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THE MOVE**

CELEB STORIES

AMANDA BLACK
HER RISE TO
PLATINUM STATUS
IN JUST WEEKS

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AMBER ROSE
FROM STRIPPER
TO SOCIAL
MEDIA MOGUL

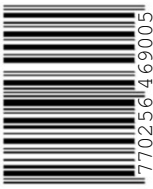
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**GOT A
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SIMPLE
TRICKS TO
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MOOD

Unathi
"THE DECISIONS THAT
CHANGED MY LIFE FOREVER"

**NEW
DENIM
TRENDS**

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TO PRINTED &
EMBELLISHED
Find your style



MARCH 2017 / NO 457

Cate Blanchett

armanibeauty.com



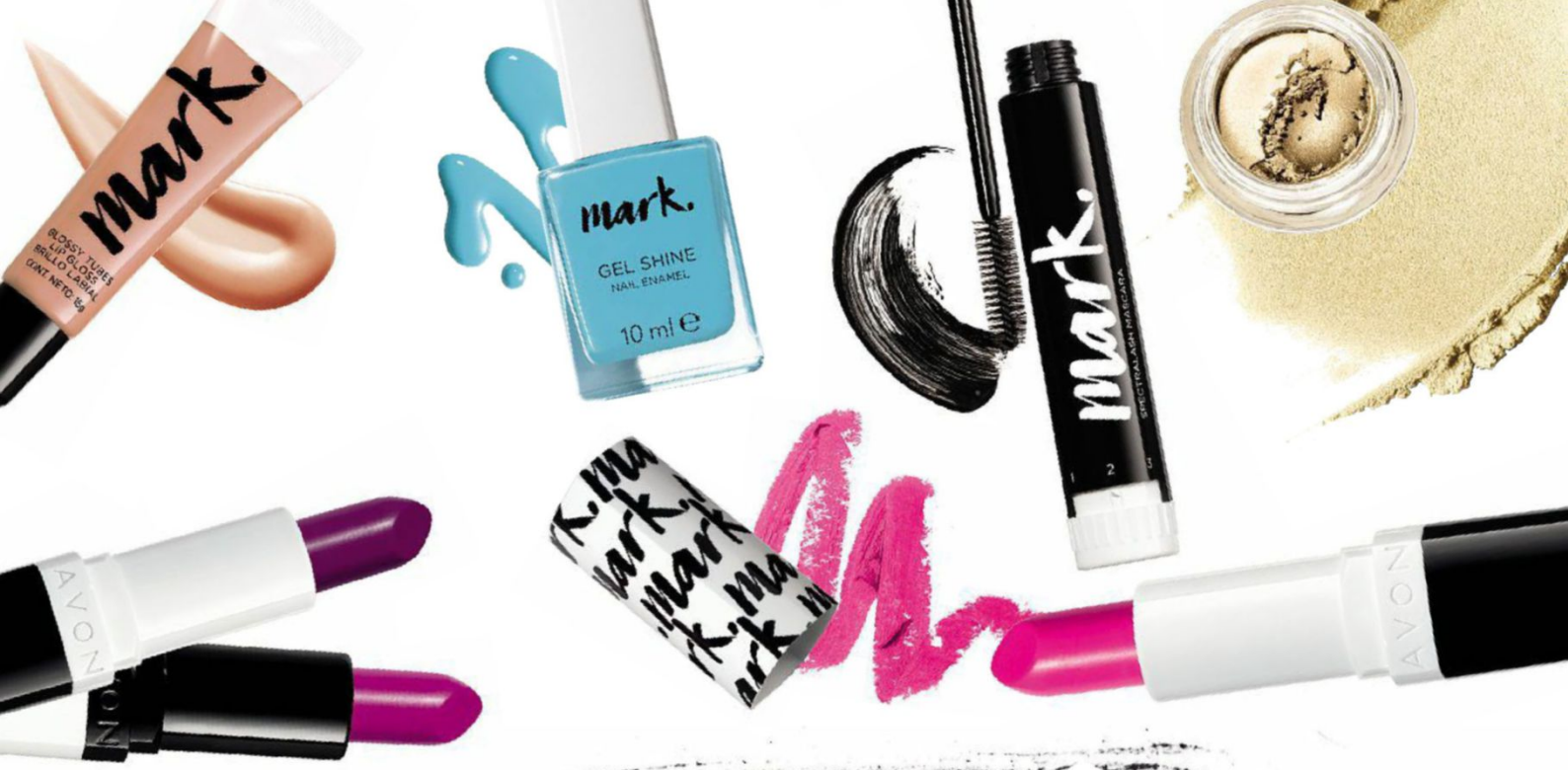
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GIORGIO ARMANI

#SaySi



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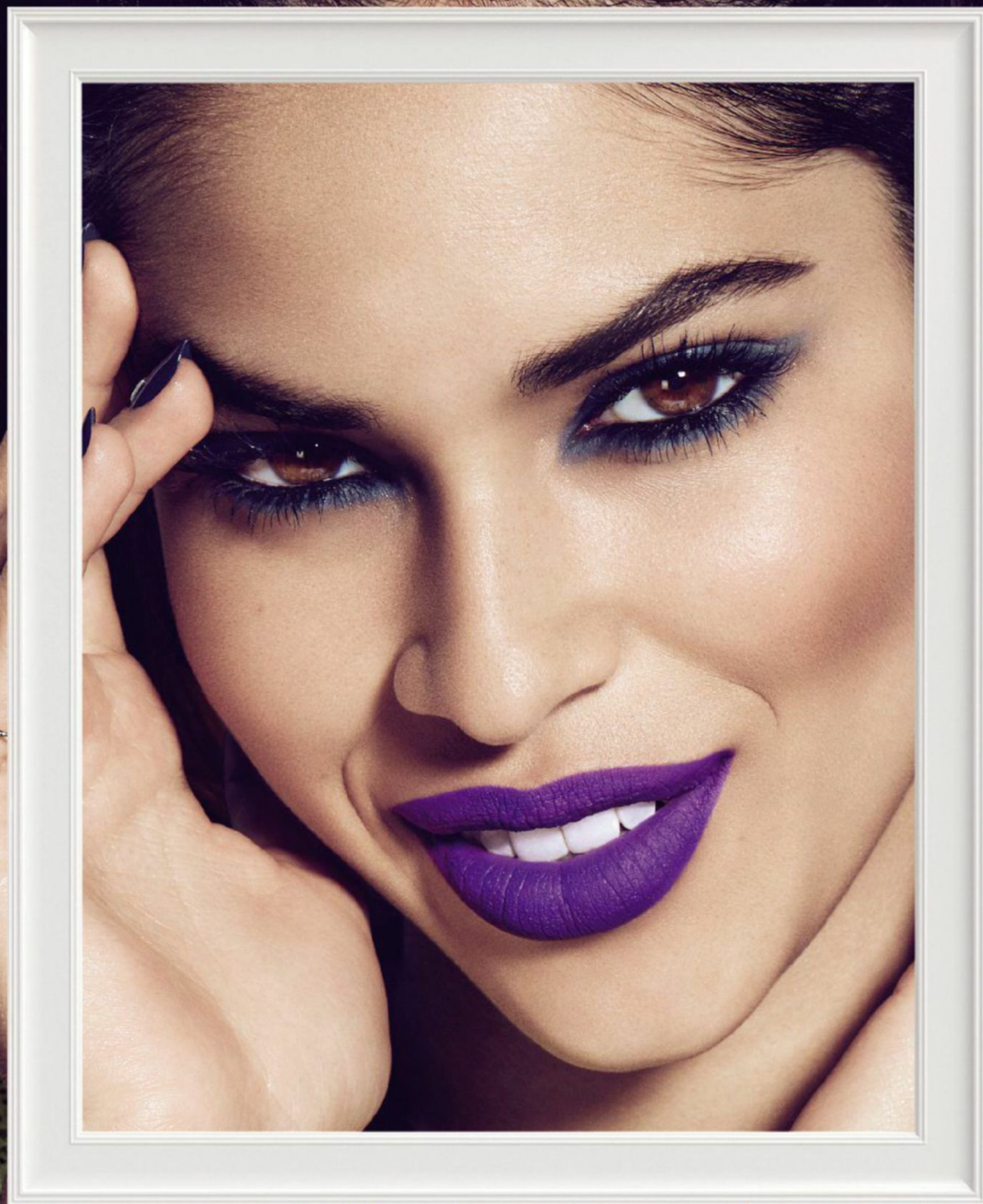


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MARCH 2017

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ELLO FRIENDS

I learnt early on in life that there's a thin line between love and hate. It was while growing up at my grandma's house with my aunts and mom that I'd witness how a break up can get really ugly. There are two family dramas that I remember to this day. My one aunt went as far as

smashing the guy's car windows with a big rock and stoning his house's windows in the middle of the night. You can imagine all that drama. This ended with her being locked up! The second incident was my youngest aunt breaking up with her man and in her state of fury proclaimed: *Angisakufuni kirimane ndini* (I don't want you anymore, you foreigner)! The next day the guy came back and demanded back all that he'd bought her – designer clothes, gifts, and even underwear. He kept saying: "bring the yellow Ferragamo belt, the navy blue Miss Cassidy suit, the hat I bought you eDurban..."

In retrospect the guy knew what he wanted and my aunt had nothing to demand back. Sadly she had given all of herself – her love, heart and soul to the relationship. She had invested a lot but nothing tangible.

Reading the special report on page 98 about divorce just reminded me of my aunts' ugly break ups and the continuous fights for possessions. I can only imagine how emotionally taxing it can be when you have to look out for your children's wellbeing, secure your finances and joint assets...

Like in any battle you need a strategy in place so read on to brush up on the legal processes when contemplating court. Read this article and find more in this issue packed with stories that'll lift you up. Happy reading.

Dudu

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DENIM *edit*

This month's fashion is all about DENIM: from jackets, jeans and accessories to celeb style tricks.

By **TSAKANE NDLOVU**



R269 Spree



R2 095 Guess



R139 Joy Collectables



R399 H&M



R449 Superbalist



IMAGE Gallo Images/Getty Images STILLs Supplied STOCKISTS Guess (011 883 8391) H&M (021 826 7300) Joy Collectors (011 7021 319) Spree (www.spree.co.za) Superbalist (www.superbalist.com)

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Sofn'free HairXperts Master's Challenge

Denim from the 90s has made a huge comeback: be it the rave-inspired super-wide leg to slouchy and baggy a la old school hip hop. Spotted at Autumn/Winter17 fashion weeks: Dries van Noten and Stella McCartney used this cool fabric paired with silky bomber jackets, a style reminiscent of singers such as Aaliyah and Left Eye. At Chanel, distressed jeans made a statement while at Chloé and Adam Selman, the material took on a feminine twist with ladylike dresses, belted trench coats and floor-sweeping maxi skirts. If these trends don't make you feel nostalgic, then the age-old adage was created with you in mind: "If you haven't lived through or worn the trend, now is your time to shine!"

DENIM

REPORT

OUR FAVE EVERYDAY
FABRIC IS HAVING A SERIOUS
FASHION MOMENT.

By **MBALI SOGA**

MAXI SKIRTS

The A-line maxi is a timeless throwback. The choices are endless. Whether you go for one with metal buttons at the front, or for jeans repurposed as a skirt, you can't go wrong.



FRINGED

Say goodbye to the hemline and make way for fringes. Fray your pair at the end or, better yet, chop them roughly with a pair of scissors. The look exudes an air of rebellion that revives the 90s vibe!



STELLA MCCARTNEY

EMBELLISHED

Designers have taken to embroidery with much vim and vigor. Alexander McQueen's artfully crafted dress coats and jeans were show-stoppers this season! So much so that Gucci and Marc Jacobs followed suit with their pre-fall collection. We love it!



ALEXANDER MCQUEEN



SAINT LAURENT

PATCH WORK

This is commonly known as DIY fabric, which is huge with up-cyclers. This year, designers such as Saint Laurent and Rodebjer have given the trend their nod of approval. Think boxy, mini shift dresses and light, oversized jackets.



RODEBJER

WIDE LEG

The biggest reason for wide leg denim's resurface is the reunion of LA-based brand JNCO onto the fashion scene.

Their signature offerings were baggy, wide leg denims that was all the rage in the 90s. They were worn with a midriff-baring crop top or a boxy, short sleeved top. At Chanel the look was finished with laser cut floral print, while at Stella McCartney and Chloé the hem was left dragging on the floor.



MARC JACOBS

PRINTED

We bet everything that printed denim is destined to dominate the fashion scene. The key is to keep the top understated, perhaps a plain white Tee. At Versace the printed fabric was styled with a cool bomber jacket, while at Chanel and Marc Jacobs, floral prints were the selling point.



Unlimited EDITION

Dare to rock a DIFFERENT TEXTURE, BOLD CUT and STYLE each day of the week.

BY JESSICA RAMOSHABA



OVERSIZED
R629 ZARA



DISTRESSED
R821 TOPSHOP



TAILORED
R1 499 MANGO



CLASSIC
R699 WOOLWORTHS

JACKET REQUIRED

Times change but the best DENIM
COVER UP is here to slay.

BY JESSICA RAMOSHABA



CUSTOMISED
POR KOOPLES

This item will forever be a fashion player in every woman's closet. This season, it's all about personal style so choose a fit that will last your for years to come.



BOMBER
R1 299 SPREE



CROPPED
R499 TALLY WEIJL



HEMLESS
R699 H&M



PLUS SIZE
R1 299 COUNTRY ROAD

*Edo
Favourite*



WASHED
R499 ZANDO



PLUS SIZE
R499 DONNA



PARIS

RIPPED APART

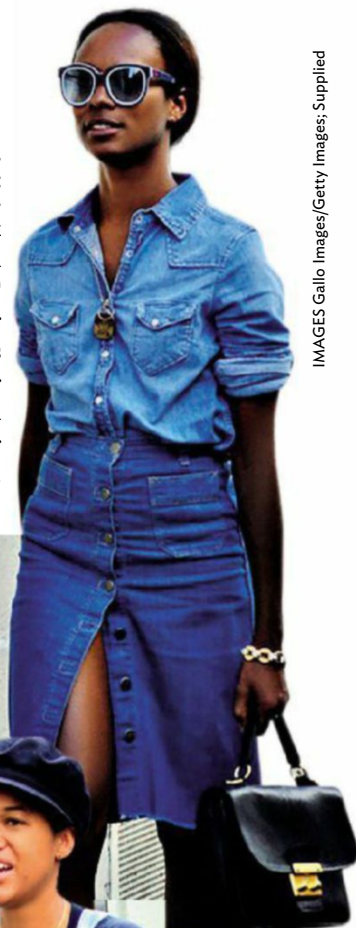
Repurpose your old jeans for an on-trend look like Gail Mabalane. Whether you cut off the whole knee section or make slits all over, you decide what you like.



GAIL MABALANE

DENIM ON DENIM

If you want to rock the denim to denim look, avoid OTT accessories. Rather opt for luxe items to elevate your ensemble like a bold statement bag or white sneakers.



FASHION TAG

TAKE IT TO THE STREETS

Denim is the GO-TO OUTFIT for bloggers and celebs when out and about. It's time to join the pack!

By **JESSICA RAMOSHABA**



FASHION TAG

HIGH WAIST

A high waist cut shapes the body really well. Up the ante with texture like a hem-less top, or tuck in a chunky sweater to emphasise your hourglass physique.



MELODIE JENG



NETROBE

UTILITY FINISH

Contrasting shades of patches are back. The varying tones make for an eccentric yet uber cool look. Perfect with block heels or sneakers. This is definitely one for the streets.

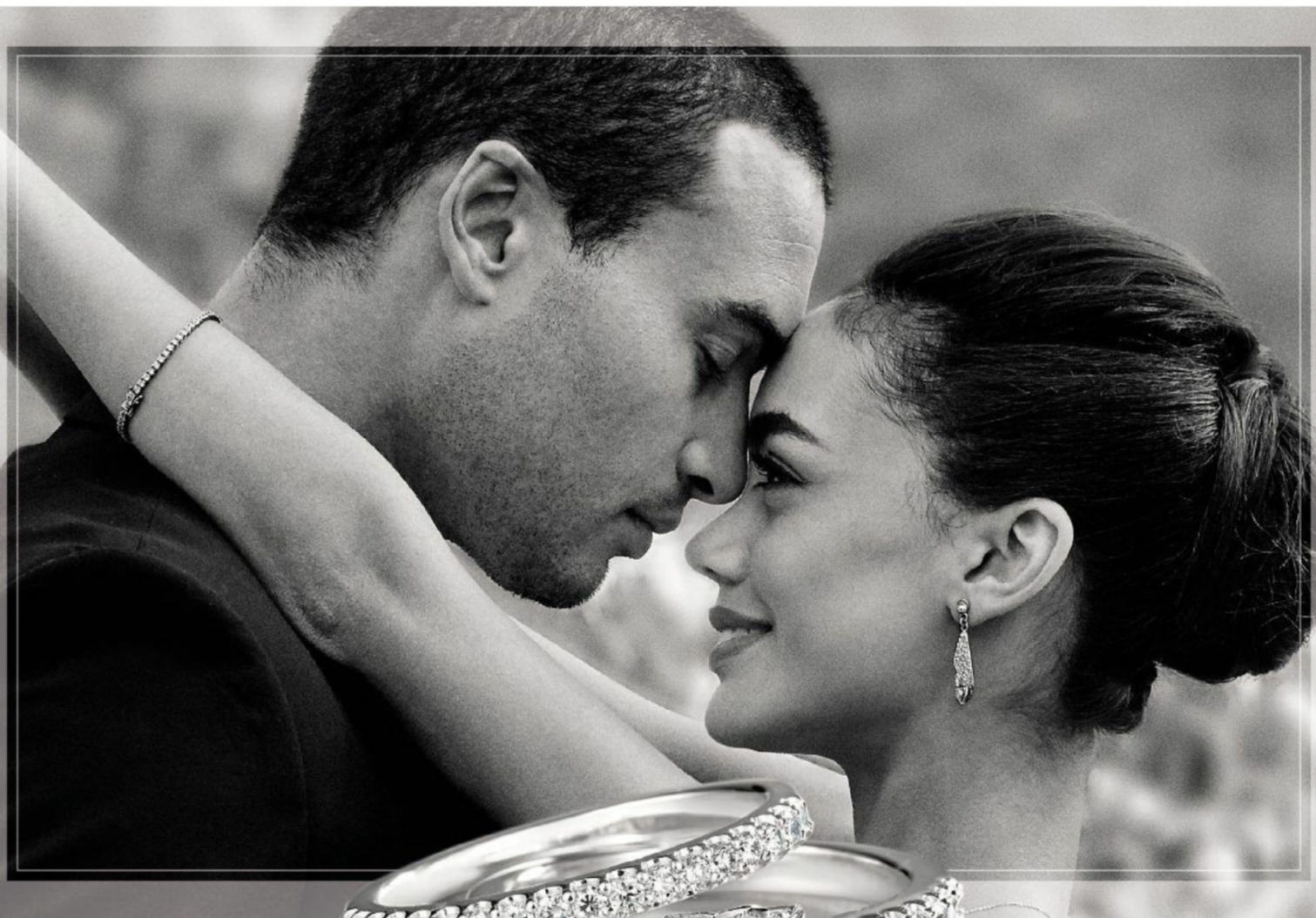


TAMU MCPHERSON



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R999 LEVI'S



R2 999 DIESEL



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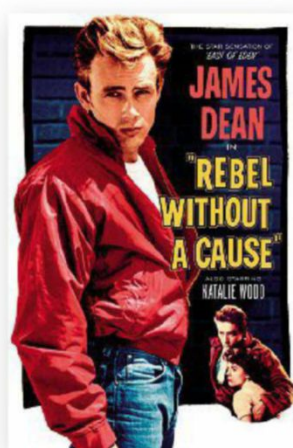
G-STAR RAW



R999 LEVI'S

Our Muse

James Dean is the ultimate denim inspiration with his blue jeans, white tee and red leather bomber in this classic movie. It's time to unleash your inner rebel!



CLASSIC

JEANS with a BASIC TEE or DETAILED top create an undeniably TIMELESS look.

By **MBALI SOGA**



R179.99 MR PRICE



R189 MR PRICE

COMPLETE THE LOOK



R799 COUNTRY ROAD

Classic is all about texture and interesting lines. Combine your unique pieces with modern fabrics for an exquisite finish.



R350 FOSCHINI



R899 LUELLA



R299 DAVID JONES



1



2



LULAMA WOLF

6



TOMMY HILFIGER



3



5



4

RETRO GIRL

Revisit the 70s vibe with **FLARE**, **FRILLS** and **HEMLESS** cuts.

By **JESSICA RAMOSHABA**

The denim collections at Chloé and Tommy Hilfiger A/W17 has given us permission to revive our classics with an indulgent style twist. Be on trend with interesting details like visible stitching, peplum tops and multiple hems.

1. R999 MANGO 2. R600 TOPSHOP 3. R599 FOREVER NEW 4. R399 SPREE 5. R100 MR PRICE 6. R629 ZARA

COMPLETE THE LOOK

Go all out with different fabrics and accessories for a throwback look with a modern twist.



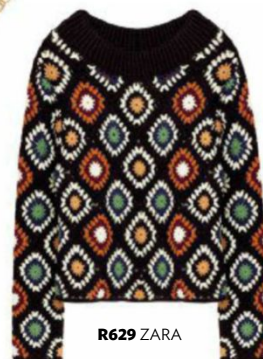
R360 VIKKI LOU



R999 ZARA



R1 049 TED BAKER



R629 ZARA



Founder of Magents Didier deVilliers with graphic designer Mothei Letlabika at one of their fashion shows.



TAKING MAGENTS GLOBAL

Creative designer of Magents **DIDIER DE VILLIERS, 37**, is conquering the world's runways.

By **JESSICA RAMOSHABA**

If you've encountered clothing label Magents, you know how impressive the fabric and detailing is. Each garment is imprinted with phrases like Shaka Zulu, BikoKoncious, Afrikan and Soweto. "We've been working with the Steve Biko Foundation since 2006. They appointed Magents a few years ago to do a fashion range for them. It's an honour to be associated with them because as a brand, we're interested in Steve Biko's legacy and his impact on youth culture," says Didier de Villiers, founder and creative director of Magents.

At the time of the interview, Didier was in Berlin planning their re-entry into the international market. Previously, Magents has operated in Paris and manufactured their clothes in Vietnam. France was the first foreign country the brand worked in.

Didier also has his sights set on Germany and the Netherlands. Because of this, Magents is an easily recognisable brand yet very few people know about its history here at home. Magents is the longest standing streetwear brand in Africa. It started in 1992, and they had their first collection in 1997 followed by their debut stand alone store in 1999. It's since grown its international footprint. They've made inroads in Japan, Canada, USA and other parts of Europe.

Following an uproar of unfavourable working factory conditions in Asia, Didier decided to move production to Africa in 2009. After four years, Magents relaunched their first footwear range, which Didier says was the most exciting project for them.



How do you keep your ideas so original?

The most important thing for a creative is their library. My team and I always visit local libraries to read about everything there is to know; we keep abreast of current affairs.

Tell us more about your denim designs, particularly.

Magents always had a love for the indigo fabric. It's very important that the cotton we source was grown on African soil and produced in an African mill. We design different shapes and cuts, and each piece is produced to the highest standard. Magents DNM DNA is a work of love. Detail is king so we never compromise on that. Graphic designer Mothei Letlabika and I are the creatives, but the actual team that produces the collections. is bigger. Although fashion glorifies the designers, we need to not forget there are many passionate people behind the scenes.

So we understand a women's range is in the pipeline.

Please let us in on the scoop.

Women deserve special treatment. The androgynous look is so hot right now so we're planning on mixing formal wear with a casual twist. So expect a 'borrowed from the boys' feel with the standard Magents feel. We've also partnered with Wear SA to focus on local retail, and we'll soon appoint international distributors that share their profits with the workers. To tell the truth, we were caught off guard with the response from the market. It makes us want to work harder.

You're also about to roll out more retail stores?

Our aim is to have ten stand alone concept stores in SA. We're rolling out our fourth store in Ballito. We plan to re-enter the European market and finally the USA and Asia.

Magents is quite popular with celebrities. Are they part of your plan in terms of creating brand awareness?

Celebs are early adaptors. Since our early days of existence, media personalities knew about us before the public. I won't lie - this does help with spread the word to their fans through social media, even though it's not necessarily strategy. For us the focus, though, is not on celebs but the general public. ■

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LUPITA NYONG'O

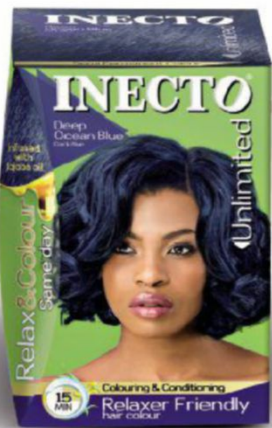
RETRO THROWBACK

Blue lipstick has resurfaced. Celebrities like Rihanna, Lupita Nyong'o and Andra Day have adopted the bygone beauty trend with great enthusiasm. We predict this statement colour will remain on trend for a few more seasons so don't be left behind. To get the look, try *Black/Up No Transfer Liquid Matte Lipcolour*, **R415**, or *Urban Decay Vice Lipstick in Heroine*, **R230**.



COLOUR ME NOW

Say goodbye to waiting for two weeks before getting the hair colour you want. Trust Inecto to have found a way to bypass this with its range of *Inecto Unlimited*, **R39,95** semi permanent hair colour. Why wait, get it now!



IDEAL MATCH

Denim is great paired with shades of blue eyeshadows and liners. Ditch your dark palette for cooler shades. Stick to gel pencils and crème eyeshadows as they are easy to apply and will stay in place. Try *Smashbox Always On Gel Liner in Bouncer* **R250**



VANESSA SEWARD

BEAUTY NEWS

INSTANT hair COLOUR and BLUE hues... we ENTICE you with our selection of TRENDS and must-try innovations.

By LERATO SEUOE



SHINE NO MORE

It's a hassle to have to tame shine throughout the day. Fortunately, the experts at Estée Lauder beauty house have created *Estée Lauder DayWear Matte Oil-Control Anti-Oxidant Moisture Gel Creme*, **R620**, a jar of pure magic to give us oily skinned girls a naturally matte finish that lasts up to 10 hours. The gel's formulation glides on to deliver instant hydration, leaving skin looking matte for up to 10 hours while minimising unsightly pores.

YARDLEY

LONDON

DELUXE COLOUR

NEW Yardley Eyeshadows and Blushers, with silky smooth texture in a range of high-impact, deluxe shades for irresistible, buildable colour that lasts all day.



Model is wearing Anna Apple shade blusher and Dynasty shade eyeshadow.



www.yardley.co.za



BARELY-THERE POUT

Do the nude lip look like **Gabrielle Union**. All you need is freshly cleansed skin that's highlighted where the sun hits the face. Get a nude lip shade that best suits your skintone.

Try: Tom Ford Lipstick in Sable Smoke, R595



OFF-DUTY BEAUTY

Look to the stars for the best MAKE-UP TIPS and HAIRSTYLE TRICKS for weekend inspired looks.

By **MBALI SOGA**

Glowing skin and tinted glossy pouts are the go-to make-up looks for celebs. The key is to let the skin breathe by using less coverage, concealing imperfections and letting your natural glow shine through with accents of bronzer. Do like the stars and ace the art of minimalism.



NOW BROW

Nicki Minaj is a master of the eyebrow game. To get yours right go for threaded or waxed brows, or even tinted. Invest in a brow kit that you can use to highlight on the go. **Try:** Benefits Brow Zing, R445



CHUBBY CHEEKS

A pop of colour on your cheeks can make your face look slimmer like **Minnie Dlamini**. Dare to rock an orange tone instead of the standard pink.

Try: Clinique Cheek Pop in Peach, R350



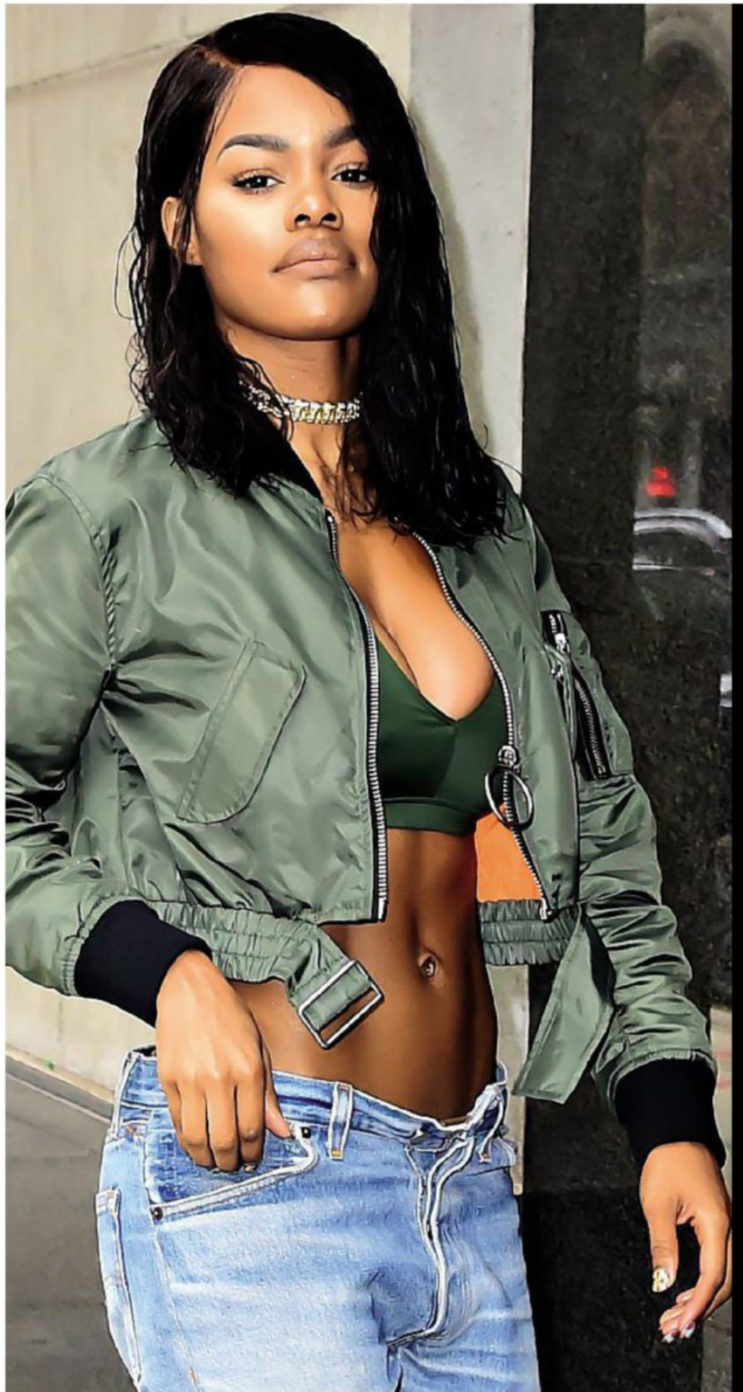
BRONZED ZONE

Master **Thando Thabethe's** look and lightly dust bronzer on the bridge of your nose, cheekbones and the forehead. This will up your skin's natural luminosity. **Try:** Smashbox Fusion Lights, R330



LUSH LASHES

Eliminate layers of mascara and replace with falsies to look like **Meagan Good**. **Try:** Eylure Individual Lashes, R54,95



IMAGES Gallo Images/Getty Images; Instagram STILLs Supplied STOCKISTS Clicks (021 460 1911) Dis-Chem (011 783 9715) Hair City (www.haircity.co.za)

Having a bad hair day? Instead of reaching for a headwrap or hat, copy these celebs who know all about hair that looks salon-done without all the fuss. From products to keep your wig intact to protective styles that give your mane a chance to grow, we give you tips that'll make sure your hair look gorgeous at all times.



EASY WAVE

To get Tiana Taylor's sexy style add mousse then some serum to keep the frizz at bay. **Try:** Afri True Jojoba & Argan Oils Polishing Serum, R29,95



TRENDY KNOT

Copy Kylie Jenner top knot by tying the hair firm. Wrap it into a bun before you secure with pins. **Try:** Easy Waves Pink Oil Moisturiser, R19,95



LOVELY LOCS

Terry Pheto shows how effortlessly stylish faux locs are. Moisturise your scalp regularly with a braid spray. **Try:** Dark & Lovely Braid Spray, R37,95



CURLY WIGS

DJ Zinhle's wig game is on point! Keep yours in good condition and tip top shape in a cap overnight. **Try:** Hair City Stocking Wig Cap, R200



BIG AMBUSH

If you have a big mane like Pearl Thusi, maintain it with regular conditioning, which strengthens hair. **Try:** Sofn'Free Hydrating Hair Food, R28,95

VALENTINO



1



2



3



4



5



6

HIGH DEFINITION

Get your SKIN READY
for when the CAMERAS
start FLASHING.

By **LERATO SEUOE**

The best advice for looking your absolute best starts with prepping skin. Your daily skin cleansing routine is now vital. Start with an intense exfoliation treatment, followed by a hydrating mask. Then finish off with a rich moisturiser. Now, move on to your make-up application.

Disguise any skin discolouration or imperfections with colour-correcting products or a concealer. If you opt for a concealer, use two shades on different areas, or mix the two to get the right shade for your skin tone.

Then follow with strobing, using shimmery creams to highlight – best apply where lights touches the skin first, like the bridge of the nose and forehead. Take it easy when highlighting as you can appear washed-out on camera. Now you're all good for those envy-inducing snaps.

1. L'ORÉAL PARIS TEINT IDOLE ULTRA CUSHION, R499 2. URBAN DECAY NAKED ILLUMINATED TRIO, R650 3. CLINIQUE PEP-START 2-IN-1 EXFOLIATING CLEANSER, R295 4. SMASHBOX SKIN 24-HOUR CONCEALER, R350 5. LA MER THE INTENSIVE REVITALIZING MASK, R2 870 6. KIEHL'S CLEARLY CORRECTIVE TONER 250ML, R550

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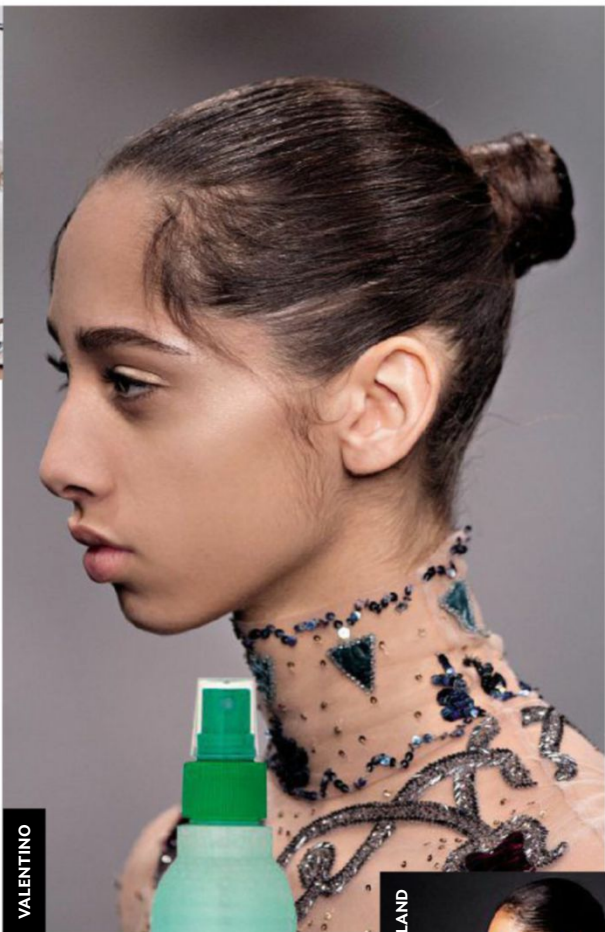


The ballerina bun is a classic hair feature and portrays elegance and class. Its history can be traced back to Ancient Greece, where wearing it was a status symbol. Chinese women wore a bun to show they were married, while singletons wore a braid. Buns were associated with ballerinas, but thanks to the 2005 movie *Pride and Prejudice*, in which British actresses Keira Knightley and Rosamund Pike stole the show with their beautiful updos, everyone can rock this timeless style.

And, for famous ballerinas like Misty Copeland and Michaela DePrince, buns have a dual purpose: to keep hair out of the face and to capture the graceful aesthetic of a ballerina. Stylists are now opting for clean, sleeked-back hair like the ballerina bun. It's an easy style to pull off at home especially for the morning rush.

Redken's global creative director, Guido Palau, gave the style a tweak for Valentino's Autumn/Winter Fashion Show in Paris. He positioned the bun high on the back of the head, then left a few wisps loose on the face. "The position at the crown of the head lengthens the neck," says Guido. "It's quite easy to achieve." Here's how:

1. Douse clean hair with a good moisturising spray.
2. Comb up into a firm ponytail then twist the length into a perfect chignon.
3. Gently pull out a few strands of wispy hair along the hairline and smooth them down.



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THE NEW BALLERINA

Tweak the classic BALLERINA BUN for an ELEGANT new TWIST.

BY LERATO SEUOE



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RUNWAY LOOKS

MAKE-UP ARTISTS AT INTERNATIONAL FASHION WEEKS ARE USING FEWER PRODUCTS. LESS IS SO MUCH MORE.

BY MBALI SOGA



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NAIL
LACQUER
R400



JT ONE NAIL
POLISH IN
DELICIOUS
R29,95

Nude

Clear, glossy nails, buffed to perfection were spotted at Alexander Wang and Stella McCartney. Neutral nails in warm, earthy tones were on display at Carolina Herrera and Diane von Fürstenberg A/W17.

Barely there

Healthy skin creates the perfect canvas for make-up touch-ups. Concealer, some tinted moisturiser or a BB cream, mascara and a lip gloss are all you need.



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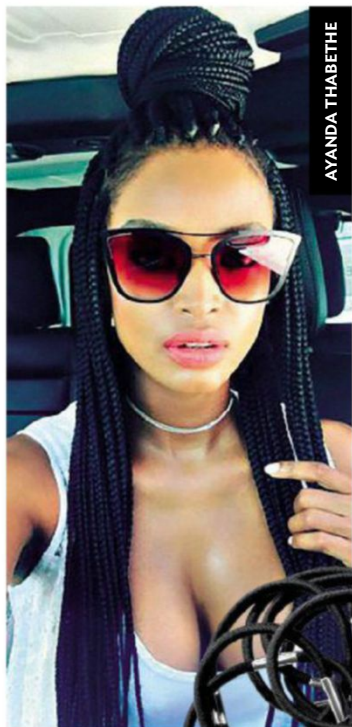
Celebs like Rihanna and JLo have donned this fun yet chic style. It's the hot trend to try right now!

BY TSAKANE NDLOVU

Whether your tresses are braided, curled, dreadlocked or straightened, you too can master this fun hairstyle, made famous by a host of celebs. Rihanna wore it at Dior 15/16 show and JLo rocked hers streetsyle. This style is easy to do: simply divide the hair from the back, then tie the front part up and leave the back to hang free. Switch it up by either leaving the front as a ponytail or create a knot like Ayanda and Khloe. You can also create two knots in front, like Samkelo did with her dreads – the choice is really yours.



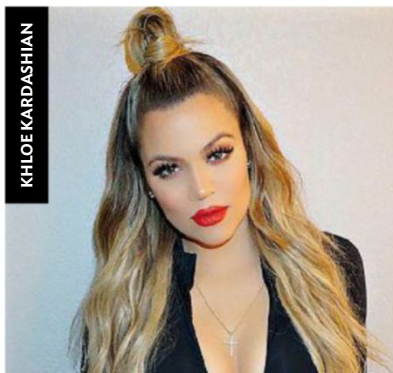
YARA SHAHIDI



AYANDA THABETHE



Bandy 10 pack R29

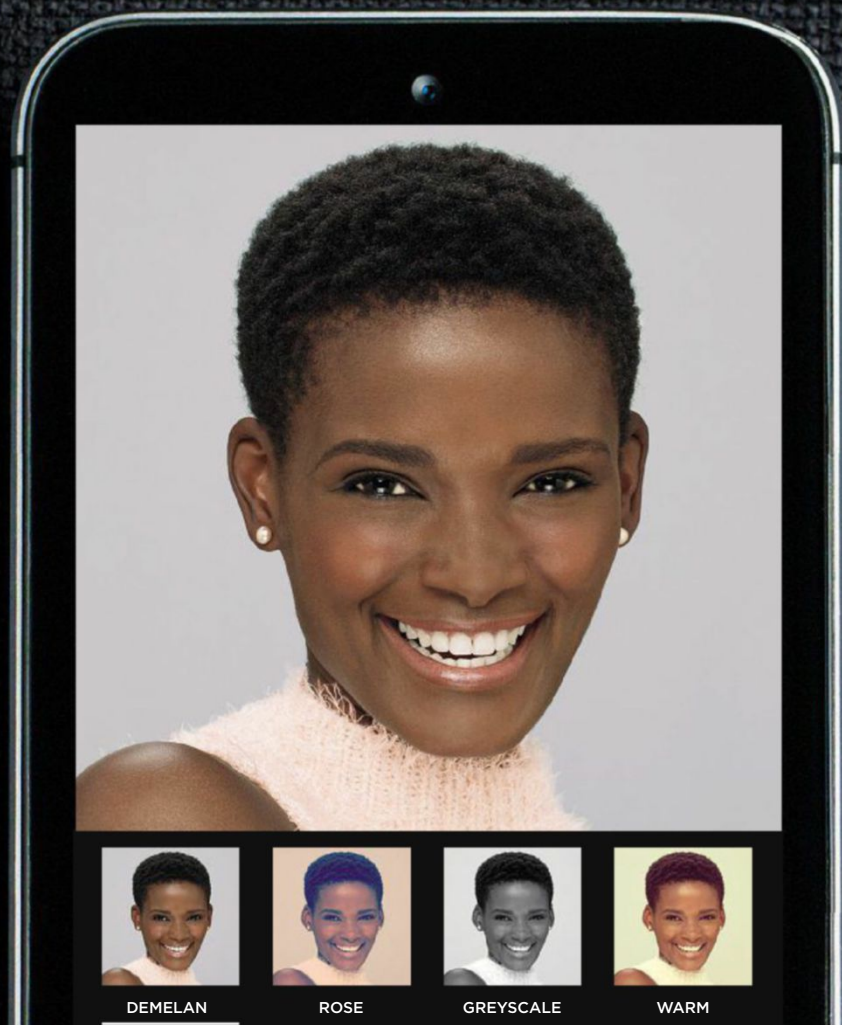


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References: 1. Mashwood AA. Treatment of hyperpigmentation disorders. J Pak Assoc Dermatol 2006;16:65-68. 2. Bandyopadhyay D. Topical treatment of melasma. Indian J Dermatol 2009;54(4):303-309. 3. See Demelan Package Insert. 4. Dlova N. PhD, Ethnic Skin and Hair Disorders in KwaZulu-Natal: A Study of the Spectrum of Ethnic Skin and Hair Disorders, and the Composition and Use of Skin-Lightening Preparations, Traditional Cosmetics and Sunscreen. 5. ImpactRX January 2016. Glenmark Pharmaceuticals (Pty) Ltd, Unit 7 & 8 York House, Tybalt Place, 185 Howick Close, Waterfall Business Park, Vorna Valley. Tel: 011 564 3900 Fax: 011 564 3939 www.glenmarkpharma.co.za www.demelan.co.za DEM0045

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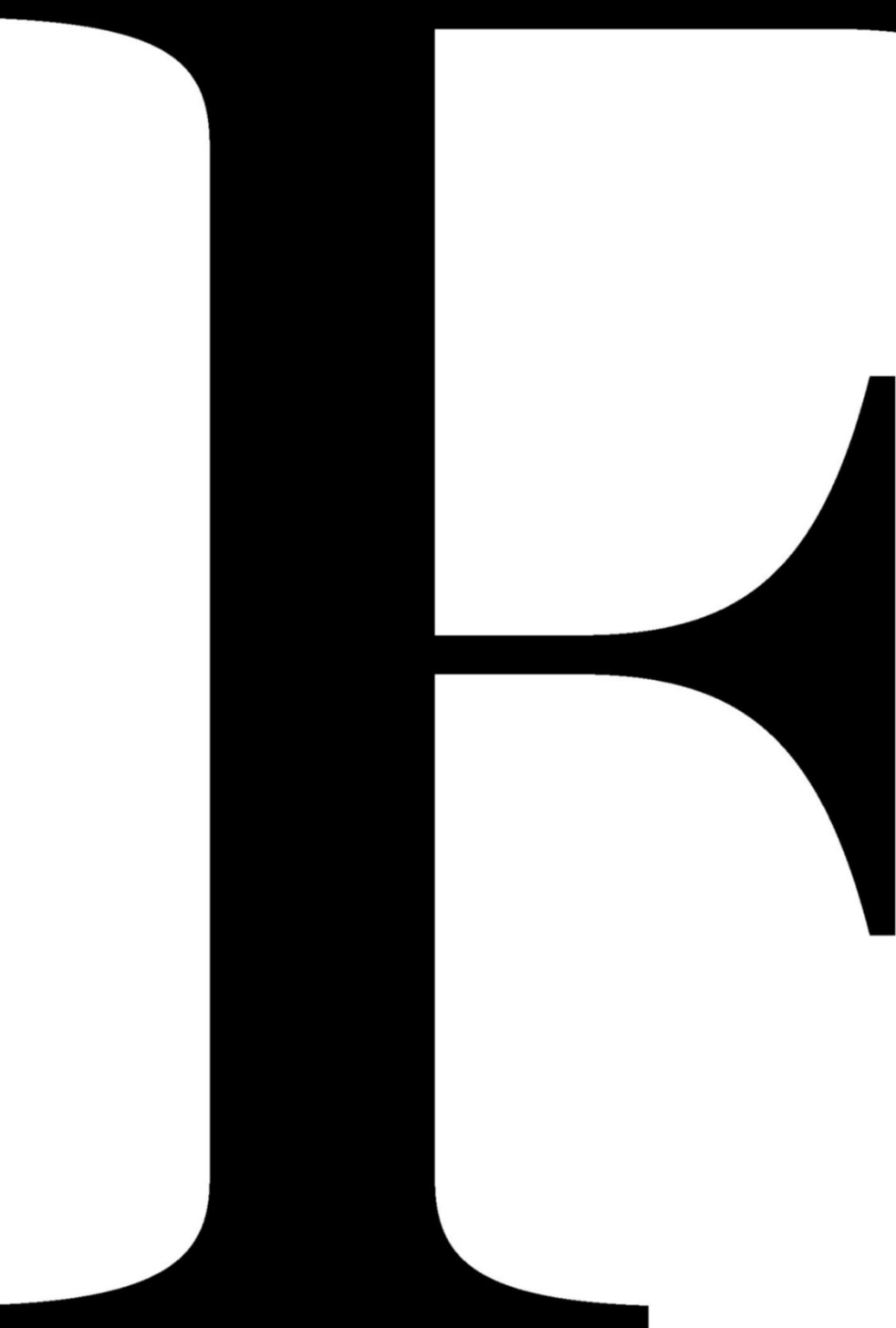


Jacket Diesel
Jeans H&M

POWER HOUSE

Influential media maven **UNATHI MSENGANA, 38**, is a personality like no other. She's not only a consummate presenter for the biggest commercial radio station and an award-winning singer, but also co-owns a multi-million rand business.

By **DUDU MVIMBI LESHABANE** *Photographs* **NICK BOULTON**



Fierce, passionate and enigmatic, Unathi Msengana, much like other famous women born under her star sign, Scorpio, is a mega media boss to be reckoned with. Part of the remarkable Scorpio squad is *Black-ish* actress Tracee Ellis Ross who recently won a Golden Globe Award for Best Performance by an Actress in a Comedy or Musical Television Series, making her the first black woman to do so since 1983. The legendary Whoopi Goldberg is also part of the clique, with more than 30 successful years in film; the

actress was the first woman to host the prestigious Academy Awards in 1994 and owns countless awards herself. And who can forget our very own music legend, the iconic multi award-winning and top-selling artist Brenda Fassie? She too was a Scorpio. Similarly, Unathi is also a force in her right. She's a radio personality, *Idols SA* judge, award-winning musician and more recently a television producer, creative director and businesswoman. It's 10am and it's scorching hot in Joburg when I meet the effervescent media

personality at Lucky Bean studios. She's refreshed and vibrant for someone who woke up at 3:30am to prepare for the 5am-8am show she co-hosts with radio maestro Glen Lewis on Metro FM. It's been 10 years since the radio duo started this great working relationship, first hosting the drive time show and now they wake up South Africa on *First Avenue*.

"It's been the best 10 years with Glen on radio. I had come from YFM, doing my own show, and when I was teamed up with him there was a lot of negative speculation, but look at us today! We did really well on drive time and now our breakfast show is the biggest," she continues. "We've doubled the numbers," she adds. "I've learnt so much from Glen. He's big in terms of achievements but he'll never make you feel that. I'm also the kind of person that seeks growth in what I do. Glen's wisdom has rocked me and our success comes from there."

Dressed in a stylish Nike gym outfit, which exposes her sexy bod, the mom of two: her son Sinako, 12, and daughter Imbo, 6, sits in a modern decorated office overlooking the leafy suburb of Greenside and recalls how everything leading to co-owning Lucky Bean, a production company, came about.

"Chris [Green], Donald [Clarke] and I graduated from Rhodes University together. We were all at Urban Brew. I worked on *Castle Loud*, Donald did *Survivor* and Chris directed a lot of commercials. I'd just started *Idols SA* in 2011 when Donald asked Chris and I to join him at a production company," she pauses. "It was a lot of beginnings for me, I had just had my daughter and needed to have foresight." Other than being a shareholder at Lucky Bean, which she calls 'an office job', Unathi says:

"I'm the creative director and my task is to come up with ideas, produce, and run workshops." She adds that she enjoys telling great stories about South Africans. With almost five years in existence, the production company has made a name for itself, churning out big and small projects such as *MasterChef SA*, *MyStory*, *Survivor*, *Mandela's World Cup* and *Girl Eat World*, which won the SAFTA award for Best Magazine Show in 2016.

"When we started in 2012 we rented this office, today we own the whole building and everybody is renting from us. Our BEE ranking is also up, and more commissioned productions from our company are on show. There's a lot more going on here."

All this while the hugely talented and award-winning musician has been running a multi-million rand business that's created jobs. "I don't like talking about myself. It would be seen as bragging. It's fine for public projects that I'm doing such as *Idols*, Metro FM and my music. When you're showing off you not doing."

"Even my parents were surprised by this achievement. It's hard for me to talk about everything that I do. For me, work is work," she says. "I never tell my parents the details of what I'm doing and when they do find out, they're completely shocked, even with things like music nominations, winning awards and other things that they get to hear about in the media."

The businesswoman adds: "My grandparents made the ultimate sacrifice for my parents. They chose not to see each other for more than 12 years so that we could be educated. That's the gift my grandparents left for us and I feel it's important for me to do the same for my kids. I didn't even know much about business when I bought the shares. Donald guided me the whole way. I've paid back the millions I loaned to buy the stakes into the business."

"I'm very good with money," she quips. "I live off my Metro FM salary and save as much as I can from it. I don't touch money that comes from my gigs, performances, royalties and even *Idols*. I save and allocate. My father taught me to be wise with money. "Thomas and I paid for our wedding in cash. >



Top La Manche Skirt H&M
Heels Castelo Jacket G-Star
Raw Earrings Colette



Jacket G-Star Raw
Skirt Marianne Passler
Earrings Colette

We came back from our honeymoon with not a cent and no debt. The only expenses we have are the cars, house and municipal bills. We pay school fees at the beginning of the year.”

Born Unathi Nkayi, in Grahamstown, in the Eastern Cape, to a male nurse dad and a domestic worker and clerk mom, the singer says her parents are great examples of success. “My dad went from being a male nurse to a psychologist and mom from cleaning people’s houses to working in the office of the Presidency. They taught me how to live off what you have,” saying that even her wealthy friends inspire her.

“Thomas and I have friends that aren’t in the industry; many are wealthy and don’t show off their possessions. That’s the best example we have. If I’m busy showing off, when am I working and making money?”

Even with endorsements, Unathi says she chooses wisely and doesn’t go for what everyone is gunning for. “I’ve rejected offers. I don’t want to be compared to anyone. I’m a middle child. I grew up with mama who compared me to everybody. To her, I was never good enough academically. My mother didn’t understand that I was good in sports and the people she compared me with were good in other spheres. So I work hard to ensure I’m incomparable in my own way, and that’s just how I’ve always been,” she says.

And when the media maven was launched in the industry, presenting *Castle Loud*, alongside Stoan Seate, she immediately worked on her music and featured on Zola’s *Sana Lwami*. It’s from there that she nurtured her niche, and learnt to do things her own way.

“Growing up I was different. I lived in Namibia and was the only South African in class. When I was in England, I was the only black learner in the school so my parents validated me. I’ve learnt to trust my voice; to trust my truths, be confident with my thoughts and defend myself. Coming from SA and living in all these foreign countries, not knowing how to speak isiXhosa, to being the only black child in a white school, I’ve always been judged.”

Two hours into our chat, Unathi’s business partner Donald walks in the room to check on her as they have a

client presentation in the next hour. “We’re a creative bunch. I work well in a team,” says Unathi, adding that a TV talks show is next in the pipeline but will only happen after she’s turned 40. “I’m still young. I feel you have to be over a certain age to run a show alone.” But the reality is that according to SA’s entertainment industry, 40 is a sell-by date. Most productions prefer to go with a younger and fresher talent.

“Yes, I know, but if we want quality, we have to be mature about it. There’s a reason why Oprah is Oprah. There’s maturity to this thing. Thankfully I’m self-employed. This is why we need to create our own opportunities. You can’t allow your future to depend on a few people,” she adds. “I’ve seen the

“And
when such
happens,
your home
becomes
your
sanctuary,
your
haven. So
I protect
it.”

challenges of being employed and I had to get some independence.”

Unathi’s days are packed with client meetings, corporate performances, fittings, *Idols* and on top of that has to juggle running her household. In a few hours time, she’ll dash out of the office to fetch her kids from school. The mother-of-two points out that sometimes her fame does overwhelm her children. “I may have all these jobs but my main priority is being a wife and mom, not a celebrity. You need to get off stage and do mom things. When

work is done I take over my duties. My daughter knows when I get home after *Idols*. I close my eyes, and she takes off my lashes, we wash our faces and mom must come back to family reality. Thomas and I often say we’ve got to get off the stage. And when I’m home I’m off the stage,” says the star, and mentions that no matter how busy she is, “We navigate our diaries around the kids. My support system is strong. We have our nanny who goes home on weekends and all school holidays. If I work on weekends, my parents have the kids. I also turn to my best friend, Cuma and Thomas’ friends also step in. We’ve built a family, I’m driven and I’d be resentful if I couldn’t be able to do what I love,” she says.

Then in 2015, cyber bullying happened and a Twitter rant followed. The opinionated star says she felt like, “A child star coming of age. I think people were not ready for me to be outspoken, it felt as if South Africa didn’t want me to grow up.” That was followed by a six-week suspension, which she says gave her a wake up call. “It was six weeks of no-pay; that’s the salary I depend on. I had a few lessons I took from there, the one being my family is everything and just because I speak and you hear me everyday, you have no right to my personal space. No one has a right to talk about me or my family just like that. And when such happens, your home becomes your sanctuary, your haven. So I protect it. I’ve never cried so much in my life and it wasn’t because of work insecurity, but because I couldn’t believe how dangerous the soul can be.” On her children, Unathi says: “I can’t protect them from hearing things about me. During the suspension, my son came back from school and said, ‘Mom, I’m sorry. I was on the internet and I read what’s happening.’ We talked about it. Thomas and I try to normalise our lives.” She continues: “Imbo is still too young to understand. She asks why people come greet us so we tell her that mommy and daddy work on radio. We explain that fame is being popular because you’re good at what you do.” They can’t escape famous people as the kids’ aunts – Hlubi Mboya and Kuli Roberts – are celebs in their own right. Unathi has a strong social media >

following, with over 1 million followers on Twitter and Instagram combined. If you follow @unathi.co on Instagram, you'd see pictures she posts of her fitness journey and how she embraces her new body, taking other women along to inspire and encourage them. The *Idols* judge has lost a total 30kg and says the journey started four years ago. She's always inundated with questions of how she did it and that's the reason she's penned her weight loss journey and put into a book soon to hit the shelves.

"I don't believe in writing a biography before you reach a certain age. It's not a biography but most black women want to know how I lost weight," saying it all came when she weighed 98kg; just 2kg away from 100kg. "It was not the criticism as much but it was being a size 48 and 2 kilos away from 50. I couldn't wear pants for two years. Just walking would make me sweat uncontrollably. It was sad. "I was scared. I work in a superficial industry and was not getting bookings. Things needed to change. I knew 80% of the problem was in the kitchen, and so I cut dairy, wheat and sugar. I started making my own meals," says a slimmer Unathi as she has another sip of her sugar-free cappuccino.

"Weight does not only affect your health, it also affects intimacy. I'm never hungry but I'm losing weight. White women have known this for a long time – it's about how healthy you are. Now I'm happy and confident." The soon-to-be author explains: "So, this book is for women and sharing how I did it. It's a personal story and that's what people want me to share. My lifestyle has changed a lot. I walk to the shops instead of driving. I don't eat carbs after 4pm. I go to the gym for one hour where I do the grid two to three times a week. I eat before I go out to events. Those are the small changes that have made a huge difference."

She goes on: "I'm not a fitness guru. I see the pain and hopelessness in women, and I hate that. It kills me when someone has given up on themselves so that's why I'm writing this book. As young women, we haven't even hit our sexual peaks so why are we giving up now? We can't let go of ourselves. I can't wait to be 40 in this body. I believe when we get to a stage of feeling confident, we'll stop bringing each other down so we can be comfortable with greatness in our presence."

And one last question before Unathi dashes off – when will the music resume? "It happens all day, everyday. I'm featured in DJ Merlon's single, *Sonini*. I'm in studio producing my next album. I release once in three years and so 2017 will definitely see me produce new material." It's almost afternoon when I leave Unathi to wrap up her meetings and later go to fetch her kids from school before she becomes a mother again, and an *Idols* judge and radio presenter and musician and businesswomen all over again. As my car screeches back to Joburg's drive time traffic, I can't stop thinking that there's more to this powerhouse than meets the eye.

"I believe when we get to a stage of feeling confident, we'll stop bringing each other down..."

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Dress Ryan Keys
Jacket Diesel Earrings
Colette

Amber Rose dances to the beat of her own drum, and isn't bothered by slander regarding her past as a stripper, a time she says was the best time of her life. Muva, as her fans worldwide refer to her, says she actually started stripping at age 15 to help support her family.

"I was very young. I think I was still a virgin at the time. Being on stage with my boobs out, it was like, 'Oh my god, this is not for me.'" She quit and later took it up again at 18 and went to be a stripper for seven years, and then, she enjoyed every minute of it.

"That was the best time of my life! I had so much fun. All the girls were really cool. The guys weren't allowed to touch you. I was never sexually assaulted. I was young and beautiful. I wasn't really ashamed of my body. I also made lifelong friends."

During an episode of *Loveline with Amber Rose*, which she co-hosted with her good friend Blac Chyna (who's engaged to Rob Kardashian), Amber mentioned how she missed being an exotic dancer and went on to emphasise the hypocrisy and double standards.

"I've made a point of that in my career a million times that Channing Tatum was a stripper, The Game was a stripper, and they are guys. No one says anything bad about them. But when it comes to me and Chyna, people call us whores and gold diggers. Basically they treat us like we have no hearts, like we don't fall in love with these people." Explaining further what she meant, Muva added: "I think people are specifically speaking on the Kanyes and the Robs and the Tygas

and the Wiz Khalifas of the world that we have dealt with. Everyone is always bringing up our past as strippers," she said adding that she's proud of her past.

Amber is now a powerful voice against slut shaming, and since 2015 has been hosting her annual SlutWalk protests. Together with her bestie, Chyna, she attended the 2015 MTV Video Music Awards, wearing outfits embellished with phrases used to belittle women. The movement is now a global event.

**"I'VE REALISED
THAT MY PAST
WILL NEVER
GO AWAY, SO
I DIDN'T HAVE
ANY CHOICE
TO PROGRESS."**

We first learnt about this sassy model in 2008 when she was Kanye's girlfriend. Intrigued by her unique look and style, the paparazzi gravitated towards Amber. She'd also recently broken into the entertainment industry after posing for fashion giants Louis Vuitton. Before then, she appeared in an episode of *A Haunting*. Kanye actually spotted Amber in a music video for fellow rapper Ludacris' *What Them Girls Like*.

"The misconception – and I still hear this to this day – is I'm only famous for

dating Kanye. Initially, absolutely. In 2009, when everyone said, 'Amber Rose, Kanye's girlfriend,' I said 'Okay, that's pretty accurate. That's what it is.' But I didn't ask to be famous, and I didn't even talk or do interviews for two years," the 32-year-old told *The Daily Beast*.

"I've realised that my past will never go away, so I didn't have any choice but to progress. Everything I've done since then is for me. I've worked hard for everything I have."

Today it's safe to say Muva has stepped out of being just a 'famous rapper's girlfriend' to cement herself as a recognisable entertainer. Amber turned her nickname into a brand, going as far as releasing a fashion label that retails on MuvaRose.com.

"I'm from the East Coast, and there 'muva' means mother," says the star. "My fans started calling me Muva, and I put the name on hoodies and t-shirts, which soon became the biggest sellers on my website."

Amber's modelling resume includes walking for New York Fashion Week and making appearances in music videos for the likes of rappers Nicki Minaj and Fabulous. She was also on Russel Simmons' reality show, *Running Russell Simmons* and was signed by Smirnoff as their ambassador while also participating on *Dancing with the Stars*.

Always one to expand her growing empire, in 2016, Amber added businesswoman to her accolades when she launched MUVA Management, a company that manages women in the entertainment industry.

Bad Girl Gone Better

Former stripper and video vixen turned media businesswoman
AMBER ROSE, 32, won't let negativity get her down.

By **PHILA TYEKANA**



As if that wasn't enough, last year also saw the former model launch her own emoji app, MuvaMojis. That business venture raked in a cool R53 million. And then the cherry on top was her own talk show, *The Amber Rose Show*, on VH1.

The businesswoman recently revealed that she's Black, Portuguese, Irish and Italian. Born, Amber Levonchuck in Philadelphia to Italian/Irish and Cape Verdean/Scottish parents, Amber is the first born of two children.

On the topic of race and colourism, Muva featured on the Oprah Winfrey Network documentary *Light Girls* where she spoke openly about the negative response some of her family members had about her marriage to ex-husband Wiz Khalifa (some even refused to attend the wedding).

"My family feels like they're more superior or better than an African-American because 'we're Creole' and 'we have culture,' and that's something I've battled with most of my life," she said, adding that it's the older people in her family who hold these beliefs. "I'm angry that my family is like that."

In 2011, Amber began dating rapper, Wiz Khalifa. The couple tied the knot in 2013. In the same year, they welcomed their son, Sebastian Taylor Thomaz. The marriage was shortlived and Amber filed for divorce in 2014. Entertainment blogs implied Amber caught Wiz cheating.

In the divorce settlement, the curvaceous model received R13 million as stipulated in the couple's prenup along with R19 000 per month in child support. "We're actually better now that we're divorced, which is weird but it's just worked out that way."

While they may have not worked as a couple, their main priority is raising Sebastian. Amber has found love in the arms of her new bae and *Dancing With The Stars* champion, Val Chmerkovskiy. Of her personal growth she says, "I was always about girl power but I think I needed time to grow up. You reach a point where you find out who you really are. I guess social media did help create the feminist monster that I've become."

Her career is on a constant up where she's even dabbled as author after releasing her relationship advice book *How to Be a Bad Bitch*. She loves being a mom and remains head-strong as she strives for success. There's definitely no stopping Muva! ■



My time to shine

AMANDA BLACK, 24, is basking in the limelight of her popular song, *Amazulu*.

BY PHILA TYEKANA

In a digital world where music downloads are rife, Amanda Zulu did the impossible and went platinum in just three weeks after the release of her debut album, *Amazulu*, selling 30 000 copies. After just seven months in the limelight, the singer has made South Africa fall in love with her. Her massive hit single, *Amazulu*, debuted on Metro FM in July and immediately stole our hearts, rocketing Amanda to

instant stardom. Her beautiful voice also features on songs of fellow artists signed to Ambitiouz Entertainment record company. These include rapper A-Reece's *Sebenza* and Miss Pru's *Phumelela*. She has also collaborated with popular Afro pop duo Jaziel Brothers on their song, *My Baby*.

We meet the singer soon after the 16th Metro FM Music Awards nominations; Amanda is the most

nominated artist and is vying for gongs in the Best Pop, Best Female, Best RnB, Best New Artist and Song of the Year categories. She didn't expect any of this to happen so soon. Whatever the outcome, she says, she's happy that her talent has been recognised.

"These awards will put me on a higher level in terms of spreading my name even more. They'll open more doors for me. I'm really honoured."

The Metros will be the musician's first ever awards. "I used to watch them on TV and marvel at the artists getting their awards and saying their speeches, hoping that one day it would be me. If I win, I'll invest the money. The lifespan of an artist isn't guaranteed, so it's important that as artists, we look at the business side of life."

So, who is this music newbie with the enchanting voice? Amanda joins a long list of Eastern Cape-born successful artists, like Zonke Dikana and Nathi Mankayi, currently dominating the music industry. Born Amanda Benedicta Antony, she's the older of two children. She has other siblings from her dad's side and was raised by her mom, a lawyer who provided a loving home. Her breakthrough came in 2015, when she was a contestant on *Idols SA* and made it to the final seven. "I'm happy I didn't win the competition," says Amanda. "All of this wouldn't be happening. I was obviously gutted when I had to leave. Facing rejection like that dented my confidence, but I went home and my mom was supportive and emphasised constantly how I should never doubt my voice."

The Mthatha-born artist says that even as a child, she wanted to sing. There was no plan B, so she studied music education at the Nelson Mandela Metropolitan University after matric. Amanda mentions how she envisioned herself as an artist like the late, great Whitney Houston. "From early on, I would have this vision of seeing myself performing on a field and the flowers blooming as I sang."

Needless to say, the vision is manifesting. "It feels great," says Amanda. "It's incredible how people have been so responsive. I don't know how many gigs I did over the festive season, but I was surprised by it all."

I'd get nervous about the other songs I'd sing, because people knew only *Amazulu* and I was trying to introduce my repertoire from the whole album.

"The shocking bit is how the audience sings along to every song. As a musician and songwriter, you hope that your songs will get a positive response from fans. For me it's a reality now."

Speaking to Amanda, it's clear she's proudly African as she dons her signature style of Xhosa make-up and beads. Then again, it's almost inevitable that musicians in the Afro-pop genre will reflect a similar image. We see it with Thandiswa Mazwai, Nhlanhla Nciza and Simphiwe Dana. "I never want to tie my music to any specific genre," says Amanda. "My album is full of songs that I loved and wrote. My music has hip-hop beats infused with R&B and soul. I'm conscious of the comparisons to Thandiswa and Camagwini, who also celebrate their Xhosa culture, but the intention was never to copy but rather to be inspired by them."

She explains that her look comes from a process of learning about her history, which began in 2014. "I used to not like my dark skin because everyone said light-skinned girls were prettier. I had fair-complexioned friends and sometimes I'd be the darkest of them all. At times, it affected how I felt about my looks. So, I started learning about my history as a Xhosa and where I come from. I read Steve Biko's *Black Consciousness* and delved into my culture to work out who I am. It was then that I began to embrace being me."

She stops to catch her breath before continuing: "I was always referred to as a 'coconut'. I never used to speak IsiXhosa and had only English-speaking friends. As a result, I believed that being black wasn't cool. The funny thing is, I grew up in a township in Umsobomvu, in Butterworth. When our family started moving to other cities, I went to primarily white schools. I don't believe I ever thought like that. I was a kid and silly back then. There are different growing pains for everyone. For me, it had to do with my skin. I speak IsiXhosa now and decided to use the word 'black' as my stage name."

Why does she think fans have gravitated to her? "I'm genuine, bubbly



"I pray and hope that I never change to the extent my personality isn't recognisable"



and an honest musician. I appreciate everyone who worked on the album with me; they put their all into it as much as I did. When I signed with Ambitiouz Entertainment, I was new to everything. I wasn't experienced at recording in a studio. Before then, I was just a girl who taught herself how to play the guitar at 16. I wrote songs and played at restaurants and on my YouTube channel."

It took just a year after *Idols SA*, and five months after moving to Joburg for her to be signed by the popular independent record label, Ambitiouz Entertainment, in January last year. Impressed by the YouTube music videos the star had been posting to get her name out there, record label owner approached Amanda and signed her on soon after.

"On YouTube I'd be happy to get 100 views. Now *Amazulu* has got me more than 100 000 views. *Idols SA* invited me to appear on the show as a guest singer last year. I remember when I left the show, I told the crew I'd be back. I didn't think it would be that soon!"

Fame is notorious for changing people. Amanda acknowledges this and says: "I hope and pray that I never change to the extent where my personality isn't recognisable. People change; it's human nature, and with fame it's only normal to a certain degree. You can't swiftly move from no one knowing you to everyone calling your name, without it having an impact. It depends on who you are and how you take it. Everything has its own timing. If all of this had come earlier, I doubt I would have handled it well."

Fame isn't all gloom and doom, there are perks too, and the singer appreciates having people know her name and stopping her on the street – not because she's a recognisable face, but to commend her for her talent and how great her songs make them feel.

On the other hand, she admits that fans can be overwhelming and that she gets tongue-tied around them. But she's grateful: "I've always said I wanted to be a famous singer and it's actually happening now. I wanted to be known for the best thing about me, which is my voice. I always believed my voice would take me places." ■



Model
**KGOTHATSO
'IMAN' DITHEBE,**
21, is breaking
boundaries with her
rare beauty. She tells
her story of defying
the norm.

BY PHILA TYEKANA

DARE TO BE DIFFE

"Looking at myself in the mirror is weird. My face is black and white. People assume that I have vitiligo, the disease that causes loss of skin colour in blotches. The mark on the left side of my face, which also runs over my scalp – making my hair appear blonde – is a birthmark. I don't know of any medical explanations for birthmarks. I've accepted that this is me and I embrace being different. My mom's side of the family has visible birthmarks; my aunt also has one on her face. Theirs are darker, though.

When I grew up in Mafikeng, North West – and later in Pretoria – I was never made to feel different. I wasn't aware or self-conscious about it. It's only when I started primary school that I felt awkward about it because kids teased me and called me "two-colour" and "Africa". In high school I felt even more awkward. Try mixing adolescence with a visible birthmark that makes you stick out. Add to that being tall and skinny. I just stood out. But despite everything, I still wanted to be a model.

At the age of 15, I looked for an agency. I'd never thought of ever covering the birthmark, but when the owner of the modelling agency suggested I do so to look "normal", I did that with the help of layers of make-up. It worked and with the birthmark covered, I felt great that for the first time I was part of the crowd.

I grew addicted to the make-up. I loved that strangers couldn't tell I had a big mark. Finally, there was no one staring at me. I looked amazing in pictures, but in real life the make-up made me look like a wax doll. I overlooked that on purpose; as long as I fitted in, I was fine. Make-up became a mask I put on to feel confident. I adopted the name Iman because it was the only make-up brand that was able to give me full coverage. There were times the make-up faded and people would give me awkward stares. I didn't care. I'd cake it on some more.

I did all of that and yet, I wasn't booked for gigs. I'd go to castings, plastered with make-up, and have to take it off, shock everyone with the birthmark and explain to them what it was and how I got it, and then put make-up on again. I became frustrated. I'd always wanted to be a model and the one thing holding me back was the very thing I had no control over. I burst into tears at an agency once. Luckily, they were encouraging and awakened me to the harsh reality that as much



as I was reaching out to them because I looked different, I too needed to believe in myself. They were right. Those words gave me the push I needed. I started my Facebook page and later Instagram, where I posted images of myself, birthmark and all. I ditched the modelling agency I was working with in search of a representative who would accept my look wholeheartedly. I changed my mindset and assess why I was living by everyone else's opinion.

What also helped was Tyra Banks' show, *America's Next Top Model*. When Winnie Harlow, a model with vitiligo, was a contestant, people started saying how much

I looked like her. I didn't know her, but friends encouraged me to be as open and confident about my birthmark as Winnie is about her vitiligo. People also started tagging me on her pictures, thinking I was her, and applauding my alleged work and inspiration. At first, I resisted the attention. Then I realised that if Winnie could do that, what was stopping me from doing that right here at home.

Now I follow and admire other game changers in modelling such as American albino Diandra Forrest and locally Thando Hopa, Refilwe Modiselle and many more who challenge the perception of beauty. Looking back, I feel cowardly that I allowed myself to be riddled with doubt and listen to everyone's opinion about my looks. I'm the girl with the mark to everyone. So what? It doesn't define me; it's a part of me, just like my fingers and toes. I've grown used to the stares and raised eyebrows every time I enter a room or walk down the street; some people even take pictures.

Over the years, I've learnt to use the birthmark to my advantage. It makes me stand out from the crowd. My face is unforgettable. When models walk down the ramp, there's always a particular dress a certain model wears that everyone will be drawn to. With me it's the reverse. The audience remembers my face and then the dress. I love that. I'm happy my face is challenging society's views of what it takes to be a model.

In 2016, I did the unimaginable and walked for the Mercedes Benz Fashion Week, without belonging to an agency. I saw a post on fashion designer David Tlale's social media that they were looking for models. I didn't have a portfolio, but I was determined to be part of it. I took pictures of myself and wrote down my height, weight and more at the back of the images.

Some of the other models tried to discourage me because I didn't have a portfolio. I'm grateful to Andiswa Ngxiswa, who loved my look and encouraged the designers to hire me. After that brave move, I approached Ice Model Management and they signed me up. Being signed hasn't changed my luck. I still struggle to get gigs. I feel South Africa is behind the times and isn't welcoming of models like me. Modelling is a tough industry to crack and every second girl you meet is a model, so I always question where I fit in. It doesn't deter me, though.

I'm confident I will make it. I encourage others who are made to feel different not to let it get to them. Learn to love and accept yourself. It has been my childhood dream to enter the Miss SA pageant. I grew scared that if I participated, I'd relive my childhood of being called names. I don't think like that anymore and so I plan on entering the contest this year." ■

RENT

BODY NEWS

ROLL with the CRUNCHES for great abs, and EAT your way to HAPPINESS.



ROLL WITH THE CRUNCHES

The roll-up crunch, or full pilates body roll, is great for targeting your midsection. It's said to be 30% more effective than normal crunches as one roll-up is the same as six sit-ups. Because the move challenges your abs through a fuller range of motion, it recruits more muscle fibres by targeting the six-pack group of muscles popularly known as abs. All you need is a yoga mat and you're good to go in the comfort of your home.

HOW TO DO IT:

1. Lie on your back, legs together with toes pointed up and arms extended overhead. Inhale, arms towards the ceiling and slowly roll up into a curve and reach for your toes.
2. Exhale as you slowly uncurl your body back into the starting position. The key is to keep your feet on the ground and avoid using your hip flexors and glutes. Someone can hold your feet in place if you can't. Do eight to 10 repetitions, three times a week.



“WHEN I EXERCISE IT HELPS KEEP MY MIND CLEAR AND MAKES ME FEEL CALM AND HAPPY.”

– Taraji P Henson, Award winning American actress.



HAPPY MORNING

20 March is an international day of happiness. Why not shake your way to healthy bliss with Herbalife's Formula1 Shake? It's a delicious, convenient alternative to a kilojoule-controlled breakfast. Combined with a balanced diet, it can be part of a healthy, active lifestyle. You can also try Herbalife's range of tasty low-kilojoule hot and cold healthy drinks. Enjoy!

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Get slim. Start today!



This is a graphic representation of weight loss. Results may vary.

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To achieve and maintain your goal weight you must adjust your lifestyle. A kilojoule-controlled diet and a healthy exercise programme are essential.

What's the difference between a woman who transforms her life and the one who languishes in her boring, burnt-out rut? What makes one person shed three kilograms while another remains a fully paid-up member of the baggy sweatshirt brigade? The answer – like it or not – is motivation. If you're motivated, you really can do pretty well anything – from finding love to learning a new language; from getting fit to starting a new business.

Interestingly, it seems some of us have a flying start in the motivation stakes. "Some people have the fortune to be inspired by go-getting parents or teachers," says personal development trainer Gael Lindenfield, and author of *Self Motivation*. "Others were born with a 'silver spoon' and luck has given them such an easy passage through life that they have no reason to believe that they can't have what they want and need."

But the good news is that we can all learn lessons from those lucky go-getters. You don't need to bully yourself. This eight-point plan should give you the push you need to achieve your wildest dreams.

1. CHOOSE YOUR GOALS

So you want to change your entire life, every last bit of it; right now; this very minute? Sorry, but that's a recipe for disaster. Instead start with one goal. Psychologist Philippa Davies, author of *Get Up and Grow* suggests you ask yourself: What is it exactly that I want to do? How long will it take? What specifically will I achieve at the end? How will I know I've achieved it?



So, instead of "I want to be thin," try, "I want to lose 4kg" and work out the precise effects it'll have. Alongside this, take a large sheet of paper and stick images onto it that represent what you want to achieve. Put a picture of yourself in the middle and add some encouraging words or phrases. Images

talk directly to the subconscious and so have a marvellous way of subtly motivating you.

2. CLEAR ALL CLUTTER

Clutter muddles the mind – subconsciously we're always worrying about what hasn't been done. So have

8 STEPS TO MOTIVATE YOU

You have everything within you to BE SUCCESSFUL. Follow this useful guide on how to INSPIRE YOURSELF.

BY JANE ALEXANDER

a major clear out, both at home and work. Be ruthless and keep only the stuff you actually use. Dwelling on the past will always drag you down. Owethu, 29, says it wasn't until she spring cleaned her desk at work that she felt much lighter. "I used to keep everything piled up on my desk. I couldn't even find a file if I needed it immediately. So I threw out everything that was at least six months old. I even have space for a vase with flowers now." Get organised so you know where everything is. Being being able to lay your hands on exactly what you need the minute you need it is a brilliant motivator. "Clarity often comes after we've given our lives a bit of a 'spring clean'," says life coach Carole Gaskell, author of *Transform your Life*.

3: BUILD YOUR DREAM TEAM

Who said you have to get motivated all by yourself? Get some allies on board. If you're trying to lose weight, enlist the help of a nutritional therapist. If you need to shift career or start a business and lack motivation, try life coaching; someone on the end of the phone who can give you a push. For emotional issues, a psychotherapist can be a guide.

Needing some extra motivation, Nomsa, 34, joined her neighbourhood running club so she stays disciplined. "There are five of us in the club. We send each other motivating quotes on the WhatsApp chat so we can be excited for the next run." If you commit to exercising with a friend you're far less likely to wimp out.

Seek support in unusual places too. There are plenty of online support groups, which is hugely motivating. You can choose from a weight loss, a stop smoking group, or even a forum for members starting new businesses. The relative anonymity of the group makes it easier to be honest.

Lastly think of three heroes to look up to – people you find truly inspiring. If your motivation is flagging, ask yourself: "Would X give up here?" or "How would X handle this?"

4. TAKE CREATIVE CHALLENGES

Creativity – thinking outside the box – is key to motivation. Trying out new things, meeting new people, testing out new approaches can boost your motivation. "Each day during the week, make a small change in your routine," suggests Lindenfield. Try these five tweaks to motivate you:

- ▶ Initiate a conversation with three new people every week.
- ▶ Sign up for a Saturday or evening course in an unusual (for you) subject.
- ▶ Try dance, or art, music or voicework. Loosen up and allow your creativity to come out.
- ▶ Treat yourself to a massage or bodywork session – the more unusual the better. Try Mongolian massage, Chinese Chua Ka or be stretched into a new shape with Thai massage.
- ▶ Alter your posture with yoga, Pilates or Alexander Technique. Change the way you stand, sit and walk and you'll change your entire outlook on life.

5. CONTROL YOUR TIME

At the end of each week, plan the one ahead. Set aside definite time slots for achieving each of your goals. For instance, if

you want to learn a language, commit to learning 10 new words every day. If you want to get fit, schedule in regular bouts of exercise. Treat these appointments as sacrosanct. Take time at the end of each day to plot out the next day, hour by hour. Include me-time – periods each day when you won't be interrupted for creative work, coming up with idea or simply for sitting quietly and refuelling. Take a break for five minutes every hour – walk around or do stretch to refresh yourself.

6. WEED OUT THE ENEMY

World-renowned motivator Philippa Davies sets out the problem perfectly. "There you are, all exhilarated by the marvellous new scheme that's motivating you and you bump into an old friend. You enthusiastically describe your plans and she listens with a slight sneer. 'Well,' she says, 'that's fine but how are you going to make money in the real world?'" Davies points out that such people are probably jealous of your enthusiasm so try to avoid them.

It's also not worth listening to any inner critics that might be scuppering your motivation. Listen for the voice inside you that says, "You can't do that!" or, "You'll never keep going!" Then take back control. A short, sharp "Shut up!" or "No!" often does the trick. Or replace the negative thought with a positive one – "I CAN do it and I WILL do it."

7. DO IT NOW!

"Procrastination is the art of putting things off," says inspirational speaker Carole Gaskell, "and many of us are extremely skilled at it." Senzy, 38, says she knows she could be more productive if she just tackled procrastination. "I'm trying to break down all the tasks I need to do into small parts so I don't feel overwhelmed." Many people are guilty of this one. Gaskell recommends you identify the most unpleasant job on your to do list and tackle it before anything else.

"Psychologically this will set you up for success – everything else will seem easy once you've tackled the worst task. Alternatively, break a large task down into small chunks and allocate, say, 15 minutes a day to chipping away at it steadily so you feel as though you're making progress effortlessly."

8. MANAGE YOUR MOOD

The first seven steps should get you going but this last one will keep you motivated. It's all to do with your mood. "If we believe we're not good enough at something, we'll jolly well ensure we fail at it," warns Davies.

"Make your biochemistry work for you," agrees Lindenfield. "Programme your brain by starting and finishing each day doing something that generates a physical feeling of pleasure – the morning activity should be energising and the evening one relaxing, but that doesn't have to mean sex!" Try:

- ▶ Investing in a small trampoline so you can bounce while you watch the news.
- ▶ Using the power of scent. Add a couple of drops of lemon or rosemary oils to your shower sponge in the morning and a few drops of lavender to your evening bath. You'll feel calm and relaxed. ■

Why you're off the pill

For years THE PILL allowed women to plan their careers around motherhood. But research shows that attitudes towards THIS CONTRACEPTIVE have changed.

BY CHRISTINA QUAINÉ



“Two years ago, I decided to stop taking the pill as I’d been using it since I was 17. I’m now in a steady relationship and have regular sex, but felt I’d been on it for too long. My partner and I decided to use condoms instead,” says Nthabiseng, 37.

Her attitude is indicative of a recent report that reveals an increase in the number of women aged between 30 and 40 who have unplanned pregnancies due to not using contraception. This is because they believed they were unlikely to conceive. Data from more than 150 000 women attending British clinics for abortion care found that older women were less likely to use contraception than those under 30.

“This correlates with the findings of a 2006 US study, which found that the number of unplanned pregnancies ending in abortion was highest among women over 35,” says deputy director of medical wellbeing at Britain’s Nuffield Health Centre, Dr Auldric Ratajczak. Director of a UK-based clinic Clare Murphy believes the trend is partly due to a perception among some who feel that they’re simply too old for the pill. “We’ve found that women are weighing up the cons, such as weight-gain and breast tenderness,

within the context of their lives. The older group are less willing to put up with these consequences,” she says. In your 20s, when you’re more sexually active, the benefits of being on the pill outweigh the negatives. However, as you move into their 30s and 40s, when you potentially have less sex, you don’t necessarily want to take a daily pill. “Yet, aside from certain risk factors, such as being a smoker, most women can safely continue using it after the age of 35,” says Murphy, adding that there’s also some misunderstanding about women’s fertility. “We’re constantly bombarded with news reports about how you should get your family done and dusted by the age of 35 because, after that, your fertility falls off a cliff,” she says.

“On the one hand, this creates panic in women who want children and haven’t yet started a family, while on the other hand, it gives women over 35 the idea that they can take a few chances with their contraception when, actually, the possibility of them falling pregnant is generally good.”

Indeed, figures show that 82% of women aged between 35 and 39 will conceive within a year of having regular, unprotected sex. And mothers are certainly getting older. In 2014, Statistics South

Africa revealed that the average age of women giving birth is slowly reaching 30 (it currently stands at around 28 years of age). And the number of 40-something mothers is on the rise. In the US, Halle Berry recently spoke of her surprise at having a second baby at 47, while Janet Jackson gave birth to her first baby boy early in 2017, at age 50.

More women are also embarking on new relationships later in life and this too has implications on our attitudes towards contraception. "If you've come out of a long-term relationship or marriage, and then moved on to a new partner, you may not be used to thinking about contraception," says sexual health consultant Tracey Masters.

"Yet it's crucial that women have access to good-quality advice, and the Marie Stopes South Africa clinic is brilliant at that." But it's not only unplanned pregnancies we need to worry about – sexually transmitted infections are also on the rise among the older generation. Dr Charlotte Jones, recently spoke of the 'Fifty Shades effect'.

"When it comes to unsafe sex, we always think of the vulnerability of young people, but there's the *Fifty Shades Of Grey* effect where older people are being more adventurous but not necessarily remembering to use a condom," she says. According to the Human Sciences Research Council's (HSRC) *National HIV Prevalence, Incidence and Behaviour Survey* of 2014, women aged between 30 and 34 had the highest infection rates. The survey also found a shocking pattern: couples who are living together but are not married, aged 15 to 49 years, had the lowest rate of condom use.

What's clear is that we need to make our sexual health a priority. But how well do you know the contraceptive options available to you? The Family Planning Association research found that a third of 18 to 49-year-old women spend just five minutes deciding which types of contraception to use. The pill and condoms are by far the most popular methods: 35% of women aged 16-49 use the pill, while 30% use condoms. But it seems plenty of women like Nthabiseng are reluctant to explore other ideas.

"I hate the idea of an implant or coil. The diaphragm would've interested me, but you have to insert it so far in advance, which I find off-putting," she says. "If I could pick one up from a pharmacy I

35%
OF WOMEN
AGED 16-49 ARE ON
THE PILL,
WHILE 30% USE
CONDOMS.

might consider it, but condoms are easier." Murphy thinks we need to speak up and engage more with our GPs and sexual health medical professionals about what our options are. "There tends to be a 'you get what you're given' approach with contraception," she says.

Dr Ratajczak agrees: "What's happening with 30 and 40-year-olds is they're either just renewing their pill without getting advice or they're stopping it completely," he says. Women can also try the FPA's My Contraception Tool when getting prepared ahead of their GP appointments. It's an online quizz that asks lifestyle and health questions to assess which type of contraception you prefer. "Scientific innovation is also key," says Murphy. "There's so little research into new contraceptive methods. Yes, the pill has served women well for decades but it's a shame that pharmaceutical companies have all but withdrawn from developing new methods of contraception. When they do, it tends to be a variation in the delivery of the hormones rather than being a completely new product."

So what's the way forward? Murphy believes an "on demand" contraceptive would suit later life women who already have children or for whom motherhood isn't on the agenda. "I'd love to see a pericoital contraceptive, a pill women take only at the time of sex," says Murphy, adding how "It'd be ideal for women having sex infrequently, or who don't necessarily want a daily pill or to have an implant. It's being researched."

And what of a male contraceptive? It seems we're still a long way off. "The problem is there are two extremes at the moment: either vasectomy or condoms," says Murphy. "There are trials happening

in India right now for Vasalgel, a synthetic substance that is injected into the testicles and stops the production of sperm. It's very safe and could be reversible." She continues: "It would be great to find something for men. We know from talking to couples that men are often keen to share the responsibility of contraception and this is backed up by studies."

So while we await a new generation of contraceptives, the message if you're in your 30s and 40s is: until you've reached menopause, don't underestimate your fertility. And if pregnancy isn't on your agenda, continue to play it safe. ■

TYPES OF CONTRACEPTIVES

Intrauterine system is a small device inserted into the uterus, which releases progestogen, making the lining of the uterus thinner. It works for five years and periods may become lighter and shorter. It can be painful and you may need a local anaesthetic.

The patch is stuck on to your skin and it releases oestrogen and progestogen. It thickens the mucus in your cervix and thins the lining of your uterus. It's not recommended for smokers. It may also help with premenstrual symptoms. Research has shown it may not be as effective in women who weigh over 89kg.

The implant is a small, flexible rod that's fitted under your skin in your upper arm. It releases progestogen which stops ovulation. It can be fitted any time during your menstrual cycle – if fitted in the first five days of your period, you'll have immediate protection against pregnancy. It works for three years.

The vaginal ring is a small, soft plastic ring that you place inside your vagina where it releases oestrogen and progestogen. Insert the ring at any time during your period, leave it in for 21 days, before you dispose of it. Seven days later, you insert another ring. You can use it until age 50. It doesn't interrupt sex, but it also doesn't protect against STIs.

PACK MORE INTO YOUR LUNCH HOUR

Most of us only take 29 minutes for lunch, but **THERE ARE SOME SIMPLE WAYS** to make the most of your break.

BY ROSALIND RYAN

How do you spend your lunch hour? Shopping, working out, or eating with friends? Or are you too busy to take the full hour for yourself? You're not alone; a recent survey found that the average lunch break is just 29 minutes. It's not surprising – by the time you've popped to the shops, bought some salad and made your way back to your desk, there's a new pile of work that needs your urgent attention. But it's vital to take that break and make the most of it, even if it's just for those measly 29 minutes.

Dr Rob Hicks says, "Taking a lunch break gives you a chance to replenish with essential nutrients, and also gives you a break from work. This reduces your stress levels, so you'll be more productive for the rest of the day." But how can you make the most of your break when pressed for time and balancing an ever-growing workload? We've found the best ways to boost your health and well-being in the small space of half an hour or less. Who knows, with these tips you could even find time to eat your lunch!



GOT TWO MINUTES?

Even if you're eating al-desko, you can still improve your health. Just get up and stand up for two minutes. That's it! Gretchen Reynolds, author of *The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer* found sitting down for too long (as so many of us do at our desks) changes the way our muscles work, so we stop releasing enzymes that break down fat and glucose. Standing up for two minutes keeps those enzymes working. She says, "If you can stand up every 20 minutes, even if you do nothing else, you change how your body responds physiologically."

GOT SEVEN MINUTES?

Give your love life a tune-up. Research by Northwestern University found completing a simple writing exercise for just seven minutes, three times a year, could increase your satisfaction with your relationship. The study asked couples to think about their most recent argument, and then write about it from the perspective of an outsider who just wants the best for both of you. The results showed that not only did satisfaction improve, but desire, trust, intimacy, and commitment also received a boost. Sounds a lot more effective than reading *Fifty Shades of Grey*...

GOT 10 MINUTES?

Finding time to meditate when you're busy feels impossible, but you can achieve inner calm in just 10 minutes. "From a scientific point of view, 10 minutes of mindful meditation is the minimum needed for the physiological changes of the relaxation response to kick in," says Andy Puddicombe, meditation expert from Headspace. This results in your heart automatically slowing down, your breathing becoming calmer and you feeling a lot more chilled out. Interested? Download the free 10mins-a-day-for-10-days meditation app from Headspace.

GOT 15 MINUTES?

HIIT (High Intensity Interval Training) has been big news for some time, but gyms are now pushing it up a notch. *Women'shealth.com* describes this type of workout as, "short, intense bursts of exercise with either active recovery (like less intense exercise) or complete rest in between." Fitness manager Anwar Gilbert says,

"The high-intensity workouts focus on either the upper body or lower body, plus the core, but it's total body toning rather than isolating individual muscles." You'll be doing moves like squat-jumps for 20 seconds, resting for 10 seconds, then straight into another move. And be prepared to sweat. "After 15 minutes, you shouldn't be able to do another minute," advises Anwar. If you've got a little longer, try the new GRAVITY Fast classes. You sit, kneel or stand on a glideboard that's attached to various pulleys to do exercises like pull-ups, crunches and squats. Your own body weight provides resistance, so there's no need to change weights during the intense 20-minute workout. More and more gyms are also running their usual Fast classes for 15 to 20 minutes.

GOT 25 MINUTES?

Book yourself in for an express massage. Massage therapist Lucy Freestone says "A 25-minute massage is definitely effective. We still work through any knots, relieving muscle tension, but a shorter space of time means we can concentrate on specific areas, like the shoulders, rather than doing a whole body massage which may not focus on areas where you need it most." Having a massage after a workout is ideal: a recent study published in *Science Translational Medicine* found even a 10-minute massage can help muscles recover more quickly after exercise.

GOT A MINUTE TO SPARE?

Pop into your nearest art gallery. Another study by the University of Westminster discovered stressed-out city workers who strolled around an art gallery for 30 minutes had dramatically reduced levels of cortisol, the stress hormone, in their blood afterwards. Researchers say the reduction in cortisol was so "rapid and substantial" it would normally take five hours to see a similar drop! So book up that upcoming expo or exhibition you want to see – your blood pressure will thank you for it.

The aim of these tips are to maximise your lunch hour. A few simple changes will recharge for the rest of the day. ■

SIMPLE EXERCISES TO DO AT WORK

- 1. Walk:** This is the most effective way to not only destress during your lunch hour, but also shed some calories.
- 2. Take the stairs:** Ditch the lift and opt to walk up a flight of stairs. You'll have fantastic legs as a reward.
- 3. Squats:** This exercise doesn't require any equipment. Use your chair for support.
- 4. Reach for dumbbells:** Keep a pair of 2kg dumbbells in your drawer that you can use for at least 15 minutes a day.
- 5. Stretch:** Keep your body in top shape by reaching for the stars regularly.

WIN a CATRICE beauty hamper!

Fifteen lucky TRUE LOVE readers will stand a chance to win two trendy CATRICE beauty hampers to the value of R2 020 for them and a friend!

CATRICE never misses a single trend, must-have or detail. The range is extremely tempting: a large choice of colours with trendy as well as classic shades for diverse beauty looks. Products are formulated with high-quality ingredients, luxurious textures and come in premium packaging. Twice a year, 25% of the CATRICE range is updated so that there's always something new to discover. Beyond that, our in-house Trend Division develops up to 14 limited make-up collections per year: the current looks of the international catwalk shows provide the inspiration for our make-up collections and are re-interpreted with beauty products.

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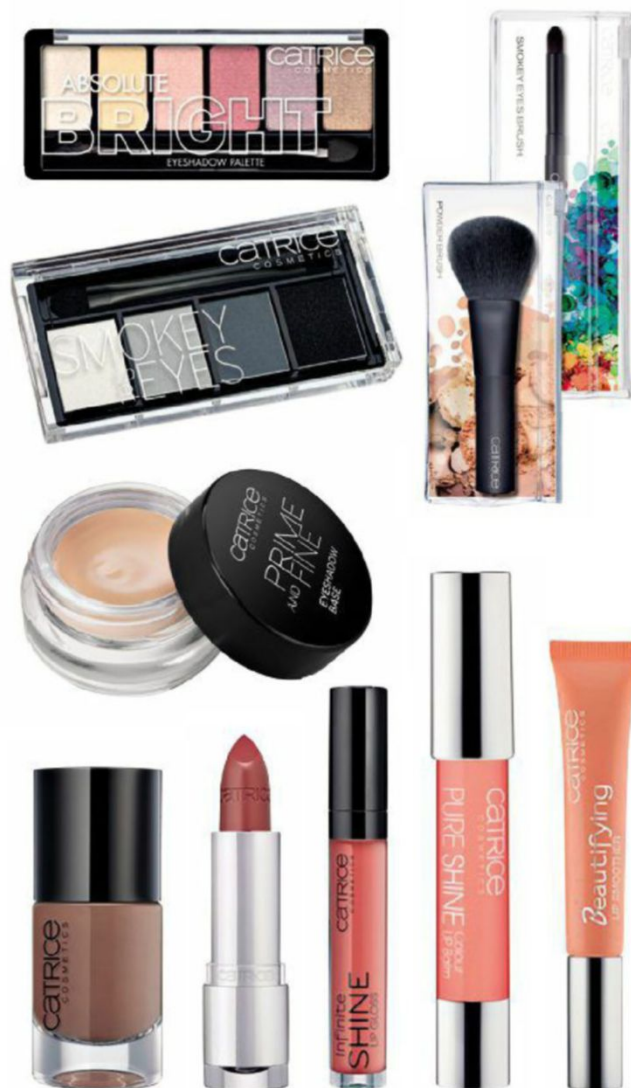
For pop of colour: Ultimate Shine Lip Colour and Ultimate Nail Lacquer.

Brushes: Smoky Eyes Brush and a powder brush.

For the ultimate lip care: Infinite Shine Lip Gloss, Pure Shine Colour Lip Balm and Beautifying Lip Smoother.

For your eyes: Absolute Bright Eyeshadow Palette and Prime And Fine Eyeshadow Base.

For that sultry smokey eye: Smokey Eyes Set, Eyebrow Lifter and Luxury Vintage 04 Minty Memories.



To enter visit our website www.truelove.co.za. Competition closes midnight on 19 February 2017.

GLAM UP!



IMAGE Gallo Images/Getty Images

The ultimate guide to **STYLING YOUR NATURAL COILS**, be on trend in **COOL BLUES** and meet **SA'S STYLE INFLUENCERS** to watch now.

By **MBALI SOGA**

OFFICE BUTLES

DENIM commands
ATTENTION when paired
with chic WORKWEAR
items. Scale the career
ladder in INDIGO delights.

By **MBALI SOGA**
Photographs **JURIE POTGIETER**

Shirt R329 Blazer R629, both H&M Jeans POR, Tom Tailor Shoes R2 499, G-Star Raw

Skirt R379 **Jacket** R429 **Top** R229, all H&M





Sweater R999, G-Star Raw **Jeans** R3 899 **Bag** R4 299, both Day Birger et Mikkelsen **Shoes** R2 150, Castelo

Jeans R1 199, Sissy Boy Shirt R799, H&M Heels R2 950, Mogul's Boutique





Top R629, Vero Moda **Shirt Dress** Stylist's own



Jeans R839, Tally Weijl Coat R6 499, Diesel Heels R2 850, Castelo Bag R1 499, G-Star Raw

HAIR AND MAKE-UP Nthato Mashishi MODEL Gladys Brown at Boss Models STOCKISTS Castelo (011 883 8767) Day Birger et Mikkelsen (011 447 0839) Diesel (011 783 0882) G-Star Raw (011 268 6116) H&M (011 592 3200) Mogul's Boutique (072 763 7063) Tom Tailor (011 435 8225) Tally Weijl (011 805 1016) Salsa (011 214 7740) Sissy Boy (011 883 0322) Vero Moda (www.superballist.com)

Jean to Jean Portraits

SA's favourite style BLOGGERS
and social media INFLUENCERS
showcase their interpretation of
DENIM. From multiple LAYERS to
TIMELESS pairings,
dare to be DIFFERENT.

By **JESSICA RAMOSHABA** *Photographs* **PAUL SAMUELS @ LAMPOST**

SHELLY (LEFT)

Top R799, Mango
Dress R349,
Cotton On
Jeans, Heels
Shelly's own

KENEILWE

Top, Jacket,
Jeans, Heels
Keneilwe's own



A full-page portrait of a woman with dark skin and long braided hair. She is wearing a light blue denim short-sleeved button-down shirt with a chest pocket and dark blue jeans. She is looking directly at the camera with a slight smile. The background is dark and moody.

LERATO

Dangarees R899, Forever
New **Shirt** R250, Cotton On

LERATO'S FAVOURITE ARE
STRIPED JEANS SHE INHERITED
FROM HER MOM. WHEN NOT
EXPERIMENTING WITH TRENDS,
SHE KEEPS IT CLASSIC.

THE DUO OF PRIME OBSESSION, SHELLY AND KENEILWE, SAY THEY'RE EACH OTHER'S MUSES. THEIR PREFERRED STYLE IS DISTRESSED JEANS. "THE MORE DISTRESSED, THE BETTER," SAYS SHELLY.

**KENEILWE**

Jeans POR, Replay **Sandals**
Keneilwe's own

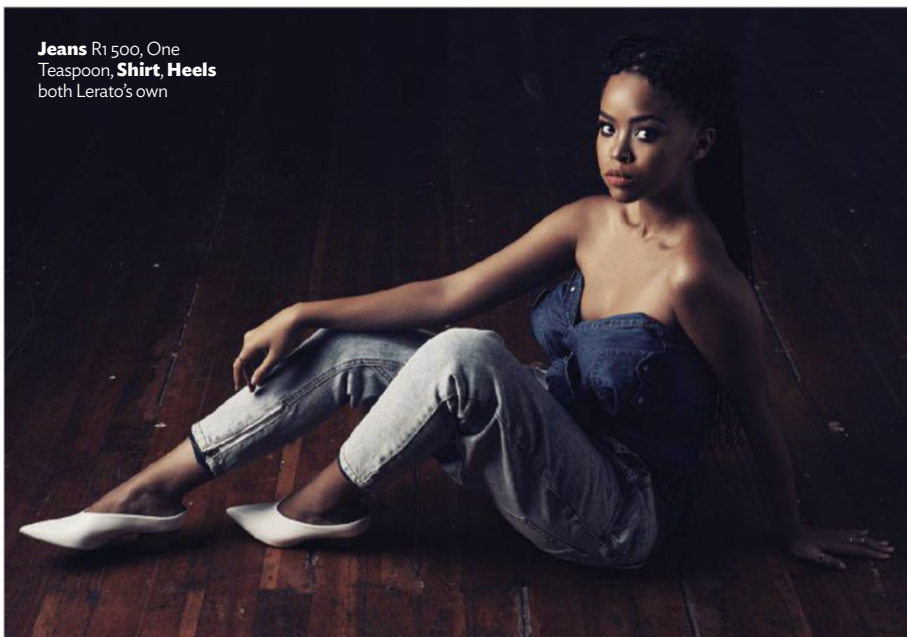
SHELLY

Dress R349, Cotton On
Jeans R1 500, One Teaspoon
Heels Shelly's own

LERATO

Skirt POR, Levi's
Top R299, Cotton On **Boots**
Lerato's own **Chokers** R149
Necklace R229, both Aldo
Accessories

Jeans R1 500, One
Teaspoon, **Shirt, Heels**
both Lerato's own



TWIGGY
Dungarees POR,
Levi's **Sneakers** R999,
Superga **Necklace**
Twiggy's own



TWIGGY'S BLOG
IS CALLED *SLEEPLESS
IN SOWETO*, AND
YOU'RE BOUND TO
SEE HER ROCKING
LEVI'S 501.

Shirt, Jeans both Levi's





TSHEPI
Dress, Sneakers Tshepi's own

TSHEPI'S
ULTIMATE IS
THE DENIM
JACKET AS
IT CAN BE
DRESSED UP
OR STYLED
DOWN.



Jacket, Shirt, Jeans, Heels Tshepi's own

MAKE-UP Nthato Mashishi HAIR Vuyo Varoyi STOCKISTS Aldo Accessories (011 884 4141) Cotton on (011 784 0218) Forever New (011 883 4585) Levi's (011 685 7000) Mango (011 783 7907) One Teaspoon (011 447 0011) Replay (011 884 6727) Superga (011 784 5739)

PERFECT IN

THIS SEASON IT'S ALL ABOUT
EMBRACING YOUR INDIVIDUAL
HAIR TEXTURE. FROM QUICK
MESSY DOS AND FAUX HAWKS TO
CHIC LOW PONIES, YOUR STYLE
OPTIONS ARE ENDLESS.

By **MBALI SOGA** Photographs **ANNA DABROWSKA**

LY PERFECT





BEST OF BOTH

Seen at Valentino A/W17 and Issey Miyake A/W17, give this style a little twist with a little plait detail at the crown instead of a traditional top knot.

FAUX HAWK

Rebel-esque styles throw caution to the wind and add a dash of playfulness. Instead of plaiting hair up from the nape to the crown, roll it down and secure in a not-so-neat bun.

LOW PONY

This season the low pony takes centre stage – it's effortless and not limiting. Once hair is tied into a pony, add a little ribbon for whimsy, making sure the style is not perfect, fly aways and loose hair take the look a step further

HAIR AND MAKE-UP: Dennie Pason at One League MODEL Rochana at Twenty Model Management STOCKISTS Clicks (021 460 1911) Dis-Chem (011 783 9715)

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SO CLEAN
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Long lasting coils

A BRUSH AND A LEAVE-IN CONDITIONER IS
ALL YOU NEED TO KEEP
YOUR NATURAL TEXTURE INTACT.

By **MBALI SOGA**

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& DETANGLING
SHAMPOO **R289**

MIZANI TRUE-
TEXTURES REFRESHER
MILK **R210**

LADINE HAIR
SOFTNER LEAVE
IN CONDITIONER
R99



SMOKING HOT

Turn to sky blue to create the popular smoky eye with a fresh twist. Avoid matte shadows for this look; opt for shimmery textures instead. Finish with a royal or cobalt blue mascara.

VERY COOL

From runways to celebs BLUE MAKE-UP is the latest trend. Dare to try it!

By **LERATO SEUOE** Photographs **JURIE POTGIETER**

**COLOUR BLOCKING**

Turn to colour blocking for an OTT make-up look. We married blue with a warm red in a wet texture. A matte palette will also give you the same effect.



AQUA POWER

An array of stars are donning this daring lip colour trend.

We've taken a softer route with the ombre technique. You can go full throttle with an opaque finish and darker hue.

GRAPHIC LINE

If you haven't tried a blue liner, now's the time. It's perfect for graphic looks as the shade is more vibrant.

FASHION STYLIST Tsakane Ndlovu HAIR AND MAKE-UP Nthato Mashishi MODEL Rambi at Ice Models STOCKISTS Cotton On (011 784 0218) H&M (011 592 3200)

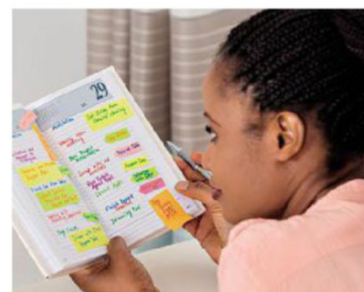
INSPIRATION

Use social skills to NETWORK and PROTECT your memory from ageing.



**“A DREAM
DOES NOT
BECOME REALITY
THROUGH MAGIC;
IT TAKES SWEAT,
DETERMINATION,
AND HARD
WORK.”**

— Colin Powell, Former US States
National Security Advisor



NETWORK YOUR WAY TO THE TOP

GOING OUT TO MEET NEW PEOPLE COULD BE
ANOTHER WAY TO TAKE YOUR CAREER
OR BUSINESS TO NEW HEIGHTS.

The more you interact with others to exchange information and develop professional or social contacts is the more people will remember you and what you stand for. Establishing relationships with people can help you progress in your career in many ways. If you're looking to advance, then networking is for you.

According to *Huffingtonpost.com*, you need to have a strategy when attending events. Make it work for you. Be intentional about what you want to get out of the event or networking session.

The article further states that networking should not be going out to collect business cards and to be seen. It's important that you approach networking as you would your work: set a goal for yourself and find an opportunity that meets that target. Here are quick tips:

Have an icebreaker: It can be difficult to walk up to a stranger and start a conversation, no matter how confident you are. But having an opening line ready to generate conversation is crucial. Try a simple question like: "What brings you to this event?"

Be open about your career goals: Often times, we don't want to come off as pushy or insincere, so we tiptoe around our goals when networking. It's important to speak up about your ambitions, and be clear about what you plan to get there.

Follow up: If you had a great conversation and exchanged contacts, send that person a note and remark on your interaction. Mention something you specifically enjoyed during your discussion. And if you offered to connect them with someone else, follow through. Networking isn't over when you leave the event.

DID YOU KNOW?

Our ability to commit new information to memory – and then retrieve it when we need it – slows down over the years. Stress hormones may interfere with encoding and retrieving information; as you age, chronic-elevated cortisol levels are linked to memory impairment.

To minimise the decline, practise paying attention, and force yourself to observe and recall the details of your day. Simple questions to yourself like "did the supermarket cashier have her hair up or brushed back" sharpens your memory, even if you'll never use that information. Watching TV, or unwinding in whatever way works for you. Do crossword puzzles, or learn a new instrument or language. Mentally challenging activities build fresh connections in your brain, creating "cognitive reserves" that may protect memory later in life. Good luck!



Bladder infection? Painful? Uncomfortable?

The distressing pain and discomfort of a lower urinary tract infection (UTI) is all too familiar to many. It is estimated that 60% of all women will suffer from a UTI at least once in their lifetime and 25% of women suffer from recurrent UTI's.

TRY THE **NEW**
Fema-Kleer
INTIMATE HYGIENE GEL
WASH, IN STORES
NOW!



Uri-Kleer

**Your natural answer to
lower urinary tract infections**



TRAINING DAY

Businesswoman, author and motivational speaker **NOMCEBISI NGQINAMBI, 48**, is a sought after trainer.

By **FELICIA MOLEFE**

When describing herself, businesswoman and mother of three says: "I'm a mentor, thought leader, personal development coach, author and motivational speaker who's passionate about community development." To add on to her achievements Nomcebisi Ngqinambi, 48, started Milani Nande Training, a company that specialises in training, conducting workshops and mentoring staff for other companies.

She says: "I work with government and corporate clients around the country. However, government has been my biggest and closest client so far."

Soweto-born entrepreneur and social activist Cebi, as she's affectionately known by those close to her, says teaching is her passion but there are issues in that line of business.

"Challenges within training is that it's become very competitive but I love it," she continues. "Companies want more from trainers and facilitators. As a business you need to be ahead of the curve – offer more than what your competitors are bringing to the party."

So what exactly does Cebi offer under Milani Nande Training? "I work closely with corporate companies and government to facilitate workshops that specially train the youth and women. I also provide development plans that employers can use to upskill their staff members," she says that such programmes promotes effectiveness in the workplace.

The businesswoman is a trained speech and hearing therapist who graduated from Wits University. "After graduating in 1999 I found work at a hospital assisting disabled people and those who suffered a stroke," she adds. "It was an emotionally demanding job and took its toll on me. So I resigned a year later to join an NGO that worked with community-based projects – training care givers.

"I worked flexible hours and had ample time on my hands. The need to start my own training business stems from there. But I was sceptical to leave as I needed a stable job." The fear of not having a regular income was Cebi's big concern as she already had two children to feed. "I stayed at the NGO and registered my company Milani Nande Training on the side. I then did my research about the industry and how I could turn my love for being a facilitator into a profitable business." It was while with the NGO that a big break came her way. The Eskom Foundation

CEBI'S HEARTS DESIRE



Places she travels to:

Bali is her ultimate destination as they have wonderful music, and there are plenty of spaces where you can meditate.



Her favourite author:

She draws inspiration from author and TV presenter on channel 135, Iyanla Vanzant.



Favourite musicians:

When she's not busy Cebi listens to the melodious ladies of soul: Zonke and Lira.

was looking for a facilitator to train women on running their businesses. She applied and got the job. "My first assignment was in Soweto where I taught and trained women on how to open and manage their businesses. I was excited to work with the Foundation as it would expose me to working for the private sector."

Cebi worked for the Foundation during the day and pushed her business on the side. "I marketed the company by word of mouth and registered onto other companies and government databases as a service provider."

Then the department of labour gave her a kick start with a training contract and secured her with work and made sure that Milani Nande Training operates. And ever since then the businesswoman has been offering training for companies and government departments.

"Lately, companies have cut budgets and not offer training to staff as they did in the past. They come up with excuses that employees leave the company after receiving training. Another challenge is that we're not regulated as facilitators, therefore pricing is very competitive. Other companies can offer the very same services cheaper than you," she adds. "Business could be worse but fortunately I come with other skills like mentorship and motivation. So I don't just train people, I offer more," she says.

Motivating and inspiring isn't the only thing that's keeping Cebi busy lately. "Training is not an everyday business. Today you'll be busy with a contract and three months later or sometimes even the whole year, there won't be any work coming in."

It's during those quiet times that she found a gap to pen a book, *Excuse Me, Who Gave You That Job: Be The Best In The Work Place* in 2015. "This book looks at different options available for people to look at their own situations and change them for the better. Our attitudes and beliefs contribute to our lives, so this is a reminder about the power of choice," says the author.

"I also get invites to speak on various topics, and motivate staff members. I equip them with useful skills on how to be the best employees. I'm happy with my personal growth and how I've led Milani Nande Training to greatness. In my industry you have to keep abreast with the latest trends so I'm always looking at ways to grow."

Cebi's also in the process of writing a sequel to her popular book, which she'll title *Excuse Me, Who Hired You?* ■



Retrenchments are a reality that occur more than we realise in South Africa and globally. And no industry is safe – from manufacturing and telecommunications to agriculture, all sectors are feeling the pinch of inflation.

Journalist Ditsego, 35, had enjoyed an illustrious career reporting for a well-known daily publication, until two years ago when she got retrenched. “I took the package and used the pay-out to settle my car and set up an office in my apartment so I could work as a freelancer.”

Ditsego was able to turn her experience into something positive – she now works for herself. “It was while working on a story that I overheard that the production house I was commissioned by was looking for someone to manage their public relations. I approached the company with a proposal and I was hired on the spot. That’s how I came to own my PR firm.”

How many professionals are scared to take the plunge and call it quits to start their own business, or move to a different industry altogether?

According to Statistics South Africa, the unemployment rate went up to 27% in the third quarter of 2016, which is the highest since 2004. “Retrenchments are but one of many complex and rapid changes in the economy and in the country. Constant, continuous and complex change and its implications are the norm,” explains psychology specialist Katlego Kolobe adding. “This will continue to become more and more intense. The term for this phenomenon is ‘replexity’, meaning rapid and complex changes due

RETRENCHED

The push I needed!

Sometimes LOSING A JOB can be overwhelming and might feel like THE END of the world. But YOU can use this to your advantage. READ ON.

BY SISONKE LABASE

to technology advancements and increased access to information via the internet.”

But not all is doom and gloom. Being retrenched could actually be an opportunity to redirect your career, recharge and revisit what drives you. We look at how you can make the best out of retrenchment.

FIND YOUR PASSION

It can be difficult to remain positive and driven because job losses are a big blow that affect our livelihood. It's not just the job that you've lost, but a routine, lifestyle and ambitions. Psychometrist at AB Assessments Alison Raleigh says it's not the end. “Continue to set goals. You mustn't give up. Stick to that routine, wake up and use your day to seek work or opportunities. If you're feeling low, speak to someone to stay on top of your dreams,” she says.

Look to people like Ditsego for inspiration; she had a passion for PR but was sceptical to take the plunge and redirect her career.

“If the retrenchment did not happen, I'd still be stuck as a journalist, working for someone else. Now my days are driven by my passion, doing what I love,” says Ditsego beaming.

Psychometrist Eljo de Villiers says you should adopt a positive attitude and believe that change is possible regardless of your age or circumstance.

De Villiers adds: “Embrace change and see this as an opportunity to grow and do something you are passionate about.” Kolobe echoes. “Take the time to re-evaluate yourself and see what you want to pursue. Work on yourself as a person and everything else will come to you. It's not easy as your emotions usually clouds your judgement but effort and openness will see your through.”

TRY OTHER OPTIONS

It's tempting to want to use your retrenchment package to pay off existing debt but Raleigh suggests you upskill yourself. “Do a course that'll add value to your skills. Go for something that you're sure will distinguish you from other applicants at job interviews. You can study part-time or do short courses while you get yourself back to the job hunting world again.”

Leema, 33, lost her job as an admin clerk at a private law firm. “It was a knock to be home and job hunting again, knowing I had responsibilities and bills to pay. I went back to school part-time to further my studies in business administration as I only had a matric certificate when I was a clerk.”

Leema now has a diploma in office and business administration. Kolobe says if you are laid off at work, take it in your stride. “When

things like these happen, you only have yourself to converse with: what is it that you really want to do?” Also, don't alienate yourself, she adds.

“Connect with others, ensure you can build critical traits of generosity and collaboration. If you can demonstrate that you're capable and skilled at these two traits, you won't struggle to find new opportunities.”

ESTABLISH NEW VENTURES

Sibu, 34, an advertising executive, has teamed up with other women to start their own business after she was retrenched a year ago. “Fortunately I had saved money to use towards starting my own gourmet ice cream shop. Not having a full-time job was the perfect opportunity to get the idea off the ground.”

Sibu is happy now, but the mistake she made was bad-mouthing the company that retrenched her. She couldn't go back and ask them to design her business logo as their good in the industry, instead she settled with another branding company.

De Villiers warns against such: “It's understandable that you are hurt but try to think straight. Don't talk ill of your previous employer as this might burn bridges of being poached again should something come up. The company currently retrenching you, might still be valuable in terms of providing you with a respectable letter of reference, which can open doors going forward.

Raleigh adds, “*The Breakaway Story* by Jeremy Behrmann can help with pointers on how to go about with the shift. This is the perfect opportunity to try something new.”

Whatever the circumstance, as Dori in the movie *Finding Nemo* says: “just keep swimming.” No matter how you feel when they say it's the end at your work, remain motivated and push through. ■

TOP TIPS FOR JOB SEEKERS

1. Put in extra effort when updating your CV – tailor it according to the specific job you are applying for.
2. Leverage your network and get in touch with recruiters, business owners and people already employed in your fields of interest.
3. Be proactive and make yourself more employable; the more skills you have to offer the more attractive you are likely to be.
4. Brush up on the skills you already have by attending workshops and seminars.
5. Get educated in something that's marketable and employable.
6. Last but not least be confident! Wear self-assurance as you would your perfume. It's important to believe in your own abilities to be successful. If you don't believe in yourself, you can't expect prospective employers to do so. You can do it!



What women want

A man's quest to ask women
A BURNING QUESTION – exactly what
is it that MAKES YOU HAPPY?

BY ADAM ROUCH

"I found this out at a dinner party I attended in Midrand, Gauteng, a few years ago. There were about 20 of us there, including some of the most interesting accountants and public servants of our time. I was just a lowly freelance journalist who got invited since I was covering a social event sponsored by our rather notorious dinner host. I was seated at the end of the table, flanked by two women. The men at the centre were involved in a heated and intense discussion. In a very soft voice, I whispered to my two dinner companions: "What does a woman want?" I don't know how anyone else could've heard the question. But I must have touched a subliminal nerve because the conversation at the rest of the table immediately stopped. Everyone wanted to hear the answer. Despite the wide-ranging interests of the group, we didn't waver off this subject for the rest of the evening. In the past two years, I've asked the same question hundreds of times, at social functions, parties of all sizes and shapes, and dozens of one-on-one conversations. Women have told me that what a woman wants is intimacy, respect, financial security, trust, character, chemistry and communication, fidelity, to love and be loved passionately, honesty, a man who is humble and listens. Every woman

is different. They don't like to be classified. But there was one common theme among the women I spoke with – all of them answered the question relative to what they wanted from a man. This led me to ponder the state of marriage today.

Why are there so many unhappy marriages? Why do so many marriages seem idyllic at first, and turn to dust five years later? Most men and women have fallen deeply in love at least once in their life. Why did so many of these love affairs fail? Sex is only important at first, but then deep love takes hold, or so “they” say. Shouldn't this growing love sustain the relationship – or does sex keep it alive? A man marries a woman when she wears a size 32. Ten years later she can barely fit into a size 36. If she really cared about him, would she let herself go like this? Or is his lack of attention, sexual interest and love the root cause of the problem? Of course, the same holds true for men, many of whom let themselves go physically in middle age.

A female friend of mine – let's call her Nosipho – had lunch with Zanele 12 years ago. (Zanele died of a stroke at age 44 back in February 2007.) Zanele probed into Nosipho's thoughts about everything. She never talked about herself. She hung on to Nosipho's every word. Zanele made Nosipho feel important, fascinating – in a way she had never experienced before. Imagine those powers unleashed on a man. He probably wouldn't stand a chance. Perhaps there is a male version of Zanele.

A few months ago I was at a chic dinner party in Umhlanga in Durban, consisting of different nationalities and ethnicities. I asked my dinner companions: “What does a woman want?” The topic took over the evening, as usual. After we left the table, one of the most beautiful women I've ever seen took me aside. “I'll tell you what a woman really wants. A woman wants a man who knows how to empower her,” she said. I found myself mesmerised by the impact of her physical presence. She was of an indeterminable age, somewhere between 35 and 50. She looked about 40, but she carried the wisdom of the centuries in her eyes. She had a deep, sexy voice, with a slight accent. “I once met such a man,” she said, “many years ago.” Her eyes drifted to a faraway place. “I gave up my marriage, financial security, everything I had for him.” She sighed. I felt in her a deep sense of sorrow, loss and vulnerability. She put her hand on my arm. “There isn't a woman here tonight who wouldn't want to be his lover.” Her eyes grew moist. “If they knew what I know about him.” “What was he like?” I asked anxious to hear her response.

A gentle, loving smile flashed across her face, as she revered the precious moments from the past. The intervening years seemed to have fallen away and I could almost see him through her dreamy eyes. “The women tonight talked about the same things: respect, intimacy, love, closeness, trust, and communication. You've probably heard the same words many times.” I nodded in agreement. “Words are only words,” she said, almost coldly.

“Communication for most men is literal, but for us, it's feelings. It's about how a man makes you feel about yourself.”

“IT'S ABOUT HOW A MAN MAKES YOU FEEL ABOUT YOURSELF.”

She tossed her head, her long black weave cascading around her neck and shoulders, as only a sensuous woman knows how.

“The first night we met, he spent all night listening to me, drawing out my feelings, desires, emotions,” she confided. “Even though we were at a noisy place, the room suddenly became quiet and everyone and everything seemed to disappear except for him. He found and launched the real woman in me. He developed it, nurtured it, drew it out. I'm the woman I am today because of him.”

“He surrendered to me. He gave me total power over his feelings. I realised that I owned him – his heart and his soul. Every woman has this power, but it often needs to be developed by a special man.”

I pondered this eternal truth. “But there was a hook that I didn't see,” she continued. “I too became obsessed. Within weeks I could think of nothing else but making love to him. When he called me, I'd drop whatever I was doing, rush out of meetings, cancel appointments, just to be with him. He had me walking in a daze, in a dream world, forgetting where I had left things.”

She continued, “It wasn't just the sex, although I never had more or better sex. It wasn't that he was well-endowed, and no matter what the experts say, it does matter.” Even after all these years, she could work herself into a state of excitement over him. “He craved me with a passion and intensity that drove me out of my mind. He was the most sexually spontaneous man I knew!”

“So you believe,” I interrupted, “a woman really wants obsessive, sexual love?” She responded, “Yes and no. That was only part of it. He was the most romantic man I ever met. He'd arrive at my place, whisk me away for a week to some mystery place, along with a suitcase of the most gorgeous new clothes, all of them picked by him. He sent me flowers all the time. We celebrated every important date. He noticed even a tiny change in my physical appearance. He always told me that I was the most beautiful woman. He had a stimulating mind with a wide variety of interests. He showed me things I'd never have been exposed to. There's a fine line between deep romantic love and laughter. We'd laugh hilariously for hours on end. We had so many jokes that going out in public became dangerous. We craved each other so much that we didn't need anyone else. He cherished me. He was my best friend in the world. We had no secrets. There was never a moment we were together that I doubted him or felt insecure. His strength and his power engulfed me, and kept the harsh world at bay. And I gave him the same.”

The question had been on the tip of my tongue but I didn't have the heart to ask her. How many women have known such a man? How many of you have been able to sustain a satisfying relationship with a man over the long term? Why do so many great loves go wrong? One day I'll tell another story. This is of the woman who thinks the answer lies in both passion and nurturing – to love a man with great intensity as a powerful man, and also to love him as a helpless boy. And so my quest continues. Maybe there is no answer... ■

Mom, where's dad?

As a SINGLE MOM you've embraced your role as Mr Mom. But ARE YOU actually PREPARED for that big question ABOUT WHERE *DADDY* IS?

By **SISONKE LABASE**

Single moms everywhere have made an art form of juggling work-life responsibilities – often taking two or more jobs in order to provide for their kids. This may sound difficult, but it doesn't even come close to the hard task of answering that big question you knew would eventually come up... the one that's even harder to answer than the one about where babies come from. You know the one... about where dad is. Don't fret. Counsellor at Careways Marcia Matau agrees, "Mothers should understand that it is natural for children to have questions about their father's absence." She adds: Keep in mind that you're the parent who'll have to answer your child's questions, you'll need to prepare yourself emotionally and psychologically. Just follow our expert tips and you'll be okay.

PREPARE FOR THE TALK

Children notice from a very young age that many of their friends and peers at school have both parents present in their lives. So brace yourself for the question. Child psychologist Cristine Scolari says, "The more prepared you are for it, the better for your child. It's also not a 'once off' topic; it'll come up again and again during the child's development."



Thembisa, 35, didn't think her nine-year-old son would ask about his father. "The day he asked me about his dad, I wasn't ready. I never expected it and thought he was too young to know any better. Until after his play recital where on our way home he asked where his dad was. I could've handled it better but I lashed out because I was hurt. I felt like I wasn't enough for him."

This is why Joburg-based parenting coach Susan Gregor-Harlen says that it's the parent's feelings that make the conversation a hard one. "Answering difficult questions or having uncomfortable conversations with our children, is never easy because of the feelings they stir in us as adults," she says.

She continues further: "There are things to take into consideration when answering kids: their age, level of understanding and maturity. Ensure you answer only the question they've asked. So if they ask why daddy doesn't come to their sports games, answer just that; don't go into a lengthy discussion unless

they probe further. your child may ask a question like this in stages. But because these conversations stir our feelings, it's recommended that as the adult you work through your own feelings so that one can present information that is not full of emotion, because that's what the child will pick up on."

WAIT FOR THE RIGHT TIME

You may ask if there's a right age for you to have the conversation with your child, but according to Scolari, there isn't any. "There never is a right time, although the sooner the better. Children as young as four years will pick up from their peers that other kids have a father and the question is likely to come as early as this age," she says.

Port Elizabeth-based mom Khanya, 40, says: "I waited until my daughter turned 16, thinking she's mature and understands life better. But I discovered she'd always wanted to know and was scared to ask me. Opening up about the break-up with her father brought us closer and I gave her the opportunity to contact him if she wants to."

Matau adds: "Although there's no fixed or exact age as to when to talk to a child about this, it depends on the child's emotional capacity and maturity. If your child is asking about their father's whereabouts it surely means that they're ready to hear the truth and you as the mother cannot deprive them from hearing it," says Matau. Gregor-Harlen, however, feels you shouldn't raise the topic yourself. "I suggest that you wait until the child begins to ask. Up until then it may not be a concern for them, and by asking or telling them suddenly it becomes an issue or something they are now suddenly aware of. Don't create worry where there's none," she advises. Both Matue and Gregor-Harlen agree this is a fine balancing act.

SPEAK POSITIVELY

There are different reasons for absent fathers – whether he left while you were pregnant, or your relationship just didn't work out at the end – whatever the reason, how you speak of him will affect your kid. A child has the right to have their father in their lives unless he's harmful to their wellbeing.

Gregor-Harlen explains: "In order for a mother to not paint a bad picture of the dad, she needs to ask herself two

questions: 'What is your intention when answering this question?' 'Is it to help my child feel better about their family unit and themselves', or 'to have an opportunity to rid you of any anger, hate, hurt or rejection you feel about the father leaving?'

"How can your best answer your child's question with love, compassion and understanding so that it's healing and allows the child the opportunity to be able to decide later on in life if they want to pursue a relationship with their father or not," she says.

Matau highlights "its of paramount importance to avoid painting a bad picture about their father. Give them positive memories of his father as this will give the child an indication of who he is as a person. This also allows them to reach their own conclusions."

Thuli, 32, a newly-separated mother of three, is still finding it difficult to deal with being a single parent. "Their dad started a new life and we're not a part of it. He promises the kids he'll visit but doesn't show up. I call him and swear at him; it's not a good thing but it's so frustrating. My son has even developed an attitude towards dad and won't speak with him when he calls. So I'm trying to get things right," she shares.

Scolari says: "Don't berate the father. Acknowledge the child's disappointment and sadness when he doesn't show up for matches or visits. Something like: 'I can see you are sad,' or, 'I know you wish your father was around.' Also, explain to the child how sometimes adults make decisions that are hard for others to understand, and you don't know why dad is not present. Mom needs to acknowledge how confusing and painful it is for the child."

You need to reassure your child to understand and know that they're not the reason for the separation. Ensure your child always feels loved as it boosts their self-confidence. They may be affected by it later in life or seek validation in the wrong places, which society has now deemed 'daddy issues'. Scolari reiterates: "Deep emotional wounds where the child feels they're not good enough for their other parent can translate into not feeling they are worthy. They are also likely to grow up with fears of abandonment and rejection." Scolari says as the parent, you need to be your child's assurance at all times. Chances are, it won't be as bad as you expect. ■



OMG!

I COULD BE SAVING MORE!

Taking CONTROL of your CASH starts with little things such as withdrawing from your bank ATMs, checking STATEMENTS and reading the FINE PRINT.

BY SISONKE LABASE

So you're earning enough to not even flinch when your debits go off each month, and using ATMs not affiliated to your bank doesn't bother you. But the truth is you could be saving so much more if you adjust your habits just a smidge. Not sure where to start? Here's what our experts suggest:

TRACK YOUR SPENDING

"Create a budget so you know how much you're spending and what you can save. Income, less expense will equal profit or deficit. It's simple: live within your means and don't borrow to finance your living expenses," cautions the director at ROA Capital, Solman Koele.

Zandile, 32, a single mom, says: "My monthly budget never stays the same. I just know what it is that I have to pay for and what my policies and deductions are. I spend lots of money on non-essentials like takeways. A friend suggested I keep tabs in a notepad."

An executive financial advisor at Nedbank André Broekman has this to offer: "If you want instant gratification, you're at risk of longterm financial loss. This is true of someone who spends on daily takeaway coffee. In doing so, you spend a huge sum of money over time.

Imagine you're spending R30 per day on a cuppa. There are, on average, 20 working days in a month. So you're spending R600 a month on coffee alone! That money could make a huge difference in an investment portfolio and you'll see visible growth over a period of time."

There are apps you can download on your phone to help you add all expenses and keep records of everything, and it's tidier than having numerous slips.

Koele suggests you "list all your debt and make a commitment plan to reduce what you owe within 12 months. Once you've paid off your credit card, put it away to avoid temptation," he urges.

CHECK BANK STATEMENTS

Don't become one of those people who have debits going off each month without knowing what it's for. Never take for granted that your statements are always correct. There are people who take advantage of trusting individuals like you who don't check transactions. Be aware of scams!

Broekman says, "Be more alert of your debits and whether there are

unauthorised deductions on your account. I'm not saying this is the norm, but these kind of situations have been known to happen frequently." Another reason to always screen your bank statements, according to Broekman, is to physically see what you're spending your money on. "You will get a clear image of your spending habits and this will also help manage your budget better," he points out.

"I'm not sure how much I pay for my cheque account. The bank just deducts a fee every month," says Zethu Zulu, 26, a copy editor.

Beauty editor Lerato Seouo also had a vague idea. "I think my bank charges are about R400; I'm not really sure," she says. Take time to visit your bank to track exactly where your money is going each month. Being certain of who you still owe, and what you're paying, could save you a small lumpsum. You may find that some accounts were settled ages ago and that you're still paying them up.

TAX-FREE INVESTMENTS

Managing director at Heritage Financial Consultants Anthony Cohen highlights why South Africans should



take advantage of the new tax-free savings accounts. "With these accounts you can save and withdraw from the account with no tax deduction, like in the past. It is the best way to invest your hard-earned money." Cohen says tax-free accounts are also better for long-term investments with higher returns. "Unit trusts might be risky as they depend on the market and the current rates. However, you can earn an increase of 20% if the markets are in your favour, unlike the conventional 32-day savings account, which is risk-free but you get between three to four percentage points. So I'd advise a 32-day savings account for short-term savings. Otherwise, it's not really advisable if you're going for long-term investments."

Thandeka, 30, wanted to have her own house in the next three years. "I sought the services of a financial advisor who suggested that I move my money from my savings account and place it in unit trusts. This way, if the markets are on point, I could have a cushy down payment towards getting my home," she says.

If you want to save for your

children's education or have a long-term five-year plan in place, for example, then tax-free investments are the perfect opportunity and you can get more for your money than the average 32-day savings account. Koele agrees: "For example, you can open an a short-term unit trust with a minimum of R500 per month for three years. This allows you to earn noticeable dividends and interest on your savings."

GO FOR A SAVINGS ACCOUNT

People believe current or cheque accounts are better. They leave their income in those accounts, and choose to stash their cash separately in a savings account, says Cohen.

"Using a savings account can get you at least 1% interest rather the little or nothing at all you get from cheque accounts. Let your money work for you. Bank charges alone in current accounts are hefty so people need to look at that."

It's always advisable that people double-check what their banks are charging when it comes to service fees. "This way," says Cohen, "you can

save a whole lot more." Most people, however, when asked if they knew how much their cheque accounts cost, were still quite clueless, or didn't actually seem to care. Lindo has this to say: "My cheque account with a leading bank was charging me R600 a month. I couldn't believe it. I've transferred to a savings account I still have my app and cellphone banking nothing really has affected me with the change, and I'm paying so much less for my account, so I'm saving money." ■

OTHER WAYS TO SAVE

1. Check your cellphone spending. People spend a lot on airtime instead of data as most use smartphones with apps.
2. Quit smoking. Non-smokers pay 40% less on their life insurance premium than smokers.
3. Check the rates of your car insurance. It costs less if you combine your car and household insurance.
4. Use lift clubs so you save on petrol.
5. Spend less on entertainment as that creates a dent in your pocket.

Something is happening (or rather not happening) in our bedrooms and we at *True Love* think it's time to sound the alarm. From our latest survey on our readers' happiness levels, we uncovered some shocking truths about how often we're all having sex. It would seem it's not very much at all.

According to our findings, almost 20% of us never have sex, while another 10% are having sex less than three times a year, and a massive 60% of us are having sex twice a month.

"When couples tell me sex is no longer so important once you've been together forever, I beg to differ," says Tracey Cox, a sex counsellor and author of new book, *Dare: What Happens When Fantasies Come True*. "Sex is not a luxury, it's vital," says Cox, adding that it decreases stress, boosts the immune system and gives us an important sense of well-being.

Our reader survey found a clear link between sex and happiness, too. A third of respondents who have sex more than twice a week told us they were very happy, compared to only 15% of those who have sex every two or three months. And when it comes to anxiety, only 9% of those having sex once a week described themselves as very anxious, compared to 20% of those having sex

every two to three months or less. Indeed, some 63% of those having sex every two to three months or less have spoken to their GP about anxiety.

However, before you fret that the pressure is on to get out your lacy underwear when, most nights, you'd rather collapse into bed with a book, you'd do well to realise that you are not alone. What we should all take from these findings is that the problem is not as big as you think and that there are solutions.

We may be exhausted and distracted by all that life throws at us, and may sometimes find that sex is a bit of a chore, or feel a little bored with our partner. But unless there are deeper underlying problems that need to be resolved, working on our sex lives is likely to pay huge dividends. Fifty-nine percent of those having sex less than once a month said more sex would make them happier.

Sex has long been termed nature's Prozac, with numerous biological and sociological studies linking it to happiness. That's because it releases endorphins and a brain chemical called PEA, both of which make us feel light-hearted. Levels of the hormone oxytocin rise by about 500% during sex — making us feel relaxed, loved

and nurtured, as well as helping to strengthen our relationship bonds. So, in a time when stress and anxiety are massive issues in most of our lives, are we missing out on a vital (and free!) source of pleasure and well-being? Are we being pushed towards chemical solutions while neglecting the best and most natural antidepressant out there — one that is the ultimate health-booster? Our survey revealed that it's not simply those who are currently single, divorced or who've lost a partner, who are missing out on regular sex.

Zikhona, 35, says she and her partner stopped making time for sex. "In the beginning, we had a great sex life, but after five years and moving in together, things slowed down. During the week, we'd watch TV and go to bed, and at weekends we'd be out late with friends. We'd go for up to six months without any intimacy and when we did try there was so much expectation when we tried, it was disappointing. Eventually we made a pact to seduce each other once a week, from dressing up to acting out fantasies, and it worked," says a delighted Herbert.

For Pumla, 38, it was stress that caused the problems. "We had a happy, healthy sex life, but after three years together we bought a house and everything changed. It needed a lot of doing up and we both worked long hours. We'd come home from a stressful day, plaster and paint until midnight and flop into bed exhausted. Sex was the last thing on our minds. Then my husband was made redundant.

"We had a huge mortgage and it was very stressful; we argued a lot. At night we'd turn our backs on each other and go to sleep. It got to the point where we hadn't had sex for over a year, so we went

BRING BACK THE LOVE

Our reader survey has found that ACTION HAS STOPPED in the BEDROOM. Experts reveal why INTIMACY LEVELS are dropping and how to get your GROOVE back!

BY RUSSEL BROUT



for counselling and worked on how we felt about and treated each other. When we started getting along again, sex soon followed. We're much closer now and I'm glad," says Pumla.

If you're stressed by work or family, or simply exhausted, Cox says it's so easy to tell yourself you're not in the mood. "But you'll be surprised how

quickly you get into it. Keeping up your sex life after you've had children is more of a biological challenge as it's no longer on Mother Nature's agenda. So it's up to you to give yourself a nudge," she says

Another issue, as Zikhona found, is that desire is linked to novelty. Try to bring a little excitement into your bedroom. But how, you may ask?

Cox points to the pioneering new book, *What Do Women Want?: Adventures in the Science of Female Desire*, in which author Daniel Bergner looks at scientific investigations into female sexuality. He found that women's desires are far more varied. "The message is to let your fantasies run wild. Don't be embarrassed," says Cox.

And what about those of us who feel so low or anxious that sex is the last thing on our minds? "The irony is that when we feel depressed," notes Cox, "the best things for us, such as exercising and having sex, feel the most daunting. But research shows that those who manage both often report fast results, thanks to the happy brain chemicals and hormones that are released." If any of our suggested solutions don't help turn up the heat again in your bedroom, we strongly advise you speak to a therapist or your family doctor, as the problem could be medically-related.

Sex should never feel like a chore or a favour for your man. We say stop making silly excuses and just go for it. Relationships and sex are an adventure — it's not the destination that matters, it's about the journey of discovery. So start that engine! ■

TIPS TO FIRE UP

All couples have sex slumps. The key is to talk about it and then find ways of igniting that lost spark.

1. **Focus on having quickies:**

Instead of a big sex session, aim for 10-minute sessions. You'll find yourself going for longer.

2. **Stop thinking of sex as**

intercourse: It doesn't need to be reciprocal, as long it goes both ways.

3. **Get in the mood:**

Train your brain to think sex. Read erotic books, think about your fantasies or masturbate for sonic feel-good results

4. **Change one thing every time:**

It doesn't take much to trick the brain into thinking you're doing something new and exciting.



The HIGH COST OF DIVORCE

Divorces are not only EMOTIONALLY OVERWHELMING but are a COSTLY AFFAIR too. You have to READ THIS before you head to court.

BY PHILA TYEKANA



We were all shocked when actress and philanthropist Angelina Jolie announced her split from husband, Brad Pitt, after 10 years together. “How? They seemed so in love,” people said. And who can forget when reality TV star Kim Kardashian filed for divorce just 72 days after marrying Kris Humphries? Even celebs here at home haven’t been spared the drama. Actress Sonia Sedibe, rapper ProVerb and lately songstress Judith Septhuma are among a host of personalities who’ve also gone through divorces. Statistics South Africa reveals that women are the main instigators of divorce.

According to its 2014 figures, white women were the biggest initiators at 58% of all divorces, while black women accounted for 44%. Of these, 37% of divorcees were from the black African population group, followed by whites, coloureds and then Indians/Asians. Divorcees often speak of the process as emotionally draining, and then give up on what’s due to them just to move on with their lives. Head of Ecsponent Financial Services Floris Slabbert says if you want to protect your financial wellbeing, it’s important that you act and think financially.

“You may be drained when in the throes of long divorce proceedings, but it’s worth focusing on the goal to act in your and your family’s best interests. To achieve the best possible outcome, you need to approach the financial aspects of the separation as impassively as possible,” he explains. “Remember, you won’t have a divorce do-over opportunity. You may be stuck with the negative consequences of poor decision-making for life. Put your feelings aside and focus on securing your financial future.”

A former couple that’s experiencing the intensity of a drawn-out divorce is former human settlements minister and businessman Tokyo and Judy Sexwale. The pair has been in and out of court since 2012 as they contest the finances of their marriage. Judy is claiming, among a long list of demands: a house worth R70 million, a new R1 million car every five years and a further R150 000 monthly maintenance. Over and above this, Judy believes she’s entitled to 25% of what Mvelaphanda Holdings – Tokyo’s company – made during their time together. The case is now a Constitutional Court matter.

Slabbert says, “Generally, people in the process of divorce don’t feel overly charitable towards their soon-to-be ex-spouse. Their main concern is that they get what they feel is due to them.”

Nomcebo, 39, says she nearly made an emotional decision when she separated from her husband of six years. “I was angry and felt like punishing him for all the hurt I went through in our marriage. But I realised we’d both lose money unnecessarily, so we turned to a mediator who gave us options that left us both financially secure.”

Attorney Hugh Raichlin told *SABC News* that money is an obvious concern when couples split. Questions that are on top of mind are: ‘How much will it cost to divorce?’, ‘What access does my partner have to my money?’, ‘Will I get a spousal allowance?’ and ‘What maintenance will the kids get?’

Divorce Clinic’s Anja Griesel says you can either contest or not oppose the divorce but bear in mind that the former is pricey. “It’s cost effective when you don’t contest the divorce and both of you agree on the settlement. It can cost from R800 – R20 000 if you do it yourself and not involve lawyers. If your divorce is contested, costs can run well into the hundred thousands, and it may take between two to three years to finally settle.”

Thembi, 42, was only 30 when she got out of a two-year marriage. “I fought with my husband all the time for using our money to feed his cheating habits,” she says, adding that he wasn’t reluctant to split from her. “He was also unhappy in the marriage and wanted out. So we spoke about it and involved our lawyers. It was a painless exercise and we didn’t part with a lot of money. We paid about R12 000 for legal fees.”

A contested divorce, on the other hand, is far more complex like that of Sexwale. Divorce Procedure’s website says a contested divorce can be settled out of court with divorce attorneys, whereby mediation for each client’s interests is done. This can take from three months to three years to finalise. The processes of divorce as a whole include preparation, filing of pleadings, settlement, discovery of documents, a pre-trial meeting, the trial and lastly, the judgment. >

A very popular and pain-free alternative is mediation. "This is where an independent third party will work with both spouses to reach a settlement agreement and will advise on the various scenarios they could face if the matter goes to court," advises Preller and Associates Inc.

This is the option singer and actress Jennifer Lopez considered when she ended her marriage to Marc Anthony. The couple consulted a legal advisor to draft a water-tight settlement regarding how the money would be split, and who'd get custody of their children. In the event that they ever disagree, the couple will turn to a mediator to sort out their differences in a neutral manner.

Griesel adds: "Once a settlement agreement has been drafted, either party can request an attorney of their choice to review it. The agreement is then attached to the summons and served on the party that chooses to be the defendant. After the expiry of the time period mentioned in the summons, one person has to enrol the case in court and finalise the divorce."

PREPARE FOR ANYTHING

Certified financial planner Megan Marks advises that if your divorce agreement requires you to have your own medical aid membership, ensure that you take out cover urgently. She also emphasises that it's extremely important to prepare a budget, irrespective of whether your spouse will be providing you with a maintenance amount. Lawyers' fees will be a new expense and hopefully, you and your spouse can come to an amicable agreement so that the legal fees do not escalate drastically. She recommends you list every monthly expense, no matter how insignificant you think the amount is.

Nosipho, 41, says having a monthly list of all their expenses helped when she split from her husband. "I kept a list of all the bills I paid, including groceries, school fees and car repayments. So when Senzo and I separated, I knew exactly how much I contributed to the running of the household."

Remember to include rent or bond payments, levies, rates, petrol, groceries, life policies, school fees, birthday presents. "Everything adds up and if you're the one who moved out, your expenses will be greater initially in terms of start-up expenses in a new home. Leave yourself no surprises," Marks cautions.

Singer Mary J Blige found herself in a tight situation after filing for divorce from Martin Isaacs, who also happened to be the musician's manager, also claims his source of income stopped as soon as she wanted out. Now Martin is claiming more than R1,7 million in spousal

maintenance, and says the pre-nup agreement is not valid because he didn't have a lawyer present when they signed it. He also wants Mary J to continue supporting kids he got before the couple got married.

Legal advisor at Old Mutual Lumka Dlukula says depending on what the spousal maintenance is granted, various factors are considered, such as the duration of the marriage, age of the party, prospects for future earnings and current earnings, and the lifestyle the person was used to. However, she states, "this is not an automatic right. We all know of divorced couples fighting for money to sustain the life they were used to during their marriage."

Dlukula continues: "It's therefore possible such maintenance may not be granted if good cause has not been proven. The order for maintenance doesn't have to be a lifelong commitment and can also be granted for a period of time only. The circumstances of the party claiming are basically considered, as well as the affordability of the party from whom such maintenance is claimed."

Does the duration of the marriage have any effect in granting spousal maintenance? "The length of the marriage is a consideration in determining whether to grant it or not. The longer a marriage, the more compelling the request is likely to be," says Dlukula.

With regard to customary marriages, Griesel points out the law imposes a duty on spouses to register the marriage within three months after the marriage (as proof of the marriage) at Home Affairs. She cautions that non-registration does not make the marriage invalid. "The marriage can only be dissolved by a court through a decree of divorce on the grounds of an irretrievable breakdown of the marriage." Customary marriages are in community of property, unless such is specifically excluded in terms of an antenuptial contract.

When it comes to child maintenance and custody, matters can get tricky. Marks says: "If you have children together and they're minors, a parenting plan is essential because the arrangements you make for your kids must be in their best interests. This document should be professionally drafted and both you and your spouse must be in agreement. Your children must also understand the changes in the dynamics of the family so that they can also adjust emotionally to the change of life."

What about how child maintenance is determined? Griesel says: "Firstly, you'll have to determine the reasonable needs of the child on a monthly basis by determining their share of the common expenses in the household. This is done by allocating one-part per child and two-parts per

adult or older children. Only once the child's reasonable monthly needs have been determined, the contribution that each parent is required to make will be calculated." She says that both parents have a financial obligation to pay maintenance in accordance with their means and income. Maintenance may need to be adjusted regularly, depending on the changing needs of the child or the financial position of the parents. In these cases you can either file a new application at the maintenance court in the area where the children reside, or you can vary an existing court order or settlement agreement.

Angelina is currently demanding that Brad pay at least R1,3 million per month in child maintenance, which he is refusing. The actress says part of the money will be used to set up trust funds for the children. The matter is still being argued by lawyers for each person.

Divorces can – and always do – get dirty. While it's impossible to not feel hurt, it's important to protect yourself against financial ruin.

CELEBS THAT CALLED IT QUIT'S



UYANDA MBULI, BRIDGET MASINGA, PROVERB AND AZANIA MOSAKA HAVE ALL GONE THROUGH A DIVORCE.

GET YOUR DUCKS IN A ROW

Slabbert cautions that during a divorce, you not only look at who gets what and how future income will be divided, but also take debts and loans into account. To reduce the money strain during the split, follow these tips:

- 1. Make copies of all documents:** Most couples have complex financial portfolios that include assets like your marital residence, rental properties, bank accounts, retirement and pension plans, life insurance and perhaps even a business. Even during the best of times, it can be difficult to keep track of all these financial components, and when a couple decides to divorce, that task of dividing their joint portfolio is automatically complicated.
- 2. Agree on your marital agreement:** When you're married in community of property, all assets you accumulate before and after the marriage belong to both partners equally. Tying the knot out of community of property means that all assets you had before your wedding belong to you alone. After marriage, you have the choice to combine your assets or to continue building separate estates. If your prenuptial agreement is without accrual, it means that everything you own before the marriage, as well as property and assets you accumulate during the marriage, remain yours. A prenuptial agreement with accrual means everything you own before the marriage remains yours. Whatever you gather as assets and property after your wedding is shared equally between husband and wife.
- 3. List joint and separate assets and liabilities:** If you're married out of community of property, you can transfer your assets into your own name and account. Also, don't give up joint assets without legal and financial advice and be sure to record everything in your final settlement document.
- 4. Split the retirement income, not the fund:** Many wives, especially, rely on their husbands' retirement funds because they take time off work to care for the children or by mutual agreement. When they divorce, it's tempting to insist on an immediate split of the husband's retirement fund. The 'clean-break' principle allows retirement funds to deduct an amount or percentage upon divorce from a member's benefit and pay it to the non-member spouse. This allows a non-member former spouse to access an agreed or court-ordered share of the member spouse's retirement savings.
- 5. Get proper valuations of all assets.** Getting professional valuations of your assets is worth the time. If things become hostile, you know exactly what your assets are worth. ■



**Tumelo Mushi-Sebopa –
TRUE LOVE Food Editor**

*"I've combined two of my favourite recipes – traditional chakalaka and grilled chicken on the bone – to make this pasta dish. I used **KNORR Mild Durban Curry Dry Cook-in-Sauce**, which is a mild herb and spices combo. It's delicious!"*

Chakalaka Chicken Pasta

Ingredients

- ▶ 6 chicken pieces
- ▶ Robertsons chicken spice
- ▶ 200g durum wheat spaghetti
- ▶ 15ml sunflower oil
- ▶ 10ml crushed garlic
- ▶ 1 onion, diced
- ▶ 1 green pepper, diced
- ▶ 3 tomatoes, grated
- ▶ 2 carrots, peeled and grated
- ▶ 1 x 410g can baked beans in tomato sauce
- ▶ 350ml water
- ▶ 1 sachet **KNORR Mild Durban Curry Dry Cook-in-Sauce**

Method

1. Season chicken pieces with chicken spice and grill in the oven until well done.
2. Cook the spaghetti according to package instructions. Drain and set aside. Heat oil in a large deep pan and fry garlic, onion and green pepper until soft. Add the tomatoes, carrots, baked beans and water and stir in the contents of **KNORR Mild Durban Curry Dry Cook-in-Sauce**. Allow to simmer for 20 minutes on a low heat stirring frequently.
3. Mix the sauce with the cooked spaghetti and transfer to a serving dish. Top with grilled chicken pieces and serve.

ENJOY TASTY MZANSI PASTA

Pasta makes a great weeknight meal. TRUE LOVE food editor **Tumelo Mushi-Sebopa** and chef **Nti Ramaboa** prepare delicious pasta meals the South African way using the **KNORR** range of sauces.

Spicy Boerewors & Cabbage Pasta

Ingredients

- ▶ 200g durum wheat macaroni
- ▶ 500g boerewors, sliced (casing intact)
- ▶ 15ml sunflower oil
- ▶ 10ml crushed garlic
- ▶ 1 onion, diced
- ▶ 2,5 ml Robertsons crushed chillies (optional)
- ▶ ¼ small head cabbage, shredded
- ▶ 2 tomatoes, diced
- ▶ 450ml water
- ▶ 1 sachet **KNORR Spaghetti Bolognese Dry Cook-in-Sauce**
- ▶ 15ml fresh parsley, chopped

Method

1. Cook the spaghetti according to package instructions until al dente. Drain and set aside.
2. Heat oil in a large deep pan and fry the garlic and onion until soft. Add the chillies and fry for a minute to release the flavour and aroma. Add the sliced boerewors and fry until well browned on all sides.
3. Add cabbage and tomatoes and allow to saute for 5 minutes.
4. Add water and stir in the contents of the sachet of **KNORR Spaghetti Bolognese Dry Cook-in-Sauce**.
5. Allow to simmer for 20 minutes on a low heat stirring occasionally, or until the cabbage is cooked. Mix the sauce with the cooked macaroni and transfer to a serving dish, top with chopped parsley and serve.



Nti Ramaboa – Chef, food stylist and TV host

"Cabbage and wors are foods I grew eating. My mom loved making them because they're nutritious and easy to prepare. To give this pasta dish a modern Mzansi twist, I used **KNORR Spaghetti Bolognese Dry Cook-in-Sauce**, which is yummy and fuss-free for women on the go like me."

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KITCHEN REVAMP

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**“THE ONLY TIME TO EAT DIET
FOOD IS WHILE YOU'RE WAITING FOR
THE STEAK TO COOK.”**

– Julia Child, American television personality and chef

DELECTABLE TREATS

Whether you're hosting a tea party, or catching up with the girls over a cuppa, Belle's Patisseries is the place to for you. The bakery has a wonderful spread of freshly baked goodies: from sweet pastries to chocolate cakes, custard tarts and biscuits, you'll be hard bent not to find something satisfying. The bakery also offer variety of nibbles, some of which appeal to even the most health-conscious, thanks to its skinny menu's range of banting, paleo and low GI alternatives. Also voted Best Patisserie in Joburg for three consecutive years, you're gauranteed the best bakery experience, ever. Find a Belle's near you by visiting www.bellespatisserie.co.za.



BY Lisa Thabethe IMAGES Dreamstime.com; Supplied



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Cooking was a form of bonding for Nthabiseng Ramaboa with her mother and sister, but Chef Nti – as she’s fondly called – took it further by carving a career out of it. “I’ve always been an entrepreneur and wanted to work on something I’m passionate about; food is part of who I am so I don’t feel like I’m working at all.”

Her role as a chef, however, only began in 2014 when her fashion business took a turn. Nthabiseng owned three retail stores under the Bello Couture holding company. “Business went well at first but eventually it became tough so I had to close the stores in Melrose Arch Shopping Centre. Walking away was difficult,” she says.

Soon after, Nthabiseng started a blog – *PS, I Created This* – to fine tune her culinary skills, and also studied at the International Hotel School. Through hard work and determination, Nthabiseng became a well-known chef. Her first business partnership was with Danone’s Mayo drinking yoghurt in 2015, just a year after her decision to become a chef. “I was still a student so they liked my strategy and hired me to teach people how to experience the Mayo product differently.”

That launched her career nationally, and soon other brands were lining up to partner with her. Liquor brand Flying Fish tasked Nthabiseng with creating a menu for their guests at the Durban July in 2015. “I made pap infused with apple and celery. I love to celebrate South African culinary heritage, which is what I want to be known for.”

Chef Nti’s show on e.tv, *The Perfect Ace*, sees her create signature dishes with amazing flair. Her love language for food will continue this year as she hopes her ventures in TV will continue, and potentially have a cook book published. “I want to learn more from my mentors in the South African Chefs Association. I also plan to explore the business side of the culinary industry. I’m inspired by Martha Stewart, I love her business model,” she beams.

There’s no doubt that someday soon Chef Nti will be known globally and will be a superb chef with skills to be reckoned with! ■



NTHABISENG'S FAVOURITE CITIES: LOS ANGELES AND CAPE TOWN, AND HER GO-TO DESIGNER IS QUITERA & GEORGE. **ABOVE:** SHE LOVES HIP HOP AND LISTENS TO A LOT OF NIGERIAN MUSIC, BUT LOCALLY RIKY RICK IS HER FAVOURITE.

The *HOT* chef

Foodie **NTHABISENG RAMABOA, 33**, better known as Chef Nti, is creating a brand from her heart.

BY SISONKE LABASE



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MASHED POTATOES

PREP TIME: 10 minutes
COOKING TIME: 35 minutes
SERVES: 4

750g	Boiling potatoes, peeled and cut into chunks
2.5ml	Salt
60ml	Cream
50ml	Margarine
15ml	Robertson's Masterblends Aromatic Roast Potato

1. Place the potatoes and salt into a large saucepan. Fill with water and place over medium-high heat.
2. Bring to the boil, lower the heat and simmer for 30 minutes or until the potatoes are tender. Drain the potatoes.
3. Mash the potatoes with the back of a fork or use a potato masher. Add the cream, margarine and **Robertson's Masterblends Aromatic Roast Potato**. Stir gently over a low heat until well combined and creamy.

Dine on a DIME

ENTERTAIN on a stipend with these CONVENIENT yet deliciously AFFORDABLE meals.

By **TUMELO MUSHI-SEBOPA**
Photographs **ROELENE PRINSLOO**



GRILLED BEEF RIBS

INGREDIENTS

- ▶ 1kg beef ribs
- ▶ Salt
- ▶ 4T barbeque spice
- ▶ $\frac{1}{3}$ cup asian barbeque sauce
- ▶ $\frac{1}{3}$ cup tomato sauce
- ▶ $\frac{1}{3}$ cup honey
- ▶ $\frac{1}{3}$ cup worcestershire sauce

METHOD

1. In a bowl, season ribs with salt and spice. Place in a large roasting bag. In a small jug, mix sauces and honey, and pour into the bag. Shake and set aside to marinade for about 30 minutes.
2. Cover ribs in foil and grill in a preheated oven or until tender. Remove foil and grill for another 10 minutes. Serve with sweetcorn.

ROAST CHICKEN AND VEGGIES

INGREDIENTS

- ▶ 600g chicken wings
- ▶ 2T chicken spice
- ▶ 2T cajun spice
- ▶ 150g butternut, cubed
- ▶ 150g baby marrows, sliced
- ▶ 1 onion, sliced



METHOD

1. In a roasting pan, place chicken wings and season with spices. Add vegetables and pour water. Place in oven and roast for about 30 minutes, stirring to combine flavours. Serve.

SWEET POTATO, WORS & TOMATO RELISH

INGREDIENTS

- ▶ 3 large sweet potatoes, cubed
- ▶ 500g wors
- ▶ 2T oil
- ▶ 1 onion, finely chopped
- ▶ 1 clove garlic, crushed
- ▶ 2 red chillies, finely chopped
- ▶ 4 large tomatoes, grated
- ▶ 1T sugar
- ▶ 3tsp tomato paste
- ▶ 1 cup beefstock



METHOD

1. Place sweet potatoes in water. Cook until soft and mash. Place in warmer.
2. In a pre-heated griller, cook wors for 15 minutes each side.
3. In a saucepan, heat oil and sauté onion and garlic for about 3 minutes. Add chillies and cook for 2 minutes. Add tomatoes, sugar, tomato paste and cook for 5 minutes while stirring. Add stock and cook for another 10 minutes or until sauce reduces and thickens slightly.

PORK STROGANOFF

INGREDIENTS

- ▶ 600g pork, cut into strips
- ▶ 4T flour, for dusting
- ▶ 2T steak and chops spice
- ▶ Salt and pepper
- ▶ 4T sunflower oil
- ▶ 1 onion, sliced
- ▶ ½ red, green and yellow peppers, sliced
- ▶ 1 cup beef stock
- ▶ 2 cups cream



METHOD

1. On a chopping board, season pork with spice and dust with flour. Heat oil in a large skillet. Brown meat on all sides. Remove and place in warmer. Add onions, garlic to skillet. Stir-fry for about 3 minutes. Add peppers and stir for 3 more minutes.
2. Return meat to skillet. Add stock and stir until flour has blended and there are no lumps. Reduce heat. Cook until liquid thickens.
3. Add cream and mix through. Cook for another 10 minutes until sauce has thickened. Season with salt and black pepper. Serve with rice.

CHICKEN SCHNITZEL & POTATO SALAD

INGREDIENTS

- ▶ 4 chicken breasts
- ▶ Salt and black pepper
- ▶ 1 cup flour
- ▶ 2 eggs, beaten
- ▶ 1 cup breadcrumbs
- ▶ 4 large potatoes, cubed
- ▶ 2 spring onions, finely chopped
- ▶ 1 cup mayonnaise
- ▶ $\frac{1}{3}$ cup honey and mustard dressing



METHOD

1. Preheat oven to 200°C. On a chopping board, halve the breasts. Cover each with cling wrap and flatten with a mallet to make a fillet. Season with salt and black pepper, then dust with flour. Dip into eggs and then breadcrumbs. Place in refrigerator for 10 minutes.
2. On a greased roasting pan, bake fillets in oven for 15 minutes. Place potatoes in salted water and cook until tender. Remove from water and place in a large bowl to cool. Add spring onions and season with black pepper. Mix mayonnaise and dressing, and gently fold through potatoes. Place in refrigerator until needed.
3. Serve schnitzel and salad with tomato salsa.

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By **TUMELO MUSHI-SEBOPA**
Photographs **ROELENE PRINSLOO**

Lunch Time!

Bacon & Avo Salad

INGREDIENTS

- ▶ 4 rashers bacon, grilled
- ▶ 2 boiled eggs
- ▶ 1 avocado
- ▶ 100g feta cheese
- ▶ 500g green leaves
- ▶ ½ cup olives

METHOD

1. Toss all ingredients in a lunch box, or assemble the salad at work.

Chicken Pita

INGREDIENTS

- ▶ 4 chicken breasts, cubed
- ▶ 3T chicken spice
- ▶ 2T oil
- ▶ 1 clove garlic, crushed
- ▶ 1 onion, chopped
- ▶ ½ cup sweet chilli sauce
- ▶ 1 pita bread
- ▶ 6T creamed cheese
- ▶ Handful chives, finely chopped
- ▶ 2 spring onions, finely chopped



METHOD

1. Season chicken with spices. In a saucepan, heat oil and brown chicken on all sides. Add onion and garlic until translucent. Add sweet chilli sauce and stock, and cook for 10 minutes.
2. In a bowl, mix creamed cheese, chives and spring onions. Prepare your lunch box by heating pita bread according to package instructions, and cut into triangles. Pack with chicken and cream cheese spread.

Meat Wrap

INGREDIENTS

- ▶ 2 beef pastrami slices
- ▶ 2 ham slices
- ▶ 2 chicken roll slices
- ▶ Lettuce leaves
- ▶ 1½ cucumber, sliced
- ▶ 4 cheese slices



METHOD

1. Layer the beef pastrami on a plate, making sure they overlap each other. Then top with lettuce and cold meat. Repeat another lettuce and cold meat layer, then finish with cucumber and cheese slices in the centre.
2. Roll the cold meat and secure with tooth picks. Pack cut in halves.

Big Eater Sandwich

INGREDIENTS

- ▶ 2 slices seeded brown bread
- ▶ 4T salad cream
- ▶ Handful green leaves
- ▶ 100g grilled steak, sliced thinly
- ▶ 1 egg, fried
- ▶ 2 slices cheese
- ▶ 3T hamburger relish



METHOD

1. Spread the bread slices with salad cream.
Layer with leaves, sliced steak, egg and cheese.
2. Top with last slice and cut into half.



LEFT: THE BIG WOODEN DOUBLE DOORS MAKE FOR A GRAND ENTRANCE. **RIGHT:** THE OWNERS OF THE HOUSE HAVEN'T COMPROMISED ON ART AND UNIQUE FURNITURE PIECES.

Although the heavy, wooden ceiling beams and curvaceously paned glass doors of this lavish mansion, in Cape Town's Constantia, suggest historic origins, the house was actually built in the late sixties. "When we first walked into the entrance hall a few years ago, we experienced an old-world sense of grand proportions, but it was those handsome doors looking out towards the garden that clinched it for us," says Philip Tyers, who owns the house with his wife Nicky.

While the house, a traditional design in the form of an H, had become "a bit of a rabbit warren", with various add-ons over time, "it had exceptional bones," says Nicky. "We felt inspired to create something really wonderful."

Philip and Nicky are the design brains behind Colonial House Design, an interior design company and shop they launched 17 years ago, now located in the original Cape Quarter, in De Waterkant.

The couple spent nine months transforming their house into one that would accommodate "a modern lifestyle in a traditional framework," as Philip describes it. The result is the ultimate in luxury: high-ceiling rooms with natural stone floors (except in the bedrooms), filled with decor pieces that tend to be monumental and bold in scale. Once "a big, lost space full of electric cables and roof trusses", the couple says the

attic was converted into bedrooms and bathrooms for their children, India, 12, and Hudson, six. "They like the feel of having their own house within a house," says Nicky.

A considerable amount of the furniture on display in their home was designed and made by Philip: every kind of sofa, cabinet, cupboard, chair or table you can imagine – sophisticated designs with a sculptural element and superior finishes – which he produces with his team of carpenters at his Observatory workshop. They also create works in resin, such as the massive Elisabeth Frink-style head that stands in one of the small courtyards.

The Tyers are among the first designers to do Afro-chic in Cape Town. Since then their personal style has moved to what Nicky calls "fusion contemporary" with the introduction of Eastern design. Life-sized buddhas pop up in unusual places around the house; standing, sitting, contemplating life in corners or holding incongruous rosaries in outstretched hands.

Still, Nicky emphasises that the house is not an extension of the shop, so they went to great lengths to distinguish it. "It's a home we've had great fun with, a home in which the art is more important than anything else you see, Philip is really quite an enthusiastic collector, we have no walls left to hang it."



Afro Chic ELEGANCE

We chat to the owners of this ZEN and ROYAL Cape Town retreat.





LEFT AND RIGHT: THE SHEER SCALE OF THE DECOR PIECES MAKE THIS HOME FEEL ROYAL. FROM THE BREATH-TAKING CHANDELIER, AND FLOOR TO CEILING ARTWORK, TO RICH COLOURS THAT GIVE A LUXURIOUS FEEL, NO EXPENSE WAS SPARED.



Philip's vast collection of Cecil Skotnes woodcuts covers one wall of the entertainment area that leads out from the kitchen. It's a congenial space where guests sit at an expansive counter on his Afro-style stools, which have blue reptile-print seats, or under a skylight at his large round table with its attractive hammered finish.

Around the corner is an impressive state room with endless velvet curtains, a chandelier suspended from the ceiling between beams, and a long table for formal dining. Not too formal, though, for Nicky's uproarious book-club dinners.

The living room delivers the same kind of impact. You can very easily lose yourself in the quilted charcoal depths of an extremely high-backed sofa (also designed and made by Philip) under the eyeless gaze of two large, cross-legged buddhas, backed against smoky black mirrors and a chocolate-grey wall. It's the same shade that Nicky chose for the exterior of the house. >



BEDROOM: THE MASTER TOYS WITH MOODY COLOURS LIKE DARK CHARCOAL AND BLACK.

“Nicky always has a need to go darker,” says Philip. “For some reason, she finds it soothing.”

The house was chalky white inside and out until Nicky decided not to be afraid of colour and went with her gut. She advises using lots of colour and bold art and patterns to make a room pop, and says she loves the energy that colour adds to a room.

“It only takes one major piece of furniture to create a room. This is why we made the Barbarella chair in our bedroom, because people kept saying they wanted a chair big enough to curl up and read in. It’s almost a sofa; relaxed but elegant. In a bedroom, comfort is everything.

“True luxury, for me, means bespoke. When it comes to renovating, my advice is to get the architectural framework right first, before doing anything else. We like decor cross-overs, such as the French Bergère armchair that we covered with black springbok skin and an embroidered monogram,” says Nicky. ■



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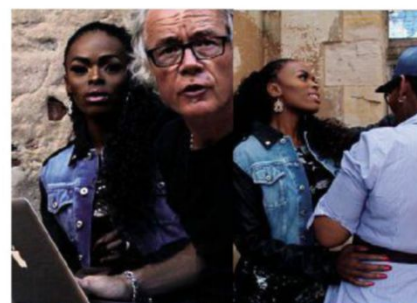
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MAZDA 6

This car offers an experience of pure joy. Expect superb handling and fuel economy that will give you more kilometres for your cash. The trademark Skyactiv technology has integrated control of the engine, which will make you feel like you are one with the car. The interior of this baby is to die for: the rich materials, curvy finishes and savvy Mazda

Connect entertainment system makes this sedan stand out in its group. The touch screen is also a sweet addition. Other features include electronic braking system, cruise control, blind spot monitoring assistance and a push-start button. This one will make other motorists take notice in traffic.

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BY LISA THABETHE



NISSAN ALMERA

If you're after style and affordability, then the Almera is the sedan for you. It has enough leg room and space to accommodate five adults comfortably, especially on those long trips. The Nissan Almera's audio system features: Bluetooth audio streaming, MP3 and a USB connectivity so you can enjoy your tunes just the way you like them, while keeping you in complete control of the wheel whenever you drive. The rear parking sensors makes reversing a breeze, and ensures even the tightest parking spots become an exercise in precision. The Almera's latest technology are all designed to make life easier, safer and more enjoyable on the road.

PRICE: From R198 900

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Comfort and safety was top of mind when VW designed this beauty. All the bits and bobs are well thought out and make for an exceptional drive. Features include flat tyre indicator, instrument cluster with electronic speedometer, trip odometer, interior lights with switch-off delay and extractable sun visors. And this is just for starters. The park distance control with sound signal for obstacles in the front and rear make sure you keep the car scratch-free. The interior has asymmetric split folding, and the handling of this machine is made easy with the electronic speed-sensitive power steering, which is responsive to your every command.

PRICE: From R468 200



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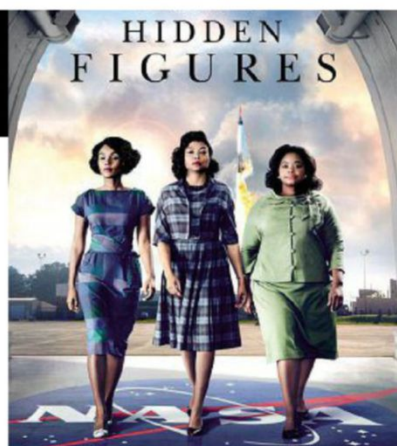
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HIDDEN FIGURES

Release date: 24 February

This is an inspirational drama about the incredible story of three black women mathematicians who worked for NASA and were the brains behind the launch of astronaut John Glenn into space. Taraji P. Henson, Octavia Spenser and Janelle Monae give award-winning performances.



THE DISAPPOINTMENTS ROOM

Release date: 3 March

When Dana and her husband David decide to move to a quieter city with their five-year-old son, they do not anticipate the trouble they find in their new house. Their excitement fades when they open a door to a secret room that contains a very dark history of the family that used to lived there. This is a psychological thriller that will have you at the edge of your seat.

JACKIE

Release date: 3 March

Natalie Portman delivers a remarkable performance as she steps into the shoes of former American and beloved first lady Jacqueline Kennedy. The film follows Jackie's life after her husband's assassination and tells a story of grief, anger and a woman trying to maintain her husband's good legacy.

LOGAN: THE WOLVERINE

Release date: 3 March

If you are into science fiction or enjoy the X-Men movies then you will love The Wolverine. Still set in the world with mutants, this time Logan (Hugh Jackman) has the huge task of caring for the sickly Professor X (Patrick Stewart) in a hideout on the Mexican border. But their attempt at hiding ends when a young mutant arrives, being pursued by dark forces.

CHILL TIME

Relax on the couch with the LATEST IN MUSIC, BOOKS and MOVIES, and learn more about SJAVA, the singer behind the hit song *Vura*.

By **LISA THABETHE**



FALLEN

At boarding school Luce Price (Addison Timlin) finds herself drawn to the mysterious Daniel Grigori (Jeremy Irvine). But Daniel wants nothing to do with Luce, who makes it her mission to find out what dark secret Daniel is hiding. The deeper she digs the more surprises she finds.



ROUGE ONE: A STAR WARS STORY

A perfect film for visual action fans. The Rebel Alliance has to come up with a plan to destroy Orson Krennic's evil empire after learning that he has a Death Star, a weapon that could destroy the galaxy. This is a solid adventure movie.



MOANA

Moana is a beautiful family story of a brave girl who sails out on a daring mission. During her journey Moana meets Maui who guides her as they sail across the open ocean, encountering challenges. It's a fun story about finding identity, running your own race and defying the odds.

MUSIC


We hang out with popular *Vura* singer, SJAVA.

My real name is Jabulani Hadebe and I come from a small rural village in Bergville in KZN.

I titled my album *Isina Muva* because at the age of 32 things were not working out for me and all the people I grew up with were successful. And then at 33, with this album, I went and achieved more for myself.

My sound is called African Trap Music (ATM). It's a sub-genre of hip hop mixed with African melodies and it's got chants in it that you normally hear in the songs sung when there are cultural gatherings in villages.

My music is inspired by life experiences. The whole album is about true stories including the song *Ubaba*, which is about absent fathers, mine included.

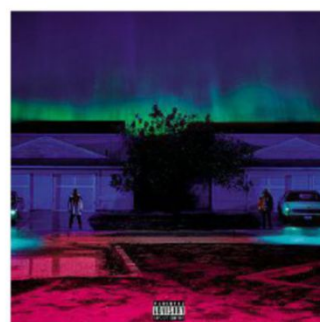
My dream is to do collaborations with Black Motion, Bra Hugh and Ladysmith Black Mambazo. They are all amazing musicians who care and respect the craft of making meaningful music.



ED SHEERAN *Divide*

The much-awaited Ed Sheeran album is finally here. It's a 12-track offering of nothing but great music, with the single *Shape of You* already a favourite. The talented muso

says with *Divide* he wanted to show two different sides to his music. It's an album worth spending money on.



BIG SEAN *I Decided*

American rapper Big Sean shows off his amazing music skills. Featuring Chance the Rapper on the song *Living Single*, it looks set to be a great one. But whether its success

can surpass that of his previous album *Dark Sky Paradise*, remains to be seen.



NELLY FURTADO *The Ride*

Nelly Furtado really takes us on a ride this time. She gave us a taste of what's to come on this album when she dropped the first single *Pipe Dreams*

last year. The whole album is beautiful and shows her passion for both sound and lyrics.

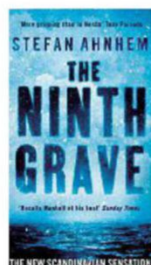
PARENTING DECODED by Ken Resnik Kwartz, R200

This book about disciplining kids in the digital age is a simple parenting programme that provides insight to understanding why you are the most important person in guiding your children to adulthood.



THE NINTH GRAVE by Stefan Ahnhem Jonathan Ball, R363

A Swedish minister goes missing and the wife of a TV star is murdered in her home. Two detectives are dragged into a conspiracy while investigating the serial killings. This is a gripping thriller about the race to catch the killer before more people die.



THE PARK by Gail Schimmel Pan Macmillan, R260

When new mom Rebecca meets Rose and Lilith, she feels she has found true friends. But she's about to learn that friendship is not always what it seems, and that sometimes you trust the wrong people who can change your life forever.



BOOKS



ARIES (21 Mar – 19 Apr)

If you were born towards the end of Aries, expect a wild time. You're impossible to keep up with. Remember to breathe when things get overwhelming.

Love: Cupid is all over you like a love rash. Sort things out; too much passion burns.

Work/Money: From the 10th, put your energy into making money. As from the 14th, ideas come in droves so put them to good use.



TAURUS (20 Apr – 20 May)

Balance out your health obsession – do fun activities that don't involve food or too much exercise.

Love: Lay low with matters of the heart. If in a relationship, the bedroom thermostat hits steamy levels.

Work/Money: You've been injected with rocket fuel and are ready to get going. Stay calm as work intensifies.



GEMINI (21 May – 20 Jun)

When you feel you're being misunderstood, slow down – repeating yourself isn't the answer. Actions are more direct.

Love: Pursue your love-target with poetic dust – it could be magical. Stick to one love, or things will get rather unruly.

Work/Money: Great things happen at work if you can stay out of the politics. Take yourself out of the chaos.



CANCER (21 Jun – 22 Jul)

Your reputation is what people know, so make sure it's a good one. An unexpected move could turn things upside down and exciting.

Love: From the 4th, you get an opportunity to review your love life and align yourself with your priorities.

Work/Money: Things at work can be erratic. Finances have a soft place to land but not without some concerns.



LEO (23 Jul – 22 Aug)

Don't be surprised if you jet-off on a trip – it may be filled with unexpected turns, but enjoy it for what it is.

Love: Cupid is laying low from the 4th, this is your opportunity to redesign your love-map.

Work/Money: From the 10th, you will rocket from one thing to the next. If you need to clinch a deal, do this in the first half of the month.



PISCES

(19 Feb – 20 Mar)

Expect an energy explosion that fuels your need for a fresh start. The solar eclipse ignites your intuition. Let your adventurous spirit guide you, but keep your rebellious streak in check.

Love: A magical romantic month awaits you. Remain true to your morals; when you feel untouchable you may take selfish risks.

Work/Money: Follow your hopes and dreams, but tame the turbulence around your finances just in case the unexpected comes knocking.

BY ANGELIQUE SALA



VIRGO (23 Aug – 22 Sep)

If you haven't organised your trips for the year, best you take some action and set out your plan. If studying, it's time to put in loads of energy.

Love: Plan a love surprise for your honey – it's up to you to make things happen. If single, you'll get noticed so up the sexy.

Work/Money: After the 4th, you may have to renegotiate a deal, make it worth your while and have fun.



LIBRA (23 Sep – 22 Oct)

The start of the month is a hair-raising affair. Take a moment to take stock of everything that has happened.

Love: Love and passion overflows, but is this the relationship that you want? If single, you shouldn't be for long – but you must want to play.

Work/Money: You have your sights set on your target, but watch that you aren't pushing too hard and sabotaging things.



SCORPIO (23 Oct – 21 Nov)

It can be an exciting start, if you can manage to stay out of trouble. From the 10th, people can sense your passion.

Love: By mid-month, you weave love magic with your words. Try your best not to be too demanding.

Work/Money: A curve ball comes your way. Don't be too stubborn with your finances – listen to solid advice.



SAGITTARIUS

(22 Nov – 21 Dec)

Start focusing on your inner circle for support. You're work fit, and have the stamina to do much more.

Love: Riveting things are happening in your love sector. If you have never been swept off your feet, hold on – this is it.

Work/Money: Just when you thought you had it figured out, things change. Patience and diligence is required.



CAPRICORN (22 Dec – 19 Jan)

Keep the lines of communication open. Until mid-month people aren't quite sure what your objectives are.

Love: Passion seems to touch all aspects of your life. Make-love-not-war is your motto. Take time to spoil yourself.

Work/Money: Expect the unexpected. Find an outlet for your frustrations or stay calm until the 10th when you regain some semblance of sanity.



AQUARIUS (20 Jan – 18 Feb)

You're a tough contender if anyone dare oppose your ideas. When you try a subtler approach, the results are more in line with what's needed.

Love: Stick to your principles. Some revelations come when you discuss things properly.

Work/Money: Expect more money coming in this month. Work with vigour; your boss may be taken by surprise.

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STAR ON THE RISE

Musician and TV presenter **MTHOKO MAKHATHINI, 26**, chats to us about the entertainment industry and his plans to reach greater heights.

BY PHILA TYEKANA



Mthoko Makhathini, best known as Dash, burst into the entertainment scene in 2013 through the popular hip-hop group Dreamteam, which includes Lusaso Ngcobo and Trevor Sineke. Raised by his mother, Nokuthula and older sister, Ntombikayise, in Ntuzuma township, Durban, after his dad passed on, Dash says: “My dad passed on when I was 10, after he got into a car accident that left him paralysed. I used to pray for a miracle so he could be able to walk again. I appreciated the fact that he was in my life. My mom was a nurse so Ntombikayise and I looked after him during the day. I have a tattoo on my right arm which is a poem I dedicate to him. Its first lines are the same words on his tombstone.” The presenter, popular for his stylish dress sense, says he’s always wanted to be a star. Besides Dreamteam, Dash is a presenter on Vuzu’s *V-Entertainment*, a brand ambassador for Axe deodorant and collaborated with Castle Lite to host a digital entertainment show called, *Dash of #LimeLite*.

For the love of dance

“Growing up, I was always imitating musicians on TV. In high school, my friend Lwazi and I started dance battles. We formed a dance crew called Fixed DC and performed in various events in Durban. We even secured a sponsorship from American sneaker brand DC, who took care of our travel costs and clothing. Soon we were battling with other crews at a national level. We also worked with rappers like HHP and Cassper Nyovest.”

Reality check

“I failed matric in 2007 as my dancing obligations took over my schoolwork. I felt horrible for disappointing my mom. That was my wake-up call I went back to school to get my matric qualification, of which I did and proceeded to Durban University of Technology, where I studied graphic design. I paid for my own tuition from the money I made through dance and working part time at retail stores.”

The birth of Dreamteam

“My friend Trevor came up with the concept of a music group, which is how Dreamteam was formed. I was still busy with varsity and also wanted to pursue TV presenting at that time. I tried my luck with the *Live Amp* presenter search where Luthando Shosha won. I also auditioned for the MTV Base presenter search where Nomuzi Mabena came out tops. It’s actually then that our song *Tsekede* got picked up by Metro FM and became popular. Our mix tape, *The Blow Up*, got us our first nomination at the SA Hip Hop Awards in 2013 for freshmen of the year. In 2015 we eventually released our debut album, *Dreams Never Die*.”

Branching into TV

“After my failed attempts of getting into TV, I had forgotten about it when e.tv approached me to present *Club 808* and later SABC 1 for *Coke Studios*, but I declined both offers. I wanted to put all my energy into Dreamteam. But when Vuzu approached me after they saw my MTV Base audition tape, it was too big an opportunity to turn down. I took it and my band mates were supportive. I used to struggle with the technicalities of live TV at first but I’m more comfortable and confident now.”

Dealing with fame

“The downside of being famous is the public wanting to know every detail of my life, like who I’m dating. I won’t confirm that I’m with actress Ayanda Thabethe. As soon as I do that, the relationship will cease to belong to us. When you have something special, you want to protect it.”

Future adventures

“I want to grow as a musician and presenter. I’ll also produce street style footwear because we don’t have enough of that in SA. I’m also planning on finally putting my diploma to good use and be a professional graphic designer so I’ll be really busy this year.” ■



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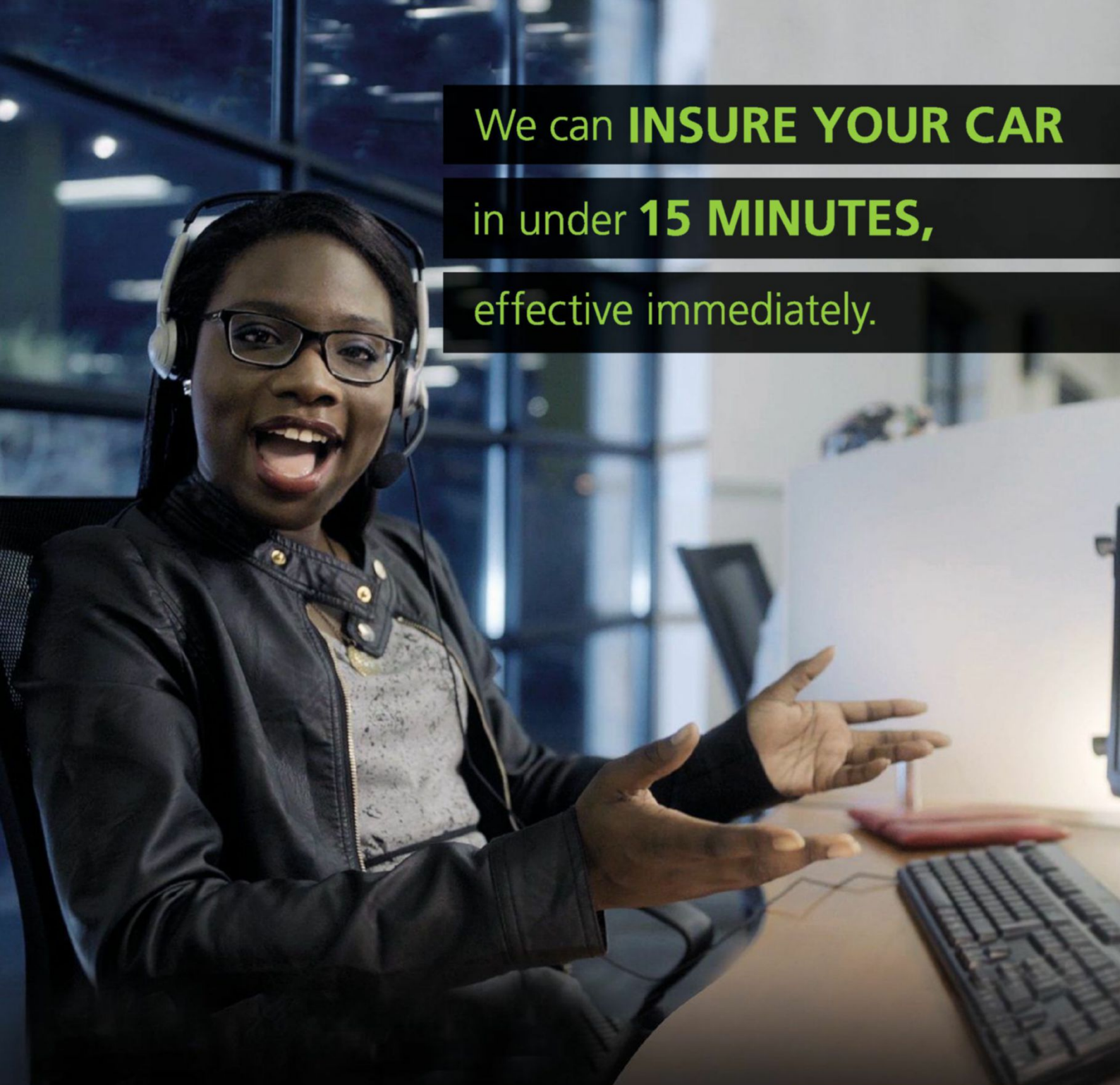
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