustainability.

THE PALACE SERVANT - PART IV

By Macphersson Mutale



The palace halls were no longer the cold, forbidding labyrinth Mushipe remembered. Though the shadows of the past lingered, the echoes of Bupe's laughter softened their edges. Days passed, and a tentative peace began to take root. Mushipe and Mukasa, once outcasts, now found themselves at the heart of the palace's attempts to heal its fractured kingdom.

Meanwhile, not everyone shared the king's vision of reconciliation. In the dark corners of the palace, whispers grew louder. The council, wary of Bupe's legitimacy and the threat it posed to their power, began to scheme. Chief Advisor Chibwe, whose loyalty to Kabaso was conditional at best, took the lead in sowing dissent.

One evening, as the king dined with Mushipe, Mukasa, and Bupe, Chibwe requested an audience. Bowing low, he spoke with feigned humility. "Your Majesty, the council is concerned. The boy's presence, while cherished by you, has stirred unease among the nobles. They question the stability of the throne."

Kabaso's expression darkened. "Is it the boy they fear, or the truth he represents?" Chibwe hesitated before responding, his tone measured. "Truth can be a double-edged sword, my king. While it may bring clarity to you, it could ignite rebellion among those who see Bupe as a threat to tradition."

Mushipe, who had

remained silent, now leaned forward. "Tradition built on lies and murder is no tradition worth preserving." His voice, though calm, carried an edge that silenced the room. Kabaso raised a hand to forestall further argument. "Enough, Chibwe. My decision stands. Bupe is my son, and he will remain in the palace. Anyone who challenges this will answer to me."

Chibwe's jaw tightened, but he bowed again. "As you wish, Your Majesty."

Despite the king's words, Mushipe knew the council would not relent. That night, as the palace slept, Mukasa joined him on the balcony overlooking the kingdom. "They won't stop," Mukasa

said softly. "You've seen how power makes men desperate."

Mushipe nodded, his gaze fixed on the distant horizon. "Then we must prepare. If they seek to tear us apart, we'll show them the strength of a united family."

The days that followed saw Mushipe and Mukasa working tirelessly to gain the trust of the palace staff and the villagers surrounding the kingdom. Mwansa, the herbalist, was summoned to the palace to lend her wisdom. Her presence comforted Bupe, who had struggled to adapt to his new life.

"Strength lies in the people," Mwansa said one evening. "If the council turns against you, let the people speak for you."

With this advice, Mushipe began visiting the nearby villages, speaking of his father's sacrifice and his own journey. Mukasa organized secret gatherings within the palace, rallying those who believed in the king's vision of unity. Meanwhile, Chibwe and his allies plotted in secret. They planned to accuse Mushipe of treason, using fabricated evidence to sway the council and undermine the king.

Their scheme came to a head during a grand banquet held in Bupe's honor. As nobles and villagers mingled, Chibwe stood and called for silence.

"My king," he began, his voice dripping with false reverence, "we have uncovered a grave betrayal. Mushipe, the man you have welcomed into your home, has conspired with outside forces to overthrow the throne."

Gasps filled the room. Mushipe rose, his eyes blazing. "This is a lie!"

Chibwe smirked. "We have proof. Letters bearing your seal were intercepted—letters inviting enemies of the crown to attack the palace."

Kabaso's gaze snapped to Mushipe, his expression unreadable. "What do you

have to say for yourself?"

Mushipe stepped forward, his voice steady. "I have no need to defend myself against fabricated evidence. This is nothing more than the desperate act of a man threatened by the truth."

At that moment, Mukasa entered the hall, flanked by Mwansa and several villagers. "And we have proof of our own," she announced, holding up a scroll. "This is a ledger detailing payments made by Chibwe to mercenaries. His plan was to stage an attack and frame Mushipe."

The room erupted in chaos. Chibwe lunged for the scroll, but Mwansa blocked him with surprising agility. Guards seized the disgraced advisor, dragging him before the king.

Kabaso rose, his voice thunderous. "You have betrayed my trust and endangered my kingdom. You will answer for your crimes."

As Chibwe was led away, the tension in the room began to ease. Kabaso turned to Mushipe, his expression one of regret. "I doubted you when I should have stood by you. Forgive me." Mushipe inclined his head. "For Bupe's sake, we must stand united."

That night, as the palace quieted, Kabaso summoned Mushipe to his chambers. "You have proven your loyalty time and again. I cannot undo the past, but I can ensure a future where Bupe is safe and our kingdom is strong. Will you help me?"

Mushipe nodded. "For Bupe, and for the memory of my father, I will."

As the two men clasped hands, the seeds of a new alliance were sown—one built not on power and deceit, but on truth and the shared hope of a brighter future.

To Be Continued...

THE POWER OF CHOICES: HOW TO CREATE A SUCCESSFUL NEW YEAR PLAN



each representing a specific area of focus for the year.

4. Establish Good Habits

Good habits are essential to achieving your goals.

For example, if your goal is to get up a half hour earlier every day, some habits that would support that goal might be preparing your clothes and breakfast the night before or making sure you go to bed on time.

5. Create a Schedule

It is important to remember that when creating a plan, managing your time and schedule well will be key to actually achieving your goals. So create a schedule and block out times where you will work on your goals.

6. Be Realistic

If your goals are too audacious, you may get frustrated with lack of progress and ignore them. On the other hand, if they're too small, you're more likely to procrastinate because you'll have "Plenty of time to get them done."

A mid-year check on your goals, or even better, quarterly, is a good idea to make sure you're on track and to see if there's anything you need to change.

Conclusion

Finally, please don't be so hard on yourself!

We hate to break it to you, but your year will not go exactly as you planned. Life happens and unexpected things come up. However, it is acceptable.

Having a clear roadmap will assist you in resuming your progress or reassessing your priorities and goals.

Every bit of progress counts. Developing a strategic plan for your year is a wise choice that will significantly enhance your progress towards and attainment of your goals.

Have you created a plan for the new year ahead?

Do you know your priorities, goals, and plans for the upcoming year?

It's important to establish a starting point for the new year, even though plans may evolve over time.

Remember, it's not set in stone! Let's create a solid plan that will launch you into a successful year.

How to create a successful New Year plan.

1. Define your Priorities

What is your focus for the new year? List your priorities on paper and rank them by importance.

Where does God, marriage, kids, family, and health fit into your life?

We would like to pick the top 3-5 priorities for this period. Remember, our priorities can shift throughout the year. So we're just establishing what's most important to us at this moment.

2. Fill in Your Schedule

Look at a yearly calendar. What essential commitments have you already made? What important holidays, birthdays, and events do you need to plan around?

Once you have the major events penned in, you will have a better idea of what kinds of projects and goals for the year will be realistic.

3. List Your Projects for the Year

This step is all about figuring out the "big" things you want to accomplish and then breaking those goals down into smaller steps. First, write down all your dreams for the year. Then, pick what is actually realistic.

- Financial (examples: establish an emergency fund, save for vacation)
 - Work (examples: earn bonus check, earn raise)
 - Around the house (Paint bedroom, remodel bathroom)
 - Health (Lose 10 pounds, establish a workout routine)

Make sure your goals are "Smart." Specific, Measurable,

Attainable, Relevant (or Realistic), Time-bound. Remember, it's crucial to set SMART goals: Specific, Measurable, Attainable, Relevant (or Realistic), Time-bound. The examples provided were for inspiration, not SMART goals.

3. Find your WHY and THEME

These are optional, but I find them really helpful.

First of all, what is the reason behind your goals? Why do you want to accomplish those goals you set? How are they going to impact your life? How will you feel when it's done? Those are all things to consider as you're figuring out your "Why."

Next, consider setting a theme for the year to guide your focus. This is also known as choosing a single word to represent your focus for the year, often referred to as your "Word" for the year. It's just an intentional focus you want to work on during the year. Some examples of themes or words some people have chosen in the past include "Simplify," "Focus," and "Joy,"

TIPS TO IMPROVE YOUR CONCENTRATION EVEN WHEN YOU ARE BUSY - PART 2



If you frequently can't focus your thoughts and are experiencing ongoing concentration difficulties, it may indicate underlying cognitive issues, medical conditions, psychological factors, lifestyle habits, or environmental influences. Depending on the cause, you may need to temporarily accept that your concentration is low and explore effective techniques to mitigate its effects or adapt to fluctuating focus. If you need help with concentration and believe your challenges extend beyond the mentioned causes, seek guidance from a qualified professional who can offer specialized support.

Possible broader conditions include:

- **Cognitive:** Your concentration may decrease if you find yourself forgetting things easily. Your memory sometimes fails you, you misplace articles, and have difficulty remembering things that occurred a short time ago. Another way your concentration may be cognitively impaired is if you find that your mind is overactive, constantly thinking of multiple things due to concerns or important

events. When thoughts and issues intrude into your mind, demanding attention, it prevents effective concentration.

- **Psychological:** When you are depressed and feeling down, it is difficult to focus. Similarly, when you are recovering from the loss of a loved one during bereavement or are experiencing anxiety, you may have difficulty focusing on a single task.
- **Medical:** Medical conditions like diabetes, hormonal imbalances, and low red blood cell count can affect our concentration. Some medication also makes you drowsy or bleary and severely impair concentration.
- **Environmental:** Poor working conditions, shared spaces, and intense or negative work dynamics may also contribute to a lack of concentration. When we are experiencing burnout or stress from work or personal life, we will find it difficult to concentrate due to emotional exhaustion. Similarly, the environment can create discomfort to our body with effects that we're aware of (heat, light, noise) and others that don't fully register

(tension, negativity, monitoring).

- **Lifestyle:** Fatigue, hunger, and dehydration can derail concentration. Lifestyles that involve too many missed meals, rich foods, or excessive alcohol consumption can challenge our memory and ability to concentrate and focus.

Five Ways to improve your concentration

Now you know why you need help with concentration. What can help you to focus better? There's no one answer for how to improve focus, but the following tips can help.

- **Eliminate distractions:** How do we focus better if we are always bombarded with information? Make a practice blocking time in your schedule to do a specific task or activity. During this time, request that you be left alone or go to a place where others are unlikely to disturb you: a library, an internet café, a private room.
- **Reduce multitasking:** Attempting to perform multiple activities at the same time makes us feel productive. It's also a recipe for lower focus, poor concentration, and lower

productivity. And lower productivity can lead to burnout. Examples of multitasking include listening to a podcast while responding to an email or talking to someone over the phone while writing your report. Such multitasking not only hampers your ability to focus but compromises your work quality.

- **Get more sleep:** Many factors affect your sleep. One of the most common is reading from an electronic device like a computer, phone, or tablet or watching your favorite movie or TV show on an LED TV just before bedtime.
- **Take a short break:** This also might seem counterintuitive, but when you focus on something for a long time, your focus may begin to die down. You may feel more and more difficulty devoting your attention to the task.
- **Eat well.** Choose foods that moderate blood sugar, maintain energy, and fuel the brain. Fruits, vegetables, and high-fiber foods can keep your blood sugar levels even. Reduce sugary foods and drinks that cause spikes and dips in your sugar levels make you feel dizzy or drowsy.



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Rules and Regulations:

1. Eligibility:

- Must be a small business registered in Zambia.
- Must have been operating for at least six months.
- Cannot be a subsidiary or affiliate of a larger corporation.

2. Selection Process:

- Selection will be based on factors such as:
 - Business story and impact on the community
 - Innovation and creativity
 - Customer satisfaction and reviews
 - Overall business viability

3. Advertising Airtime:

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THINK BUSINESS

BOOK REVIEW: DEEP WORK: RULES FOR FOCUSED SUCCESS IN A DISTRACTED WORLD

Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time.

Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep-spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way.

In *Deep Work*, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill.

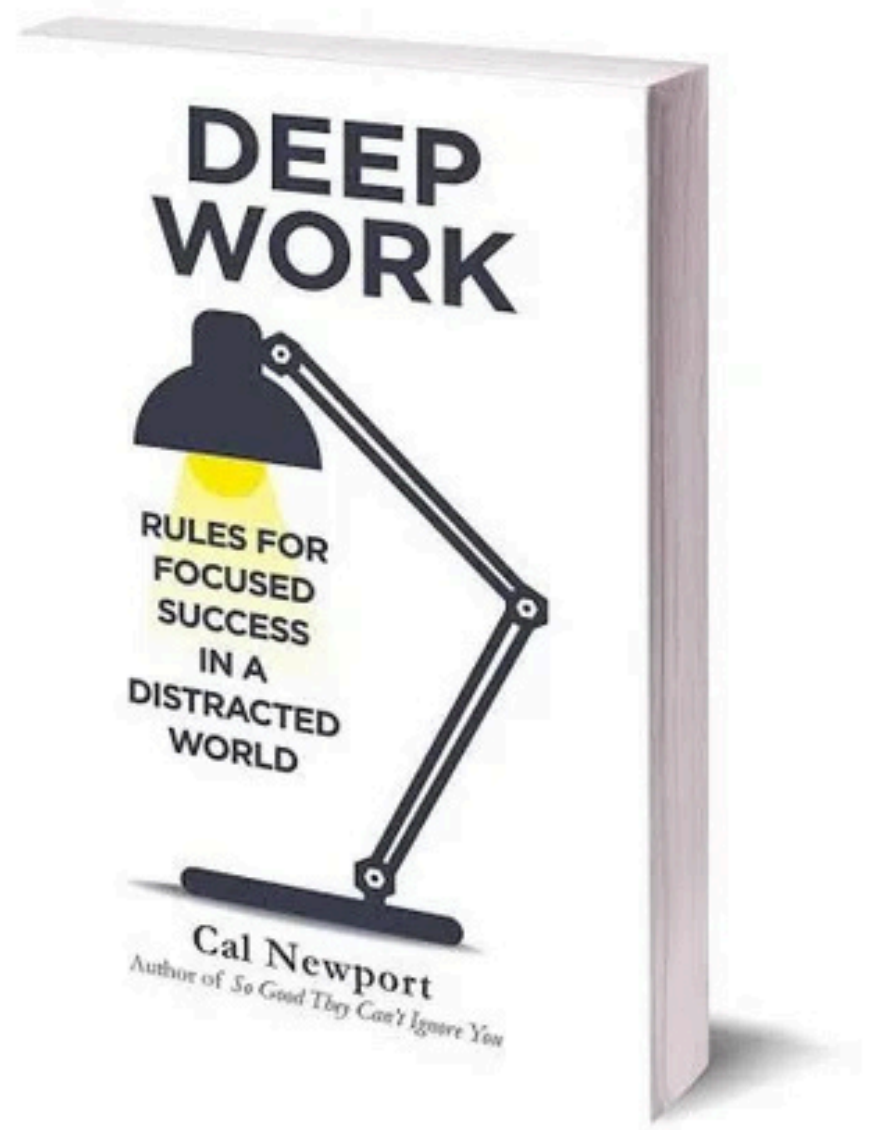
Four Rules in the Book:

- Work Deeply
- Embrace Boredom
- Quit Social Media
- Drain the Shallows

Conclusion

A mix of cultural criticism and actionable advice, *Deep Work* takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. *Deep Work* is an indispensable guide to anyone seeking focused success in a distracted world.

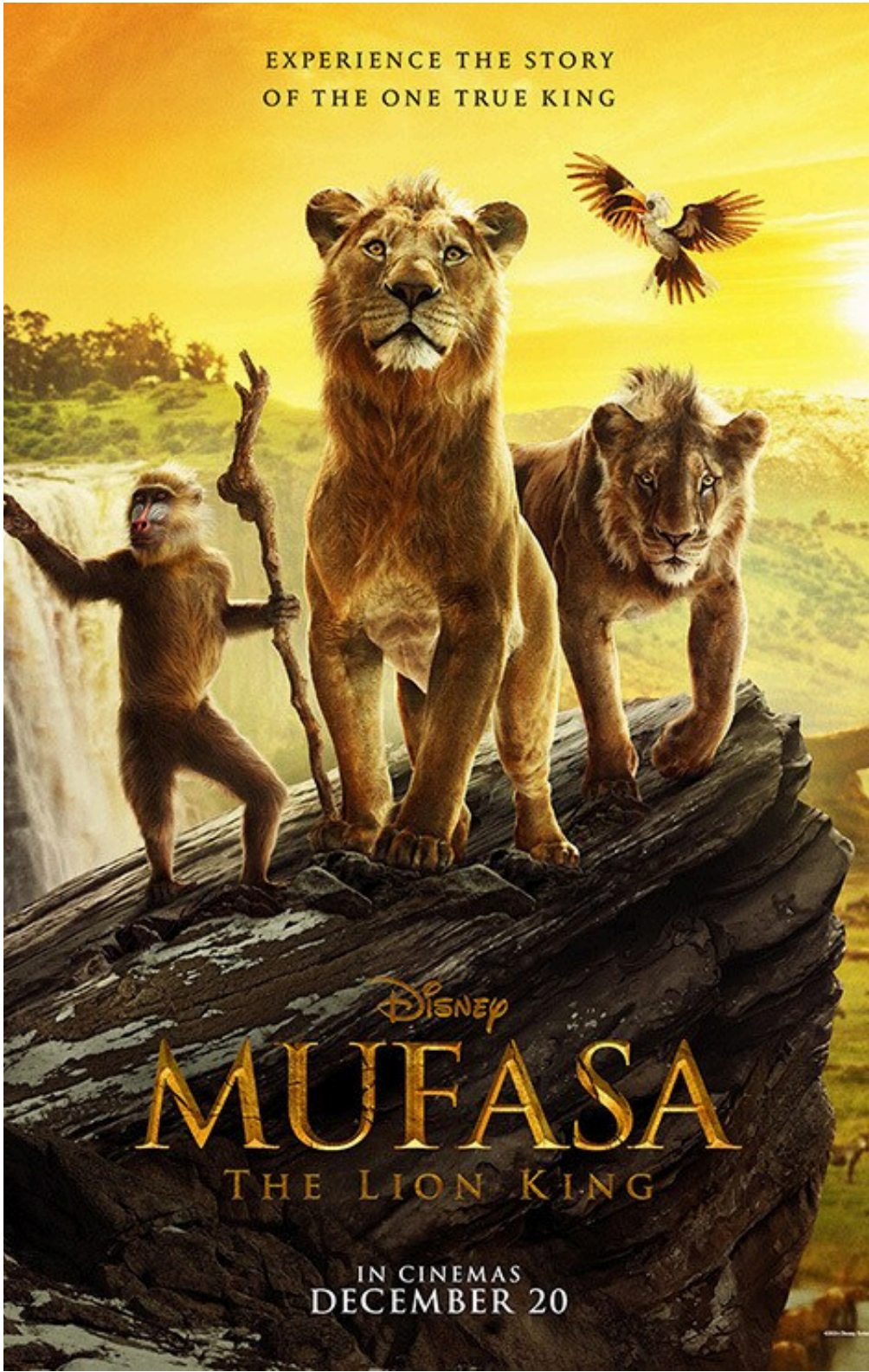
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| 2 YO MAPS EX WAMUNANDI | 7 JC KALINKS MARADONA |
| 3 BADBOY SHEZY & ABASHITINA TAWAKANWEKO | 8 DADDY PHIL MY YEAR |
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RECOMMENDED GAME : DRAUGHTS



Draughts is a form of the strategy board game checkers (or draughts). It is played on an 8x8 checkerboard with 12 pieces per side. The pieces move and capture diagonally forward, until they reach the opposite end of the board, when they are crowned and can thereafter move and capture both backward and forward.

ZAMBIA OFF THE MARK IN U17 COSAFA GIRLS CHAMPIONSHIP



Zambia bagged maximum points after defeating Botswana 3-0 at the UJ Soweto Stadium on Friday, opening the 2024 COSAFA Under-17 Girls' Championships in Group C.

Zambia, who have just competed at the FIFA Under-17 Women's World Cup in the Dominican Republic, dominated play, creating better scoring chances.

Within the first 20 minutes, Zambia had a clear chance to score, but the striker's shot went just wide of the post. There was a chance four minutes later from captain Mercy Chipasula's free kick, but it was saved by the Botswana goalkeeper.

Lweendo Hanongo and Natasha Nkaka's skillful passing and quick movements troubled the Botswana defense, leading to a close-range shot that narrowly missed

the target just before the half-hour mark. Carol Kanyemba's side's efforts were finally rewarded in the 36th minute through Chipasula.

Nkaka (in picture) scored a cracker of a goal to give Zambia the cushion goal in the 64th minute.

With great momentum built, Hanongo tested the Botswana keeper and was denied by the woodwork. Zambia's determination was evident as Hellen Banda, a substitute, secured the victory by netting the third goal in injury time, showcasing the team's depth and resilience.

After the matches, Zambia leads Group C with three points, followed by Zimbabwe, who also have three points after defeating Mauritius 2-1. Mauritius stands third, and Botswana is at the bottom of the group with no points.

FIFA CLUB WORLD CUP 2025: MATCH SCHEDULE RELEASED

Following the much-anticipated draw that revealed the eight groups that comprise the FIFA Club World Cup 2025, football fans around the world now also know exactly where and when to follow their clubs at FIFA's new global club showpiece which is taking place in the United States from Saturday, 14 June to Sunday, 13 July 2025.

FIFA has published the 63-game match schedule with dates and kick-off times for the groundbreaking tournament, revealing a tantalizing set of fixtures for the 32 club teams that will aim to become the first ever champions of

world football's inaugural elite club competition.

It has also been decided that the opening match will be a stand-alone fixture, with the host country's representative, Inter Miami CF, kicking off the new FIFA Club World Cup™ in style at their hometown 65,500-seat Hard Rock Stadium against Al Ahly FC on Saturday, 14 June 2025 at 21:00 local time.

MetLife Stadium in New York New Jersey will not only see the new FIFA Club World Cup Trophy lifted on Sunday, 13 July 2025, but will also host the two semi-finals and one of the quarter-finals.

FIFA CLUB WORLD CUP 2025™

- GROUP A:** Palmeiras, FC Porto, Al Ahly, Inter Miami CF
- GROUP B:** Paris Saint-Germain, Atletico Madrid, Al Hilal, Botswana
- GROUP C:** FC Bayern Munich, FC Barcelona, CAJ, Zambia
- GROUP D:** Flamengo, Real Madrid, Chelsea, Lecon
- GROUP E:** Arsenal, Al Nassr, Atletico Madrid, Inter Milan
- GROUP F:** Al Ahli, Borussia Dortmund, Houston Dynamo, Botswana
- GROUP G:** Manchester City, Al Nassr, Al Hilal, Botswana
- GROUP H:** Real Madrid, Botswana, Botswana, Botswana