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500th ISSUE

ALL A WOMAN NEEDS

"EARLY
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CAN SAVE
LIVES"
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BATTLE
WITH BREAST
CANCER

CHOOSE
YOUR **FREE**
LIPSTICK SHADE!

IT'S ALL
IN THE EYES
HOW TO UP YOUR
MASK GAME

STARTING
OVER
REWIRING
AFTER AN
ENTANGLEMENT

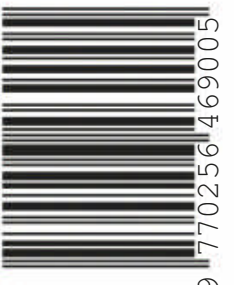
GETTING
BACK ON
THE JOB
MARKET
USING
LINKEDIN

YOUR POST
COVID-19
FINANCIAL
PLAN

Melanie
BAL

ON THREE DECADES IN THE ENTERTAINMENT
INDUSTRY, DIVORCE, LOOSING BOB AND
FINDING BALANCE FROM WITHIN

OCT/NOV 2020/NO 500
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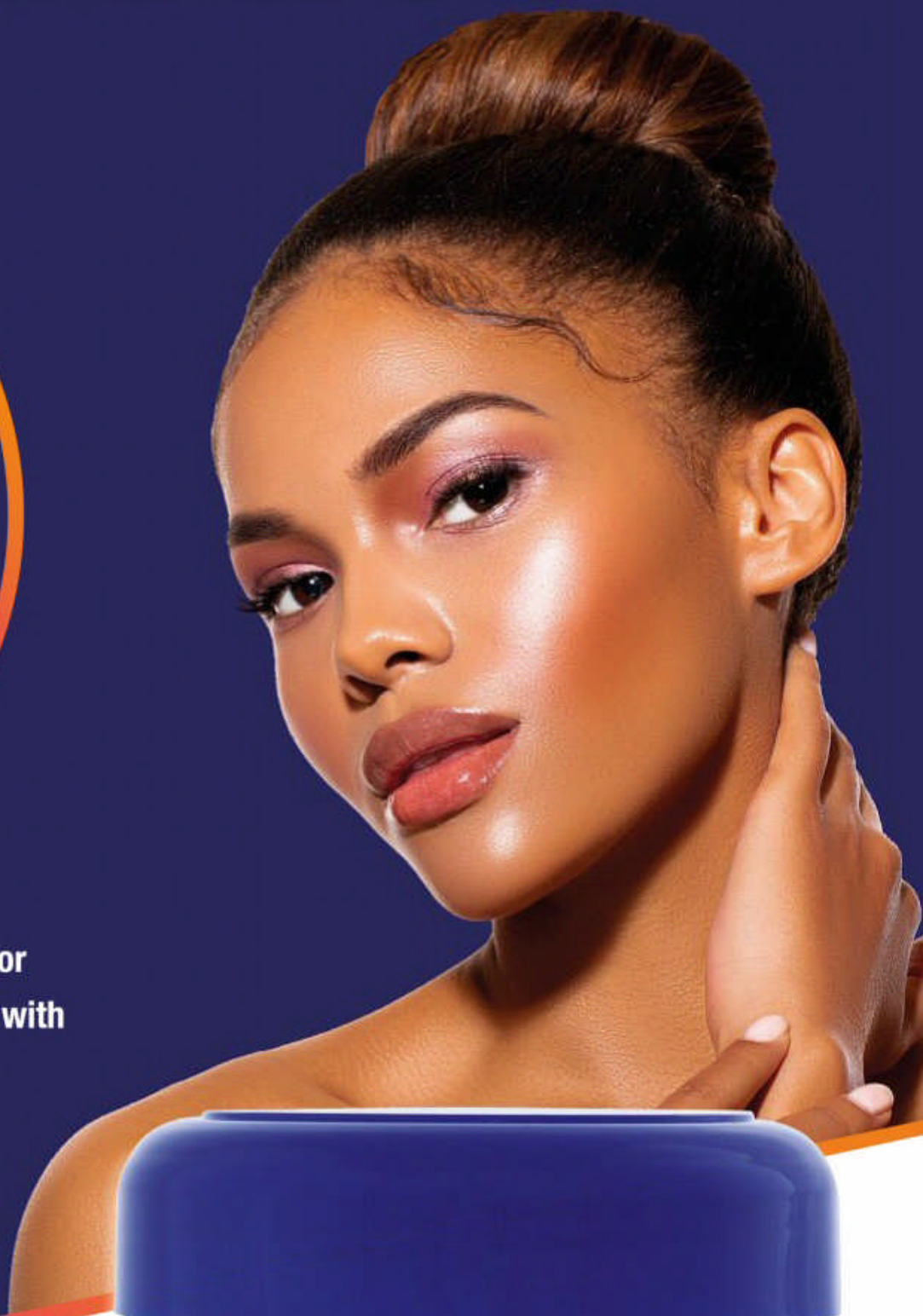
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FOR THE BABY HAIR LOOK!

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Enjoy a healthier looking hairline with a Non-flaking, Alcohol free gel that will not dry out your hair or scalp.



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**Minimises
Hair Breakage**



**Non
Flaking**

EDITOR

Mbali Soga

PRODUCTION MANAGER Khathu Thusi 011 713 9736

ART

PHOTO RETOUCHER Jermain Hendricks

CREATIVE CONSULTANT Sihle Madlala

FEATURES AND LIFESTYLE

COPY EDITOR Hayden Horner

EDITORIAL CONTRIBUTOR Kemong Mopedi

ONLINE

DIGITAL EDITOR Yamkela Mdaka

CONTENT PRODUCER Mahlohonolo Magadla

ADVERTISING

SALES ASSISTANT (JHB, CT & KZN)

Yasmeen Adams 011 713 9549

PUBLISHING

CHIEF MARKETING OFFICER Nerisa Coetzee

CHIEF FINANCIAL OFFICER Jameelah Conway

COMMERCIAL manager Lise Coetsee;

Lise.Coetsee@media24.com

Product manager Janine Snyman 011 713 9918

MEDIA24 LIVE

COMMERCIAL HEAD OF SPONSORSHIP

Nikki Ruttimann

HEAD OF EVENTS Francois Malan

Marketing manager Andile Nkosi

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Heerengracht, Cape Town, 8001, Tel: 021 406 2121

CEO: MEDIA24 Ishmet Davidson

CEO: PRINT MEDIA Rika Swart

GM: MEDIA24 LIFESTYLE Minette Ferreira

SUBSCRIPTIONS ENQUIRIES

TEL 087 353 1300 | For international subscriptions 021 065 0033

FAX 086 296 6681

WHATSAPP 087 353 1333

E-MAIL subs@media24.com

SMS TL to 31069 (R1 per SMS)

PHYSICAL ADDRESS

69 Kingsway Avenue, Media Park, Auckland Park, JHB

POSTAL ADDRESS

PO Box 784696, Sandton 2146

TEL: 011 713 9007

E-MAIL: truelove@media24.com



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MEDIA24

TRUELOVE

OCT/NOV 2020



ON THE COVER MELANIE WEARS: DRESS **VENESSAG @DORE** EARRINGS **THAT'S IT BOUTIQUE** ONTHISPAGE MODELS WEARING MASKS BY **BRYANTSMOORE**

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COMPETITION AND GIVEAWAY RULES

1. The judges' decision is final and no correspondence will be entered into.
2. The prizes are not transferable and may not be converted into cash.
3. You may send in as many entries as you wish.
4. If possible, please supply a residential rather than a PO box address.
5. Entries sent by registered post will not be collected.
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I've always been a furious reader. Being an only child, reading was the only way I could escape, create my own reality. A reality filled with adventures, siblings and optimism. Books opened my eyes to how vast the world is and put in me a hunger to go out there and see if some of the things I had read about were actually true.

Sometime this year, I attended my little niece's birthday do and as usual we went straight to the toy store to buy her a gift. I'm a mom of boys so I was at a loss as to what to buy a 9-year-old little girl. One of my sons excitedly added that she would love nails, make-up and hair. I was taken aback by his observation, but I did know that she would indeed be on cloud nine. But was that the message I wanted to send to her? That girls wear make-up and live for getting dolled up. I Reluctantly picked two of said items and made my way to the till. As I was supposed to put the items on the counter, I saw exactly what would have made 9-year-old Mbali tick. I cardboard shelf with all of Roald Dahl's books, I almost died with excitement.

Fast forward to the party and my niece excitedly unwraps her gifts, screams with excitement at the mini manicure set and make up kit (she literally died), then she opened my final gift – a book. Matilda to be exact. One of my favourite books as a child. I watched in disappointment as

she looked at the book, scoffed and put it down. Why don't children like to read anymore? I say this as I struggle to get my own boys to put their tablets down and read. I've gone as far as taking them to the bookstore with me to choose the books they'd like to read only for the books to be read for a day, then thrown around the house the next.

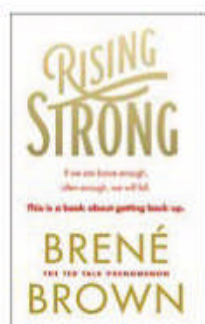
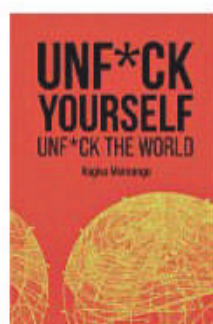
On page 120, we unpack just that! How our culture of storytelling and literature was disappearing. Remember growing up how you'd sit around as a family in the evenings only too relish in your grandmother's folk stories about the headless horse asking "waar is my kop?" or the little Tokoloshe causing mischief and scaring the bejeesus out of children. Reflecting now I can see why children don't find reading interesting. How many times have you yourself switched your devices off and sat on the couch reading? Children learn by observation and I have not been a good example - opting to binge-watch series than picking up the many books I buy but never get to.

So, I'd like to challenge you. How about for the next month you commit to reading one book? I've currently tasked myself to do just that and I must say, it's been hella hard. I've included the boys in the challenge which is another frustration – trying to get into a book with two 10-year-old boys moaning like they're being punished. We are soldiering on and I hope after the month I've at least piqued their interest ever so slightly. They are missing out on so much. Turn to the story and get lots of pearls of wisdoms to help. There are many tactics you can apply, perhaps one day we would have raised a reading generation.

Mbali

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Truelovemagazine
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Read



BOOKS CURRENTLY ON MY NIGHTSTAND:

1. Unfuck Yourself, Unfuck the world by Kagiso Msimango.
2. Stand Against Bland by Sylvester Chauke.
3. Rising Strong by Brene Brown.
4. The fall by Jen Thorpe.

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NEW LABEL ALERT!

Although we're not yet jet-setting to our dream international destinations, one brand that had us swooning on Instagram has to be Lynne Kayenne Studio. It's a Malawian women's wear brand that fuses contemporary design with African prints. The brains behind the label is Linda Kumbanyiwa, who in a recent interview an international magazine about her designs, said: "I want to make women feel their most beautiful". If your pockets are deep enough, Lynne Kayenne Studio also ships worldwide. Visit www.lynnkayennestudio.com.



JUST FOR THE LADIES

Adidas has launched its first women's store at Canal Walk, in Cape Town. The store is a conduit for ladies to find their active wear favourites with hot off the streets casual wear. Visit the store next time you're in the Mother City.



STYLE NEWS

FASHION NEWS WITH STREET CRED...

SUPPORT LOCAL

For designer wear heavily rooted in its African heritage, you have to make a stop as Jozi's latest fashion spot, Africarise, in the heart of the CBD at 66 Anderson Street. You're guaranteed to find an eclectic mix of Mzansi's creative geniuses. From renowned designer Thula Sindi to a firm streetwear fave, Maria McCloy. Do add it to your road trip list next time you hit the city streets.



WATCH YOURSELF

Up your gadget game with Samsung's Galaxy Watch3. It is a next-generation smart watch that combines timeless craftsmanship with cutting edge health and wellness features. Besides its fashionable exterior, this wonder watch goes from measuring your oxygen levels to synching with your TV in a blink. Available nationwide.

Gallo/Getty images; Instagram



CONVERSE X SHANIQWA JARVIS

Converse will forever be etched in own minds for their amazing collaborations. And this year introduces Converse X Shaniqwa Jarvis. Jarvis is known for photography that captures her personal stories and her core message for everyone to be "as real as possible". We're all for women breaking boundaries in a male-dominated world. The Chuck Taylor CS retails for R1 599.99.



The new range of designer body sprays inspired by the fashion capitals of the world.



R629 H&M



R2895 Lacoste



R399 Lovisa

R1 899 Adidas



R699 Zara



R238 Woolworths



GUCCI



R1 589 Superbalist

R999 Poetry



R699 Woolworths



LEGALLY PINK

FLIRTY FUCHSIA PAIRED WITH SHADES OF BUBBLE-GUM IS SUMMER'S GIRLIEST COUPLE YET



R379 H&M



R100 Mr Price



R220 Lovisa



R1199 Aldo

R1 699 Superbalist



R6599 Michael Kors @ Edgars



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Stockists: Adidas (shop.adidas.co.za) Aldo (011 217 6000) Edgars (0800 203 925) H&M (0860 690 707) Lacoste (011 784 3751) Lovisa (0800 014 504) Mr Price (0800 212 535) Poetry (0860 655 533) Superbalist (www.superbalist.com) Woolworths (0860 022 002) Zara (011 302 1500)

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ALDO

R379 H&M



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ADIDAS



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FOREVER
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CONVERSE



R849
FOREVER
NEW

R699 ZARA



R249 ALDO

R599
WOOLWORTHS



R299
WOOLWORTHS

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R399 POETRY



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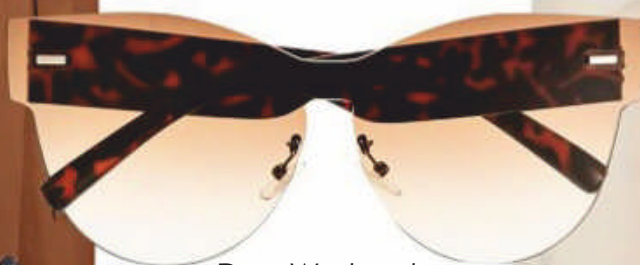
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R899 Poetry



R249 Aldo



R220 Woolworths

R699 Poetry



R450 Woolworths



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Warm front

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SHADES OF ORANGE AND BURGUNDY

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**NOTHING
SMOOTHER**





R649
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R4 500
EDGARS



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R179 H&M

R180 LOVISA



R140 LOVISA

RETRO RETROGRADE

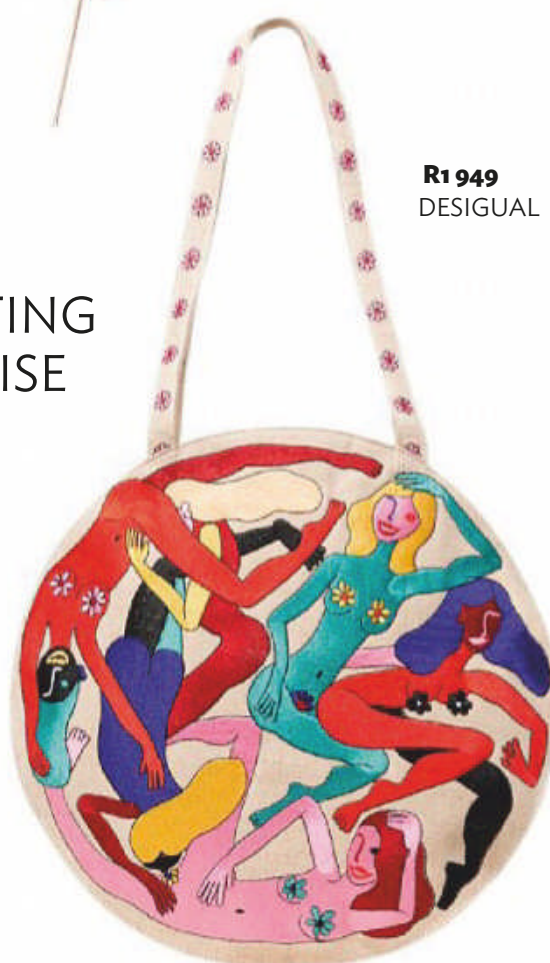
A 1950'S REVIVAL SEES THE CONTRASTING
DUO OF CHERRY, RED AND TURQUOISE
MAKING A COMEBACK



R379 POLO



R149
COTTON
ON



R1 949
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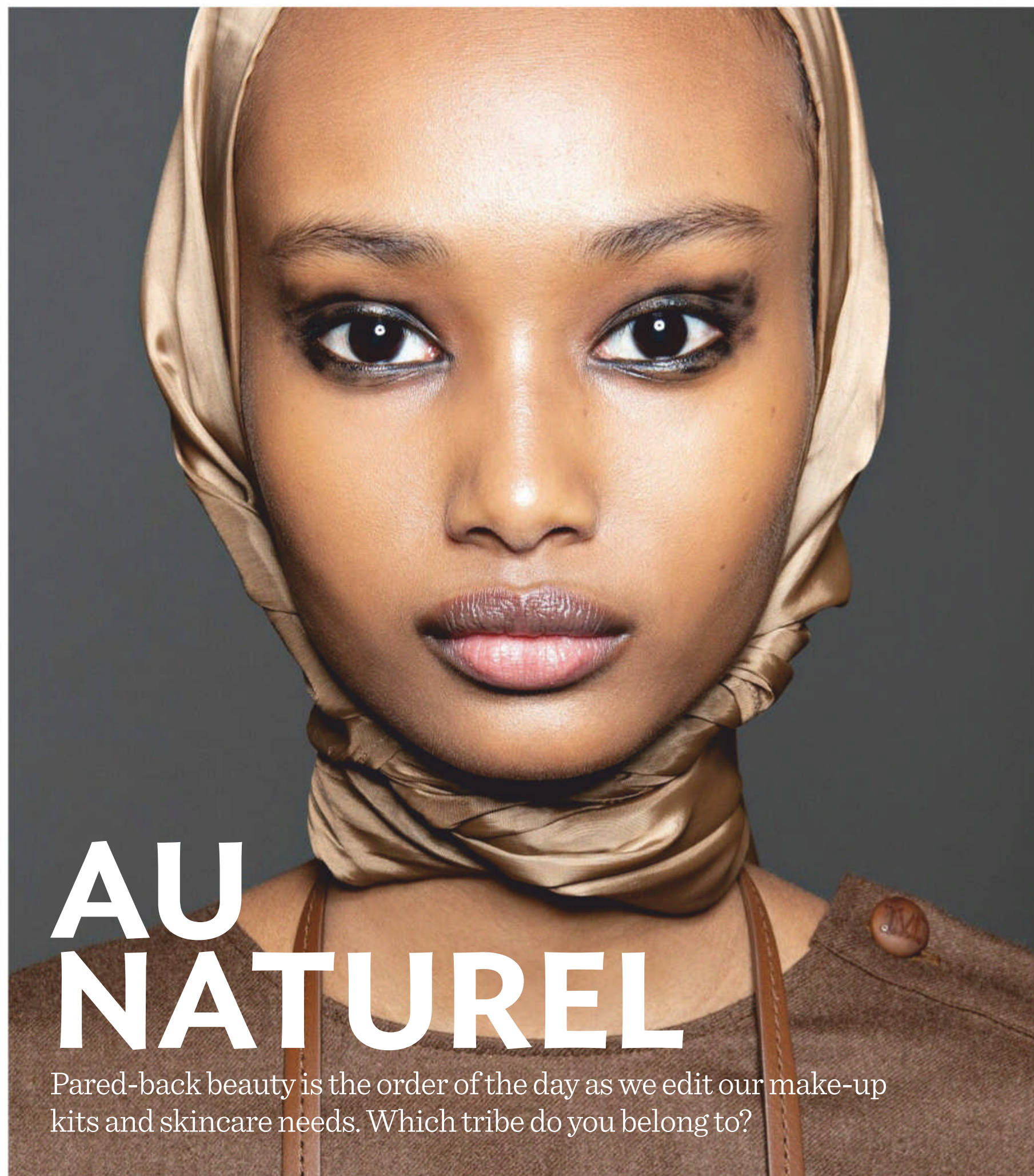
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machines

BEAUTY



AU NATUREL

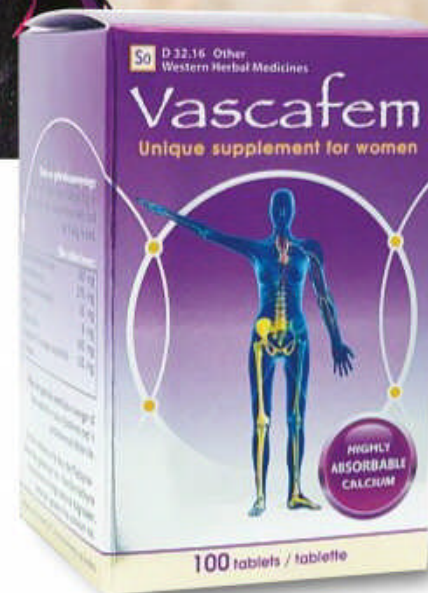
Pared-back beauty is the order of the day as we edit our make-up kits and skincare needs. Which tribe do you belong to?

Gallo/Getty Images

Fighting fit



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**Available from all pharmacies,
Alpha Pharm, Dis-Chem and Clicks.**



FIT FOR A QUEEN

It's no secret that Boity Thulo has officially won 2020! This time around she introduces a signature scent, Boity Pink Sapphire. It's an ode to the powerful African queens with a juice composed of amber, jasmine and tangerine, to name a few. It retails at **R1 495** on www.haloheritage.com.



MUST HAVE

Everyone's writing about #postlockdownglow (yes, it's an actual hashtag). Lockdown has given us plenty of time to primp and prune our skins, we need to maintain that look now that we can step outside again. That's why we're obsessed with African Extract Rooibos Moisturising Illuminator SPF 20, **R199,95**. Its advanced light-deflecting complex and SPF-20 brightens and protects your complexion.



Eye Opener

Say goodbye to puffiness, dark circles and wrinkles around eyes with Clarins' new Total Eye Lift Lift-Replenishing Eye Concentrate, **R1 080**. Its active ingredients are found in plants and help lift and smooth the skin around your eyes. Oh, and did we tell you it works in 60 minutes sharp!

BEAUTY NEWS

CHECK OUT THE LATEST AND BEST PRODUCTS TO ADD TO YOUR BEAUTY ARSENAL



BEHIND CLOSED DOORS

Chanel's Coco Mademoiselle L'eau Privée, **R2 315** is like slipping into a set of delicate silk pyjamas. With rose, jasmine and musky notes, Coco Mademoiselle L'eau Privée is made to be applied to the skin before bed – a now neglected but elegant night time ritual. Go on, treat yourself to this refined and private way of wearing perfume. You know you want to.

LAY THEM EDGES

Whether you're styling your "baby hairs" in an intricate pattern or just smoothing down new growth, Isoplus Hairline & Edge Holding Gel, **R26,35**, is for you. Follow in footsteps of favourite hair muses like Yara Shahidi, J-Lo and Alicia Keys.

It's good perking up a sleek do or smoothing hair down when you don't have time relax it.



TAKE CONTROL

Many women suffer silently with heavy menstrual bleeding and debilitating cramps. All of which come with emotional and lifestyle challenges. Salome has launched three revolutionary products to help. The herbal formulation is as easy as taking 1 to 2 capsules daily. They retail between **R238** and **R460** nationwide. It's time to #breakthesilence



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References:

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Complementary Medicines: **1.** D33.6 Western Herbal Medicine. SALOME™ HEAVY MENSTRUAL BLEEDING. Each capsule contains Shepherd's Purse Dry Extract 2% Polyphenols [*Capsella bursa-pastoris* (L) Medikus] 400 mg. **2.** Health Supplement D 34.13 Other. SALOME™ FERTILITY. Each capsule contains Myo-inositol 550 mg and D-chiro-inositol 150 mg. **3.** D33.6 Western Herbal Medicine. SALOME™ MENSTRUAL PAIN. Each capsule contains Yarrow Dry extract Ratio 4:1 [*Achillea millefolium* L.] 250 mg. **4.** D33.6 Western Herbal Medicine. SALOME™ FEMININE HYGIENE SOAP. Each soap bar contains Sodium Cocoyl Isethionate, Surfactant, Steric Acid, Maltodextrin, Sodium Chloride, Titanium Dioxide, Lactobac and Stabilisers. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

Money ain't a thing

YOU LIKE: Whatever it takes to get skin that's Instagram-worthy without make up and is the cherry on top with make-up. You don't subscribe to the ethos that "black don't crack" but instead would put aside bagging a designer purse to look amazing. You go into research mode before buying any product – it must look good but have the efficacy of a doctor-prescribed product. You're always immaculately dressed in the latest designer garb and your home is equally as posh. You see skincare as an investment. A hefty price tag does not scare you.

YOUR TRIBE'S MUST-HAVES

1. Chanel Fortifying Chanel Replenishing Hydration **R1 720**
2. Skin Creamery Oil Milk Cleanser **R413**
3. Nimue Sun C SPF 40 **R572**
4. Clarins Bright Plus Brightening Body Veil **R540**
5. Clinique All-in-one Cleansing Micellar Milk **R460**
6. REN Radiance Perfection Serum **R636**
7. La Mer Cleansing Gel **R1 650**
8. W Beauty Cream Cleanser **R150**
9. MNI SkinVance + Zinc **R279**

3.



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9.



“Good skins is a sign of god manners”

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I got it from my momma

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2. Dove Beauty Bar White **R37,99**
3. Gentle Magic Skincare Mash **R32,99**
4. Ingrams Camphor Cream **R44,95**
5. Neutrogena Skin Detox Cooling Gel Scrub **R119,95**
6. Nivea Q10 Anti Age Multi Action Youth Oil Booster **R295**
7. Ponds Pimple Clear Face Wash **R54**
8. SkinCeuticals CE Feurelic **R2 750**
9. Vaseline Lip Therapy Original **R25,95**



"Why fix a good thing if ain't broke?"

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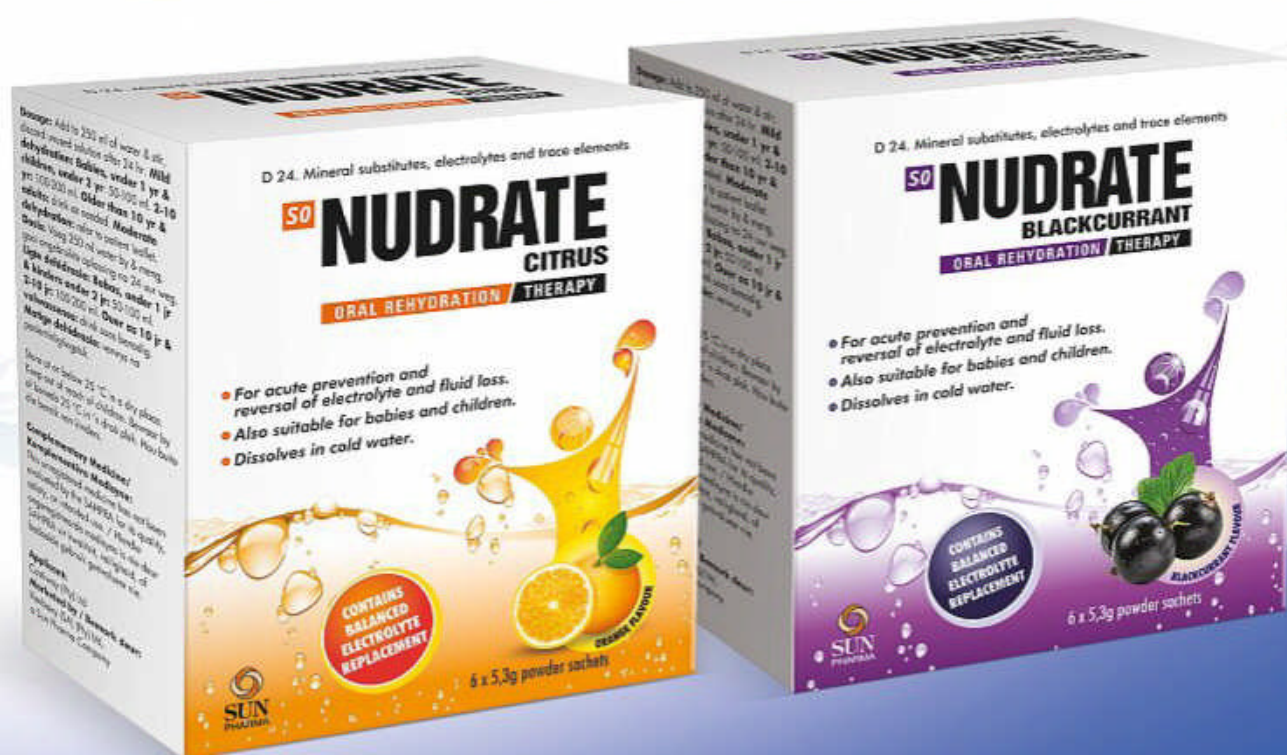
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1.



2.



3.



4.



“The earth provides that which we must partake”

5.



6.



The Naturalista

YOU LIKE: anything that affirms you are an African queen. You relish in black hair chronicles and can entertain any audience with the intricate story of your black hair journey that may or may not be directly linked to your personal passions. Organic, eco-friendly products really make your heart skip a beat. You’re the ultimate trendsetter; embracing niche products and quirky brands. Everything must have an edge ... including your beauty products.

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- 1. Dr Hauschka Melissa Day Cream **R665**
- 2. Skoon Rosehip C+ Antioxidant Concentrate **R259,95**
- 3. Skin Cremery Deep Cleansing Powder **R341**
- 4. Elemis Superfood Vital Veggie Mask **R729**
- 5. Hemp Shower Oil **R165**
- 6. African Extracts Rooibos Dual Action Exfoliating Mask **R109,95**
- 7. Nuxe Micro-exfoliating Cleansing Mask **R495**
- 8. The Ordinary Squalane Cleanser **R395**
- 9. Esse Gel Cleanser **R330**

7.



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9.



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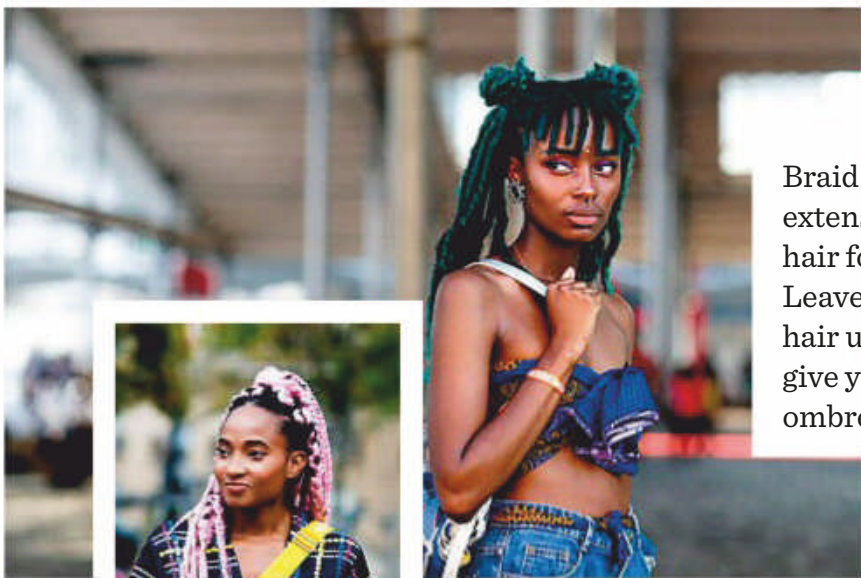
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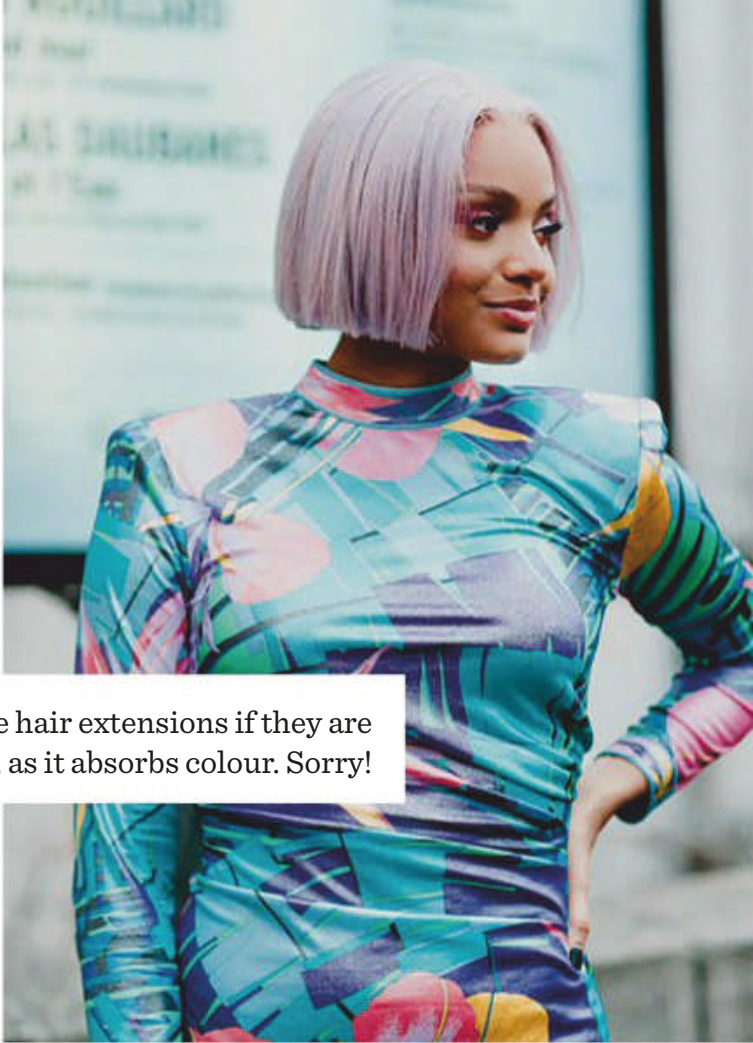
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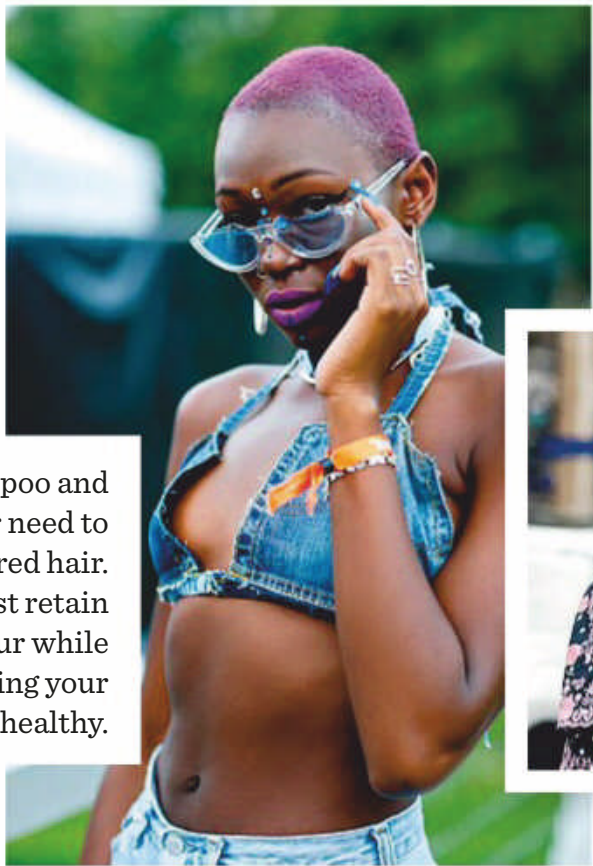


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COLOUR ME BOLD



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TIPS

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If you want to go for a natural alternative to hair colour, henna is a great option. And you thought it was only for tattoos.

If you're planning on a light colour, please seek professional advice to prevent any mishaps.



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HOT SUMMER UPDATES

We turn to the SS20 catwalk for hair inspiration that you can DIY or get your stylist to do in a heartbeat



THE TWIST

Forget a boring ponytail! Give the staple look a couture makeover by simply twisting the loose hair until it creates an intertwined shape, and then securing it with a hair grip or hair tie. If you don't have enough length, a clip-on ponytail can also do the job. Hair Grips, **R14**.



CORNROWS

Cornrows have always been winter's solution for an easy protective style or to keep hair intact underneath a wig. This summer, we're leaving the wig at home and showing off our plaits. Keep your scalp hydrated by applying a scalp treatment to keep the dry skin and flakes at bay. Try Cantu Shea Butter Tea Tree & Jojoba Hair & Scalp Oil, **R169,99**.



PIGTAILS

Yes, your worst nightmare is back – pigtailed. Grown-ups are now taking inspiration from their youth with playful ponytails. The key to this look is that it doesn't have to be perfect – forget a pin-straight line and hair all neatly tucked away. This look is all about childhood candor. Create curly fly-aways with a GHD Curve Creative Curl Wand, **R2 700**.



THE 'FRO

Wear it loud and proud! The '70s afro has made a huge comeback! Designers opted for women of colour to darn their natural afros in a sea of white models rocking '70s-inspired loose curls. Keep yours moisturised for an impressive gleam with Sofn'free Black Castor Oil Anti Dandruff Curl Moisturising Spray, **R28.99**.



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THREE DECADES IN AND STILL RELEVANT...

MELANIE BALA, 47, HAS CARVED OUT AN IMPRESSIVE 30-YEAR LONG CAREER IN MEDIA. SHE CHATS TO US ABOUT LOVES LOST, DEPRESSION AND REMINDS US WHY WOMEN NEED TO RECLAIM THEIR POWER.

By KATI DIJANE





As the country woke up to news of Bob Mabena's passing on 10 August, a day after Women's Day, I was just as shocked as everyone. Days later, when Mbali Soga commissioned me to do a cover feature on Melanie Bala, it was natural to ask how his death had affected her, as they were close friends for many years. Melanie and I meet for our interview on a cold Johannesburg morning — and I'm immediately taken by her grace, warmth, subtle command in her presence and sincerity as she speaks.

LOSING BOB

"It's so strange to speak about someone who's no longer around. And I have stayed away from doing interviews because it's still so weird to talk about it. Bob and I started working together on the show *Studio Mix* in November 1993. We were both really young and lucky to work on a show with democracy still fresh in the country. As time went by, we connected on a personal level because of our enthusiasm for our budding careers, and the fact that we loved having a good time. So, we shared everything with each other," she says.

Melanie reminisces about some of the lessons she learned from Bob, describing him as a genuine person in an industry full of fake characters. "So, finding someone who was not trying to be friends with you because of your fame or who was trying to use you, was special. He was genuinely interested in people and he cared. I think that's why his passing was so surreal, because it felt like he would be around for a long time. We take it for granted that someone who's been around in any industry for a long time will be there forever. Whether you heard him on the radio or saw him on television, his death touched so many people because he was a part of us."

30 YEARS IN THE GAME, AND COUNTING

Anyone who knew Melanie when she was young, would say she was too shy for TV. "I didn't do anything that put me in the centre of attention, that's not who I was. I actually wanted to study law, but realised a year into my studies at varsity that it was not for me."

But then she bagged a presenting job for Bop-TV. "It's funny that I didn't realise what it would mean to be on TV. I didn't know this was going to go beyond presenting. All the stuff that came with the job, like being well-known, was a surprise. And the magnitude of my fame multiplied when I moved to the SABC."

But Melanie didn't like the direction TV was heading. When Glen Lewis invited her to be part of his Metro FM drivetime show *Blacks Don't Read*, she fell in love with radio. In 2003 she was then offered a news reading slot on Glen's show. Eighteen years later, she's still there and just as passionate. "The main reason I love radio is that it's like doing live television; you get one shot and one opportunity to do it right and be on top of your game. Also, working on radio allowed me the flexibility to be hands-on in raising my two children."

BEING GROUNDED

Melanie is down to earth, an uncommon trait in many celebrities. I ask her if that's attributed to her career success. "My family raised me to be grounded. They instilled in me respect and never pressured me in terms of my career or measured my success and achievements, but rather wanted a daughter who was decent, honest and happy to help those in need."

Over the years, she's seen people in the entertainment industry doing things to get ahead. "I wasn't prepared to do such. And I'm okay to not compromise myself for success. I think being authentic is what resonates with people. I show up and work hard. It doesn't matter how talented you are, what matters is that you are professional and nice to be around." She says this can make or break a career because people talk no matter what space you find yourself in.

LOWS AND HIGHS OF MOTHERHOOD

Melanie admits that motherhood is hard and obviously life-altering, also sharing how she struggled with it in the beginning. "I was sleep-deprived and always exhausted considering the fact that I was doing a morning show and had other responsibilities to attend to during

the day. The toll of doing it all, and not asking for help, stretched me to breaking point, so much so that I struggled with postpartum depression when my daughter was born.”

Postpartum depression affects about 10 to 15 per cent of mothers and Melanie describes the condition as having more consistent bad days than good ones with your baby, as well as feeling a sense of irritation and loss to life as you knew it. “The extreme and dangerous level of this depression,” she says, “is when you start having negative feelings towards the baby and either self-harm or harm the child.”

Five months after her daughter was born, she realised she was not coping at all. “As a freelancer I could only take six weeks’ leave, which meant I had to go back to work earlier. My breaking point was one weekend when my then four-year-old son wanted breakfast in the kitchen and my daughter, who didn’t sleep the night before, was crying and I couldn’t take it anymore.”

“I literally burst into tears and called my doctor for help. I had been scared of asking for help because I feared it would mean I was a bad mother. My two children are now 13 and nine, and I enjoy them far more than I did when they were younger. Their personalities are developing and it’s fascinating to watch.”

A JOURNEY TO WELLNESS

Melanie underwent an emergency Caesarean section with her first pregnancy and recovery was difficult. She was in a lot of pain and struggled to sit comfortably. “By the time Zwai and I decided to have a second baby I wanted to find something to help me with childbirth, speed up my recovery and make me more flexible and stronger. I then found an instructor who did pregnancy yoga and I went to class once a week.”

Her second was a natural birth and recovery was great. But because of her hectic schedule, she halted yoga until 2016 when her marriage started to crumble and her dad died. “It was happening all at once and I needed something to help me stay sane because I felt like I was going crazy. I then bounced back to yoga and found an app

that helped with my fitness and wellness journey.”

At first, she wasn’t sure if it would work for her healing process but she was willing to give it a try. “Most days I would cry through the session. What I appreciate about yoga is that it helps one deal with what they are currently going through because, as much as it is physical, it is also mental.”

She says it also helps one realise all they can control is the present. “I had to deal with what was going on then, because if I didn’t, I knew I would slip back into depression, and yoga was one of the tools, along with therapy, that I used to help me heal. It gave me the space to process my emotions. I still practice yoga, as it’s perfect to help you process things happening in your life on a daily basis. Who knows? I might open up a yoga practice one day.”

TURNING OVER A NEW LEAF

About her divorce, she says: “What I can say is that anyone who has been through a divorce will tell you that it doesn’t happen overnight. You spend a long time trying to process that decision, particularly when children are involved. The biggest fear I think couples have is the impact it will have on children.”

She says it’s harder dealing with a divorce when in the public eye, even for couples who are not famous. “The reason Zwai and I choose not to speak about our divorce was that we decided to be private about our marriage from the beginning. There’s also children involved and we want to protect them.”

While Melanie sips her cappuccino, I ask how one can heal from divorce. “Divorce is a terrible thing. But when you walk away from your marriage make sure you are done, don’t have any regrets or second thoughts. Walk away knowing you have tried your best to salvage it.”

She says one should mourn what they thought their life was going to be because no one gets married with the intention to get divorced. “And that is what therapy taught me, to mourn the death of that dream. Then reconcile with where you are in your life. I had to figure out who I am outside of marriage, what I like doing and being okay with being alone.”

I ask her if she’s ready for love again. “I

can tell you that I have learned to never say never, so who knows?”, she smiles.

A CELEBRATION OF TWO ICONIC BRANDS

It’s fitting for *TRUELOVE* magazine to celebrate its 500th issue with an iconic personality on its cover. “Being on the cover of *TRUELOVE*’s 500th issue is a big deal, considering that I was 19 when I did my first cover for this very magazine, which was also my first-ever cover. *TRUELOVE* introduces you to new people, and honours and reveres the women who have become icons over the years. This cover is meaningful to me as it acknowledges and celebrates the older woman as you do get to a point where people stop seeing you.”

“It’s good to be introduced to younger women who are doing amazing work and breaking glass ceilings. It’s great to also see a reflection of me, someone I can relate to, on magazines and television; someone who’s lived life, been through things, who now has a voice filled with wisdom and owns their age.”

BEING A GLOBAL CITIZEN

Melanie loves travelling — from planning to packing, shopping and enjoying the night life of a country. She says being in another country allows her to be anonymous. “When I was growing up my family and I travelled a lot across the country during school breaks. I think that’s where my love for travelling stems from. Travelling is something I do for me now. As a mother, so much that I do is for my children and, for many years, I wasn’t able to travel as much as I wanted when my kids were much younger. In this phase of my life, travelling is part of my reclamation process and indulging in things I love doing.”

She says travelling broadens one’s mind. “Once that happens, you can’t go back to being a closed-minded person. This is the reason I also want to travel with my kids as much as I can. I want them to understand that they are part of a bigger world. And when you are part of the bigger picture your understanding and kindness towards others goes further.”



On whether she'd move to another country, she says "maybe" and points out how dangerous South Africa has become for its female citizens. "A female acquaintance of mine recently moved to France to study there. She posted on Instagram how much safer and free she felt walking back home at night; a feeling she couldn't recognise anymore in South Africa. And raising a daughter here is also hard because you want to protect them desperately."

JUSTICE FOR ALL WOMEN

Women's Month ended on a heavy note as gender-based violence, once again, made headlines everywhere. "It's discouraging to see the social media hashtags, the protests and talks mainly organised by women, and it feels like men are taking the backseat while perpetrators continue to take women's lives or victimise them."

"Although I wasn't involved in the organising of the movements, justice for all women is a continental call for justice for victims of violence, such as Josina Machel, whose former partner, Rofino Licuco, assaulted her to a point where she lost her eye, and was recently acquitted."

It's a heavy topic to end our conversation on just before she has to go home and prepare for her shift on Metro FM's lunch-time show.

"I think femicide and abuse have always been there but were barely reported because the victims have always been blamed. As someone once said: 'as a compass surely points north, an accusing finger will surely point to a woman'."

As we parted ways, I felt a sense of fulfilment for meeting such an esteemed media personality. Not only did she broaden my views on life through her own experiences, but she also exemplified the meaning of resilience and trusting the process.



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THE ART OF SERVICE

Renowned artist Athi-Patra Ruga, 36,
illuminates on using his art
to restore dignity and pay homage
to forgotten and misrepresented
communities.

By **KEMONG MOPEDI**

I was born eZiphunzini, also known as Duncan Village, in East London. I am the 10th of 13 children. Home was a safe and happy space, and always felt as though the world made its wrath known to me the moment I stepped out. The moment I could draw, my parents threw their weight behind my passion. They were the type who, if I showed a slight interest in anything they'd immediately buy whatever I needed to sustain that hobby. My dad was a journalist and my mom a midwife. I

went to Belgravia Art Centre and School in East London. From there I got a scholarship at age 17 to study fashion at the Gordon Flack Davidson Academy of Design in Johannesburg, which shut its doors in 2005. In my second and third years of study, I was nominated for an *Elle Magazine* New Talent Award and started showing in art spaces in 2005. I currently live between Cape Town and Hogsback, in the Eastern Cape, with my partner Malibongwe Tyilo and two prize-winning cats [*chuckles*].

The words 'dignity', 'sustainability', 'art' and 'consoling' best describe my life at the moment. These are some of the many things that artists hold dear to their hearts. I believe that my purpose revolves around celebrating language, dignity and the sustainability of those various things.

Trying out new things inspired my relocation to Hogsback, from Cape Town, earlier this year. I'd been living in big cities since I was 17, and felt I needed to distance myself from them. My art, the lockdown and life with my partner came together at such an opportune time, plus the fearlessness that comes with being in my home province, have all made me very productive. Being in Hogsback has been a huge inspiration point, one that's reminded me why I started on this art journey in the first place.

My 2019 collaboration with Dior came about while I was in London, showcasing at Somerset House. Shortly afterwards I received a call from Dior about the 4th edition of the *Dior Lady Art* project that Maria Grazia Chiuri had been working on. I sent them my work and posed a challenge to the Dior Art Studio to create a design inspired by our sculptures and another inspired by one of their iconic dresses, the Junon Dress. It was a long process of the Dior couture ateliers actioning our brief but also a very collaborative one. They then came to South Africa to see my studio and how we work. I also went to Paris a couple of times to present and see the collaboration's progress.

The Dior collaboration didn't affect my ego at all. I was only concerned with ensuring that the work would be the best of its kind. Each time I go into studio to create my sculptures or performances, I validate myself through a knowledge

system and the highest discipline of technique — and that's what I teach my mentees as well. I approached the collaboration as work that was bringing forth a face that perhaps hadn't been shown on their platforms before. My work is mainly about exposing the forgotten or misrepresented. I view putting the stories and aesthetics of my community on such platforms as being of service. I'm spreading a new definition of what humanity is, and what being Xhosa and South African means.

The Lunar Songbook was a screenplay that I had designed to be a transmedia body. It exists in many disciplines and platforms. The screenplay was chosen by The Realness, a programme started by film company Urucu. People go to the Nirox Sculpture Park for a story camp; the screenplay is developed towards a film by my studio. My work is also being developed into a book. There's the stain glass element which I named *Interior/Exterior* — it is also a tribute to all the characters that will be showcased in *The Lunar Songbook*. And then there's tapestry, another medium that I use to communicate stories as they happen, especially Nomalizo Khwezi's portrait. With *Interior/Exterior*, I wanted to use the phenomenon of light to cast attention to the characters that I have made in glass to speak to who's outside versus inside, or even the act of bringing the outsider in. The outsiders in this case would be the queers, Blacks and the femmes — all of whom form part of my community. This part of the show is also an exploration of masculinities. The other half, *Dramatis Personae*, is a focus on femininities in the form of Nomalizo Khwezi who is the protagonist of *The Lunar Songbook* cycle that I started working on in 2018. My new show, *Inyanga zoNyaka* opened at the Norval Foundation in Cape Town for the next 10 months.

I have, for the longest, time been postponing getting a driver's license and my happiness. I've been working on discovering myself through art and never considered these two as important. I can drive by the way, I just don't have a license. Am I even allowed to admit this out loud [*chuckles*]? Also, my love language is being of service to others — both at communal and familial levels. In the process, I usually forget about myself and have been at this for the past 15 years. I woke up one day and realised that my audience needed me happier. I feel as though I'm going back to being the fulfilled child that my parents raised.

Which artist's work do you someday wish to own? I collect a lot of art, but at the moment I covet multi-disciplinary artist Dada Khanyisa's creations.

What lessons are you walking out of lockdown with? I'm ready to take care of myself and preserve my energy. Ultimately, Lesoko Seabe and myself coming together in friendship to start *Victory of the Word*, a fundraising campaign aimed at helping the historic Lovedale Press College, was one of my lockdown highlights. The press opened its doors in 1823 and taking care of it is preserving the intellect and spirit

that has been documented in books, plays and artworks. The second phase of *Victory of the Word* will be *Bodyland*, an artists' incubator programme launching in October 2020.

What scent always reminds you of home? At the moment it is Spring — the smell of peach and cherry blossoms reminds me of my new hometown, Hogsback.

What's the first thing you plan to do once a sense of normality is restored in the world? I'd be lying to think that the world will go back to normal. But, if I could wave a magical wand, I think I would choose to stay home and tend to my garden and hug loved ones more.



OFF THE CUFF

- ▶ **Sneakers or formal shoes?**
Definitely sneakers
- ▶ **Old school Kwaito, Gqom or AmaPiano?** AmaPiano
- ▶ **City that tops my travel bucket list?**
Brasilia in Brazil
- ▶ **What I love about being a South African is...** Our resilience and survival instinct, as well as how we embrace change and move forth.
- ▶ **I have the biggest celebrity crush on...** Monty Don, the presenter of *Gardener's Wealth* on BBC.



ALL THE WAY UP

Amamkele “Ama” Qamata, 22, of *Blood & Water* and *Gomora* fame, chats to us about life, gratitude and the limelight.

By **PHILA TYEKANA**

I’ve always wanted to be an actress. Since childhood, I knew entertainment was the industry I wanted be in. At school, I participated in drama productions and, at the age of 16, my pursuit into the industry kicked off with a role in a Cheese Curls advertisement. I was eager and I think it showed because the director of the same advert cast me in a McDonald’s ad he later worked on. At age 17, I debuted as Naledi on the SABC 1 sitcom, *My Perfect Family*.

Producer and director Kutlwano Ditsele was casting director for Netflix’s series, *Blood & Water*. He’s also the executive producer on *Gomora* and called me to audition — and that’s how I became Buhle. In 2016, after finishing matric at Reddam House in Bedfordview, I took a gap year. Luckily, I don’t have parents who dictate what I should do with my life and they’ve always supported my acting. I wanted to get a feel for the entertainment industry and see if it really was what I wanted to pursue. I was initially meant to study acting at the New York Film Academy, but their academic year begins in September and I chickened out of that. I interned

to learn the ins and outs of the industry and that’s when I met Kutlwano.

I dropped out in my second year of a theatre course at the University of Cape Town for my role in *Blood & Water*. Being part of the production was amazing but also daunting. I played a lead character for the first time, ever, and at such a big scale. It was scary and came with a lot of pressure. However, we had an awesome director in Nosipho Dumisa, who held our hands throughout the entire process. She knows what she wants and how to paint a picture for the cast. We got along well, as a cast, and created a family setup for ourselves. It really felt great working with everyone. We never anticipated how big the show would be. The Netflix team would fly in and watch some of the footage and give great feedback on how big the show would be once it aired. I just thought they were being polite and brushed it off. Little did I know what was to come.

It’s a great feeling being part of this new wave of actors. The

industry truly is opening up. It's even better that we are so well received. The day before *Blood & Water* premiered, the cast all got together on a Zoom prayer session to assure ourselves it was in God's hands and, whichever way the show went, it was His will. And just like that it blew up, not just locally but internationally too. I've never experienced anything like it in my life; what a beautiful feeling. It just shows how quickly life can change. This time last year I was a completely different person. I was at school, living a normal life and people didn't know who I was.

I'm currently filming *Gomora* — Season 2 is in the works and will be on air sooner than everyone thinks. I'll also be in Cape Town filming the second season of *Blood & Water*. There's a Dutch series called *Commandos: The Mission* that came out in August that I appeared on. I genuinely love acting and believe it's something I've been called to do. Everything that comes after it is just additional. I will admit, it's weird having most people recognise my face right now.

Off camera, I'm laid back and I enjoy my quiet time. I've received a few scripts from other productions and am going over those. Reflecting on how things have panned out for me, I realise I'm more spiritual now. I'm learning that things aren't in my control. There's a reason why God put me in this position. There's something He wants to do through me and I want to figure that out.

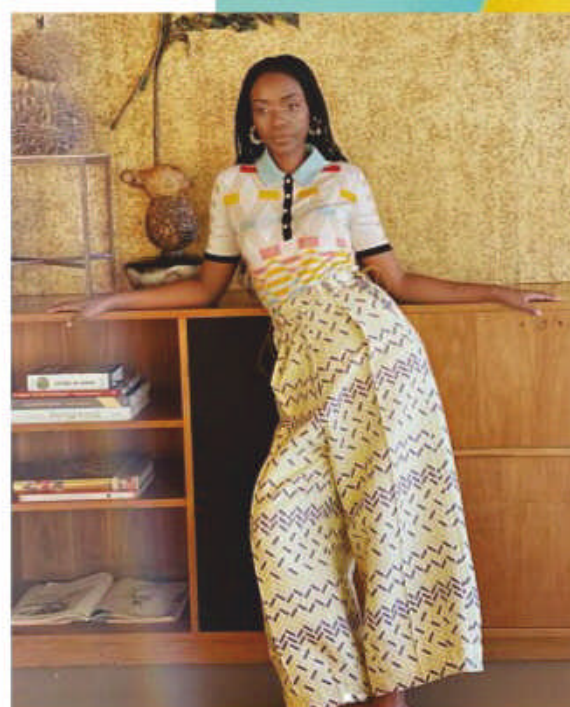
If I had to describe my childhood in five words, I'd say:

comfortable, because my parents worked hard to provide a comfortable life for us. They work together at their mining and construction firm. I'm the oldest of three siblings. Loving, because I'm grateful my parents allowed us the space where we could explore different things. I did most things as a child, from ballet to singing lessons. Then it would be adventurous, grounded and artistic.

Oddly enough, for an actress I don't watch a lot of TV. I did, however, watch Beyoncé's *Black Is King*. I love its aesthetic of black royalty. That was stunning and I would love to be part of a production like that. I really don't know why Beyoncé didn't call me, yazi! [chuckles]

I'm walking out of the lockdown with a deeper appreciation for my family. I'm valuing and putting more effort into spending time with them. We live in such a fast-paced world that it's so easy to neglect the thing that is most important to us. At the end of the day, family is all we have. I plan to travel once the lockdown is over. I have to go to America and not just for leisure but to explore acting opportunities that side. I also plan to go to Nigeria to check out the scene there and other parts of the world where they tell good stories.

I'm petrified of snakes and I don't think I'll ever get over that fear. Last year I grew a fear of flying and now have to take anxiety pills every time I get on a plane. I was on a flight from Mozambique to Joburg and we experienced the worst turbulence. The plane shook badly and we had to fly back as the



OFF THE CUFF

1. **Sneakers or heels...** sneakers.
2. **One song you love but will deny in public...** any song by Taylor Swift.
3. **My travel bucket list...** Nigeria for the culture, Brazil because *Blood & Water* is big there, Japan to see what the hype is about, and the Maldives because it looks peaceful.
4. **If I wasn't an actress, I'd be...** I don't know. I've only ever wanted to be an actress.
5. **I have the biggest celebrity crush on...** I won't say who as I don't want to jinx it. In general, I love guys who are genuine and humble, and with good principles.



Sistas helping sistas grow their cash!

Unsure how to make your cash work for you? These women could have the answers you're seeking.

By **Kenaleone Gape**

MAPALO MAKHU, A PUBLISHED AUTHOR AND FOUNDER OF *WOMAN & FINANCE*, DISCOVERED HER INTEREST IN FINANCE AT AGE 17. SHE HOLDS A BCOM IN FINANCE AND A POSTGRADUATE DIPLOMA IN FINANCIAL PLANNING.

"I've had some oops moments where personal finances are concerned, but fortunately no major setbacks. I think having a BCom Finance degree and a postgrad in financial planning helped me a lot. My desire to know more about how money works has, honestly, stood me in good stead.

Wealth has meant different things at different stages of my life. I know that my character, skill set, capabilities and relentless pursuit of what I want, matters the most. As a result, money followed my hard work.

I learned from my parents that if I cannot buy it cash, it means I cannot afford it — except for property, of course. Another important lesson, and one that I wish I knew earlier, is the benefit of investing in shares.

Every woman should know that no 'financial Prince Charming' is coming to save them. Take control of your finances, no matter how scary or overwhelming it may feel. Take baby steps — get budgeting right first, pay off your debt and be intentional about your savings and investments. You deserve financial success.

The best money decision I made, and continue to make, was realising that I am enough and worthy — whether I have little or a lot of money. I do not associate money with my self-worth. I live below my means and prioritise what's important.

One of my proudest career achievements, to date, was Penguin Random Publishing House publishing my first book, *You're Not Broke, You're Pre-Rich: Ditch Debt, Stop Living from Payday to Payday, and Manage Black Tax to #liveyourbestlife*. The book has since gone for its third re-print and has been on Exclusive Book's top-10 best-sellers, at some of their branches, for almost a year. Getting feedback from my Tribe members, on how they have turned their finances around, is truly fulfilling!"

ARESE UGWU, HOLDS AN MSC IN ECONOMIC DEVELOPMENT AND A BSC IN BUSINESS AND MANAGEMENT. AS THE FOUNDER OF SMART MONEY AFRICA, SHE USES THIS ACADEMIC FOUNDATION TO MAKE FINANCIAL LITERACY EASILY ACCESSIBLE TO AFRICA'S YOUTH.

“It only dawned on me that I hadn’t been saving, and investing, enough after my marriage had fallen apart. I had to suddenly find a new apartment in Lagos, which meant paying two years’ rent and one-year service charges upfront, and buying new furniture — all while mothering a one-year-old baby. Given my income, I could have had more savings and investments to draw on during this transition. Recognising the mistakes I’d made forced me to start thinking about the kind of content available to help African women handle their personal finances effectively.

I haven’t always managed my personal finances well. But, for me, it is also not about perfection. For example, I am an impulsive spender so if there’s money in my account I’ll find ways to spend it. I have, however, found ways to create systems around my money that remove me from the equation.

As I set out to find strategies that worked best for me, I started to create financial content that was tailored to the African millennial woman. I wrote an article on *Bella Naija* — its reviews blew my mind and inspired me to write a book that would reach more women.

Financial stability, for me, is when my assets can bring in enough passive income to cover my lifestyle expenses.

The best money decision I’ve ever made was prioritising income growth over expense growth. The worst, and one that I’ll never repeat, was loaning money I couldn’t afford to forget about.

The COVID-19 pandemic slowed down my earnings because a lot of my deals, that were in the works, were affected. However, I’m thankful to be able to rely on my emergency fund and



employ strategies to restructure my budget and adjust to the delayed times.

Successfully turning my financial novel, *The Smart Money Woman – An African girls journey to financial freedom*, into a TV series is one of my biggest career highlights. I deem it significant because my goal is to build a financial media company that will take Africa by storm. I really want to create a platform that makes finance exciting for African millennial women.

My second book, *The Smart Money Tribe – An African Woman’s Guide to Making Bank*, covers money, love, friendship and investment portfolio through the lives of five women.

As an avid TV viewer, whenever I need to find the motivation to get through a tough day, I channel my favourite characters. The roles rotate between Jessica Pearson from *Suits* and Olivia Pope from *Scandal*.”

VANGILE MAKWAKWA,
FOUNDER OF *WEALTHY MONEY*,
IS PASSIONATE ABOUT HELPING
PEOPLE HEAL THEIR ANCESTRAL
MONEY TRAUMA. SHE IS ALSO THE
AUTHOR OF *HEART, MIND & MONEY*
– USING EMOTIONAL INTELLIGENCE
FOR FINANCIAL SUCCESS.

“Even though I hold a finance degree and an MBA, educating others about personal finances was never my intention. I came into this work purely by chance after finding myself deep in the throes of debt. I’d have panic attacks whenever I’d have to handle money, was depressed and unable to get out of bed. Everything about money led me to a state of contact anxiety and panic.

Simply put, my personal finances were a hot mess! I was in a lot of debt. I was travelling the world and buying food on credit cards. I had student loans and owed friends on different continents. Managing my finances and going against the grain of what we’re normally taught about personal finance has been quite a journey.

When I started this work, my entire focus was to heal myself. By attempting to heal myself, I ended up healing others by default.

Money was affecting my mental health as well as my emotional and physical well-being. So, I had to undergo a whole journey of understanding trauma and money — and really go deeper into the nervous system.

The money advice I preach to everyone is that it’s never about the money. Money-related issues such as debt, investments, or your salary being

too low aren’t about money per se. Money is linked to our childhood, tough life and ancestral traumas. All these elements combined impact how we behave with, and around, money.

The best money decision I’ve made thus far was building my company. I decided not to rely on a job, but focus my energies on being an entrepreneur. Following my gut instinct led me to build an online company that’s easy to run during my travels.

I was curious to learn more about what I was doing — and my friends were also asking a lot of questions — so I started a blog. In the beginning, I didn’t think it would make a difference. Then, I wrote a book and didn’t think it would be a big deal either. Now, through *Wealthy Money*, personal finance is my absolute passion — one that I live, eat and breathe. All this came from, just, trying to get my house in order. Everything I was doing, initially, was to heal myself and by default, others ended up benefitting.”





PHUMELELE NDUMO, A TWO-TIME AUTHOR, TEACHES OTHERS HOW TO AVOID COMMON FINANCIAL MISTAKES WHILE BUILDING THEIR WEALTH. SHE HOLDS A BCOM, A HIGHER DIPLOMA IN COMPUTER AUDITING, AS WELL AS A MASTERS DEGREE IN BUSINESS LEADERSHIP. SHE ALSO BOASTS EXTENSIVE SENIOR BANKING EXPERIENCE FROM NBS BOLAND BANK, FNB AND NEDCOR.

“I come from an ordinary South African family. Like most people, I’ve had to study hard and work harder for the little comforts that I have today.

I wrote my first book, *7 Secrets Why the Rich Own Their Homes*, due to feeling that there was no thorough understanding of the real value of home ownership. I realised that debt was actually a huge hindrance that stood in the way of people owning property. This, then led to my second book *From Debt to Riches – Steps to Financial Success*, which empowers people with debt management strategies.

I believe that knowledge isn’t just power, but actual wealth. I’ve spent a lot of time acquiring much information through reading. It’s that very knowledge that has helped me make sound financial decisions such as acquiring assets and investments at a younger age. I definitely wouldn’t have made those decisions if I didn’t know better.

Like many South African’s I didn’t understand the value of saving early for retirement — I would cash my pension funds whenever I changed jobs. I’ve always been meticulous about how I spend money, so I used the pension funds well. In hindsight, I realise that I honestly didn’t have to cash my pension. A pure lack of understanding around how that money would have helped me in the long run pushed me into making that bad decision.

One of the best gifts we can give our children is the gift of financial independence in our old age. That means saving for retirement from the very first cheque. Even if it’s a small amount, with compound growth it will make a big difference.”

INTO THE WILD

Animal prints continue to pounce onto the trends list and this year it's splashed all over swimwear. Whether it's zebra, leopard or tiger prints, they are gorgeously useful to conceal the parts of your body you aren't comfortable with.

Summer

Whether you are lounging by the poolside or planning a much-needed escape, you'll want to have the latest selection of swimwear and accessories.

By **AYANDA NGCOBO** Photography **ANDILE MTHEMBU**

Turban, R49,99,
Mr Price
Swimsuit, R499,
Cotton On
Jacket, R2500, Amen
Couture
Chocker, stylist's own
Necklace, R299,
4Flavour at YDE

time fine

COVER FOR ATTENTION

This heavily printed kimono will turn heads and take you from the sun-drenched pools to sundowners with ease. Pair it with a minimalist and muted swimsuit for maximum attention. Give it a maximum attention.

Black swimsuit,
R499, Foschini
Kimono, R5 500
Amen Couture
Sunglasses,
R149,99, Edgars

TROPICAL HEATWAVE

Nothing says summer quite like tropical prints. Lush greenery, over-sized florals and wild animal motifs awaken your jungle fever and lust for an exotic destination in far-away lands.

Top, R119,99,
Mr Price
Bottoms, R250,
Foschini
Earrings, R69,
Miladys
**Blue, red and
orange rings,**
stylist's own

SPORTING ATTITUDE

Swimwear with an athleisure aesthetic is all the rage this season. Crop tops and high-waisted booty short combos that resemble activewear are flattering to the fuller figure, and are taking centre stage.

Visor, R650, Amen Couture
Sunglasses, R79,99, The Fix
Crop top, R119,99, Mr Price

TANNED IN TANGERINE

Every season brings a list of colours that will reign supreme, and this time it's tangerine. Vibrant, warm and stunning on dark skin, this fun colour make you stand out for all the right reasons.

Bikini top & bottom,
R199 each, Cotton On
Head band, R450,
Amen Couture
Choker, stylist's own
Necklace, R40,
Mr Price
Gold bangle, R99,95,
Woolworths
Gold cuff, R79,95, Edgars
Black and gold bangle,
R180, Tessa at YDE
Orange ring, stylist's own
Silver and black ring,
R99,95, Woolworths

FEMININE FINESSE

Bring attention to your neckline with a flirty yet chic off-the-shoulder piece. This style can also be dual purpose and moves seamlessly from day to night with a pair of pants or a skirt and heels.

Swimsuit, R99,99, Mr Price

Choker, stylist's own

Bag, R79,99, Mr Price

Sunglasses, R169,99, Edgars

ALL IN THE DETAILS

Textured pieces, especially those coming in ribbed and ruched fabrics, have gained huge popularity. It's a simple yet striking design that transcend trends and makes it a real investment. Opt for classic shades black, metallic and neutrals.

Bandeau top,
R59,99, The Fix
Headscarf, R69,99,
Mr Price
**Multichain silver
& black necklace,**
R199, Tessa at YDE
Long necklace,
R180, Woolworths
Beaded necklace,
R99,95, Edgars
Sunglasses,
R149,95, Edgars

HEAD GAMES

A big, bold straw hat is definite a fashion staple for the warmer months. Taking cover from the sweltering sun and harmful UV rays never looked this glamorous before.

Hat, R99,99,
Mr Price

Earrings, R69,
Miladys

Bikini top, R199,
Cotton On

Silver bangles,
R79,95 each, Edgars

Silver cuff, R180,
Tessa at YDE

WHERE THER'S SMOKE THERE'S FIRE

Sapphire-coloured eyes, bold creases on the eyelid and glittery, smokey eyes bring three trends together. The jewel-toned shade adds a pop of colour and elevates the traditional smokey eye. Swipe on an eyeshadow primer before adding colour to the lids, to make sure that the eyeshadow stays put.

ALL *in the* EYES

Turn into a masked
beauty with stand-out
eyes and designer masks

By **VUYO VAROY & LUCOH MHLONGO**

Photographer **ANDILE MTHEMBU**

DIFFERENT STOKES

A contrasting inner lid adds colourful interest and immediately captures passerbys' attention. The contrasting hues are a great way to play with colour this summer. Choose colours that sit on the opposite end of the colour spectrum (like orange and blue) and use one on the eyelid and the other on the inner bottom lid.



MOLTEN ROCK

Need a little sparkle in your life? The embellishment trend is just for you. Opt for anything from stars to gold leaf. Choose jewels that are self-adhesive for ease of use. When rocking this look, keep the rest of the make-up bare so that the jewels really stand out.



ICELANDIC QUEEN

Frosted eyes (by frosted we mean pastel metallics) really bring out the whites in your eyes. We see this look as one of the biggest on social media. A fuss-free way to get the look is to use a fluffy eyeshadow brush and slowly dab the colour onto the eyelid, and then gently on the lower lid.



EUPHORIA

If you haven't watched the hit TV series *Euphoria* featuring Zendaya, then you're missing out. Glittery eyes inspired by the characters are going to continue trending this summer. Rim your eyes with a dark cream liner, the messier the better, then dab on your metallic eyeshadow.

80's
RESTROSPECTIVE

Neon colours were one of the stand-out looks on the SS20 runway and after all the doom and gloom, there's nothing like a little colour to lift our spirits. To get the glossy eyelid, apply eyeshadow as normal then use a flat brush to apply a product dedicated to give you the glossy effect. Or cheat with a lip gloss that is safe to use on eyes.





ART CLASS

White liner and free-floating eye makeup were all the rage on the SS20 runway. The classic liner broke all the rules on more than just your lash line. Apply eyeshadow as usual and then use an eyeliner to paint on a shape of your choice. If you're feeling daring, use a liquid liner to give a painted-on effect. Remember, there's no right or wrong. Just play!

All masks by Bryant Moore

JOIN US

for the 2020 Santam Women of the Future Awards in association with FAIRLADY & TRUELOVE!

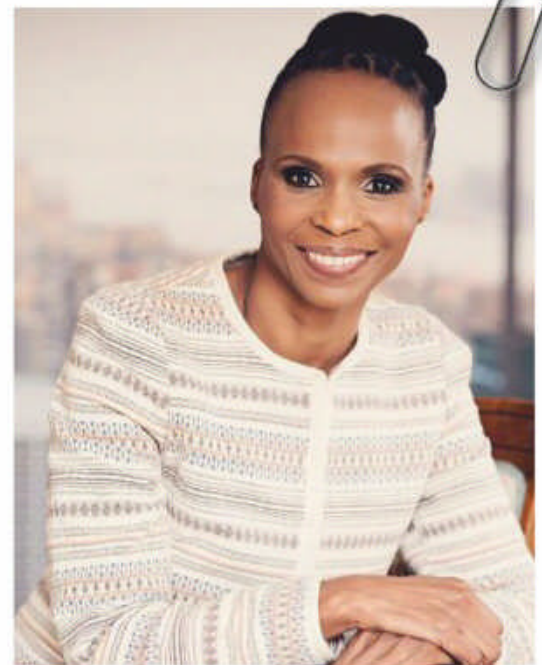


Join us for the 2020 Santam Women of the Future Awards in association with FAIRLADY and TRUELOVE!

This year we're inviting everyone to join us for our annual celebration of entrepreneurship – you can watch the awards via livestream! Meet our inspirational Women of the Future finalists and

watch this motivating event live as we announce the Reader's Choice Award winner, Rising Star, Social Entrepreneur and Woman of the Future for 2020.

Our prestigious panel of judges will be discussing the challenges and opportunities facing female entrepreneurs in South Africa during this unprecedented time, and we would love you to be part of the discussion! You can send us your questions during the show and the judges will answer as many as they can.



DOREEN MORRIS (MC)

EVENT INFORMATION

When: Friday, 16 October at 12.30pm

Watch: Via livestream

Tickets: Visit quicket.co.za and search **2020 Santam Women of the Future Awards**. Tickets cost R50.

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THE JUDGES



PROFESSOR THULI MADONSELA



DAWN NATHAN-JONES



ENID LIZAMORE



SUZY BROKENSHA



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print and so much more.

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University of Pretoria

OWN *your* WORTH


Inclusivity is a word regularly thrown around boardrooms. But what makes a workplace truly inclusive? Ponder this question the next time you experience or witness someone being marginalised for a physical or mental disability, or for belonging to a minority group.

“I AM NOT A FAKE. I AM NATURAL. I AM JUST BEING CASTER. I DON’T WANT TO BE SOMEONE I DON’T WANT TO BE. I DON’T WANT TO BE SOMEONE PEOPLE WANT ME TO BE. I JUST WANT TO BE ME. I WAS BORN LIKE THIS. I DON’T WANT ANY CHANGES.”

- CASTER SEMENYA, SOUTH AFRICAN MIDDLE-DISTANCE RUNNER AND 2016 OLYMPIC GOLD MEDALLIST.



Image: Gallo/ Getty



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TAKE CHARGE

Tell us about your journey into entrepreneurship? I studied marketing and events management but was more passionate about events, which has been of great value to the positioning of Andimahle Building Events. After graduating, I travelled before settling on a career path. I studied in the UK, where I stayed for four years, while working two jobs as a receptionist and at a nursing home. On return to South Africa in 2007, I worked in government as an admin clerk for a year to build my resume and have an understanding of the workspace here at home. During the 2010 World Cup, I set up my first business in construction and later ventured into events planning and management.

Why did you choose to be an entrepreneur? I come from a family of successful entrepreneurs. My grandfather was my main inspiration. His success inspired me to one day expand on his business acumen and be a force in my own space. In high school, I strategically chose subjects geared towards business, accounting and marketing.



CARVING A PATH TO SUCCESS

Londiwe Ndwandwe Ngcobo, 35, creative director of Andimahle Building Events, on being a businesswoman and carving her own path to success.

By **Nokuthula Khanyile**

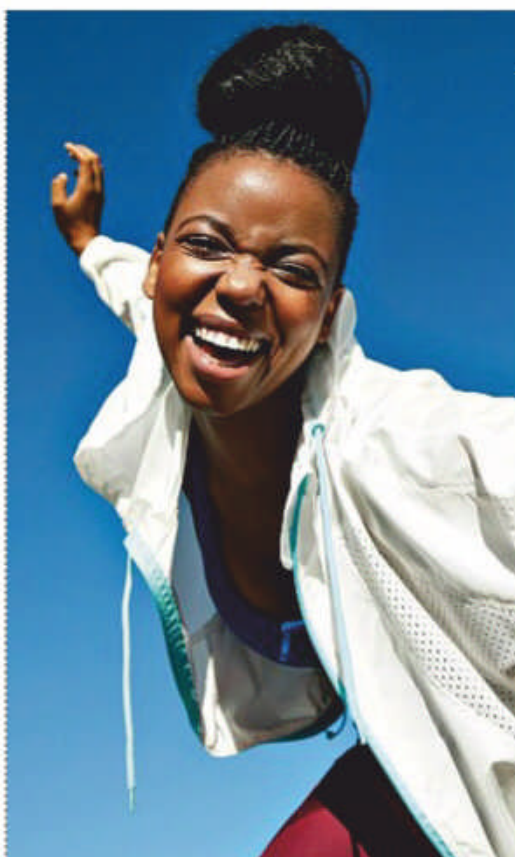
What got you to the top? I'm a firm believer in small beginnings. I apply my faith in everything I set my mind to. With COVID-19 in our midst, I couldn't sit by and lay off my employees. Setting up LM Floral, my newest business venture, has been exciting. It has also challenged me to be more creative.

What challenges have you met? Late payments are always a challenge and, at times, limit growth. From early on in the business, I wanted to have my own infrastructure so I wouldn't be forced to hire from others, as it meant seeking equipment from your competitors. I'm a perfectionist, so these challenges irritated me as they compromised my work quality. Today, I proudly own my infrastructure.

What's the biggest misconception about your line of business? People think events are glamorous. But planning and execution involves a lot of hard work. You have to get your hands dirty and feet wet. You also need the skill to engage clients with big expectations and limited budgets.

What's your get-up-and-go song? Ntokozo Mbambo's *We Pray For More*.

What's your long term vision for Andimahle Building Events? To expand and challenge myself within my industry by gaining an internship with globally-acclaimed event curators based in Los Angeles. The aim is to never to stop being an eternal student of my craft.



A global poll conducted by Gallup has uncovered that over 80% of people are unhappy in their jobs.

HOW TO FIND AND DO WHAT YOU LOVE

To avoid being a statistic, Scott Dinsmore, a career-change strategist suggests three surprisingly simple and common practices for finding, and doing, work that you relish. These include finding and learning about yourself, pushing your limits and surrounding yourself with people who inspire possibility. He says a lot of people face career dissatisfaction as a result of not knowing what they want and, therefore, experience a major roadblock to professional success.

"If you don't know what you're looking for, you're never going to find it. It's on you to figure that out, and you need a way to navigate through this," Dinsmore explains.

He adds that most people who haven't found what matters, keep reaching for opportunities that mean nothing to them. "Once you have this compass, you can start identifying things that make you come alive."

He also advises surrounding yourself with passionate people who constantly encourage you to reach for your goals.

EXPERT ADVICE

WE ASKED SANTAM FOR SOME ADVICE ON HOW TO MITIGATE THE EFFECTS OF COVID-19 ON YOUR BUSINESS

GET GOING ON A GAME PLAN

If you fail to plan, then you plan to fail. It's an age-old adage that rings true for all aspects of life. During this time of business unusual, it's more important than ever to spend time developing a solid game plan. Now's the opportunity to consider the future possibilities for your business, then actively pursue them.

Here are some pointers on developing your game plan:

1. **Define success:** What does success mean to you? How do you measure success? Who do you celebrate success with? Think beyond the bottom line. From this, write down your overarching vision and goals.
2. **Scenario plan:** Use strategic scenario-planning techniques to imagine some of the most likely possibilities for your business. Then consider how you can bring about the most appealing scenarios while mitigating the risks of the least optimal scenarios.
3. **Do a SWOT analysis:** What are the strengths, weaknesses, opportunities and threats facing your business now and in the medium- and long-term?
4. **Get stakeholder input:** Ask your team, shareholders, suppliers and customers how they think you can improve your current operations.
5. **Consider how to make goals attainable:** Look at your financials, operations, marketing efforts and people. What do you lack in terms of support? How can you optimise your existing resources to achieve your goals?
6. **Protect what you're building:** Ensure you have adequate, up-to-date business insurance in place to protect your business against most unforeseen risks and losses.

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WOMAN OF THE FUTURE

NEW THIS YEAR!

We know you have been waiting in anticipation to meet our 2020 finalists. Head over to **womenofthefuture.co.za** to find out who the winners are.



Meet the WOMEN!

Here they are, the 2020 Women of the Future finalists.

WOMAN OF THE FUTURE



Luella Naidoo



Catherine Clark



Mmamontsheng
Dulcy Rakumakoe

SOCIAL ENTREPRENEUR



Sue van der Linde



Maria Grewar



Carolyn Hancock

RISING STAR



Bonisa Mayeza



Sibongile Mdlaka

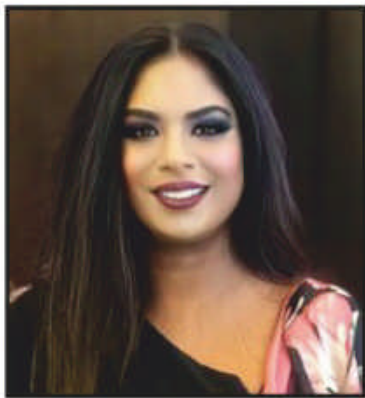


Welile Gumede

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WOMAN OF THE FUTURE

To be eligible, you need to be 30 years of age or older and your business should have been open for at least 1000 days. These women have all made their mark in the health and wellness world with solutions to local challenges.



WHO: Luella Naidoo
COMPANY: Jezriel Craig Holdings
FACEBOOK:
Jezriel Craig Holdings

After 10 years of work in the HIV field, Luella Naidoo's son was diagnosed with cerebral palsy, and she found she couldn't give him the care he needed and fulfil a demanding role. She had to find something flexible.

'I noticed that many business graduates were without employment after graduating,' Luella says. Using her background in the healthcare sector, she set up Jezriel Craig Holdings, which connects graduates who have a BSc or business degree with companies in the medical and pharmaceutical industries. Luella's company's key offerings are training and development, recruitment, recruitment of people living with disabilities, graduate programmes, and contract sales force. 'We're especially proud of the work we've done to help the differently abled find work that suits their needs.'

At this unprecedented time, there's an even greater need for businesses like Jezriel Craig Holdings. 'Covid-19 has shown us that we have to be agile, flexible and ready to diversify.'

WHO: Catherine Clark
COMPANY: The Harvest Table
WEBSITE: harvesttable.co.za



Based in KZN, The Harvest Table is a health and nutritional business that specialises in supplements. 'We offer products that have a high nutritional value, and educate our customers on the importance of including these products in their daily lives,' says owner Catherine Clark. When she was 20, Catherine was diagnosed with Hodgkin lymphoma, a form of lymph cancer.

'I focused on educating myself on how to feed my body so it would heal itself; this is where my passion for

health began.' Catherine is now cancer-free and is sharing her wellness

journey through The Harvest Table. 'We sell collagen, bone broth and other health supplements.' She employs 12 people from her community.

Her journey and a Covid-19 world has taught her that it's time for businesses to be generous. 'We all need to work together for the betterment of our nation.'

WHO: Mmamontsheng Dulcy Rakumakoe
COMPANY: Quadcare Occupational Health
WEBSITE: quadcare.co.za



Less than 15% of South Africans are on any form of medical aid,' says Quadcare Occupational Health founder Dr Mmamontsheng Dulcy Rakumakoe. This means many can't access quality, affordable healthcare.

Dr Rakumakoe's first practice was in Vryburg, where many of the men she saw were migrant mineworkers. 'They would come home with lung conditions (TB, HIV and the like), which would spread in the communities.'

In 2013, she created Quadcare,

a network of medical centres in low- to middle-income communities.

'We have nine centres and more than 40 employees.' They help 3000 to 4000 patients a month, but with the Covid-19 peak, this number is rising. In the next three years, Quadcare plans to open 25 more practices and provide healthcare to over 20000 people a month.

CAST YOUR VOTE!

SOCIAL ENTREPRENEUR

The women eligible for this award are 30 years or older and their businesses have survived the first 1000 days. Their ventures are making a difference in their communities.

WHO: Sue van der Linde
COMPANY: Iris House Children's Hospice
WEBSITE: iris-house.org



While living in England, Sue saw an ad in the local paper looking for special needs carers. She didn't understand why she felt such an urge to follow this calling, but after her first care session, Sue knew what she wanted to do with the rest of her life.

'Suddenly, things I considered "problems" in my life were insignificant. The children and the families we cared for showed me what true determination, love and

acceptance is.'

Sue returned to SA and created Iris House Children's Hospice in 2011. The hospice cares for special needs children, offers hospice-based and overnight respite care, parent support services, equine therapy and gardening workshops. 'We have more than 500 registered children whose symptoms range from epilepsy and cerebral palsy to autism,' she says. 'Our mission is to provide free, quality, professional care and therapies to these children and their families through a holistic approach.'



WHO: Maria Grewar
COMPANY: The ReTrade Project
WEBSITE: retradeproject.co.za

'Our impact on Earth goes far beyond our generation,' says social worker Maria Grewar, who saw two essential needs in underprivileged communities: environmental and social improvement. In March 2014, she created a community-based recycling and social empowerment

project. Through the exchange of recycled goods, community members can receive food, clothing and toiletries.

'The project aims to allow community members to exchange goods and to promote the idea that bartering is fully alive and capable of restoring dignity.' The Trade Store is stocked through donations.

'Through our recycling depo site, we minimise the amount of waste being sent to municipal tips. Last year, we saved about 11 tons from PE's landfills.'



WHO: Carolyn Hancock
COMPANIES: Angels Care, Thembelihle School and The DNA Project
WEBSITES:
angelscare.co.za;
thembelihleschool.co.za;
dnaproject.co.za

At age 32, Carolyn Hancock was diagnosed with breast cancer. At the time, all she thought was: 'I can't die now; I have so much to do!' Now in her 50s, Carolyn works for three NGOs that work for the protection and education of children, and in the fight against crime in SA.

In Howick, KZN, she helped set up Angels Care, a space to care for kids from extreme poverty in informal settlements. It has a preschool, a youth development programme and a crisis centre for child victims of gender-based violence.

The Thembelihle School provides multicultural education for children from Grade RRR to Grade 7. 'Many are orphans living in child-headed households or are living with HIV or Aids. They're often victims of sexual abuse, gender-based violence, broken families, illness and malnutrition.

In terms of The DNA Project, Carolyn and a team worked on passing legislation to ensure that DNA evidence could legally be collected at crime scenes and from suspects. This is essential in sexual assault cases where the only evidence is DNA.

RISING STAR

These women are under 30 and have passed the six-month milestone. We believe their businesses will flourish beyond the critical first 1000-day period.



WHO: Bonisa Mayeza
COMPANY: Shesha
FACEBOOK: Shesha App

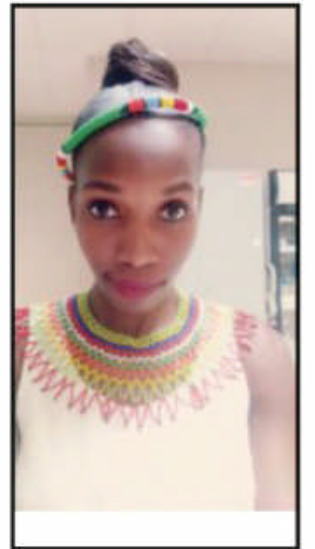
The day Bonisa Mayeza (25) was born, the ambulance failed to arrive when her mother went into labour. ‘The neighbours assisted my mother,’ the Umlazi native says. ‘This is the norm where I come from. I discovered that emergency services get lost in rural areas because there are no street names or addresses.’

This revelation prompted Bonisa to conceptualise the Shesha app, which allows people to request any emergency service and provide a precise location. Her company provides consultation to other companies on new technological innovations and app development.

‘Achieving this in just eight months is the most amazing feeling.’

Bonisa is also developing an eLearning app called The Learning Zone, which provides live video streaming for teachers. ‘This app is meant to accommodate public schools in rural areas where there is no network connection.’

WHO: Sibongile Mdlaka
COMPANY: KwaZulu Beverages
WEBSITE: kwazulubeverages.co.za



Master’s student Sibongile Mdlaka put her biotechnology degree to good use when she formulated a healthy energy drink in 2018. ‘As a postgraduate research student, I am always busy, and I neglected my health,’ she says. ‘Energy drinks that are currently on the shelves are a big no because the high sugar content and caffeine content eventually make your body crash.’

So Sibongile formulated an energy drink that’s low in sugar and caffeine, and provides the body with sustained energy.

In November 2018, her energy

drink, Vibra, won a gold medal at the 5th Cairo International Exhibition of Innovation.

In 2019, her company, KwaZulu Beverages, started making sales to taverns, bars and local sporting events. However, the Covid-19 pandemic has affected her 2020 growth plans and she has been forced to adapt.

‘Despite the challenges, we have turned to street vending to keep the business on the move.’

WHO: Welile Gumede
COMPANY: Azowel Projects
FACEBOOK: Azowel Projects

After failing to secure a job in Durban, chemical engineering graduate Welile Gumede (29) decided to get her hands dirty in her rural community of Maphumulo. ‘I wasn’t the only one without work, so there was an opportunity to produce what we consume,’ she explains. ‘Rural economic development became the drive.’

She established Azowel Projects, which restores neglected and unused farming spaces in the Ilembe region for crop cultivation. Her company operates 10 tunnels, produces a ton

of tomatoes a week, and supplies fresh produce to checkout retailers and hawkers. ‘In the next three years, we want to produce in 50 tunnels with a market share of at least 5% of the national tomato market. We also want to process our primary products for a longer shelf life and introduce new products other than tomato sauces and pastes.’



A woman with long, dark braids is sitting on a large, rustic wooden log. She is wearing a dark, shiny, long-sleeved top and light-colored trousers. She is also wearing large, ornate earrings and a bracelet. The background features a dark wall with a row of small, lit candles and a leather sofa with cushions. The floor is made of light-colored wood.

BORN FOR THIS!

Sonto Pooe, founder of leading natural hair brand NativeChild, on building her passion-led venture!

BEFORE THE LIGHT-BULB MOMENT

“Growing up, I was no different to any young person going about their life and doing their best to get good grades so they could get a well-paying job. Now, with the benefit of hindsight, I realise that I’ve always been a fashion and hair entrepreneur from a young age. I’m a self-taught seamstress and fashion designer; and I’d always do people’s hair on weekends. Back then, I treated it as a side hustle that brought in extra money.

Fast-forward to my tertiary days and I studied Quantity Surveying. My maths teacher’s son was one and she had recommended the course. I didn’t know the course existed until I enrolled. Upon researching the field, I figured Quantity Surveying would be a great fit seeing that the built environment (construction) was something I’d grown up around.

I did well there, learnt as much as I could in a short space of time and moved on to Civil Engineering due to a great opportunity I’d been afforded. I soon realised that engineering wasn’t aligned to my life purpose. So, I started saving up money to go back to school. With my husband’s encouragement, I made the leap of faith and pursued my passion. I had no clue where to start but thought enrolling for a course on running a cosmetic manufacturing business would be a step in the right direction.

THE JOURNEY BEGINS

NativeChild was created out of a combination of three factors. Firstly, an unquenchable passion for hair — particularly long, strong natural hair. Secondly, a desire to see more people like myself wear their crowns proudly. Thirdly, a strong desire to have a social impact where less people of colour would absorb chemicals through hair and body products.

Before the rise of perms, relaxers, skin-lightening creams and potions, our ancestors had beautiful thick hair with no hairline woes. They had beautiful skin, too. They had very little exposure to harsh chemicals and only a few life stressors. Much can’t be done about the latter because we live in a fast-paced world. NativeChild is a modern version of natural care. It is meant to evoke a feeling of appreciating one’s beauty and

uses natural organic ingredients to heal, restore and maintain optimum hair and body health.

A SERIES OF LESSONS

Firstly, I had no idea the number of highs and lows that would go into running a successful business. There are so many moving parts to a business, such that entrepreneurship literally takes up all my time. There’s product development, design and operations, social media, distribution and customer care from the second I wake up until bedtime. The whole supply chain affects the end-user experience. Entrepreneurship is a life of service and on some days, I wake up wondering how I’m going to tackle my to-do list, but God continues to provide. Though I’d love to employ everyone that needs a job, it’s important to hire quality employees so the output can be of good quality too.

“On some days
I wake up
wondering how
I’m going to
tackle my to-do
list...”

THE MOTIVATION

Knowing that my brand emancipates people of colour is the biggest driving force in my life and business — one that makes this entrepreneurial journey worthwhile. Knowing that I am providing a culture-shifting platform where we can finally normalise women, men and children with their afros — and for that not to be seen as untidy or ugly — leaves me fulfilled. I have pioneered a few things along my entrepreneurial journey, one being a plant-based hair and bodycare range for people of colour in South Africa — way before the big brands followed suit. My goal is to leave a lasting legacy for my children. I want them to say: ‘My mom was one of the people behind the cultural shift towards natural hair advocacy.’

OFF THE CUFF

Who do you turn to for business advice?

I don’t take advice from anyone who is not in business [chuckles]. However, I’m always keen to take wise counsel from people who’ve walked a mile, or two, in my shoes. My husband would be my first go-to person. I also bounce ideas off my business partners, listen to podcasts and read books from innovators and industry disruptors — none of which are in my space.

What book changed your career trajectory?

There isn’t a book that informed my career path per se. Instead, I have one that helped me develop my thinking and realise the limitations we place on ourselves. It is Joseph Murphy’s *The Power of Your Subconscious Mind*.

What international city is on your bucket list post-COVID?

I’m definitely going back to the Maldives. And I’d love to visit Vietnam.

What’s your favourite thing about living in Mzansi?

The melting pot of cultures, diversity of the people, and scenic landscapes. We have all four seasons — very few places in the world have that. Our food is affordable and I believe that we are one of the countries in the world with the safest tap water. So, drink up people!

If you weren’t an entrepreneur, what career stream would you have pursued?

I’d probably be a property developer and mogul. It’s a passion that runs through my bloodline — and one that comes naturally to me.

WAYS TO MASTER LINKEDIN

Does updating your LinkedIn profile seem like navigating a minefield? Stress no more!

By **Kenaleone Gape**

Are you on the job market with a LinkedIn account hoping it will aid in your search? Below are seven effective tips to help you optimise your visibility (and employability)...

1. HOW DOES LINKEDIN WORK?

“Think of LinkedIn as a continuous networking event,” says Sasha-Lee Findlay, founder of Putty Perfect, a social media and self-publishing agency. “When you interact with people’s posts and articles, your name appearing there is like your business card. People can click on it to learn more about your professional profile — not just the person whose posts you’re interacting with, but their connections and those who resonate with your comments too,” she explains. This increases your chances of coming to mind for job recommendations.

2. HOW SHOULD JOB SEEKERS USE LINKEDIN?

“LinkedIn is also a job portal for recruiters to search for candidates,” says Azaqiye Mkosana, Talent Acquisition Specialist and Top-3 at the LinkedIn Talent Awards for RisingStarSouthAfrica. “First-things-first, do your research, read up on the industries you’re interested in, what type of companies employ your skills the most, as well as the type of skills and education the people employed in your industry have. Use that information to seek positions that you are suitable for. Also, try as much as possible to find out who the

hiring managers for the roles you’re interested in are. Send them messages so they know to look out for your application, then follow up with them later,” advises Mkosana.

3. WHAT ARE COMMON LINKEDIN MISTAKES TO AVOID?

“People sometimes give too much information or not enough on their profile. Make sure it’s as complete as possible, and that your full name and contact details — preferably your email — are all on there,” says Findlay. This makes it easier for potential recruiters to start pursuing you. In addition to ensuring that your profile is updated, Findlay advises that you make it succinct. In your experience, for instance, there’s no need to list all your responsibilities.

“Other common mistakes that people make include being inactive for too long, flooding people with messages before establishing relationships with them and applying for jobs that they aren’t qualified for,” says Mkosana.

4. WHAT ARE SOME UNDERRATED LINKEDIN TECHNIQUES?

LinkedIn Insights is one. “It helps you track your visibility, progress and how you can tweak your profile to increase your chances of being found or seen,” says Kopano Moshwana, CEO of KPRM Marketing Solutions. Mkosana urges users to also look at their analytics for who’s viewing their content and where they are from. “Keep track of which of your content gets more traction and gains you more followers. If you can afford LinkedIn premium, it’s a great way to stand out from the crowd for job opportunities” suggests Mkosana.

Meanwhile, Findlay urges users to ask for recommendations from previous employers, clients, colleagues and professional connections to help build credibility.

5. WHAT’S PERSONAL BRANDING AND HOW CAN ONE START?

It’s what you become known for and the overall impression you make on people based on your experience, expertise,



QUICK TIPS FOR OPTIMISING YOUR LINKEDIN PROFILE

Yvonne Lekalakala

- ▶ Establish your professional brand.
- ▶ Find the right people.
- ▶ Engage with insights.
- ▶ Build relationships.

Kopano Moshwana

- ▶ Network
- ▶ Use the platform to promote yourself.
- ▶ Share your CV and portfolio of work.
- ▶ Tag the people and brands you have collaborated with.

Sasha-Lee Findlay

- ▶ See it as more than just an online CV.
- ▶ Be more interactive.
- ▶ Engage in strategic ways.
- ▶ Join groups that are aligned with your professional interests.

Azaqique Mkosana

- ▶ Be specific with your job search.
- ▶ Save your searches to get notifications.
- ▶ Find out who the hiring managers are and ask them to be on lookout for your application.

competencies, actions and achievements. “It’s vital for creating a solid presence on LinkedIn and ultimately benefitting from it through great partnerships and opportunities,” says Moshwana. When starting off, Moshwana suggests asking yourself the following questions: “What is my brand about? Why do I do what I do as a brand? and What do I want to be known for?” Once you’ve worked through these questions, you’re well on your way.

6. HIDDEN FEATURES?

LinkedIn works on an algorithm basis. It will feed you more of whatever content you interact with the most. Always interact with the key players in your industry and relevant posts for your career pursuits. You should also leverage the Easy Apply button to use your LinkedIn account for quick applications. Also use the interview preparation option. The resume builder also allows you to download the PDF format of your LinkedIn profile as a CV.

According to Lekalakala, LinkedIn has an SSI (Social Selling Index) score that they use to rate the quality of profiles on the platform. “Simply put,

the higher your SSI score, the higher up your profile appears in searches. It is a score out of 100 and an average score of 75 is considered good. She says that if you are actively looking for a job, consider keeping your SSI score above 80. There are a number of different elements that affect your score from building relationships to engaging with insights and building your personal brand. “Don’t get unsettled by the word selling. Essentially, if you’re in the job market, you are selling yourself,” she says.

7. WHAT ARE RECRUITERS LOOKING FOR ON LINKEDIN?

Recruiters are looking for high performers and interactive people. Be sure to put up your qualifications and achievements. Highlight your education, title, years of experience and remember to attach a good CV and portfolio. “Be active on your profile as recruiters want to know what you’ve done, how you added value, made or saved money for a client or an organisation and how you contributed to efficiencies,” says Mkosana.



THE CORONA HANGOVER

From retrenchments to salary cuts and total operational shut-downs, dealing with COVID-19 financial shock may be a little easier to navigate with these easy-to-implement tips.

By **KABELO COLLIS**

2020 is a year many anticipated would be their best. However, the year we dubbed '20 Plenty' and hoped would bring endless opportunities has, in reality, been fraught with uncertainties.

It's brought with it a cycle of psychological distress, increased by financial anxiety and job losses. The outbreak of the Coronavirus has had a devastating impact and shifted the livelihoods of many people — with widespread retrenchments, salary cuts and businesses shutting down.

It's a year that has recorded a significant increase in individual and business income loss, with many impacted asking: "So, what's next?"

We sat down with financial management experts to explain how we can survive and navigate the financial shock of losing an income — and subsequently a drastic change in livelihood.

UNDERSTANDING RETRENCHMENT

In a Talk Radio 702 interview, labour lawyer Natasha Moni says retrenchment is an occupational requirement and a lawful dismissal. It is a situation where you are dismissed because of an economic downturn, and thus is a no-fault dismissal.

With the financial strain put on the economy by COVID-19, many

companies have had to reassess their operations leading to plenty job losses, a possibility for many. So, how should we then deal with news of possibly being laid off? Granted, your first instinct could be to panic about the future.

ASK THE RIGHT QUESTIONS

"Retrenchment is a significant financial and livelihood event, thus employer-employee consultations become crucial for clarity," says Dr Rufaro Mucheka, head of financial strategy at Nedbank.

Programme head at FNB Money Management, Ester Ochse says fully understanding the various options and implications proposed by the employer

will help ensure these options are put to good use. Mucheka and Ochse suggest that you ask the following questions when facing retrenchment:

- ▶ Are there employment alternatives in the company or part-time consultancy opportunities?
- ▶ What's the notice period?
- ▶ Does the company offer a retrenchment package?
- ▶ Will the employer assist with UIF?
- ▶ What happens to your pension fund?

THE EXIT PACKAGE — WHAT ARE YOUR OPTIONS?

"Employees qualify for a lump sum retrenchment benefit," says Mucheka. This includes the retrenchment benefits, leave days, notice period and pension fund. Our experts advice on the following options:

- ▶ **Invest.** "Preserve your retirement benefits and look at saving and investing retrenchment packages," advises Old Mutual's head of financial education, John Manyike. This, he says, will allow for scheduled disinvestments that can be used as monthly income. He recommends the assistance of a financial advisor as they will be able to assess your financial position, personal circumstances and appetite for risk, in order to make appropriate investment recommendations.
- ▶ **Once-off withdrawal.** "If you don't have other savings, you have an option of a once-off tax-free withdrawal from your pension of up to R500k," explains Mucheka. Ochse says this can be used to pay off debt and free you up while looking for employment. "It's important to note though that the once-off withdrawal only applies if you've never made prior withdrawals," adds Mucheka.

A DENT IN THE POCKET

"This will help cushion you against a salary cut for some time, or at least until you find a job in the case of loss of employment," Ochse advises us to revert to fundamentals. "Preparing for a salary cut is not easy," says Manyike. He says the best way to prepare for any financial shortfall is to have an emergency fund to

cushion you until you find another job. "Evaluate your spend and try to reduce as much as possible on non-essentials," says Ochse

Take these steps to handle the situation:

- ▶ **Adjust budget.** Set aside previous ideas of needs versus luxuries. Saving towards an emergency fund should form part of your monthly budget.
- ▶ **Negotiate debt.** Speak to creditors about payment plans. They're open to extending terms to ease pressure. Check if there's additional interest charges before signing. It's advisable to find out whether you took credit life insurance on your loans. This will cover instalments for up to 12 months.
- ▶ **Talk to family.** Be honest about debts so you can manage expectations and help your family adjust.
- ▶ **Additional income.** Supplement your salary cut by using your skills and hobbies to make extra cash to.

BUSINESS UNUSUAL — DEALING WITH A POSSIBLE SHUT DOWN

"COVID-19 has had a profound impact on businesses and their ability to continue normal operations. Approach your bank before falling behind and incurring excesses," says FNB regional head, Andiswa Bata. This may have an impact on your business' good standing. Bata suggests the following guidelines for business owners seeking financial relief.

Understand business rescue. It protects a financially distressed company and helps regain profitability. Initiate it when you realise that you are unable to repay debts. "Even when under business rescue, your debt is not automatically cancelled. As a result, there is still an expectation to make repayment arrangements on overtime," says Bata.

Initiate this process when you realise that you are unable to repay your debts, as it will assist you with the following:

- ▶ Pay salaries and other expenses.
- ▶ Protect you from creditors.

Explore other options before considering filing for business rescue, these include:

- ▶ Extending supplier and creditor payment terms.

- ▶ Collecting outstanding invoices, even if it means offering a discount.
- ▶ Moving stock into buyers' hands quicker.
- ▶ Selling of other assets to generate cash.
- ▶ Reducing fixed costs such as office rental costs.

These will help free up cashflow that can be used to pay creditors without the need for business rescue protection.

WHAT TO KEEP IN MIND

- ▶ **Apply for the Unemployment Insurance Fund (UIF):** In the case of a retrenchment or reduced income claiming from the UIF can assist in supplementing your loss of income, allowing you to meet some of your financial obligations. Apply online via the Department of Labour website or call 0800 030 007 for assistance.
- ▶ **Downscale:** This will depend entirely on individual circumstances and mindset. If you are over-indebted and you have no choice but to make tough decisions, downscaling may free up substantial cashflow.
- ▶ **Take a loan:** It's never recommended that one take on more debt when they are already struggling with existing debt. This only leads to a debt trap.
- ▶ **Consider a payment holiday:** This allows individuals to delay loan repayments over a certain period. These do not affect your credit score, but may with higher interest repayments as the repayment term is naturally extended to make up for the interrupted payments.



ALL YOU NEED TO KNOW ABOUT K-BEAUTY

South Korean beauty products are yielding amazing results for darker skins and are gaining popularity in South Africa. But what are they and who can you trust when purchasing online?

By **ZODWA KUMALO-VALENTINE**

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price
Cheap constant access to piping hot media
Protect your downloads from Big brother
Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages
Brand new content
One site



AVXLIVE ICU

AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>

If you've ever ventured into Korean beauty, or K-beauty, you'll see it's a rabbit hole of the latest and most innovative products. From cute and sophisticated packaging to effective 10-step regimens and ingredients such as snail slime and bee glue, there's no resisting the allure. Add to this the marketing powers of social media influencers and it's clear that K-beauty has taken hold of South Africa and much of the world.

The story behind the multi-billion dollar empire, whose roots are in South Korea, is fascinating. Here, skincare is taken seriously. Children as young as 10 start using anti-ageing products and, because sun protection is prioritised, some of the best sunscreens in the world are made there and put to use from infancy.

Much like South Africans often have a family GP, Koreans have a family dermatologist, who they regularly see. "It's not vanity, it's self-care," writes aesthetician Alicia Yoon, founder of Peach and Lily skincare.

The products work and perfect skin is right at your fingertips, and you only need three things: a good amount of trusted, basic knowledge, a committed morning and evening skincare routine, and a beginner's budget of R500 for a decent starter kit.

Thirty-something-year-old Sthembile Gasa relocated to South Korea in February 2019, and teaches English as a second language. "I have very dry skin and hyperpigmentation, and I was using Neutrogena and rosewater as a toner and sunscreen. Sometimes I'd mix the moisturiser with an oil to get the best hydration out of it." Far from home, her go-to products eventually ran out and she decided to make the switch to K-beauty.

Using products ranging from Innisfree and Klairs to cleanse, tone, moisturise and protect, Gasa does her own version of the K-beauty 10-step routine once a week. "I too have joined the legions of believers," she says.

She is referring to the masses who have attested to the brilliant efficacy of the twice a day skin-washing, moisturising and treatment that leaves your skin glowing, dewy and as smooth and pigmentation-free as a Korean woman's skin.

One of the more popular sites for K-Beauty products is Glow Theory, established in 2017 by Tamsin van Tonder out of frustration with having to import products from South Korea.

Their @shopglowtheory Instagram account has a growing 24 000 followers. Little surprise, since the site takes the guesswork out of brand selection by recommending products based on your skin concerns. It also lists the ingredients, how to use them and provides buyer reviews.

"Cosrx is popular. In particular its Advanced Snail 96 Mucin Power

There's no need to ditch your skincare routine but rather to add one product at a time to check for suitability.

Essence and Acne Pimple Patches as well as the Heimish All Clean Balm, Jumiso Balancing and Brightening Serum, the Isntree Hyaluronic Acid Toner and Klairs' Airy Essence SPF50," says Van Tonder.

When your beauty haul arrives, they're enclosed in a gorgeously pink vacuum-sealed package with a handful of free samples and a personalised handwritten note. Some Glow Theory converts include Melanie Bala, Nabilah Kariem and Aisha Baker, among others.

Before Covid-19, Van Tonder took regular trips to Korea's capital, Seoul, to see which products are popular in the country. She and her team of three would then test the products from a few weeks to six months before selling them.

"We don't sell anything we don't believe is both a good quality product and of interest to our customers," she says.

With the Korean skincare market gaining wider appeal in South Africa, Dermastore also recently added its first K-beauty product, Huxley, to its offering of trusted brands such as Skinceuticals,

Bioderma, Avène and others. Huxley's key ingredient, Sahara prickly pear seed oil, contains around 150% more vitamin E than Argan oil.

Established in 2015, Dermastore was the first online store owned by a specialist dermatologist, Dr Ian Webster, and selling cosmeceuticals in a responsible way. It launched in response to evidence-based skincare usually being confined to the shelves of doctors' waiting rooms.

While the internet provides a wealth of information and skincare tutorial, nothing replaces sound dermatological advice. Beyond being just a retail channel, Dermastore creates an experience of walking into Dr Webster's practice.

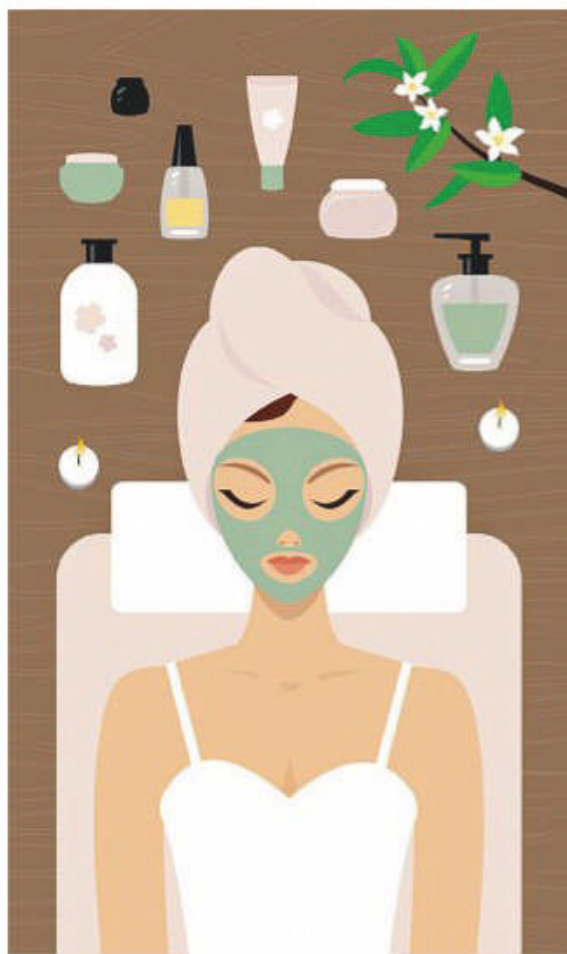
On entering the website, a chat box pops up where trained staff provide expert product advice. Visitors can also do a quick skin assessment by answering a few questions based on Fitzpatrick's six skin or phototypes, which are determined by the amount of melanin – from pale white to dark brown – and how they react to sun exposure. A beauty regimen is then recommended by Dr Webster for you. You can choose to follow the tailored or product-specific list. It's all very slick.

So the question is, for our melanin-popping skin, what K-beauty skincare brands can you trust? There's no need to ditch your skincare routine but rather to add one product at a time to check for suitability. Dr Webster says Huxley is popular with darker skin as it not only hydrates and doesn't cause breakouts, but also provides the skin with a healthy luminosity.

"It integrates beautifully with our other brands and balances things out a little. The only product that does not work with darker skin types is the SPF, which can leave a white cast as it was developed for the Asian market," says Dr Webster.

Van Tonder says all skin tones benefit from the introduction K-beauty. While there is a focus on addressing sun damage, scarring and dark marks caused by hormonal fluctuations or injury, she says this is not to be confused with lightening products.

"Common ingredients to look out for in these potentially harmful products include hydroquinone, which is difficult to find in Korean skincare formulations.



K-beauty focuses on ingredients that help with sun damage and dark marks, and cannot lighten beyond the skin's natural shade."

Van Tonder notes that gentle chemical exfoliants such as Mandelic Acid and PHA also help resurface skin without the more common side effects of other chemical exfoliants.

She suggests starting with a double cleanse, which is one of the cornerstones of K-beauty and is also a game-changer. It involves first cleansing with an oil or balm cleanser to remove makeup, sebum and SPF, then following up with a gel or foam cleanser. The result of these two steps, generally done in the evening, is a skin that's healthier, clearer and less prone to breakouts.

"We'd also recommend a serum, which can range from hydrating serums to those that include an antioxidant boost for pigmentation and uneven skin tone. A daily SPF is most likely to have positive long-term effects due to its ability to protect skin from ageing and dark marks from sun exposure."

New to the South African market, Klairs Airy Essence SPF50 PA++++ enjoys cult status as a weightless, non-greasy everyday sunscreen that, unlike many SPFs in South Africa, does not leave a white cast. The majority of experts agree the trick is to reapply sunscreen during the day as one coat in the morning simply won't suffice, especially if you're outdoors.

Interestingly enough, the famed Korean 10-step skincare regimen has also lost its lustre. Its adoption and mimicry by western brands that benefit from the association, whether or not they deliver the same results, has led to the watering down of the original concept and according to American news and opinion website *Vox.com*. This, *Vox* says, has turned the routine "into another cronut, cupcake, or CrossFit fad whose popularity ended up ruining it."

"I don't personally recommend it but won't challenge it, if it works for some," says Dr Webster. "We are better at helping people figure out what isn't working. I've read up on how Korean consumers are simplifying their skincare routines by using fewer products, but each product has more benefits. It is sort of the way things are going."

On how long one can expect to see results, Van Tonder says it depends on the product and skin concerns.

"Products such as hydrating toners or serums should have fairly instantaneous results, whereas hyperpigmentation would take two to three months. Those looking for dewy, more glowing complexions can expect relatively quick results too as this is largely achieved with hydrating formulations and antioxidant-heavy serums.

Of course, Van Tonder cautions that the one caveat is that you should never continue using a product if your skin reacts badly to it.

Coupled with a changed diet and lifestyle that includes more vegetables, mung beans in every form, daily broths, sugarless tea and walking, Gasa says she saw a difference after a month or so.

"The Innisfree Jeju Orchid Cream is quite thick but doesn't leave my skin feeling sticky. And the Innisfree Green Tea Seed Oil made a world of difference as I've heard it's the go-to product to treat hyperpigmentation."

She says she spent about R700 for the full Innisfree set (minus the sunscreen) and about R300 a month on top-ups.

With the recent influx of K-beauty, noobs need to be careful when making online purchases in SA. Some products aren't authentic and sellers may not be approved stockists. "It can be tricky to know for sure given the number of third party wholesalers in Korea and other countries that South African resellers can purchase from in small amounts to sell locally," says Van Tonder.

She says most Korean brands are very responsive on social media, particularly on Instagram, so you can ask them if they have an official distributor in SA or mention the name of the local seller to establish authenticity. For example, Dermastore is now the sole importer and distributor of Huxley skincare in South Africa and Glow Theory is an authorised retailer of Klairs. Many also include a 3D barcode on their products that you can scan with your phone.

"Do your research on the local seller," says Dr Webster. "If they haven't listed a formal business address that you can plug into Google maps, or if the operators are purposefully hiding their personal identities, this should be a red flag."

Those looking for dewy, more glowing complexions can expect relatively quick results too...

Make joy YOUR NEW NORMAL!

Life can easily throw you for a loop, especially during a global pandemic. The stresses of uncertainty, disconnection and financial strain may have put your happiness on lockdown, but there's hope. It's time to look forward and improve your mental, physical and emotional health – and this magazine will help you get that crucial balance.



WE SHOW YOU HOW TO

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Whether you're suffering from COVID-19 burnout or dealing with a life-changing health crisis, we've compiled professional tips on how to keep the bedroom fires sizzling.

By **KENALEONE GAPE**

A healthy sex life is a surefire way for couples to connect. However, real life responsibilities such as parenting, career challenges and financial strains often mean that one partner may not always be in the mood.

In her book, *Mating in Captivity*, psychotherapist Esther Perel unpacks how the ideals of modern marriages are often contradictory – couples want characteristics such as stability, safety and dependability but also expect the same person to supply awe, mystery and adventure.

Here's some advice from experts on how to navigate the conflict between the erotic and the domestic.

TIRED NOT TURNED-ON

Traditionally, women carry the bulk of household chores. This, after putting in long hours at a corporate gig then coming back to cook, supervise children and carry out chores with the might of a superhero. After such a long day, surely it's natural for love-making to fall off the priorities list?

Men should realise that the easiest way to revive passion is to relieve women of some of the household tasks. Load the dishwasher, take the trash out and fold some laundry if you want to bring the magic back.

MAKING LOVE DURING AND AFTER ILLNESS

The marriage vow that states "in sickness and in health" is put to the test when illness affects a couple's sex drive. According to Dr Pepper Schwartz, some people feel ashamed, which can come from the belief that their sickness is their fault or from bodily changes, such as a mastectomy or removal of a testicle. Others can't withstand sexual activity.

"Most people feel a lot of very intense

emotions when they go through a serious illness. These can have direct effects on their desire, or ability, to have sex. Even if it didn't involve any sexual organ or part of the body, there's a sense of damage that people often carry with them," says Schwartz.

Shock, shame, fear and vulnerability are all common feelings for people in this situation, and they don't just disappear once a doctor says they're better. What is needed in this situation is kindness and patience from the caretaker partner and communication from the patient about when and how they would like to resume sexual relations.

TOO TIRED FOR SOME NOOKIE?

With the busy lives we all lead, it is normal to occasionally feel run-down. If a couple is constantly too tired to be intimate, then this could be indicative of a deeper emotional issue that needs to be addressed. In the long run, if a partner feels as though they are constantly being turned down, or rejected, it could snowball into more issues. The first port of call should be a medical doctor to exclude any medical causes for low libido.

Sexual health expert Samantha Evans suggests trying new things to overcome the fatigue that prevents lovemaking at night. "Night-time may simply not be the right time for sex for some people. If you are an early riser, take advantage of this and have early morning sex, or set the alarm for 20 minutes earlier to indulge."

Evans also says parents should take advantage of the times when their children are at school or occupied with activities and slip into bed. "Even if you don't have sex, you can still enjoy cuddling, kissing and foreplay."

SEX-DEPRIVED NEW PARENTS

The pitter-patter of little feet is a welcome

WHAT SEX EXPERTS WANT YOU TO KNOW!



addition to any family. However, it also means having to adjust to new routines. With the irregular schedule of newborns, sex initially falls by the wayside.

Caroline Lovett, a psychosexual and relationship therapist says: “It’s quite interesting that out of sex comes babies, and yet babies are sure to put one of the biggest dampeners on sex.”

She adds that becoming a parent brings with it a massive identity shift and encourages couples to rediscover the sensual part of their bodies and incorporate that into the relationship. Parents are also cautioned against getting so caught up in the routines of childrearing that the relationship becomes functional, instead of intimate.

Navigating the ups and downs of life could sometimes lead to sex taking a back seat for a couple. The experts all agree that these dry patches are temporary. So long as partners treat each other with kindness and compassion, the spark will eventually return between the sheets. Remember that sex maybe physical, but intimacy starts long before getting between the sheets.

WAYS TO BRING BACK THE SPARK INTO YOUR RELATIONSHIP

Here are some suggestions on how to keep the sexual intimacy going:

TAKE A WALK DOWN MEMORY LANE

According to Jennifer Levy, a certified relationship counselor, nobody should expect the honeymoon phase to last forever. She does acknowledge that the beginning stages of a relationship are marked by powerful feelings of infatuation, fantasies and desire. In order to replicate these, she suggests visiting some of the places where the butterflies started and recreating the mood as you both remember it. One thing that causes butterflies when couples first meet is the chemical

cocktail in their bodies. An easy way to recreate this later on is by doing certain activities together.

BE DELIBERATE ABOUT SELF-CARE

When you’ve been in a relationship for a long time, it’s sometimes hard to remember where your partner ends and you begin — which often sucks the oxygen out of the fire. “It’s difficult to feel attracted to someone who has lost their autonomy and individual identity,” says Cori Dixon-Fyle, a psychotherapist at Thriving Path. She suggests rekindling the passion in your relationship by finding a hobby, setting some job goals or doing charity work.

Entanglements, forgiveness and happily ever afters



Does conscious uncoupling, dating in between and staying married in the end actually work? One celebrity couple reminds us that it could.

By **KENALEONE GAPE**

It's natural to imagine forever with your spouse. Well, that's until a few years into your marriage when time has taken its toll on what was, once, an easygoing relationship. You wake up one day and feel a deep disconnection to the person lying next to you — à la Tamia's *Stranger In My House*. Cue the awkward conversation: "I think we need some time apart", and your partner shares your sentiments. During the split, you're met with the urge to feel good — except it's with someone else.

Enter actress Jada Pinkett Smith and musician August Alsina. While she and husband Will Smith were separated, Jada

went through what she described as "the desire to want to feel good", which led her to pursue an intimate relationship with August.

Just as we were getting comfortable with the phrase 'situationships' in popular culture, Jada and Will invited us in for a *Red Table Talk*. Needless to say, perceptions about her relations took to screens where they were examined for moral order and principles. Amid the excitement were some poignant ponderings about conscious uncoupling (also known as separation), rules of engagement during that period and forgiveness.

The Smiths were separated when Jada decided to explore her intimate needs with August, who later fell deeply in love with her. Jada, on the other hand, described what they had as an entanglement — a complicated, dysfunctional, avoidant or replacement relationship, according to dating coach Makabelo Motaung.

“It’s one you go to when you need to heal but you avoid that and opt for escapism instead. It could be for the sex, comfort or familiarity,” explains Motaung. In this particular relationship, both of them were going through tough times in their lives.

Take away all the media hype and you see a couple amicably sitting at a table, addressing the masses together. As Jada expressed herself to her husband: “One of the things that I’m deeply grateful for in this whole process, between you and I, is that we have really gotten to that new place of unconditional love.” Theirs was a candid display of a marriage that had initially explored conscious uncoupling to overcome their hurdles, and then chose to stay together in the end.

According to clinical psychologist Dr Olwethu Jwili, conscious uncoupling is an amicable break up with a mutual decision to separate while remaining in each other’s lives. “Both partners co-parent amicably and remain a strong support for each other, just not as a romantic couple.”

Motaung says that it is also important that both partners avoid bad-mouthing each other during their separation.

If the next question on your mind, after understanding conscious uncoupling, is whether dating someone else during a separation equals cheating then you’re not alone. There are varied perspectives on this point. Because there are many reasons why couples split, motives and intentions after separation aren’t consistent for everyone. “For instance, if you were cheated on, you might be ready to get yourself a new partner,” says Motaung.

While on the other end of the spectrum, if you were not expecting the separation, you might need time to wrap your head around it. There are also instances where people just want a break, and neither are preoccupied with getting another partner. Not intentionally anyway, as you never know who you might meet during that time.

“Many people consider it cheating. However, whether it’s defined as cheating or not is based on people’s belief systems, promises made and expectations of the couple involved,” says Jwili. But from her sessions with couples, she’s observed that it’s often more useful for each partner to work on themselves and invest in their own personal development. “Then, subsequently, decide on the direction of their current relationship instead of exploring an additional relationship while still in the complicated process of separation.”

This is not to say that couples who pursue relationships between their separation do not stand a chance to get back together. But, rather, that they should be mindful that having relationships or introducing open relationships with the intention of preventing deception and dishonesty potentiates complications. Casual relationships can quickly become very sticky.

“Feelings such as jealousy may arise and make it difficult to navigate the initial challenges that the couple had set out to resolve. Also, the same issues that lead to the separation of the first relationship can surface in the ‘new’ relationship if the individual has not first dealt with themselves,” Jwili points out.

That said, Jwili believes that the determining factor of whether a relationship survives after some instability in the alliance is based on how

much the couple is willing to invest in making things work. “There are many ways to recover a relationship such as seeking couple’s therapy, where the two can explore what needs to be built and how. Patience and open communication are also pivotal at this point,” she says.

Essentially, once a couple has decided to separate, it’s advisable that they take a step back to make sense of it all, then later define the rules of engagement.

“The separation period of a relationship is not actually the end of a romantic relationship. Traditionally, the same principles of an active relationship may still apply. Many couples separate to work on the issues that have arisen in their relationships and that they struggle to solve as a couple as opposed to being with other people,” notes Jwili.

Through couple’s counselling, trust issues can be openly explored and the foundation for forgiveness and restoring emotional security can be laid.

She says separation is often a perfect time to work on oneself through honest self-reflection, taking accountability where necessary and openly deciding the direction that the individuals want their relationship to eventually go. “Therapy is a useful space to engage with this process.

During this process, couples can begin to re-establish trust in their relationship through open communication. By detangling things, they can both start to feel safe and secure again.

MAKE MENTAL PROVISIONS FOR THE FOLLOWING:

1. Realising that the grass is not always greener on the other side often makes way for couples to get back together after separation.
2. Once you and your partner agree on dating other people, anything can happen. So, brace yourself because they might fall in love with someone else and end up with them.
3. Depending on who you rely on for advice and your personal experiences during separation, your values can change and affect how you approach new and old relationships.
4. Should you choose forgiveness, be mindful of practising unconditional forgiveness rather than sweeping things under the rug, as they could resurface later.
5. People are not perfect, and these flaws come out a lot in relationships. Try to practice compromise and open-mindedness often.



Healthy is Wealthy

Pastor Pushie talks the importance of being healthy in mind and body, and how we're all built in God's image.

It's usually around this time of the year that I get serious about my diet. I become increasingly aware of the end of winter and the fast-approaching hot summer days, which call for an increased exposure of skin. In a mad dash for summer, I try to undo all the winter woes. The warm weather also means an invitation to be more active outdoors.

Unfortunately, we often leave it too late to pay attention to our health which, when neglected, can deteriorate over time. We develop unhealthy habits, which in time manifest as ailments in our bodies. But we need these bodies to carry out our purpose. I once heard a gym instructor say: 'The body has no spare parts, so take care of this one.' The truth is that we only get one body and it has to last us a lifetime.

Of course, over time, with age and childbirth our bodies go through major changes. When I was expecting my first child the midwife said: 'Bye-bye Barbie.' But Barbie is fake anyway. Why are we so obsessed with our appearance and an unnatural standard of image?

The *Bible* says that we are created in the image of God; that He formed us. He knitted us together in our mothers' wombs. We are fearfully and wonderfully made. We were created on purpose for our purpose. But we seem to be preoccupied with worldly image.

While I believe in putting your best foot forward, I still maintain that it's

more important to have a healthy mind and body than to feign the perception of perfection. We should love the way God made us and do our best to take good care of ourselves, especially since the Holy Spirit dwells within us.

1 Corinthians 6:19 says: 'Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?' So then, it's not so much how we look to the outside that matters but that our true wealth lies within.

The book of Daniel gives an account of how a young man refused to defile himself with food from the king's table that had been offered to idols. Instead, he chose to only eat vegetables and drink water. There was concern that Daniel would not grow in strength and appearance as readily as everyone else on mere vegetables and water, but Daniel pleaded for a 10-day trial period. At the end of the 10 days it is said that he looked healthier and better nourished than any of the young men who ate the royal food of meat and wine. It would seem that the sacrifice Daniel made to honour God with his body landed him a reward far above the sacrifice.

The *Bible* says God gave him knowledge and understanding of all kinds of literature and learning, and Daniel could understand visions and dreams of all kinds. Not only was Daniel healthier and better nourished than those who defiled

themselves, but he was also wiser. When the king talked with him, he found none equal to Daniel; he was 10 times wiser than all the magicians and enchanters in his whole kingdom, and so he entered the king's service.

While I'm not suggesting you have to become a vegetarian, I am observing the significance of one's diet. I've heard it said: 'You are what you eat.' But this scripture gives a whole new meaning to the term 'brain food'.

Now, more than ever, we're faced with the importance of being healthy in mind and body. COVID-19 reminded us all of our need for stronger immune systems and to become more mindful of what we put in our bodies. We must cherish our bodies from the inside out and become more conscious of what we feed ourselves, rather than how we look.

Just like we put proper fuel into cars to ensure their maximum performance, let's fuel our bodies with great nourishment and sound mind so that we can live long, healthy, and purposefully; not necessarily picture-perfect, lives.

Beloved, I pray above all things that you may prosper and be in health, even as your soul prospers.

I wish you health and wealth in this season.

God bless,
Pastor P



MAKE READING CHILD'S PLAY

Raising kids who love to read is as important as raising kids who can read. And it all starts at home!

By **Kgomotso Moncho-Maripane**

Reading is known to cultivate a child's imagination, out-of-the-box thinking, curiosity and confidence. Experts agree that it also stimulates a lot of early language, literacy and social skills in children.

"It really develops comprehension and increases vocabulary. By creating a shared experience during story time, you promote social skills and bonding between parent

and child. You also bring an understanding of communication and emotions," says Prianka Parusnath, a speech and language therapist at Umhlanga's Khanyisa Developmental Centre.

Parusnath says jump-starting reading in early childhood can also lead to later academic success, but cautions parents not to put all the focus on that from the get go.

ENTRENCHING A READING CULTURE

The Progress In International Reading Literacy Study recently revealed that eight out of 10 South African children cannot read at an appropriate level in any language. Cultivating a reading culture in children is extremely important — as is the role of parents in this endeavour.

"Parents should understand that they are their children's first educators. Therefore, they should serve as role models for reading behaviour," says educational psychologist Dr Joseph Seabi.

Here's how to pique kids' interest in books:

Oral tradition

Lorato Trok is an author of a number of children's books, as well as a creative writing facilitator for children's literature. Many of her books are written in Setswana and are included in school curriculums in the North West province. "I am who I am today because my mother was a brilliant storyteller," she says. "*O ne a re tlhabela ditlhamane* every night

without fail. She would then encourage us to tell our own stories. This is very important where there are no physical books because some people can't afford them. Our oral tradition is literature promotion. This helps children want to gravitate towards books," shares Trok.

Promote family literacy

A project Trok ran for the National Library in Cape Town included delivering free wordless picture books to families nationwide. "We kept hearing from caregivers who said they felt confident reading to their children because the books were wordless. When you haven't gone to school, text can be intimidating"

"We got different stories about the same pictures from 10 homes. Promoting family literacy is very important. It's not only text or words."

Create a home reading environment

Kids learn by emulating. If you have book shelves at home and your child sees you reading, they too will follow suit. This applies to reading the Bible or a magazine too. Create a positive environment where reading is a fun activity, not a chore.

Read in their home language

Studies show that children who go to school with a solid foundation in their mother tongue develop stronger literacy abilities in the second or third language.

"In addition to speaking the home language, read to your child in their mother tongue and teach them to write in it too. Children's cultural and linguistic experience in the home is the foundation of their future learning. We must build on that foundation rather than undermine it," advises Dr Seabi.

Establish reading routines

Parusnath says incorporating stories into routine, as early as possible, is helpful as it allows reading and stories to become a natural part of your day. "You can start reading aloud to your children from birth and introduce material books or sturdy cardboard books from about six months of age."

Experts encourage caregivers to establish daily reading rituals that evolve with the child's needs and not to

worry if your child wants to play during reading time — it's how they learn to pay attention.

Read a variety of age-appropriate books to your child. Vary the routine to allow other family members to also be part of reading time.

Add reading to everyday activities

"Expose your children to print-rich environments. Point out print in your natural environment. For instance, saying "Oh look at that stop sign!" or "Look at that big yellow M for McDonald's" is a fun and functional way to include literacy and basic reading skills into every day routine," according to Parusnath.

Expose kids to book festivals and libraries

The Abantu Book Festival, held every December in Soweto, is a free event which prioritises the nurturing of young black readers. Past events have included literary legends like Zakes Mda; Gcina Mhlophe and Sindiwe Magona reading to kids, and each child leaving with a book in their home language.

Some of the festival's discussion points have revolved around how local libraries need to reflect the needs of the black child with books that represent them. In addition to this, Trok says black communities still need guidance on what a library is for.

"Government has built libraries in the townships, but people still find it difficult to go to a library because that culture was never entrenched. Kids are using libraries for homework and nothing else. We still have a long way to go," says Trok.

Embrace technology

It's okay to adapt reading into the digital age.

"For early readers, you might want to build foundational skills using books first. Holding a book correctly and turning a page are good orientation and motor skills to learn," advises Parusnath.

She notes how for school-aged kids and online learning, e-books have proven to be helpful where the skill of reading is the focus. Little ones might enjoy story time over YouTube or online platforms like Vook, and that's actually okay.

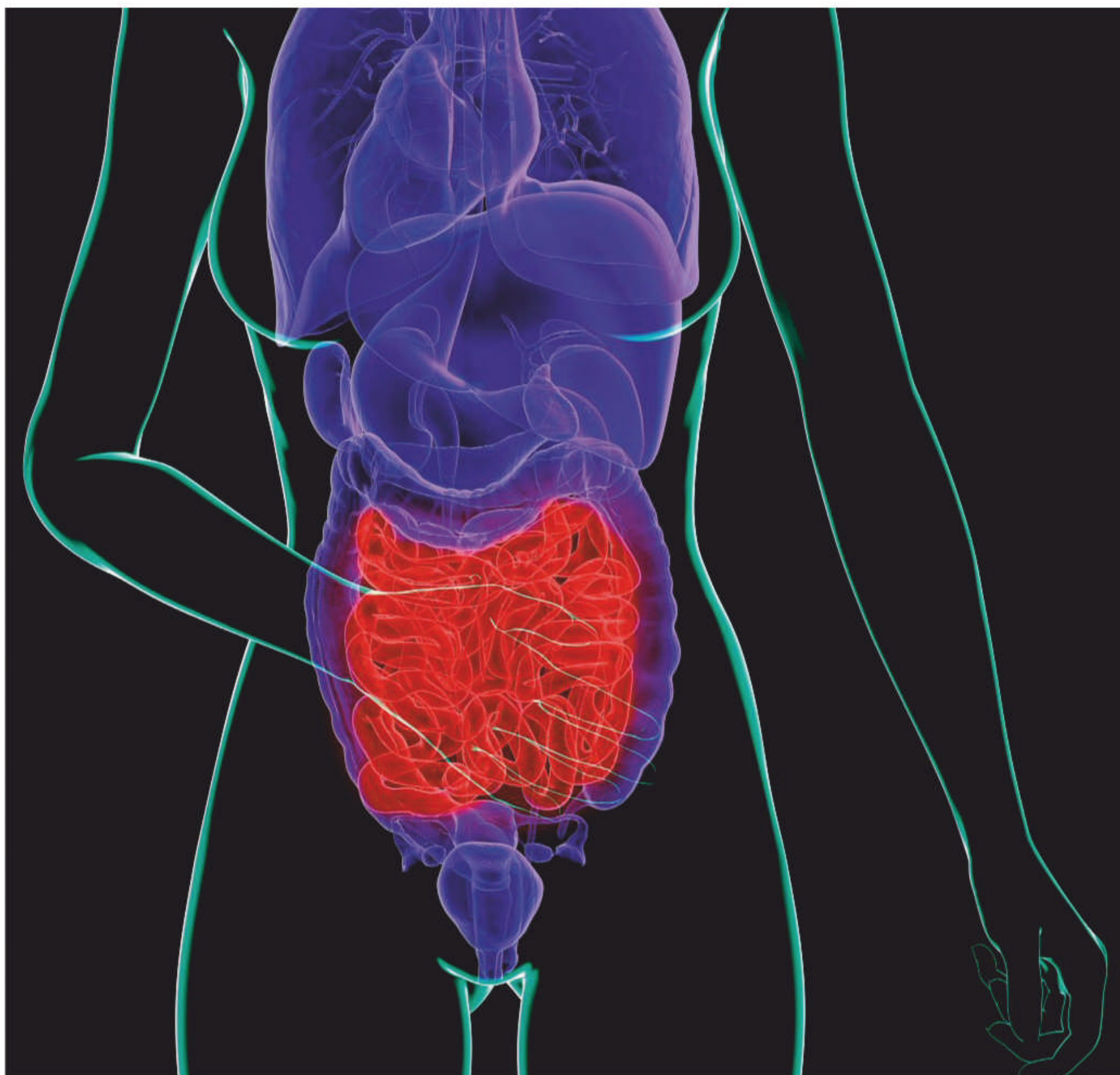
"I know screen time has a bad reputation and when it is used in excess, or as a substitute for human interaction, it can negatively affect development. But it is also a really useful tool when facilitated by an adult in the right way," says Parusnath.

BOOKS WE LOVE BY LOCAL AUTHORS

Portals like puku.co.za; Book Dash, Nali'Bali and Africanstorybook.org are great resources for accessing local children's books — some of which are free, written in African languages or are bilingual.

Some of our favourites include:

- ▶ *Our Story Magic by Gcina Mhlophe*, published by University of KwaZulu-Natal. Also available in IsiZulu.
- ▶ *Mpumzi's Magic Beads* by Lebohang Masango and Masego Morulane, published by Thank You Books and David Philip. Also available in Setswana, Sesotho, Sepedi, IsiXhosa, IsiZulu, Tshivenda, Xitsonga and Afrikaans.
- ▶ *Mosidi* by Lorato Trok, published with the help of Puku Children's Literature Foundation and Siyafunda Online. Available in Setswana.
- ▶ *It's Jamela! – The Complete Collection* by Niki Daly, published by Tafelberg.
- ▶ *Yes Yanga!* by Refiloe Moahloli, published by Pan Macmillan South Africa.
- ▶ *Long Walk To Freedom* by Nelson Mandela, adapted for children by Chris van Wyk, published by Pan Macmillan South Africa. Also available in Setswana, Sesotho, Sepedi, IsiNdebele, IsiXhosa, IsiZulu, IsiSwati, Tshivenda, Portuguese and Afrikaans.



DIGESTIVE DISEASES UNPACKED

As far as gut health goes, those niggly and uncomfortable symptoms could be a telltale sign of a bigger digestive dysfunction. Four women share how they ‘happily’ co-exist with their abdominal ailments ... and more!

By **KEMONG MOPEDI**

Spending too much time on the loo with endless diarrhoeal episodes or bargaining with stubborn stools? Then it's time you seek help. In addition to the above, constant bloating, nausea, severe abdominal pain or halitosis (despite good oral habits) are just some symptoms that may urgently need attention. Why urgently then if the symptoms, however agonising, aren't fatal and you're still able to drive, walk and work through the discomfort? As the famous saying goes, our guts are like our second brain – if not in top form, then optimal functioning of our bodies is compromised.

YOUR GUT AND THE IMMUNE SYSTEM

Yvonne Mangoenyane, a colon hydrotherapist, says 90% of our immune tissues are housed in the gut – meaning our digestive system is the foundation of our body's overall health. And it all starts in the colon! “Our immune system becomes compromised once bad bacteria take over, says Mangoenyane, also the owner of the Kempton Park-based clinic Yves Health.

Her clinic administers colonic hydrotherapy (popularly known as colon cleansing), which is a gentle infusion of warm filtered water into the colon to rid it of toxic waste. As one of few certified Cololavage Therapists, Mangoenyane works closely with gastroenterologists to prepare patients for digestive disease screening procedures such as a colonoscopy and other endoscopies.

“When the colon or overall digestive system is in a state in which the gut's flora is unbalanced due to dietary factors such as alcohol, too much sugar, red meat and junk food – it can lead to conditions such as irritable bowel syndrome (IBS), leaky gut, constipation, auto immune diseases, food intolerances and many others.”

She says the solution is to strive for a dominance of good gut microbiome in the digestive system. “There are millions of pathogens housed in our gut; some good and others bad. The trick is to get the good flora to dominate the bad in order to ward off diseases and any attacks on your immune system.”

Just as cars go for regular servicing, the digestive system, too, needs frequent maintenance.

THE RED FLAGS

Our digestive system includes the mouth, throat, stomach, liver, gall bladder and pancreas, colon, rectum and the anus. The Society for Family Health's Dr Yanga Madlala says digestive disorders can either be congenital or acquired. “Congenital conditions are those that we are born with. For example, some people are inherently lactose intolerant, or have Celiac disease, where they react to food containing gluten.

He says acquired conditions develop, or rather present themselves, in adulthood. Examples of these are IBS, constipation and other metabolic diseases such as type 2 diabetes – all related to our lifestyle choices. If ignored, food intolerances can also lead to a chronic digestive disorder. “Oftentimes, it's easy to relegate symptoms such as nausea, diarrhoea or severe abdominal pain, to ‘over-the-counter medication can cure it’ status. However, these niggly symptoms should not be taken lying down as they could be indicative of a bigger ailment.”

Some of the warning signs he says adults shouldn't take lightly are weight loss, jaundice, abdominal masses, bloating, severe abdominal pain, persistent diarrhoea, constipation, stool abnormalities (black tarry stools, bloody stools or fatty deposits, as well as persistent vomiting.

CASE STUDIES

NALEDI MATHIBE, 24

CONDITION(S): *Chronic gastritis and IBS*

“My journey with digestive discomforts started as far back as high school. I would enquire from friends if they experienced severe abdominal pain and constipation that lasted longer than a week. I was on my own, it seemed. I'd self-medicate with laxatives and everything from Gaviscon to Mayogel or any over-the-counter painkillers I could get my hands on. The symptoms would only subside for a few hours. At this point my GP realised that my condition required a specialist's intervention.

The specialist conducted myriad tests:

a colonoscopy, X-rays, full-body scans and a gastroscopy among others. After a few weeks of waiting, I was diagnosed with chronic IBS and gastritis. My specialist said my conditions were somewhat hereditary but also exacerbated by stress. As part of my healing, which obviously included chronic medication, I had to tackle my anxiety and other emotional stressors. I was diagnosed at a young age, which took a toll on my mental wellness.

I was told my digestive system had become lazy and wasn't digesting food properly. I would exercise, eat healthily and pepper everything with grains of fibre but there was still no winning. The chronic medication seemed to work until my body began resisting it, rendering it inefficient. In 2015, I was hospitalised with a blocked colon. I have been hospitalised every year since to treat one or other digestive dysfunction. The most recent being in March this year after I'd started a new, high-pressure job. This time, I was in high care.

I practically live on gut-friendly foods like greens and lean proteins; basically anything that doesn't take my body forever to break down. If I happen to eat more than two slices of bread, or any other carbohydrates for that matter, as well as anything categorised as heavy to digest, I don't sleep at night. In addition to this diet meticulousity, I've trained my brain to remind me to chew 15 times, to break the food down into smaller particles, then swallow. What's intriguing is that I'm not small in physique, which has always made me wonder how when I don't eat most foods. I also can't take certain medications, especially those containing ibuprofen – even with my severe menstrual pains – because it makes my stomach lining bleed. Where food is concerned, I'd rather manage the desire than deal with the effects.”

*ZANENKOSI MAHLABA, 36

CONDITION: *Leaky Gut*

“Every once in a while, I'd eat certain foods and get really bloated or have a runny tummy. However, it wasn't anything that I took seriously because it came and went. I, eventually, got to a point where I knew something was amiss because I gained a lot of weight when I'd never had weight struggles. Around 2016, the weight gain got out of

hand and I couldn't shed it, even with regular exercise and a healthy diet. I had belly fat that wouldn't budge and was constantly bloated. I started paying close attention to the symptoms and consulted several GPs, all of whom picked up nothing.

I then consulted a doctor who doubled up as a homeopath. He ran some food sensitivities tests, where gluten and dairy came up as the main culprits. He immediately put me on meds to heal the system and advised that I cut back on gluten, dairy and quit alcohol. He also suggested I do colonic cleanses. I, point blank, told him that I wouldn't be able to stop drinking. In fact, at that point, I was drinking more than I'd ever had in my life. In hindsight, I realise that I was actually depressed because I constantly had foggy brain and my body felt foreign. So, I would take the medication, get better and then fall right back into my bad habits.

I initially wasn't very disciplined about committing to a routine that would improve my condition. But, I have since parted ways with alcohol and still struggle with gluten and dairy. I take minimal dairy and when my discipline fails me, and I take activated charcoal to lessen the impact on my body. Sometimes, it's not that we've gained weight but a case of our bodies being chronically inflamed. I now understand my body better and regularly consume anti-inflammatory foods such as apple cider vinegar and turmeric. Food is central to how we live and socialise so, on some days, I do find my condition quite debilitating. I mean, who wants to be that girl who can't have scones at a wedding?

My stomach continues to be sensitive and I'm at peace with it never returning to its heydays. My new rule is to allow myself everything but dial up on my discipline. Should I have three consecutive days of junk food, then I know exactly how that story is going to end [chuckles]. Collagen supplements, green leafy vegetables and smoothies are now dietary staples and I've also gone back to doing colon cleanses!"

***NOMASWAZI
NTOI, 39**

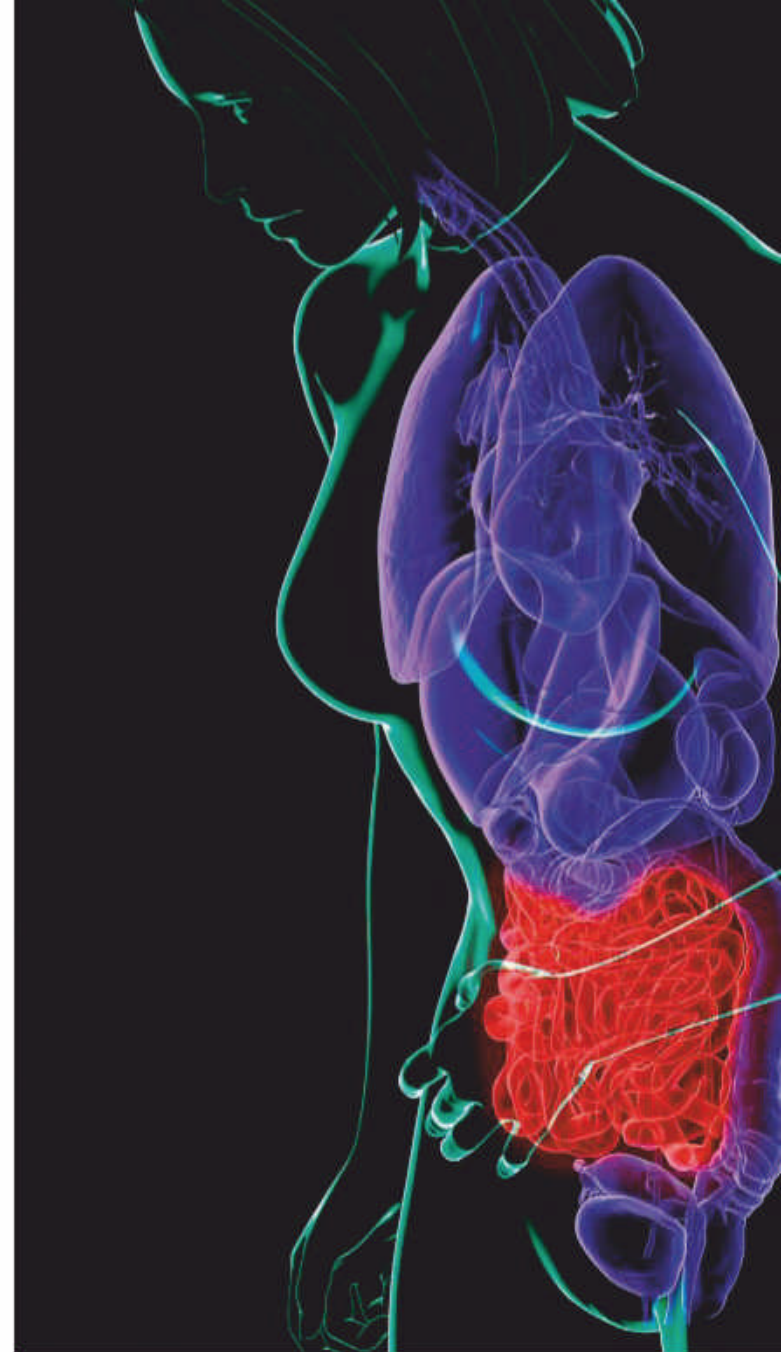
CONDITION: Chronic constipation

"I've struggled with constipation from as far back as I can recall. I knew I was on the irregular side of life but thought that my mom, who visits the loo at least twice or thrice daily, was on the extreme side of regular. I also didn't help my own scenario by eating a lot of cheese, bread and potatoes! I was constantly nauseas, and also felt bloated and heavy. Regular laxatives only seemed to increase the bloating and discomfort without actually helping with some loo action.

The chronic constipation eventually resulted in haemorrhoids (also known as piles) and anal fissures. My anal muscles tore as a result of constantly forcing out stool that was too hard and big. I'd become accustomed to seeing splashes of bright red blood inside the toilet bowl from when my rectal muscles tore and bled. I had had many of these tears over a two-year period but didn't pay enough attention until the pain became unbearable. Eventually, I had to have an operation called a sphincterotomy to treat and heal the fissures in my anal canal. I'd walked into the emergency room limping and knew I never wanted to experience anything like that again. During my hospitalisation, I met with a dietician who devised a detailed diet plan for me.

It's been four years since the op and while I still struggle with constipation occasionally, I now know to intervene sooner. Whole foods, coupled with a fibre-rich diet, have been immensely helpful — this is food that has undergone minimal processing and is as close to natural as possible. For my morning dose of fibre, I'll have oats and fruit. Brown, rather than white, foods are ideal for my stomach's settings because they're easier to digest and contain fibre.

The biggest dietary learning for me has been ensuring that I have heavy and hard-to-digest food earlier in the day. A good dinner for me includes little to no protein; this is because protein takes longer to digest. Stress management has also proven very helpful, as it helps keep the constipation at bay. During moments of high stress, I sometimes resort to a prescription laxative, and fibre supplement, to help move things along in my tummy. I take daily probiotics to help my gut flora stay in top form and I'm also big on homeopathic remedies and habits.



One of the most helpful is drinking a lot of warm water daily. Having had a painful surgery, I am determined to prevent rather than to cure!"

NCUMISA MAZWI, 45

CONDITION: Gallstones

"It was September 2015 and I had been looking forward to all the promises that come with turning 40 when I suddenly fell ill. Until that point, I had never been a sickly person — I was numb, lethargic, couldn't keep any food down and it felt like someone was constantly punching me in the gut. The only thing my stomach seemed to hold down was an apple, and other dry food if I was lucky. For about two and half, months doctors were confused by my symptoms. Having no medical aid also meant that the quality of healthcare I was subjected to was limited and poor.

By God's grace, I managed to consult at a private medical facility in Queenstown and this was where I was diagnosed with a complex case of gallstones that were located in my liver tube. By now, it was November and I had to undergo an emergency surgery which



was halted by financial issues. I had to go back to seeking help at a government hospital, where I was placed on a waiting list. Most liver-related conditions usually affect the joints and bones. Even though I'd lost a lot of weight due to malnutrition, my knees felt wobbly on most days and could not carry my body.

After what felt like a long wait, I finally underwent surgery in March 2016 and my health improved drastically thereafter. I regained my appetite and with time, went back to my full-figured body. Medical conditions can be such a mystery. Prior to being diagnosed, I didn't eat fatty foods and didn't suffer from any lifestyle diseases such as cholesterol.

This chapter of my life taught me to always be on high alert because our bodies are constantly communicating with us. I'm dedicating this second chance at life to eating healthily and loving my body like never before. There's honestly nothing like a near-death experience to pull you out of a comfort zone!"

**Not their real names*

DIGESTIVE DISORDERS GLOSSARY

"SYMPTOMS ASSOCIATED WITH MOST DIGESTIVE DISEASES USUALLY OVERLAP, MAKING THEM A MISSION TO SELF-DIAGNOSE ACCURATELY," SAYS DR NTHABISENG KUMALO, A MEDICAL DOCTOR.

If you have any the following symptoms, it's time you seek medical help:

- ▶ **Constipation.** A chronic (sometimes not) condition in which one's bowel movements are infrequent (less than thrice weekly) and the stools are literally metal-rod tough. The stools take long in transit which could lead to conditions such as leaky gut or haemorrhoids.
- ▶ **Leaky Gut.** A condition where the stomach's lining gets damaged and starts tearing up into cracks, therefore allowing undigested food particles, toxins and bacteria to permeate your bloodstream. The natural health industry calls it auto intoxication, which is basically your body toxifying itself.
- ▶ **Haemorrhoids or Piles.** Swollen and inflamed veins in the rectum and anus, usually caused by straining during bowel movements, obesity or pregnancy, that cause discomfort and bleeding. Common symptoms include itching and bleeding.
- ▶ **Gastroesophageal Reflux Disease (GERD) or Acid reflux.** A persistent condition where stomach acids or bile flows into the food pipe, therefore irritating the lining. Symptoms include a burning sensation on the chest, which usually follows after a meal.
- ▶ **Peptic Ulcers.** A condition where stomach acids eat away at the digestive tract's mucus layer, therefore causing open sores in the lining of the stomach or the upper end of the small intestine. This condition is often, always, characterised by discomfort, a burning sensation or no symptoms at all. Peptic ulcers can also lead to internal bleeding.
- ▶ **Stomach Flu.** An intestinal infection marked by diarrhoea, cramps, nausea, vomiting and fever. Stomach flu is typically spread by contact with an infected person or through contaminated food or water.
- ▶ **Celiac Disease.** An immune reaction usually triggered by eating gluten — a protein found in wheat, barley and rye — which is mostly typified by diarrhoea, bloating, wind, fatigue and anaemia.
- ▶ **Inflammatory Bowel Disease (IBD).** An umbrella term used to describe disorders that involve chronic inflammation of the digestive tract. Types of IBD include: Ulcerative colitis and Chron's disease, conditions that cause long-lasting inflammation and sores in the innermost lining of the large intestine and rectum.
- ▶ **Irritable Bowel Syndrome (IBS).** A common disorder that usually plagues the large intestine, with symptoms ranging from cramping, abdominal pain, bloating to gas and diarrhoea or constipation (sometimes both).
- ▶ **Gallstones.** Hardened deposits of digestive fluid that can cause a blockage in the pancreatic duct, which can lead to inflammation of the pancreas (pancreatitis) if left untreated. Those with a medical history of gallstones have an increased risk of gallbladder cancer.
- ▶ **Colon cancer.** Also known as bowel cancer, rectal cancer or Colorectal cancer, is a malignant tumour located in the inner wall of the large intestine or rectum. Common symptoms include blood-stained or dark-coloured stool, change in bowel habits, change in stool consistency, constipation and diarrhoea.

Forget complicated health advice or following multi-step instructions to enjoy real health benefits. We're not saying they don't work, but when you're busy, a simpler solution would be better, right? The good news is that making one single change or doing one thing differently can be just as effective.

You can make a long-term difference to your health and even keep conditions such as chronic pain, diabetes and heart disease in check with these simple steps:

IN ONE WEEK:

Go Organic

Scientists are still debating whether, and which, organic foods are nutritionally better for you. But eat them for just seven days and you'll reduce the level of pesticides in your system by nearly 90 per cent. That's significant, especially with recent research linking pesticide exposure to an increased risk of a number of diseases, including Parkinson's and ALS, a type of motor neurone disease.

IN ONE MONTH:

Cut Out Alcohol

Participants who did this for a UK study showed a decrease of 12.5 per cent in liver stiffness (an indication of liver damage) and their insulin resistance (a measurement of diabetes risk) dropped by 28 per cent. They also lost 2.7 kg of weight on average. Plus, one in three people who went alcohol-free for one month are still drinking less a year later. Give it a go this month and enjoy the benefits of a healthier liver, better sleep and libido.

IN ONE YEAR:

Lose Weight

Why? Because when you manage to maintain weight loss off for a year, your odds of keeping it off for good increase significantly. Levels of hormones that suppress appetite increase after you've kept the weight off for 12 months. That means you're less hungry, which makes it easier to maintain the weight loss long term.



THE POWER OF ONE

The number 'one' may be small, yet a single cup of vegetable juice or one minute of exercise is all it takes to improve your health in a big way.

By **ZODWA KUMALO-VALENTINE**

Credit: BAUERSYNDICATION.COM.AU/MAGAZINEFEATURES.CO.ZA. Images: Gallo/Getty Images

CHANGE ONE SMALL THING



Vincent van Gogh once said: “Great things are not done by impulse, but by a series of small things brought together. Here’s what happens when you introduce these small changes to your health:

One Minute Of Intense Exercise: Your fitness could really improve. People who did three 20-second bursts of very intense daily exercise three times a week, experienced the same fitness improvements after 12 weeks as those doing 45-minute training sessions.

One Cup Of Beetroot Juice: Your blood pressure will fall by about 8/4mmHg after a month, if you drink one cup of juice every day. That’s significant. For each 2mmHg increase in blood pressure, the risk of dying from heart disease rises by seven per cent. Beetroot is high in nitrates, compounds that the body converts into nitric oxide, which relaxes and dilates blood vessels.

One Hour Of Walking: You’ll reduce your risk of dying prematurely by up to 14 per cent. It could be an easier target to aim for, compared to previous advice that prescribed limiting sitting to no more than four hours a day. An Australian study found that simply swapping 60 minutes of sitting for some light exercise, each day, is enough to provide a protective effect.

EMBRACE ONE HEALTHY HABIT

ADOPTING ONE HEALTHY HABIT DAILY, WEEKLY OR MONTHLY CAN BE A REAL HEALTH BOOST. HERE’S WHAT YOU SHOULD DO:

Once A Day:

Eat one piece of fresh fruit to reduce your risk of having a heart attack, or a stroke, by at least 30 per cent. The best fruit are oranges or apples. They both contain polyphenols, antioxidants that lower a substance linked to hardening of the arteries by 40 per cent in just four weeks.

Once A Week:

Spend 30 minutes in a green space to reduce depression. Do whatever you want while you’re there: researchers say that being surrounded by green vegetation is what matters. One theory is that ‘green time’ decreases activity in an area of the brain associated with rumination, or repeatedly focusing on negative emotions.

Once A Month:

Make contact with your friends, both close and peripheral ones, to bump up your pain threshold. It’s the number of friends contacted on a monthly, rather than weekly, basis that makes the difference, say researchers.

“In December 2019, I lost my childhood friend to stage-4 cancer. This event took me by surprise but also woke me up to the fact that I had to do a mammogram. Up to that point I’d been striving to be healthy – I exercised three to four times a week and took good care of myself.

I had been very good in doing my annual health assessments and, in January 2019 when I did my annual pap smear and breast checks, my gynaecologist said I was very healthy and needed to only come back in two years for my next examination. There were no symptoms to indicate I had breast cancer. I’m talking about the common signs that we should look for like a lump, discomfort, nipple discharge, inverted nipples. I had none of that.

My friend’s funeral left me quite devastated, I just could not believe what had happened. I went through a hard time but her death also made me determined to do the test because if it could happen to her, then it could happen to any of us. Following the funeral, I had to prepare for a business trip to Europe. The trip was in February and so I travelled and was in good shape. Everything was fine.

Upon my return, I had to be in isolation and test for COVID-19. I

consulted my GP and asked if I could also include a mammogram. She asked why I wanted to do a mammogram, probing if I was not feeling fine. I then told her about my friend’s passing and, that, that was my main reason. She agreed and I continued with all the tests.

In a few days, the results came out. My doctor asked me to come and see her. She began with my annual checks and said everything was fine. She went on to COVID-19 and said I was negative. With my mammogram results, she suggested that a surgeon would be best suited to explain them. At that point I wasn’t thinking much of it as I had no pain. In fact, this for me was just another test. So, I made an appointment to see the surgeon and when I got there he was just the most incredibly kind and caring human being I’d ever encountered in my life.

He looked at my results and asked if I’d been in a major accident and I said no. He asked if I was in severe pain at the moment and again my response was no. He paused and asked me once more the same questions, for which I paused and thought deeply about – and my response was still no. He then suggested that we do the mammogram test again.

We did so and the results were the

same. He then suggested removing some tissue samples with a needle just to check what was going on inside my breasts. A few days later he said he couldn’t collect enough samples with the needle and asked if he could cut my breast open to, just, see the inside. I still did not see anything untoward as I was fit and healthy. We did the procedure and all went well.

On 13 April the doctor phoned me and asked if I could come and see him at his office. For the first time in the entire process, I had a sinking feeling that something was not right. I remember arriving at his office and him telling me that he is very sorry, and that what he’d been seeing all along he’d really hoped wasn’t real. He then told me I have breast cancer.

When I heard those words, everything in my system shut down because, out of any possible illness I could have, I was not expecting cancer. My follow-up question to him was what would the next steps be. He suggested I go home and that he would call me the next day and talk me through the process. I went home that day and called my family and close friends to tell them about what had happened and then just slept. That day just felt like a horror movie. I was really surprised but, at the same time, I was determined to step up to the challenge and fight this.

The following day the doctor called me as promised and said he had arranged meetings with the plastic surgeon, genetic specialist and oncologist to explain their role in this journey, and also give me any clarity I might need. My first appointment was with the plastic surgeon and he really explained to me what cancer is all about and that it comes from external factors or genetics, and in my case they suspected it’s genetic.

I then saw the genetic specialist who asked me about my nationality, race, ethnicity etc. I told her that I’m an African woman and Zulu. She then responded: ‘Zulu’s don’t have cancer so where could yours have come from’ and we chuckled about it. I then asked her why she would say that and she responded that cancer is more prevalent in certain communities such as Jewish, German and Afrikaner but not within

EARLY DETECTION SAVES LIVES

After the devastating loss of her best friend from breast cancer, **Lindiwe Khumalo** is determined to tell her story of loss, struggle and hope.



were doing their mammogram test.

It was during these conversations where I realised how, within my circle of friends, everyone understood the importance of a Pap smear but not a mammogram. Some of my friends would say: 'Lindiwe we don't understand this illness; we don't have a reference in our community, anyone we hear of that has cancer dies. All we know is that this is a deadly disease'.

I could really understand why people in our community would have such concerns. Cancer is not commonly spoken about in African communities. It's a feared and lesser understood illness, especially during chemo because hair loss on its own frightens a lot of people. That's when I knew that I had to do educate and share my story in the hopes that it would save lives. I am currently on chemo and it's not a comfortable experience to go through.

'Zulu's don't have cancer so where could yours have come from?'

the Zulu nation unless there had been genetic mutation.

She then suggested we do a family tree exercise. We looked at my father's side, who is Zulu, and there was no cancer that came through. We then did my mother's side of the family and, because my mom is mixed, we discovered a history of cancer in her family. I then met the oncologist who spoke about the type of breast cancer that I have and the different treatment possibilities that I could go through following my mastectomy. I must say, that day I felt very strong and decided that I truly have cancer and must face it head on.

I was booked for a double mastectomy on 1 June, for about five days, but ended up staying for 10 days. It was really not an ideal time as visitors were not allowed due the coronavirus

pandemic. I missed my family and friends so much. We had to wear masks and sanitise as well, but what broke my heart were the deaths due to the virus. I must thank all doctors, nurses, cleaners, porters that worked and continue to work in hospitals with a big smile as they are our real heroes.

My operation went well and I was discharged to recuperate at home in the care of my family. The video calls from friends and colleagues also gave me the strength to get better. But, at that point, my perspective about a few things had changed. They say cancer awakens you and it sure did that to me. I was not interested in discussing things anymore; I was more interested in the well-being of everyone in my life and the world. Naturally, my conversations with anyone I met or spoke to were around health, cancer and finding out if people

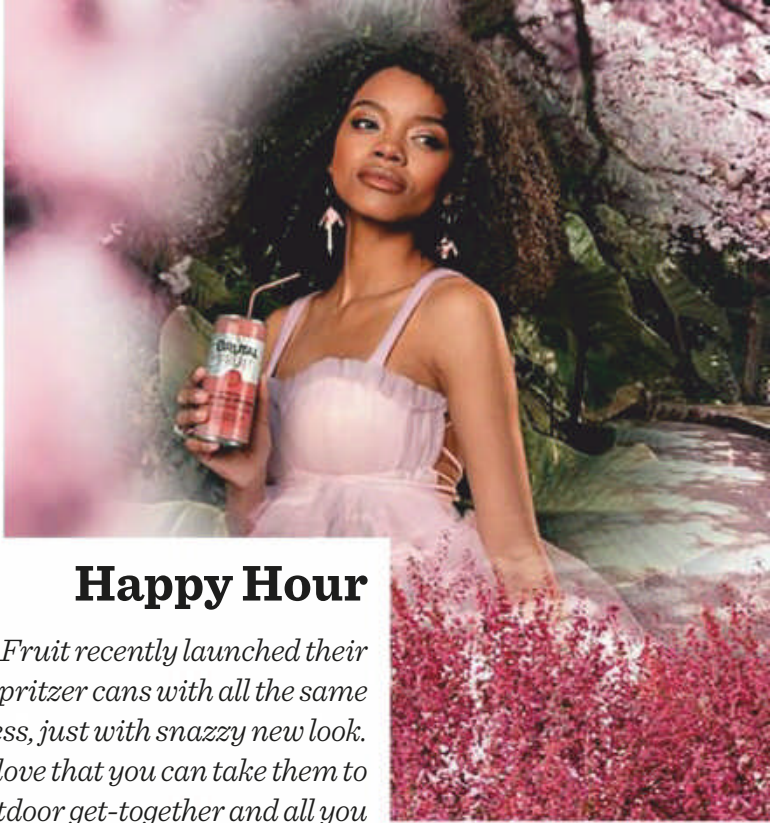
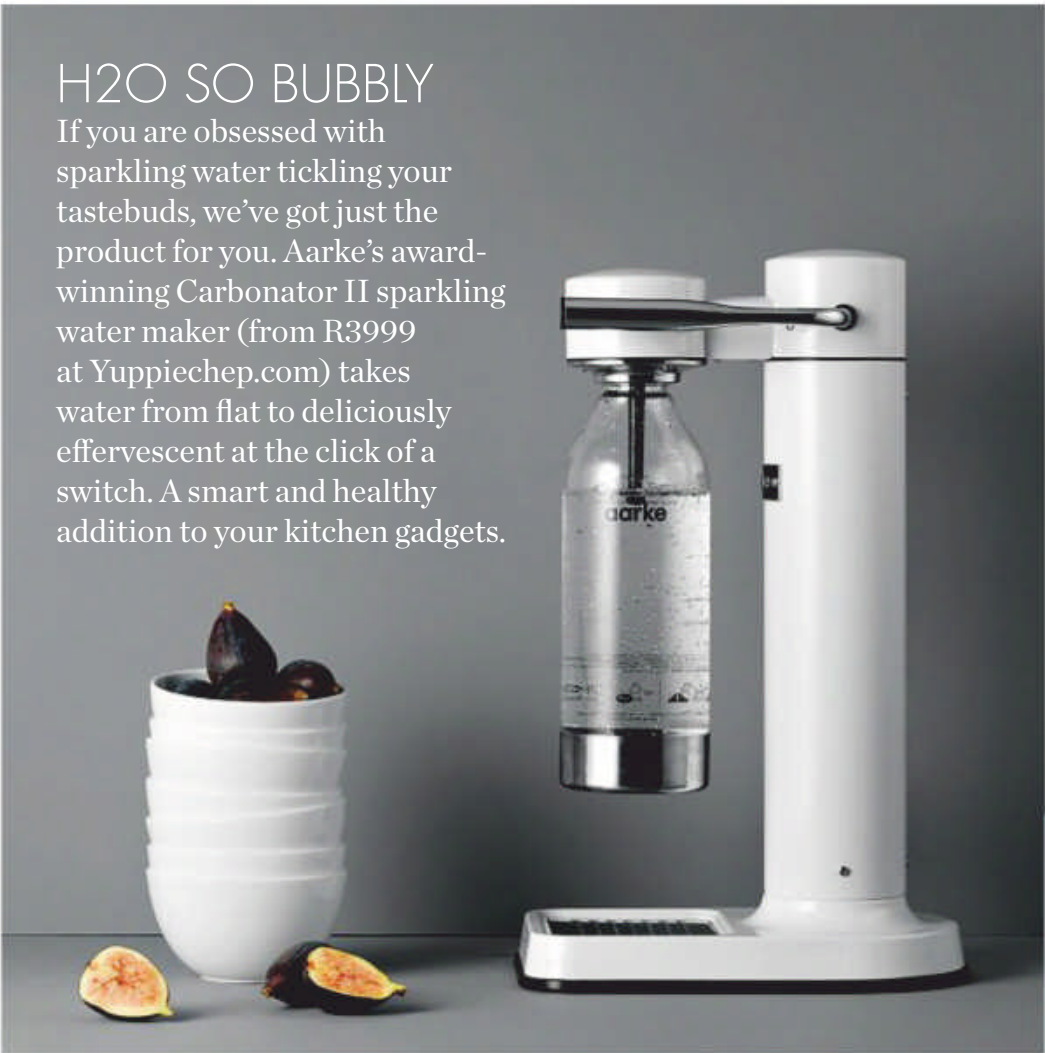
However, I understand that sometimes, to go over one has to go through.

All I really want is for people everywhere to understand that you don't have to see, or wait for, certain symptoms like a sore breast or a lump. I had absolutely nothing as my cancer was tiny spores and had no lump — nobody could have detected it. The best way is to really understand your family history and to do the necessary tests. Cancer is a silent killer, but you can prevent it from taking you away from your loved ones if found in time. Early detection really does save lives.

My friend has given me more days with my family and friends. I hope my story can also help make a difference and touch other lives. I hope someone reads my story and books a mammogram right away. I am eternally grateful for this second chance!"

H2O SO BUBBLY

If you are obsessed with sparkling water tickling your tastebuds, we've got just the product for you. Aarke's award-winning Carbonator II sparkling water maker (from R3999 at Yuppiechep.com) takes water from flat to deliciously effervescent at the click of a switch. A smart and healthy addition to your kitchen gadgets.



Happy Hour

Brutal Fruit recently launched their 300 ml spritzer cans with all the same goodness, just with snazzy new look. We love that you can take them to any outdoor get-together and all you need is a gold straw to accessorise the great packaging. Enjoy it alone or get creative with delicious cocktails.



Food-fluencer to stalk

We are totally stalking Charmaine Ramolope, aka the Glam Foodie's Instagram page. She's super stylish, a hottie to note and on point when it comes to making amazing meals or steering you in the right direction for the best grub anywhere in the world. Follow her @GlamFoodieZA.



WHY SO BLUE?

Have you done a double take at blue bottles of milk on store shelves and wondered if Clover has a new milk flavour? That's because the brand has changed to a new shade called clover blue, and is asking you if you can guess why. Log onto Clovers social media pages using the #WhyCloverBlue to guess and win fab prizes.

LUXE LIVING

Clear the kitchen counter for these faves

WHAT'S FOR DINNER

Sunday roast chicken is prepared effortlessly, curtesy of celebrity Chef Zola Nene and LG's Neo Chef microwave. Baby potatoes, peppers, onion, lemon, garlic, rosemary, oregano and thyme are prepped and mixed together in a casserole dish. The whole chicken is then slathered with chicken spice, garam masala, lemon, olive oil, salt and pepper and placed the dish. Press the Roast & Bake button, turn the dial to five for roast chicken, add the weight of the bird and let the Neo Chef work its magic.



#real mornings

The perfect breakfast mix



Real Dairy, Real Fruit, Real Cereal


Clover
Made With Love™



Park life

These bright, ready-to-go dishes take spring picnicking to a whole new level of decadence.

By **EMMA KNOWLES**

Photography **WILLIAM MEPPEN**

LIME-COCONUT CAKE & PINEAPPLE GLAZE

Serves: 6-8

Prep time: 1 hr 10 mins

Ingredients

- ▶ 200 g softened butter, extra for greasing
- ▶ 200 g caster sugar
- ▶ Fine rind and juice of 2 limes, extra to serve
- ▶ 2 eggs
- ▶ 1/2 cup milk
- ▶ 1 cup plain flour
- ▶ 80 g shredded coconut, extra to serve
- ▶ 3/4 tsp baking powder

For the glaze

- ▶ 300 gm pure icing sugar, sifted
- ▶ 60 ml (1/4 cup) pineapple juice
- ▶ Juice of 1/2 lime

Method

1. Preheat oven to 180°C. Grease 25cm wide ring tin. Line with baking paper. Blend butter, sugar and rind in a mixer (4-5 minutes). Individually beat in eggs. Mix milk and lime juice in a jug and let curdle. Add flour, coconut, baking powder and pinch of salt to butter mix. Beat to combine. Slowly mix in milk mixture to form batter.
2. Put batter in tin and bake until golden brown (45-50 minutes). Let cool. Run sharp knife around the side and flip onto wire rack to cool more.
3. For glaze, stir ingredients in bowl until smooth. Add extra lime juice to thin. Drizzle over cake. Sprinkle with lime rind and coconut and let set.

Enjoy with a sweet Riesling wine.



YOGHURT ROAST CHICKEN

Serves: 6-8

Prep time: 55 mins

Ingredients

- ▶ 200 g Greek-style yoghurt
- ▶ ½ onion, coarsely chopped
- ▶ 4 garlic cloves
- ▶ Fine rind of 1 lemon and wedges to serve
- ▶ 2 tsp ground cumin
- ▶ 2 tsp ground coriander seeds
- ▶ 1/2 tsp smoked paprika, extra to serve
- ▶ 1 large chicken, butterflied
- ▶ Olive oil for drizzling

Method

1. Mix yoghurt, onion, garlic, rind and spices in processor. Transfer to large bowl, add chicken and massage. Transfer to sealable container and refrigerate for 2-3 hours.
2. Preheat oven to 200°C. Place chicken skin-side up on baking tray lined with baking paper. Drizzle with oil and roast until golden brown and juices run clear when pierced. Cool to room temperature, cut into pieces, sprinkle with paprika and serve with wedges.

Enjoy with a perfumed pinot blanc wine.

DEVILED HAM, GHERKINS & CHEDDAR

Serves: 6-8

Prep time: 15 mins

Ingredients

- ▶ 500 g leg ham, shredded
- ▶ 2 T crème fraîche
- ▶ 2 T olive oil
- ▶ 2 T coarsely chopped flat-leaf parsley
- ▶ 1 T white wine vinegar
- ▶ 1 golden shallot, finely diced
- ▶ 2 tsp coarsely chopped thyme
- ▶ Gherkins, vintage cheddar and buttered baguette, to serve

Method

1. Combine all except gherkins, cheddar and bread in a bowl. Season to taste and press into a jar. Seal and refrigerate for three days. Serve with gherkins, cheddar and baguette.

Enjoy with a pale, dry rosé.

These dishes are designed to be packed into containers, transported and served with ease.



CARROT & BURGHUL SALAD

Serves: 6-8

Prep time: 35 mins

Ingredients

- ▶ 3 bunches Dutch carrots, scrubbed, trimmed and halved
- ▶ 1/2 cup olive oil
- ▶ 150 g small green lentils
- ▶ 300 g coarse burghul, rinsed
- ▶ Juice of 2 lemons
- ▶ 1 T red wine vinegar
- ▶ 1/2 Spanish onion, thinly sliced
- ▶ 1 garlic clove, finely grated
- ▶ Pumpkin and sunflower seeds
- ▶ 1 cup flat-leaf parsley
- ▶ 1 cup fresh coriander

Method

1. Preheat oven to 200°C. Spread carrots on oven tray, drizzle with 2 T olive, and roast for 12-15 minutes.
2. Cook lentils in boiling water until just tender. Adding burghul at last 5 minutes of cooking. Drain, rinse under cold water and drain. Combine in bowl with lemon juice, vinegar, onion, garlic and oil.
3. Season to taste. Toss and top with carrots and seeds. Serve tossed with parsley, coriander and carrot tops.

Enjoy with a chilled lager.





CHOPPED SPRING GREEN SALAD

Serves: 6-8

Prep time: 13 mins

Ingredients

- ▶ 150 g sugar snap peas, trimmed
- ▶ 150 g green beans, trimmed and coarsely chopped
- ▶ 1 1/2 cups frozen peas
- ▶ 2 Lebanese cucumbers, coarsely chopped
- ▶ 1 baby cos lettuce, coarsely chopped

For the dressing

- ▶ 100 ml extra-virgin olive oil
- ▶ Juice of 1 lemon
- ▶ 1 T sherry vinegar
- ▶ 1 garlic clove, finely grated
- ▶ 100 g feta, crumbled

Method

1. For dressing: shake oil, lemon, vinegar and garlic in a sealed jar. Season to taste, add feta and refrigerate until needed.
2. Blanch snap peas and beans until bright green and tender. Add frozen peas at last minute of cooking. Drain, cool in iced water, drain and toss in bowl with cucumber and lettuce.
3. To serve, toss greens with feta dressing in a bowl.

Enjoy with a grassy sauvignon blanc.

New leaf

WITH BRIGHT DISHES
TO SPREAD OUT UNDER
THE SUN, SPRING
PICNICKING IS PACKED
AND READY TO GO.

Recipes **LISA FEATHERBY**



Roast pork & date witlof salad

Serves: 4**Prep time: 1 hr 65 mins****Ingredients****For the pork**

- ▶ 800 g boneless pork belly, thinly scored
- ▶ 1 tsp fennel seeds
- ▶ 1 T olive oil
- ▶ Shaved Parmesan, to garnish
- ▶ 6 pitted dates, thinly sliced

For the salad

- ▶ 2 bunches witlof, leaves separated
- ▶ 1 1/2 T extra-virgin olive oil
- ▶ 1 T red wine vinegar
- ▶ 1/2 white onion, thinly sliced
- ▶ 6 anchovy fillets, torn
- ▶ 1/2 cup roasted hazelnuts, coarsely chopped

Method

1. Place pork skin-side up on a tray lined with baking paper and refrigerate, uncovered, overnight.
2. Preheat oven to 220°C. Coarsely grind fennel seeds and transfer to a bowl with 2 tsp salt. Place pork skin-side up on a wire rack over the sink and pour boiling water over. Pat dry, drizzle with oil and rub in fennel mixture.
3. Place in a roasting pan lined with baking paper and roast until crackling starts to form. Reduce heat to 160°C and roast until skin is deep golden and juices run clear when pierced (about 1 hour 15 minutes). Remove pork from pan and rest for 15 minutes.
4. For the salad, toss ingredients in a bowl and season to taste. Break crackling into small pieces. Remove excess fat from pork, then cut into thin slices. Top with salad, crackling and parmesan to serve. Enjoy with a pinot gris wine.





Tuna, baby marrow, radish & sesame dressing

Serves: 4
Prep time: 20 mins

Ingredients

- ▶ 350 g sashimi-grade tuna, 3cm pieces
- ▶ 1 T light soy sauce
- ▶ 2 tsp sesame oil
- ▶ 2 marrows, julienned
- ▶ 1 cup thinly sliced red cabbage
- ▶ 12 radishes, halved lengthwise
- ▶ Sunflower and pumpkin seeds, to serve

For the dressing

- ▶ 75 ml light soy sauce
- ▶ 50 ml lime juice
- ▶ 50 ml olive oil
- ▶ 2 1/2 tsp hulled tahini
- ▶ 1 tsp finely grated ginger

Method

1. Toss tuna, soy sauce and oil in a bowl and season to taste.
2. For dressing, whisk ingredients in a bowl and season to taste.
3. Toss marrows in a little dressing and divide among plates. Top with tuna mixture, then toss cabbage and radishes in a little dressing and scatter on top.
4. Sprinkle with seeds and drizzle extra dressing. Enjoy with a dry sake.

Grilled chicken & rice noodle salad

Serves: 4
Prep time: 1 hr 15 mins



Ingredients

- ▶ 1 T vegetable oil
- ▶ 250 g thick rice noodles
- ▶ 1/4 white of lemongrass stalk, thinly sliced
- ▶ 2 cups mixed fresh mint, basil, coriander
- ▶ Fried shallots, to serve

For the chicken

- ▶ 2 garlic cloves, coarsely chopped
- ▶ 1 white of lemongrass stalk, coarsely chopped
- ▶ 10 g ginger, coarsely chopped
- ▶ 1 T fish sauce
- ▶ 1 T light soy sauce
- ▶ 1 T palm sugar, crushed
- ▶ 1 butterflied chicken, flesh scored

For the dressing

- ▶ 2 garlic cloves, coarsely chopped
- ▶ 2 small red chillies, finely chopped
- ▶ 2 coriander roots, scraped and chopped
- ▶ 2 T palm sugar, crushed
- ▶ Juice of 3 limes
- ▶ 2 T fish sauce

Method

1. For chicken, pound garlic, lemongrass, ginger and large pinch of salt with a mortar and pestle until finely crushed. Combine with fish and soy sauce, and sugar in a large bowl. Add chicken and rub into skin. Refrigerate overnight or for 1 hour.
2. Heat pan on medium heat. Brush chicken with oil and grill skin-side down, turning occasionally until golden and juices run clear when pierced. Cool and pull meat off the bone into large pieces.
3. Place noodles in a large heatproof bowl and cover with boiling water. Stir, then stand until soft. Drain.
4. For dressing, pound garlic, chilli, coriander and large pinch of salt with a mortar and pestle until smooth. Pound in sugar, then add lime juice and fish sauce.
5. Combine chicken, noodles, lemongrass and half the herbs in a bowl, and toss with dressing. Top with fried shallots and remaining herbs. Enjoy with a fragrant craft beer.

Fried tortillas with broad beans, feta & lime

Serves: 4

Prep time: 40 mins

Method

1. Heat oil in a deep pan over medium high. Fry tortillas in batches, turning occasionally until golden. Drain on paper towels.
2. Blanch broad beans in boiling salted water (3-4 minutes). Drain, refresh in iced water, then drain again.
3. For the dressing, dry-roast coriander seeds in pan (20-30 seconds). Combine with remaining ingredients in a bowl and season to taste.
4. Break tortillas onto plates, top with broad beans, feta, avocado, coriander, salad leaves and flowers and drizzle with dressing to serve. Enjoy with a chilled lager.

Ingredients

- ▶ Vegetable oil
- ▶ 8 corn tortillas
- ▶ 2 cups broad beans
- ▶ 1 cup Danish feta, crumbled
- ▶ 1 avocado, diced
- ▶ 1 cup coriander, torn
- ▶ 3 cups small mixed salad leaves
- ▶ Edible flowers to serve

For the dressing

- ▶ 1 tsp coriander seeds
- ▶ 2 T extra-virgin olive oil
- ▶ Juice of 2 limes
- ▶ 1 tsp honey
- ▶ 1 golden shallot, finely chopped



Brinjal, tofu, peas & ginger soy dressing

Serves: 4

Prep time: 40 mins



Method

1. Steam brinjal until tender. Tear into smaller pieces.
2. For dressing, whisk soy sauce, vinegar and ginger in a bowl. Stir in sugar, onion and sesame seeds.
3. Blanch peas and asparagus in boiling salted water for 2-3 minutes. Drain, refresh in iced water and drain again. Pat dry. Place in a bowl with brinjal and tofu. Add dressing, season to taste and toss gently.
4. Heat oils in a saucepan on high heat. Remove from heat, add garlic and let stand for 1 minute. Spoon garlic oil over salad, scatter with pea tendrils and top with sesame seeds to serve. Enjoy with a perfumed pinot blanc wine.

Ingredients

- ▶ 1 brinjal, quartered lengthwise, then halved diagonally
- ▶ 300 g sugar snap peas
- ▶ 340 g asparagus, trimmed and thickly sliced
- ▶ 600 g silken tofu, cut into 4cm cubes
- ▶ 2 T vegetable oil
- ▶ 2 tsp sesame oil
- ▶ 1 garlic clove, bruised
- ▶ Snow pea tendrils to serve

For the dressing

- ▶ 1/2 cup light soy sauce
- ▶ 2 T rice wine vinegar
- ▶ 2 T chopped pickled ginger
- ▶ Pinch of caster sugar
- ▶ 1 spring onion, julienned
- ▶ 1 tsp roasted sesame seeds, extra to serve

TIMELESS TASTE

Clover Classic's range of products helps you create all your family's favourite dishes and more!

You'll find Clover Classic red-branded products standing out from the rest on grocery store shelves – and for good reason too.

It's that 'Timeless Taste' and the excellent value you've come to know and love from a leading brand used by South African families for generations.

You can rely on Clover's expertise and trusted

heritage with an assortment of products, made using the best quality ingredients.

Count on Clover Classic's tasty range of flavours that takes you back. You'll find dairy, custard, mayonnaise, and even the grocery staple, fat spread – so you can make all your mouth-watering bakes, desserts, quick snacks, salads and well-loved recipes.

SHOP SMART WITH THESE FAMILY FAVOURITES:

Classic Dairy Snack

There's nothing like the smooth and creamy goodness of this delicious Dairy Snack – that's also a source of 10 vitamins! Clover's unique recipe provides the Classic Timeless Taste you love. Enjoy it in your choice of Strawberry, Mixed Fruit, Apricot, Vanilla or Plain.

Classic Fat Spread

Your tasty everyday spread with a touch of Clover Cream and a source of 10 vitamins. Perfect as a spread to create your favourite sandwich, and your secret ingredient for classic bakes and cooking too – use it your way! Your family will love the taste of Clover Classic Fat Spread for any occasion. Available in a convenient 500g and 1kg tub – and a 500g Brick.

Classic Mayonnaise

Clover Classic Chef Mayonnard's Tangy Mayonnaise range is a source of 10 vitamins, the ideal choice for your salads and saucy meals. Choose from three levels of tanginess: Mild, Medium and Strong. You'll find a mayonnaise for every occasion! What's your flavour?

Classic Custard

Delectably creamy, thick and smooth – and best of all, ready to eat! Clover Classic Custard is the perfect treat enjoyed on its own or deliciously incorporated into your family's favourite dessert. You'll find it in a 1kg pack and a choice of convenient 6 x 200ml tubs, ideal for healthy lunchbox surprises and treats on the go.



Clover
Classic



BUHLE NGUBENI, 50

This self-employed food and exercise coach from Benoni has taken part in many marathons in her lifetime. She, initially, started running for weight management reasons, but is now a self-professed “running addict”!

What was the most memorable experience of the Comrades Marathon?

It's quite tough, with lots of inclines for the first half of the marathon. I can't settle on one favourite marathon, simply because I enjoy all my annual races. They require hard work, but luckily I'm a strong finisher.

How did you prepare for the marathon?

Preparation for any marathon requires training and rest — that's all. These two steps are the most important in the pre-race preparation process. This is what I teach my clients on a regular basis.

Would you do it again?

I got my permanent number last year and I'm now gunning for a permanent double number.

MAMOKETE MASILO, 45

A full-time teacher and mother of three, she's run the Comrades Marathon many times and isn't stopping anytime soon.

What was the most memorable experience of the Comrades Marathon?

The support I got from my husband, friends, family and members of the Katlehong Athletics Club. I finished my race in 10 hours and 20 minutes. I couldn't believe it!

How did you prepare for the marathon?

I trained with a team and followed their weekly programme. It included speed work, hill repeats and long hilly runs on weekends. I ran about 80km, and more weekly, for about six months before the race and ran ultras — including Two Oceans, Loskop and a 60km organised by the Katlehong Athletics Club.

Would you do it again?

Most definitely! I did it again for my back-to-back medals in 2018 and plan to do it eight more times until I get a green number!

ON YOUR MARK, GET SET, GO!

These runners tested their endurance as they raced through different cities and provinces. *By Lineo Leteba*

LERATO MOLLO, 38

Running was never her passion, but this marketing and communications manager got hooked when a friend introduced her to this hobby. She has since ran the Comrades Marathon twice and a few international races.

What was the most memorable experience of the Comrades Marathon?

Seeing my friends and family cheering me on along the route, as well as finishing with my friend. I felt a huge sense of accomplishment while crossing the finish line.

How did you prepare for the marathon?

I followed a training programme developed by my coach and ran with a training team. The training was intense and, at times, doubt crept in. But, my mind was set on ticking this big item off my bucket list.

Would you do it again?

I'll continue running marathons but I'm not so certain about doing the Comrades again. I have done both the up and downhill and got my back-to-back medals. I now need to move on to other challenges.

BUSISIWE PAKATI, 47

This software tester has completed the Comrades Marathon 11 times and agrees that it is “the ultimate human race”.

What was the most memorable experience of the Comrades Marathon?

I finished 16th in my age category and my overall position in the lady's category was 64 for the 2014 race; with a finishing time of 8 hours and 28 minutes. Comrades 2018 was my 10th race and I got myself a permanent number.

How did you prepare for the marathon?

Each year, my Comrades preparation starts in December. I visit QwaQwa, then continue with training upon my return. In early May, as part of my final preparation for the Comrades, I go back to QwaQwa for my last long run. The subsequent runs will be shorter distances.

Would you do it again?

Yes! To improve my Comrades target time and because I'm very passionate about it. I love the spirit of runners. We don't quit.

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WONDER WOMAN 1984
RELEASE DATE: 2 October
 DC Comics' female superhero, Wonder Woman returns for this sequel. Following a coming-of-age theme, it sees Diana Prince (Gal Gadot) realise her full strengths and powers in becoming Wonder Woman, and battle conflicts against some powerful people during the cold war.



HONEST THIEF
RELEASE DATE: 9 October
 The "in-and-out bandit", Tom Carter (played by Liam Neeson) is an old thief who managed to steal \$9 million (about R149 million) from different banks in a small town without getting caught. Carter abandons the life of crime when he falls in love with Annie (Kate Walsh) but trouble seems to follow him.



L.A.'S FINEST SI
BINGE FROM: 1 October
 A spinoff from the *Bad Boys* franchise, this action drama and police procedural series sees Syd (Gabrielle Union), Marcus' sister in the movies, fighting crime alongside working mom Nancy McKenna (Jessica Alba) at the Los Angeles Police Department. This strong female duo is ready to floss the crime off the streets.



YEARS AND YEARS SI
BINGE FROM: 1 October
 This British dystopian science fiction drama follows the lives of the Lyons, a Manchester-based family and how they are affected by a changing political, economic and technological climate over time. The six-part series stars actresses Emma Thompson (Vivienne Rook MP) and T'Nia Miller (Celeste Bismé-Lyons).

CHILL TIME

DJ CUPPY ON CREATING HER DEBUT ALBUM AND HER MUSICAL JOURNEY... PLUS, THERE'S GREAT INDOOR ENTERTAINMENT ON OFFER! By **LINEO LETEBA**



LANGA, Langa Mavuso
 The singer, songwriter and performer from Diepkloof, Soweto, debuted in 2016 and has continued to openly express himself musically over the years with multiple offerings. His latest album, *Langa*, is a compilation of past experiences and urban African storytelling through Mavuso lyricism and a few collaborations.



CELIA, Tiwa Savage
 The Afrobeats Queen, Tiwa Savage, made history by becoming the first African musician to appear on two billboards at the famous Times Square, in New York, with her fourth studio album, *Celia*. This 13-track musical feast, named after Savage's mother, features major artists like Sam Smith, Davido and Stefflon Don, among others.

SOUNDTRACKS OF MY LIFE, WITH MON_D

Raymond Motadi, also known as Mon_D The Gay Superhero, recalls some of the songs that affirm he is a true survivor.

Coming Home by P Diddy

This song represents so much for me. I'd just endured such intense bullying for being gay in my small-town high school, that I forced my parents to change schools so I could seek refuge and acceptance. The new school became my home.

A Song For You by Donny Hathaway

This song played when I visited one of my best friends during a very difficult time in my life. Depression is a huge issue and we don't often talk about it. This song reminds me that friends are the family we choose.

Bigger by Beyoncé

I had just quit my advertising job and wasn't sure what was next. I remember playing this song and crying at the comfort that "I am part of something bigger" and each month I kept surviving.



5 MINUTES WITH DJ CUPPY

Born **Florence Ifeoluwa Otedola**, DJ Cuppy is a 27-year-old musician, producer and philanthropist whose love for music started at an early age.



Dj Cuppy left Nigeria for a boarding school in London at age 13 and, as expected, this was a lonely experience. Miles away from home, her iPod filled with Nigerian music was her only way of reconnecting with home. What she didn't anticipate, however, was building a career in the music industry.

How important are collaborations to you?

Collaborations are a huge part of the success of a song, so getting it right is key. For my debut album I already knew what I wanted for each track and I searched for artists who understood my vision and were willing to go all the way with me. I think it's very important that there's a personal relationship between the artists on a song. It makes the recording process easier.

What was the inspiration behind *Original Copy*?

Original Copy was inspired by my determination to face my fears and trust my guts. I've always wanted to put out an album but held back because I was terrified. So, for the longest time, I was lost in my sound. I finally found the courage to do me unapologetically, and that has been the best decision ever. *Original Copy* embodies a lot of emotions and the different sides of Dj Cuppy. Above all, it is about being brave enough to do you.

What inspired the album's title?

I wanted a title that would, at first glance, depict the message I was conveying through the album. Since I started making music, a lot of people have been very vocal about the fact that they didn't think I was a good fit for it; that I was just being a rebel. I played around with a few names and, after a few social media polls, my 'cupcakes' picked *Original Copy*. It is an oxymoron because that is exactly what I am; a beautiful contradiction.

Describe the creative process of the album?

The entire process was definitely not the easiest. But,

overall, it was an inspiring experience. Once I decided I was going to release an album, I started making mental notes, began voice training and kept an ear out for beats that resonated well with me. I started fully working on the album in January and had quite a number of challenges — from artists delaying with sending their vocals to postponing the album due to the pandemic. *Original Copy* is testament to a combination of resilience and hard work.

What makes your latest offering special?

By virtue of it being my debut album, it will always have a special place in my heart.

Books



THE MISUNDERSTOOD WOMAN

by *Harmony L. Maseko and co-authors*, TMW, R250

Women are often misunderstood and reminded of their flaws, whether past or present. This anthology of stories from different women shows how the world becomes a place with no limits when they rise above their past and discover themselves. They face hardships along the way, including difficulties posed by society and classism, but this will not cloud the light of the present and the future.

MISS BEHAVE

by *Malebo Sephodi*, R220

A quote by historian Laurel Thatcher Ulrich: "Well behaved women seldom make history", is what triggered Malebo Sephodi's inspiration for this book. Appropriating Ulrich's quote, the author boldly renounces societal expectations placed on her and shares her journey of challenging society's ideas and expectations of what it means to be an obedient Black woman.



HIT THE ROAD SAFELY

Before you head off on your maiden road trip or holiday, you should always check your tyres.

We don't pay much attention to them, if at all, but caring for your car's tyres is in your best interest and safety. Tyres connect your car to the road. So, when they fail, it can lead to an accident.

WHY CARE FOR TYRES?

Driving in Heels motoring journalist and entrepreneur, Vuyi Mpofu says tyres are your first safety feature, as they assist most of the safety mechanisms in your car to function better. "Even if you have all the braking systems in your car, none of them will work if your tyres are not in a good condition," says.

Motoring journalist Njabulo Ngcobo points out that the correct tyre pressure does not only balance your car well, it also extends its life and performance. "It's also vital to have the correct tyres on your vehicle."

TYRE TREAD

Change your tyres when they are worn. "There are different treads for different tyres. The reason they are cut in a specific way is for water to be able to pass through and have enough friction between the road surface and tyre when braking," says Mpofu.

The legal tyre tread is 1.6 mm. Anything less than that is not considered roadworthy. Summer heat increase tyres' heat level when they rotate. Mpofu advises that you always check tyre temperature within a 5 km radius.

Ngcobo notes that if it's hot, air pressure in tyres increase and leaves it with less surface area to make contact with the road. On whether to use nitrogen or air to control heat in tyres, Ngcobo says nitrogen is best for tyres but you can mix both in an emergency. "Nitrogen-filled tyres are consistent even when temperatures change."

BEST PRACTICE TIPS FOR TYRES

1. Ensure your car's tyres have sufficient tread on them.
2. Check that the tyre pressure is correct.
3. Rotate tyres by switching them from the back to the front so that they even out well.
4. Always carry a spare tyre and have the correct tools for changing a flat one.

SHOPPING GUIDE

Take care of the whole family by filling up your basket with these goodies!



CARROL BOYES

“All Dressed Up” was sculpted by Carrol in 2018 and is one of the few of her sculptures where the figure is clothed, the flares of the dress providing a practical solution to the gravity-defying pose. Caught in movement, she presents her offering to the world. GLASS BOWL AND STAND – ALL DRESSED UP An iconic centrepiece in glass and durable cast aluminium, perfect for displaying fruit, flowers, or a spectacular layered dessert. Available in all Carrol Boyes Retail Stores and on www.carrolboyes.com
Price: R8 495.00

NEUTROGENA

LOOK AS YOUNG AS YOU FEEL! Neutrogena® is redefining what it means to age, with the new Cellular Boost range! The unique formula utilises renowned anti-ageing ingredients hexinol, vitamin C, retinol and hyaluronic acid. They boost skin’s natural renewal process, help to correct dark spots and uneven skin tone, and promote collagen and elastin production. When used twice a day, results should be visible within four weeks! The range includes a day cream with SPF20, a night cream, a concentrate serum and a rejuvenating eye cream. Available at Clicks, Dis-Chem and Foschini.



CLOVER: BLISS DESSERT

Wanting to tuck into a decadent chocolate dessert but not in the mood to make it? We’ve got you covered! Introducing Clover’s Bliss chocolate dairy dessert – the first real, ready-to-eat chocolate dairy dessert. No whipping, no cooking, no baking, no fuss – just ready-to-eat indulgence! Delicious as is, or use it to top another dessert. Available across all retailers. Bliss Dessert, irresistible indulgence.



CLOVER

Krush Carrot & Orange is a new product offering from Krush, delivering on the same quality Krush goodness that South Africans have enjoyed for over 20 years. Krush Carrot & Orange is a refreshing and tasty, 100% real fruit and vegetable juice blend that will satisfy your thirst. You can find Krush Carrot & Orange in a variety of fresh or convenient long-life fruit juice packs, that you can enjoy on the go or at home with the whole family. Plus, it has the added goodness benefit of vitamins A, C and E found in all Krush flavours. Krush 100% Goodness



MAKRO

Wrap yourself in luxury this summer with a trendy, bright, bold and beautiful Colibri beach towel. Our beach towels are made right here in South Africa, from the finest 100% cotton yarn, woven into patterns, exclusively designed for Makro. A velour finish enhances the look of the patterns and makes the colours really pop. A variety of colours and sizes are available. Stand out this summer with the quality touch! Price ranges from R149 to R219 each.



DAZIT

Dazit nasal film
Why treat allergies when you can prevent them?
Dazit forms a protective biofilm as a barrier to prevent allergens from reaching the mucus membrane in the nose. The product is safe, and can also be used for children older than one year as well as pregnant and lactating women. It helps with natural prevention of allergic rhinitis with extracts of the malva sylvestris flower. www.dazit.net





By **ANGELIQUE SALA**

LIBRA 23 Sept – 22 Oct

Big plans are fraught with complications and many negotiations. You have to work twice as hard to get things done; it is like wading through mud. As you languish in daydreams you will be bestowed with flashes of inspirational ideas and solutions. From mid-November you want to do it all.

LOVE: From the 3rd the small things annoy you. Love is messy and complicated. In November it's time to sparkle and melt hearts but it must be a steady love-flame. One-dimensional types aren't for you.

WORK/MONEY: By the 14th less is more. It's time to cut back on financial haemorrhaging. In November the great negotiator is back, and with your delightful charm you can clinch any deal.

SAGITTARIUS 22 Nov – 21 Dec

There's another chance to try and resolve complications. Burdens follow you like a shadow.

LOVE: Passion and adventure is on the backburner. During November the social bug wants out.

WORK/MONEY: Waiting may create frustrating. Don't assume anything. You attract what you put out. Strategize!

SCORPIO 23 Oct – 21 Nov

By the 14th Mercury is retrograde in your sign. You feel out of control and frustrations just blurt out.

LOVE: You turn on the charm but you either lose interest fast or the chase isn't worth the prize.

WORK/MONEY: Big talk doesn't do much for your bottom line. Inspiration is lacking but don't take short cuts.

CAPRICORN 22 Dec – 20 Jan

There's movement on old projects. Stay on course even if you've lost interest. From the 15th you may move home or start long overdue renovations.

LOVE: Online love is enticing. You're hungry for something different.

WORK/MONEY: Trying to pacify your boss may not go as planned. You'll have to work harder and be more focused.

AQUARIUS 20 Jan – 18 Feb

It's twice as hard to be convincing. Be patient. Tick off things on your list. By November things get a shake-up.

LOVE: Your heart skips a beat; the more intense the better. Body language is everything.

WORK/MONEY: Beware of confusion and red herrings. A financial boost comes when you partner up and share a common vision.

PISCES 19 Feb – 20 Mar

Let your ideas mull and brew quietly on the side. Visualise what you want to create. From the new moon on November 15th everything starts coming together.

LOVE: Cupid flirts with you. You want commitment. Don't compromise on your values.

WORK/MONEY: Conserve your money and your energy. Re-evaluate your expenditure.

ARIES 21 Mar – 19 Apr

It's time to rise above tumultuous currents for an invigorating future. Avoid ego-battles. **LOVE:** Your fears, denials and hidden agendas are exposed. A work romance gets messy. By November passion makes things wilder. **WORK/MONEY:** It appears you've misplaced your inclination to push hard. By November 22nd there's money to be made. Go big!

TAURUS 20 Apr – 20 May

You prefer to day-dream of far-away places. By the end of the month wild ideas shake things up.

LOVE: Mend fences and work on unravelling your inner mysteries. There's magnetic love-dust all around you.

WORK/MONEY: You find it difficult to predict what will happen next. The tried and tested don't work. Everyone's feathers are ruffled.

GEMINI 21 May – 20 Jun

Pull yourself towards yourself and let the storm pass. Reclaim your place in your tribe.

LOVE: The need to be loved and to be with those you love is a priority. Only the full bag of spoils will do but by November your lovers are back

WORK/MONEY: From the 14th your schedule is all over the place. After November 3rd get things back on track.

CANCER 21 Jun – 22 Jul

The best course of action is to go with the flow. Take the scenic route and enjoy the journey.

LOVE: Add a dollop of adventure to your relationship. By November you're beyond busy but it doesn't mean you can't cuddle.

WORK/MONEY: Mars requires you to look at your career critically. What are you afraid of? By mid-November hit reset!

LEO 23 Jul – 22 Aug

Some travel plans had to be cancelled this year but now's the time to harness that excitement and start planning.

LOVE: Ask all the questions you need to get to the heart of the matter.

WORK/MONEY: You don't need underhanded tactics to get your way. You're at the right place at the right time. From November 11th career ideas and projects inspire you.

VIRGO 23 Aug – 22 Sept

Your ruler goes retrograde from the 14th until November 3rd. People are less dependable. It is time for a few risks.

LOVE: It's your love month. You're oozing confidence while cupid is going crazy finding eligible suitors.

WORK/MONEY: Find ways to share resources and cut back on spending. You achieve so much with so much less.

!Moooo Fresh!



Clover Fresh Milk tastes fresher for longer because it's the only fresh milk produced using our unique 'Triple Protect' technology – Double Purification, Deep Cooling and Ultra Clean Packing. This removes more bacteria than pasteurisation alone, preserving all the natural nutrients and ensuring no contamination. It's why every drop of Clover Fresh Milk is Moo Fresh!

