

POWERFUL
OUTSTANDING
UNIQUE
TALENTED

MAGAZINE

OUR INSPIRATION OF THE
MONTH
Mbali Sibeko

A STORY ABOUT A YOUNG WOMAN WHO IS
POWERFUL | OUTSTANDING | UNIQUE | TALENTED

A company that empowers women
**THE STORY OF
SPLASH COATINGS AFRICA**

CAROL OFORI
YOLANDE GODLO
NICOLE BESSICK

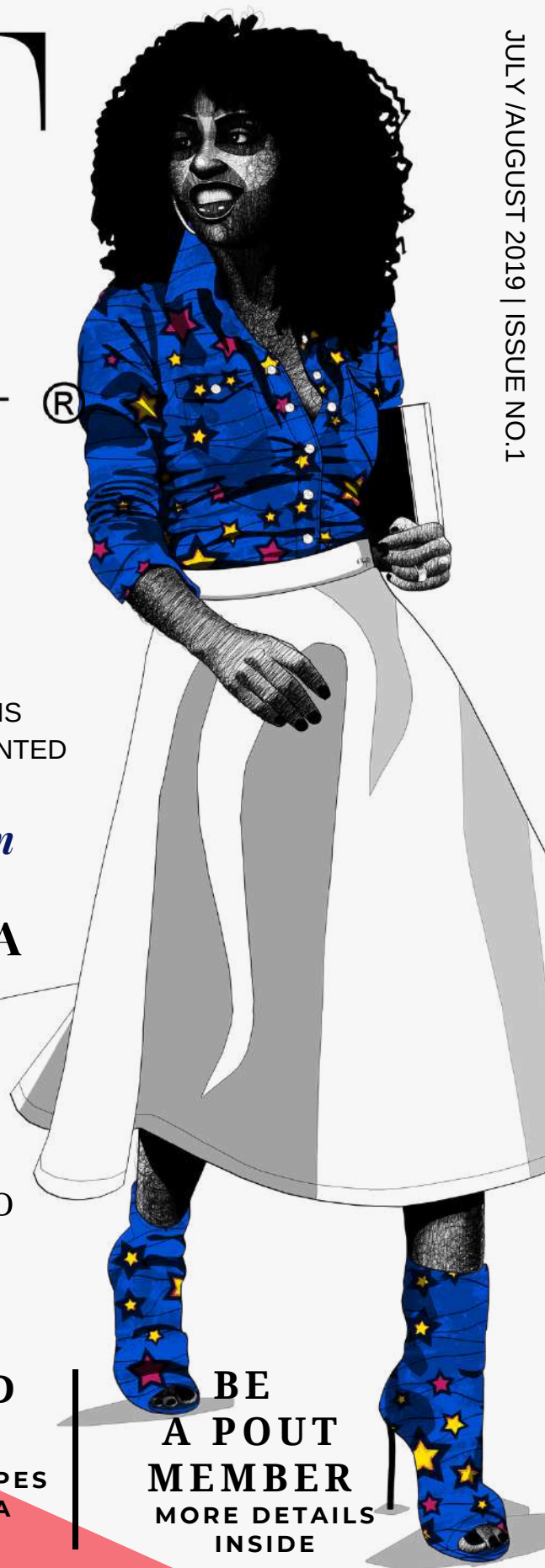
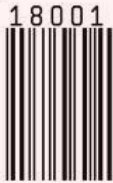
CELEBRITIES SHARE TIPS ON HOW TO
BUILD YOUR CONFIDENCE

**OUR FOOD
STAR**

DELICIOUS RECIPES
FROM THABISA
MSUTHU

**BE
A POUT
MEMBER**
MORE DETAILS
INSIDE

ISSN 2617-0582





BECOME A POUT MEMBER

BE PART OF THE CHANGE

WHAT IS POUT MOVEMENT?

POUT is an award-winning self-empowerment organisation for women.

POUT stands for Powerful, Outstanding, Unique & Talented.

HOW DOES POUT WORK?

It aims to empower women by assisting them to be the best they can be. Firstly, by sharing stories of young women to inspire one another and to learn from their journeys.

We believe that representation in media is really important and affects our self image collectively. The content in POUT Magazine is both inspirational and aspirational.

The stories aim to put women in a positive and inspiring light with the intention of learning from each other and through each other.



www.poutmovement.com/join-pout/



Secondly, we carry on this positivity through our POUT merchandise reminding each other that we are all Powerful, Outstanding, Unique & Talented just the way we are. Our super power lies in the belief of ourselves as we are and the acceptance there of.

Thirdly, through our events and workshops we aim to share skills and techniques which we can use in our daily lives to empower ourselves personally.

With the knowledge and understanding of how our mind works, we can build a life or vision for ourselves that speaks to our life's purpose here on earth.

The events/workshops also aim to assist women to navigate through their own lives and find the power within to face challenges, pursue their dreams and live a life that they desire. Hence the world 'self-empowerment' because it is only YOU that can change the trajectory of your life and where you want it to go.

Fourthly, programmes. The different campaigns and programmes under the POUT banner will assist us in being organised and unleash the leadership qualities that we inherently possess. At the end of the day, everyone is the CEO of their own lives.

POUT is namely divided into four pillars: media, merchandise, events & programmes.

WHY SHOULD I BECOME A POUT MEMBER?

We aim to organise ourselves, as women collectively, to pursue the life that we desire and create a country that we wish for this current generation and future generations.

We can achieve this by being organised in large numbers therefore your membership is crucial so that we can all get to work.

How you use your membership is entirely up to you, the lifestyle that you lead and the desires that you have. At the end of the day, your individual success is our collective success.

www.poutmovement.com/join-pout/

WHAT ARE THE BENEFITS OF BEING A POUT MEMBER?

A R100 ONCE-OFF FEE WILL GIVE YOU THE FOLLOWING:

- ♥ A POUT membership card and lifetime membership
- ♥ Free access to POUT Magazine
- ♥ You will load your own card with money and buy POUT merchandise using the Internet and therefore gain points.
- ♥ You can use the points to get discounts on POUT merchandise or qualify for free merchandise.
- ♥ Automatic entry into our competitions.
- ♥ Discounts/free entrance to our events.
- ♥ Exclusive rights to participate in our photo shoots and campaigns.
- ♥ Media partnership with members who own small businesses, projects or social causes. This means that whenever you host an event, launch a product or cause, POUT will assist you with marketing support through POUT Magazine, our online media channels and expertise from our staff. We will also be able to link you up with partners and POUT members who will be able to further your cause or business.



How you use your membership is entirely up to you. You can choose to just support the cause by being a member, buying merchandise, being more active with the campaigns that we will share with members, being a speaker at our own events, asking POUT to be your media partner, hosting a POUT event in your area and partnering up with POUT or if you have an idea that you would like to implement that will create change within your community then POUT is the ideal space for you.

Register to be a POUT MEMBER on our website. Here is the link <http://www.poutmovement.com/join-pout/>



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 Send stories to info@poutmovement.com

FEMALE EMPOWERMENT & ALL THINGS POUT...



STAR POWER



Social media sensation & our favourite Good Mooooorning girl **Mwali Sibeko** is our inspiration of the month.

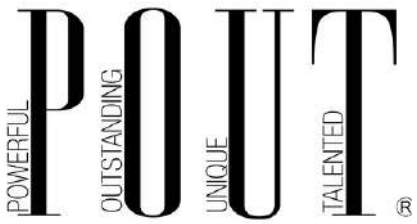
Her star is definitely on the rise and we are honoured to feature her.

Find out more about who she is, her journey and plans for the future.

.....



POUT MOTTO



You are Powerful beyond measure,
Outstanding for every effort that you make,
Unique for there is no one like you & Talented
because you are blessed with the ability to
contribute to society. Follow us on social media

@Poutmovement

.....



WE LOVE...



We love Chicken Licken's Soul Sister campaign which embraces women. We chat to Joe Public United (an integrated brand & communication group) who came up with this campaign.

The positive celebration and inclusion of women on national media definitely puts a smile on our face, and gives us a reason to love Chicken Licken even more.



Picture by Gerald Ntsimane

FOUNDER'S NOTE

Hi POUT family,

It's been a life-long dream of mine to publish POUT Magazine and what an amazing journey it has been! Every challenge I have faced and every obstacle was part of the process of moulding me into the woman I have always dreamt of being. POUT Magazine is part of POUT MOVEMENT which is a self-empowerment organisation for young women. POUT stands for Powerful, Outstanding, Unique & Talented.

My mother passed away when I was really young and was raised by my father, along with my five siblings. I created POUT based on my life experiences. Often I needed guidance and advice from my mother, and because she was not physically available I created a platform that I needed. A place where I could go to when I have questions, when I doubted myself, when I needed help, an ear for the challenges that I faced or someone who could help me grow my ideas. I created POUT as a safe space that could uplift young women, support them and assist them in a rocky but beautiful world filled with danger, adventure but numerous possibilities.

My wish is for this magazine to be a companion in your journey through life. You also have the option to join the movement and be part of the network of creating change. Go to our website to register to become a member. There are more details inside this magazine. I hope this first issue sparks your creativity and you find ideas that could solve some of your challenges. Remember you are Powerful, Outstanding, Unique & Talented #POUTmovement

Zaza Motha

Wear The Cover



f i t @Poutmovement

**POUT WALK THE TALK SWEATER R250 | AVAILABLE IN
WHITE, & GREY | TO BUY, E-MAIL
INFO@POUTMOVEMENT.COM OR INBOX ON SOCIAL MEDIA**

CONGRATULATIONS SHO MADJOZI!

Rapper Sho Madjozi won a BET award for Best International Act in Los Angeles, California this June. In her acceptance speech, she said that the award is “for the girls that come from where I’m from which is Limpopo. I just wanna say you don’t have to change who you are and you can still be big”.



“You don’t have to change who you are”

- Sho Madjozi

THE BENNY & BETTY HAIRSTYLE



We are crushing on this Benny & Betty Cornrows hairstyle from **Nonhlanhla Mpfu** in **Orlando East, Soweto**. This is a great protective hairstyle for winter.

#ShareTheGlow

There’s a buzz about Portia M Skin Solutions. With the hashtag #ShareTheGlow on social media, you can follow the transformation journey of people who’ve been using the beauty products.

Try their Marula Skin Oil for stretch marks, scars, uneven skin tone, dehydrated skin. Available at major retailers. www.portiamss.com





#NeedASoulSister

A CAMPAIGN THAT EMBRACES WOMEN





The Chicken Licken adverts have definitely caught our attention. Not only does Chicken Licken taste great but what is even more great is their latest campaign in partnership with Joe Public United (an integrated brand & communication group). They have embraced women's daily struggles to find insightful, humorous ways to market the SoulSister® Party 4 meal for the first time.

In each advert, a sister needs some encouragement or support then the three Soul Sisters show up. "Imagine if you had backup sisters who popped up, whenever you needed them", says Joe Public creative team members Natalie Walker and Jeanine Vermaak.

The three soul sisters who star in the campaign are Gugu Dhlamini, Nancy Sekhokoane & Khanyi Nokwe. Use the hashtag #NeedASoulSister to check out the campaign on social media.

YOU CAN GET CHICKEN LICKEN DELIVERED TO YOUR DOOR WITH UBER EATS

Amber Mackeurtan is the Group Account Director at Joe Public United responsible for the Chicken Licken account tells us more.

The primary reason for Chicken Licken partnering with Uber East was due to our audience and the demand from our customers. One needs to listen and attend to their customer's needs in order to move forward in this turbulent financial state, and also still remain relevant.

The demand shown for the brand to become available within a delivery service offering is extremely positive. It is encouraging to know we have such a strong fan base and audience that shows an interest in our brand, over and above just purchasing our product.





   @Poutmovement

POUT SHORT-SLEEVE T-SHIRT R120 | AVAILABLE IN WHITE, BLACK, GREY & NAVY BLUE. TO BUY E-MAIL INFO@POUTMOVEMENT OR INBOX ON SOCIAL MEDIA

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MBALI SIBEKO

OUR INSPIRATION OF THE MONTH



Mbali exudes strength and confidence the minute you meet her. Sitting inside O'pila Haircare, a hair salon based in Newtown Junction Mall, you can tell that she is a woman who is on a mission. Her beauty is amplified by her sleek mohawk hair style which has become a favourite amongst her followers. Founder of POUT, Zaza Motha, finds out more about this dynamic young lady who always greets us with a Gooooo Mooorning guys!

RISE TO SOCIAL MEDIA STARDOM

A business analyst in the IT industry by profession and a social media star in between, Mbali's rise to Internet fame actually caught her by surprise. "I started posting videos on social media about three years ago. I was bored, just sitting in traffic on the M1 and I was doing it to pass time. The "Gong Gong" Isikhathi by Khwish SA video went viral because of my cousins and everyone on

my social media pages who kept on reposting that video amongst the rest. So basically it just happened".

Mbali is still shocked at how people know her and express their love for her "via comments, inboxes, DMs and through brief conversations. I feel like I personally know everyone that greets me or calls out my name".

“

MBALI SIBEKO:

**I REALLY BELIEVE IN MYSELF.
I BELIEVE THAT WE ARE ALL SPECIAL.
WE ARE BORN WITH OUR FISTS
CLOSED BECAUSE IT MEANS THAT WE
ARE HOLDING SOMETHING
VALUABLE.**

**WE JUST NEED TO OPEN IT UP AND
FIND IT. IT IS YOUR MISSION TO FIND
WHAT THAT SOMETHING IS.**

**YOU HOLD THE PEN TO YOUR OWN
STORY SO WRITE IT. WRITE THE BOOK
OF YOUR LIFE.**

POUT Interview with Mbali Sibeko - July/August 2019

”

The attention has also brought on some negativity, "some people can be so mean at times! I have been body shamed and haters say I should just stop posting these videos because I'm putting people's lives at risk. Sadly for them, I did not start this for them and I am sure not going to stop for them. Plus I have a thick skin, it will take more than this to bring me down".



MBALI'S CHILDHOOD & NEAR-DEATH EXPERIENCE

"I'm the only child and grew up in Orlando West, Soweto, then moved to Chiawelo when I was 10 years old. I was raised by my single mother and step father. My dad passed away when I was four years old" mentions Mbali.

In terms of the type of person she is now compared to childhood, she hasn't changed. "People who know me from high school and university have always known me as a person who speaks their mind. I voice what I'm thinking and always speak my mind. I was a bit naughty when I was in high school because I attended a strict catholic school". Although this is the case, Mbali knows how to choose her words wisely even when irritated or angry. There's a side to her that shies away from unnecessary conflict, choosing to find a different way to solve a problem.

The one thing that she didn't find problematic was choosing a career. "I wanted to be an accountant when I was growing up". In Grade 9 she realised that she was good with numbers especially accounting. Her cousin Sabelo Nhlabathi inspired her to reach for this goal as it was her dream. I studied and attained a Diploma in Accounting at the University of Johannesburg.

Her biggest challenge during high school was being diagnosed with Diabetes at the age of 18. "I actually almost died", mentions Mbali. "I was sick and had all the symptoms of Diabetes...I was going to the loo at lot, had thrush etc. I slept one Sunday and I didn't wake up. She went into a coma and woke up on Tuesday in hospital.

She also had to lead a very healthy balanced lifestyle and had to be more conscious of what she consumed. "I was lucky enough to overcome and manage the disease and as a result, while growing up I did not eat sweets and fatty foods and that is how I survived".

"This was a wake up call for everyone around me including myself. There's this misconception that Diabetes only affects old people. In my case, I didn't have a history of Diabetes in my family. I was just born with a weak pancreas. I was diagnosed with Type 1 Diabetes and had to take insulin to manage the disease and I still take it today".

ON BEING INDEPENDENT

"Making your own money gives you a sense of freedom and you don't have to depend on anyone. It gives you confidence. It does not mean that when you are independent, you need to be arrogant. You just become confident". Mbali's mom taught her a lot about being confident and having a positive outlook on life. "I'm always happy and I command to be happy. It's a must to be happy because I am grateful for a lot in my life".

She also talks a lot about being positive. "When you are positive, you are confident and that attracts a lot of good things in your life. Even if a door closes, you know you can kick it open. Being positive works and has results". She always reminds herself that everything happens for a reason when she faces a challenge. "Some things are blessings in disguise, even when you encounter bad things. Sometimes we fight for things to happen, but God has something bigger for us".

Her independence requires a lot of responsibility including balancing motherhood and being a career woman, which she finds hectic. With the sudden growth of followers on social media, she has added another job of being an MC at events. "I have a busy schedule now because I have to balance all these roles". Mbali was recovering from a bout of flu when we were sitting down for a chat as the exhaustion was kicking in.

One of the things that she really takes pride in is being a mother. "My son has taught me to be patient. He is hyperactive and needs a lot of attention. He is just like me when I was young. We are both very similar and always happy. He also taught me not to be selfish", laughs Mbali. "I grew up as an only child and didn't like sharing. What is mine is mine, and not ours". Mbali is a single mother with an active father who is there for him.

PLANS FOR THE FUTURE

I'm currently planning big things. I'm being booked as an MC at events and just finished the Corona #Amapiano Sunsets Tour for the first season. I would love to be a brand ambassador for my favourite sports brand Adidas. I would also like to be on radio as a host or a DJ, definitely not singing. I basically want to grow in the entertainment industry as it comes so naturally to me.

MORE ABOUT MBALI

1 WHAT MAKES YOU POWERFUL?

My personality and upbringing. The way my mother has raised me has contributed to me being able to affirm my power. She raised me to believe in myself. Even if something is bigger than you...you can handle it.

2 WHAT MAKES YOU OUTSTANDING?

"My beautiful smile", she laughs. Again my personality and confidence. I really believe in myself. I believe that we are all special. We are born with our fists closed because it means that we are holding something valuable. We just need to open it up and find it. It is your mission to find what that something is. You hold the pen to your own story so write it. Write the book of your life.

3 WHAT MAKES YOU UNIQUE?

Being me. My energy, personality and level of confidence.

4 WHAT MAKES YOU TALENTED?

My creativity is out of control. I often joke with my friends that I have imaginary friends. I watch a lot of music videos and like analysing music and lyrics. My friends would call me up to try and find out what a particular song means and I would interpret it for them. I am addicted to watching music videos. You know some people are addicted to watching movies? I watch music videos like someone would watch movies.



@umbali_wethu

For bookings, e-mail bohumiignite@gmail.com

3

CELEBRITIES

SHARE HOW THEY BUILD
THEIR CONFIDENCE

CAROL OFORI

CAROL OFORI IS A RADIO 2000 DJ ON WEEKENDS AND SUNDAY 6AM-9AM CALLED *THE WEEKEND FAVOUR*, TV PRESENTER ON *RAISING BABIES 101* ON SABC 2 AND A VOICE OVER ARTIST



Building confidence is a continuous thing and not a one-time event. It's an ongoing character trait that at most times I feel in control of. However, there are days where I may be challenged and feel a little less confident about my weight or starting a new job for example. When this happens, these are the five things I tell myself in that moment.

- ♥ Trust God to see you through all the things.
- ♥ I repeatedly say, "girl you've got this...breathe...all will be okay and believe in yourself".
- ♥ There is no other person that can be Carol Ofori better, so do the best you can.
- ♥ Every curve and every dimple is beautiful.
- ♥ Love yourself through it all. Nothing in life is more important than self love.

YOLANDE GODLO

HIP-HOP & SOWETO TV DJ

Be honest with yourself as to what you can and can't do.
Learn as much as you can about whatever you are trying to accomplish.
Dress to kill. Smile.

These pointers worked for me when I decided to truly follow my dreams. Becoming a DJ was exciting but I had to go to school to learn the skills. I had to be honest with myself to truly follow my heart even when I felt like I was swimming against the tide. I also love fashion and that helped me with my confidence...and lastly I learnt that I have a great smile and that can distract people from any nervousness I might be feeling.
This is my go-to trick for anytime when the confidence needs a boost.



NICOLE BESSICK

ACTRESS




In an industry as tough as mine, you're challenged to practice self-confidence each and every day. I think the best way to build self-confidence is to invest in yourself! Literally spend an hour of your day doing something for yourself...something that makes you feel good. For me, I spend that 'hour of investment' in the gym with my trainer.

Nicole is well known to South African audiences as Chloe on e.tv's *Broken Vows*. She also appeared in *Cold Harbour* (a locally produced & internationally acclaimed thriller), Netflix's *Black Mirror* and Investigation Discovery's *Killer Instinct*.



Wear The Cover



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EMPOWERING WOMEN THROUGH PAINT

A son's promise to his mom comes true

Bonga Masoka's difficult childhood, witnessing his mother's struggles and holding onto a promise that he made to her to build her a house has resulted in the birth of a company called Splash Coatings Africa. This company has empowered its female employees to become not only shareholders but use their skills to create homes for their customers.



Born in Brits, North West Bonga experienced a number of hurdles in his life. After being physically assaulted by school mates who were intoxicated from drugs and alcohol in Grade 9 in 2006, he dropped out.

"The violence was a common thing, including gang violence. I left primarily because of this, and secondly, I wanted to try out graphic designing". He then went on to pursue a career in graphic design at Central Johannesburg College which is a Technical and Vocational Education and Training (TVET) college based in Crown Mines (South of Johannesburg).



"Unfortunately I couldn't complete the certificate, I ended up dropping out during the course of the year. I stayed at home until the following year in 2007. Besides peer pressure (missing classes for parties), I realised later that it was not something that I really wanted to do".

His decision to leave high school was influenced by his experience with violence instead of a passion for graphic designing".

He then moved in with a relative in Vosloorus, leaving his mother behind in Kya Sands where they were renting out a room. Not long after that, his mother was kicked out of her rented room which meant she had nowhere to stay.



Bonga Masoka in action

Desperate for a place to stay, close to her trade which was selling food and second-hand clothes to local factory workers, Bonga's mother decided to move to a near-by informal settlement (about a kilometre from where she used to stay).

She bought a Pick 'n Pay trolley from one of the locals and used it to transport her products to the market. She pushed it for two kilometres a day, waking up at 5am in the morning and coming back home at 6pm.

“First time I went to visit my mother at her new place, my heart bled. I couldn't stand the sight of what I was seeing.”

“First time I went to visit my mother at her new place, my heart bled. I couldn't stand the sight of what I was seeing. She had built a one-room brick house at the squatter camp. I think she was the only one who had a brick house.

The fact that it was in an informal settlement, it didn't make it any better. I can't even describe it. Try to imagine the worst informal settlement you've ever seen”.



The shack that Bonga Masoka's mom used to call home

TURNING POINT

At that moment Bonga made a decision to go back to school and finish his matric so he could build his mother a home.

“This commitment contributed to my success. I was later accepted at the University of Cape Town (UCT) for a Bachelor's Degree in Politics, Public Policy and Administration”.

In his first year he was introduced to the concept of social entrepreneurship through Faith Leburu, a young lady who later became his mentor.

This inspired him to start a company called TRIBUTE in 2012, a social enterprise with a focus on childhood development, which raised funds through its own clothing brand.

“While I was still setting it up, my mother passed on. This was traumatising as I had plans of building her a home”. Bonga saw this as a disappointment as he was not able to build his mother a house while she was still alive.

“I think if she had died after I had built her a house I would have dealt with her death much better. To a large extent I believe I was an ungrateful child. She died before I could show her how sorry I was and how much I appreciated her”. While pursuing his social enterprise journey and other business interests, Bonga got the opportunity to buy and own 10 years' worth of well-researched and developed paint formulas.

"Since I didn't have money, I offered to buy them with 10% of a company I was going to create to sell paint. That's how Splash Coatings Africa was born. It was an opportunity to provide a service for those who are building homes, and not just for my mom. Hence the name Splash, which means striking drops of colour in people's lives, to create a place called home for them. As the saying goes, 'men build houses and women build homes',

I decided to bring in a group of women called Women Of Colour, to co-own the company with me. They also lead and offered direction within the company', says Bonga.

We manufacture and provide environmentally friendly, sustainable and high-quality surface preparation and finishing coatings (paint) products for walls, roofs and materials to residential, public and commercial retails customers.

Our products include plaster primers, decorative wall coats, enamels and roof coats. We also offer refurbishment or renovation services by Women of Colour at very affordable prices, and specialises in painting using our own products.

EMPOWERING WOMEN

I chose to empower women because I wanted to help them build homes for other women like my mother. I could have brought them in as employees or subcontractors for instance but chose to bring them in as partners so they could be owners.

We are living in a society where women are deprived of ownership and access to means of production. If my mom could earn a living through a simple tool or resource such as a trolley from a retail store, imagine what she could have done if she owned a better tool or resource.

ANASTASIA RUITERS CHIEF EXECUTIVE OFFICER & CO-OWNER OF SPLASH COATINGS AFRICA



I have been able to look at life through colour, meaning there has been more to life than just what I see. I've been able to travel to different homes across Gauteng and meet different characters, with their own unique stories and have learnt a lot just by taking a moment and listening to them.

Many have given me great advice for business and life as a whole. I treasure being a part of someone's journey, watching their homes change and in that, seeing their moods transform until they see the final product. I love how they are filled with joy... that moment is priceless.

ADVERT



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—Painting Africa Beautiful—

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COATINGS

ROOF COATINGS

SEALANTS

ENAMEL

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Her Story

LIFE LESSONS FROM PABI KGADIMA

*Surviving rape, attempted suicide and
mental illness*

 pabikgadima



Pabi Kgadima does not look like what she has been through. Her poise, flawless skin often times draped in the most exquisite make up presents a striking picture of ease. With her scars hidden from the world, she opens up about dealing with molestation, rape and mental illness.

Growing up in Ekurhuleni and staying in Diepkloof, Soweto after her parent's divorce little Pabi didn't know that her world would be turned upside down. "As a child I was more of an extrovert. I loved playing with the children in my neighbourhood. I was often playing the lead role in school plays. I loved performing, reading and writing". She used to get in trouble for losing her toys because she would loan them to other children.

Her personality changed when she was molested as a child by a family member.

"The molestation happened from my toddler age until I was around eight or nine. It was traumatic for me. I learnt the toxic behaviour of keeping secrets. It made me feel ashamed and made me see sex and love in a toxic light", explains Pabi. "I also felt neglected by my parents when they were going through their divorce because the molestation was still happening at the time. I have forgiven them because now I understand that they did the best they could at the time".

Pabi was first diagnosed with depression a decade ago after she was raped for the second time. "I attempted suicide for the first time in 2010. Then again in 2011. It sent me spiralling, and I went for counselling which was the first time I got diagnosed. I just went to therapy and kept it a secret". She never followed up with therapy afterwards and believes that this was a recipe for disaster. "I had relapsed into depression thrice in a space of two years and my illness just compounded".

"I was in a dark place and this was when I had completed my studies at varsity. The problem with depression is that it is a systematic illness so it evolves with time, and when you attempt suicide there can't be a clear or sole contributor. There are always many factors to consider". She took a lot of pills that sent her to sleep for days. "I was slipping in and out of consciousness but I survived".

"I remember crying until I had pus in my tear ducts. My eyes were so swollen I could not open them because of the infection. I also developed ulcers. That is when the mental illness started. As the years went by, the depression evolved into bipolar effective disorder because I didn't treat it".

As time went on, Pabi was raped by a guy from her church in 2011. "It is so sad how that experience shifted how I related to God. It shook my faith. I lost my mind and spirit. I got sick, lost my job and had to relocate back home". The experience shattered Pabi emotionally.

"The police made it clear that If I wanted to lay a charge I would have to wait forever because the justice system would tear me apart. It broke my mother so much. She still wants to pursue the case again" she adds. "I have tried to move on as difficult as it sounds. It's not easy at all and that is where my mental illness rose to the surface".

Pabi was diagnosed with bipolar in 2017 but it was never treated correctly because it showed up as anxiety. In 2018 December she attempted suicide for the third time, and this time she landed up in ICU.

"The story is still a bit too traumatic for me to share in detail. I was in ICU then transferred to a mental health facility".



It was the worst experience to date and the suicide was triggered by a change of environment, a new job with a lot of pressure, a strained relationship because of the distance, falling ill time and time again, and losing passion for the things that she used to love. "I lost my zest for life and I became a functional depressed person."

There were also family and financial issues, everything came down on me and I just got tired of having to pop a pill to cope so I made a choice".

After her third attempt at suicide and then being transferred to a mental health facility, Pabi's life began to change for the better.



"Although I was still on the wrong medication. My therapist felt that I was doing all the right things from a wellness perspective but felt that my mental state was not improving despite all the pills I was taking".

Her therapist then referred her to a colleague of hers who is a psychiatrist. "She saw me, did tests and I was then diagnosed with temporal lobe epilepsy which is a chronic disorder of the nervous system characterised by recurrent, unprovoked focal seizures that originate in the temporal lobe of the brain and last about one to two minutes".

"The doctor then put me on medication to stabilise my moods and limit the seizures. This helped a lot because I had no idea that I was living with this for years, which was the cause of my mental illnesses. I am better right now. I have my days but so far since I left hospital after an episode I had in May, I am seizure free."

The migraines and brain zaps have been eliminated. What I love about my current medical team (Therapist, Psychiatrist and Neurologist) is that they have a holistic approach to my health and they are very thorough. I have gone from swallowing 14 pills to a minimum of 5 per day".

DEALING WITH THE TRAUMA

"I went to therapy, built my support system through friends and family, and became consistent with taking my medication", says Pabi. She believes that all these made a difference. "It took me a long time to get help because our society shames mental illnesses but mourn suicide. It is such a sad situation because depression is systematic. It evolves into other disorders and illnesses".

She adds that the lack of education makes people suffer in silence. "They are afraid to come out because a mental illness is still seen as a weakness or lack of spirituality. I paid a lot for the medical treatment which cost R65 000 for my stay in a mental health facility".

WORDS OF COMFORT

"It is my prayer and hope that my story inspires someone to seek help and come out so that they can be better. I also hope that family members and friends can be more kind, and try to get educated on mental health, because people are so hurt and broken out there. One thing that I respect about my illness is that I now look at everyone with less shame and judgement. It's safe to come out".

TEMPORAL LOBE EPILEPSY SYMPTOMS

- 1 Abnormal sensations (which may include a rising or funny feeling under the breast bone or in the area of the stomach).
- 2 Hallucinations (including sights, smells, tastes).
- 3 Vivid deja vu (a sense of familiarity) or recalled memories or emotions.
- 4 A sudden, intense emotion not related to anything happening at the time.

MOTOR OR MOVEMENTS DISTURBANCES (AUTOMATISMS) SYMPTOMS MAY OCCUR DURING A SEIZURE AND INCLUDE:

- 1 Rhythmic muscle contractions on one side of the body or face.
- 2 Abnormal mouth behaviours (lip smacking, chewing for no reason, slobbering).
- 3 Abnormal head movements (forced turning of the head or eyes).
- 4 Repetitive movements (such as picking at clothing).

SENSORY SYMPTOMS MAY INCLUDE

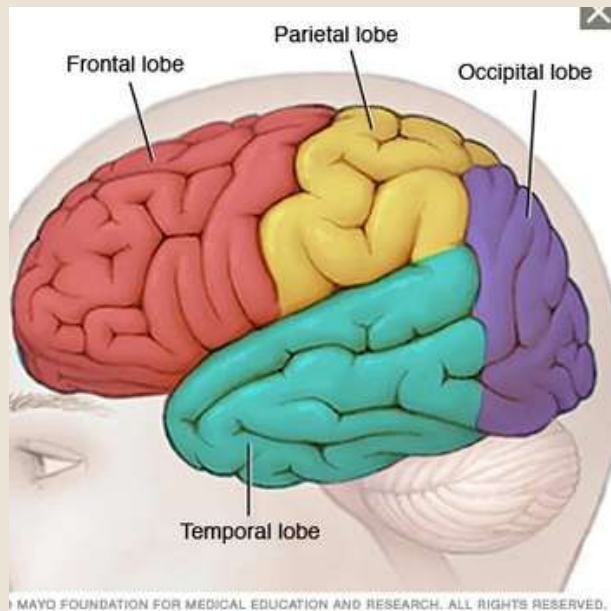
Numbness, tingling or a feeling of the flesh crawling.

AUTONOMIC SYMPTOMS MAY INCLUDE

- 1 Abdominal pain or nausea
- 2 Sweating, flushing, dilated pupils or rapid heartbeat

SOURCE:

[HTTPS://WWW.WEBMD.COM/EPILEPSY/UNDERSTANDING-TEMPORAL-LOBE-SEIZURE-SYMPTOMS](https://www.webmd.com/epilepsy/understanding-temporal-lobe-seizure-symptoms)





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 Tshidi's Cakes & Events

10 MINUTES

WITH

CEO & FOUNDER OF
EMASIMINI
FINANCIAL SERVICES
MALEBO TINDLENI



Malebo Tindleni is the CEO & Founder of Emasimini Financial Services which provides group scheme tailored financial products. She has six years of experience in the financial industry as a product overseer and financial planner for leading insurance companies.

WHAT KIND OF SERVICES DO YOU OFFER?

Emasimini Financial Services (EFS) is a registered financial service provider with the Financial Service Board. We offer tailored group scheme funeral cover, group risk cover and investment as well as financial planning.

WHAT MAKES YOUR BUSINESS DIFFERENT FROM ANY OTHER FINANCIAL SERVICE INSTITUTION?

We exist so that we can offer every citizen an opportunity to own a financial product that will assist to address any life-changing event, at an affordable premium that will fit in within their budget. We negotiate funeral cover rates for our clients and negotiate with underwriters (insurance companies). We also offer compliance and administration support where we assist with membership and collection of premiums. We also assist funeral parlours to run their companies professionally.

WHO IS YOUR TARGET MARKET?

Our clients include churches, unions, burial societies and organisations.

WHY DID YOU START YOUR BUSINESS?

To ensure that the clients that we serve have benefits at affordable costs, and improved access.

WHAT KIND OF CHALLENGES DID YOU FACE?

Lack of support from employees to support my vision. I had to focus on operational and strategic issues on my own. The loneliness was also a challenge and access to the market.

WHAT HAS BEEN YOUR PROUDEST MOMENTS?

Knocking on corporate doors and knowing that I have a solution that can help their members or employees. Signing a MOU with SANTACO Greater West Rand in designing a funeral cover for their members and getting interns to work with me at Emasimini.

MORE ABOUT MALEBO

- Malebo is a mother of two. She's an active manager in the women's desk for the South African Youth Chamber of Commerce where she advocates for young women in business.
- She sits on the joint planning committee for Local Government & Youth Development Forum, which advocates establishment of the youth directories in all municipalities, provinces and national entities directly involved in local government.
- She is also sits as a planning member committee for the International Discipline After Watcher Network that focuses on establishing prayer groups around the clock in Africa.

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**CAREER:
INFORMATION TECHNOLOGY (IT)****RUTH
KATSENGA**

Mid-Senior IT Technician Conekt Business Group

HOW DID YOU GET INTO THE IT INDUSTRY?

I lived with my aunt as my guardian who was a clerk. They had started introducing computers at her workplace and she was finding it hard to adjust and always mentioned how “fresh-out-of-college” employees were making them feel obsolete because they were not confident using computers.

She simply said the world is moving towards this computer technology so why don't I try it out. The following week I enquired about which courses were available. A year after I finished high school, I enrolled at The University of Zimbabwe's newly launched Ansted School of Technology in 2004.

WHAT IS YOUR PROUDEST MOMENT?

I don't have one. I'm constantly experiencing proud moments each time a satisfied client expresses their gratitude for the assistance I give on a daily basis. I feel like a superhero most of the time because I get to assist end users to achieve their core business by using the technology that is available to them. It's such an amazing feeling when people get excited because their gadgets are working as and when they need them to.

WHAT DOES YOUR JOB ENTAIL?

Keeping the IT backbone infrastructure of organisations “up and running”, which ensures that there's high availability of applications and data on networks. In addition, I also assist network users with day to day use of IT to carry out their daily tasks





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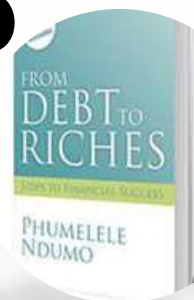
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YOUNG, BLACK, EMPLOYED & HEAVILY INDEBTED

By Phumelele Ndumo



Phumelele Ndumo is a financial advisor and MD of Thuthuka SA with a mission to ensure that the average South African becomes wealthy as he or she can be. She is also the author of best-selling book *From Debt To Riches (Steps To Financial Success)*.



Meet 29-year old Mpho*. At face value, Mpho has everything he needs. His balance sheet tells a different story though as he is heavily indebted and has no savings and investments. He only started working some seven years ago but already, he has worked for four different companies.

Mpho is well qualified so he doesn't struggle to get good jobs. As I listened to him, it was clear to me that he would work at a place for a while, run up debts and then leave. He would cash a little bit of pension he has to pay his debts. He will then start over again and run up a new set of debts and the cycle will start all over again. He is definitely one of the worse cases I have come across.

There are many reasons why people run up debts and I will not get into any of them. I am pleased to report that there are now a few that are making the necessary lifestyle changes to live within their means. Nothing is more pleasing than an e-mail from someone who tells me he/she read my book and has drawn a plan to get out of debt or is already out of debt.

One lady wrote to me to tell me her mother decided to sell her big car after reading my book. Some are already investing a little bit of what they earn. What stands out for me is the fact that we go through high school and university and no one teaches us about managing money.

It is an indictment of our education system that we produce engineers, doctors, lawyers, nurses, teachers and other professionals who have no knowledge of personal finances.

This lack of personal finance education is one of the major reasons we have so many young people who are so heavily indebted. Many would be well on their way to financial independence if they had the right information from the word go. Many start off badly and when they come across my book (*From Debt To Riches*), they then make amendments and improve their finances. It would be so much easier if they had the right information from the beginning because it takes a long time to clear debts and start over.

BELOW ARE JUST A FEW CONCEPTS I WISH EVERY ADULT KNEW BEFORE THEY START WORKING:

- Why credit life is a waste of your money. This is one product that is bought by those who don't have much financial knowledge.
- Why a personal loan is likely to make you personally poor. Why it is so easy to get a personal loan and everywhere you look, someone is trying to sell you a personal loan. Try getting a home loan, you will see.
- The opportunity cost of buying a car you cannot afford residual.
- Why a credit card is not for you if you don't have self control.
- Investing money in the JSE.
- Why investing money while you are heavily indebted is a waste of money.
- Why putting R500 away in a unit trust based retirement annuity is the best thing you could do for yourself. If you do this from your very first salary, you are likely to part of the 6% that will retire comfortably.

f @thuthukasa

ThuthukaSA Services: Personal Finance, Financial Coaching and, Talks & Workshops on Personal Finances. You can get in touch with ThuthukaSA on info@thuthuka-sa.co.za

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for the love of fashion

POUT MOVEMENT's core focus is the economic empowerment of women. We have made it a mission to partner up with women-owned businesses to assist in scaling up their businesses. One such partner is KishoLaps which produces the POUT tote bags. We speak to its owner Shoki Malapane about her work.

WHY DID YOU START KISHOLAPS?

After completing my fashion studies I thought the next step was to find a job and I worked for a company making patterns and sewing clothing items. After many years of not finding permanent work within the fashion industry, I finally realised that I should use my energy to focus on building my own brand as I had a few clients that I was making clothes for. This is how KishoLaps was born.

HOW DID YOU COME UP WITH THE NAME?

Originally the brand name was Kisho Creations. A lot of people knew me as Kisho and all I want to do is create. Over the years it morphed into KishoLaps which is a play on words with my name and surname, Shoki Malapane.

WHERE DID YOUR LOVE FOR FASHION COME FROM?

I actually didn't realise how much I loved fashion, more so the creation process of fashion. My love for fashion comes from my mother. After leaving high school, I thought business studies was the route to go. Then my mother told me how I always cut up old clothes and put them back together to create something new. I used to do this by hand. She then said I should look for a place where I can study fashion and I fell deeper in love with it.

Shoki Malapane - owner of KishoLaps

"I finally realised that I should use my energy to focus on building my own brand".



KishoLaps Creations

"KishoLaps is about creating timeless fashion using mostly African print fabric."

Shoki Malapane

WHAT IS KISHOLAPS ABOUT AND WHAT PRODUCTS DO YOU OFFER?

KishoLaps is about creating timeless fashion using mostly African print fabric. We create fashion for all occasions, formal, wedding and casual everyday fashion items. I'm also in love with accessories, bags, scarves and head wraps...something that can be worn on a daily basis to accessorise an outfit.

WHAT ARE YOU CURRENTLY WORKING ON?

I'm working on a new line of bags and head wraps. My bags are functional and meant to be used every day, be it work, a night out, a day at the mall, overnight bag or just an every day go-to bag. A client recently thanked me for a bag she purchased, saying it goes a long way. She uses it for work but also as a nappy and snack bag for when she is out with the kids.

WHO IS YOUR IDEAL CUSTOMER?

A KishoLaps client is someone who loves to look beautiful and who isn't afraid of colour or exploring fashion. I love clients who say that they need a dress for a wedding but also be able to wear it on another occasion. Basically, it is someone who loves African print in their daily outfits. Be it a top, dress, scarf, bag or head wrap.



KISHOLAPS CONTACT DETAILS

072 701 4575



@KishoLaps

DIMAKATSO

HERMANUS

Fourways

Shirt **Woolworths**

Dress **Jet**

Boots **Mr Price**

Blazer **Joburg second-hand shop**



“YOU CAN HAVE ANYTHING YOU WANT IN LIFE IF YOU DRESS FOR IT” - EDITH HEAD

NYAMEKA

NTABA

Vaal

Boots **Rage**

Dress **Downtown shop**
in Midrand



“FASHION IS ABOUT DRESSING ACCORDING TO WHAT'S FASHIONABLE. STYLE IS MORE ABOUT BEING YOURSELF”. - OSCAR DE LA RENTA



TEBOGO

SHEELA

Johannesburg

Jeans **Zara**

Sneakers **asics**

Bag **Aldo**

Jersey **Mr Price**

“FASHIONS FADE, STYLE IS ETERNAL”
- YVES SAINT LAURENT

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FOOD STAR THABISA MSUTHU

FROM ORKNEY | NORTH WEST

HOW DID YOU FALL IN LOVE WITH COOKING?

I used to help mom when she was cooking. I would help her with peeling vegetables. At the same time, I would always ask her questions. I was about 12 years old when I started cooking on my own because my mother worked far from home so I had to cook for my dad and siblings because I was the oldest. I fell in love with cooking from a young age.

HOW DID YOU START THABISA'S COOKING ADDICTION?

I started Thabisa's Cooking Addiction on social media because I love cooking so I wanted to share what I know about cooking with other people. It is also a way to advertise myself and I am a self-taught cook so I wanted people to know that I am available to offer my cooking services.

WHAT ARE YOUR FONDEST MEMORIES?

When I won a one-day cooking class with Chef Ndash in partnership with Tastic. That was amazing.

WHAT CHALLENGES ARE YOU CURRENTLY FACING?

My challenge is currently finances. I want to go to culinary school to add on my knowledge about cooking.

WHAT KIND OF COOKING SERVICES DO YOU OFFER?

I do catering and menu planning.

To book Thabisa for her services, call her on 083 287 8557. On social media, you can find her on Facebook as Thabisa's Cooking Addiction and Instagram as Thabisa Msuthu @thabisacookingaddiction



RECIPE

THABISA'S FAVOURITE RECIPE

PAP, CHAKALAKA, MEAT & GRAVY

PAP

INGREDIENTS

- 4 cups of water
- 2 cups maize meal
- ¼ teaspoon salt

METHOD

1. Bring your water to a boil add salt when boiling.
2. Lower your heat and add your maize meal a little at a time while stirring.
3. Keep on stirring until your maize meal is finished and your pap is smooth with no lumps.
4. Then cover your pot and let it simmer for a minute. After a minute stir again and let it simmer Continue stirring until your pap is cooked.

CHAKALAKA

INGREDIENTS

- Half chopped onion
- 2 cloves minced garlic
- Half chopped robot peppers

- 1 can baked beans
- Large, peeled and julienne carrots
- Half teaspoon each of cumin, coriander, paprika and mild curry powder
- 4 tablespoons of oil
- 1 teaspoon of Benny Powdered Chicken Flavour Stock

METHOD

1. In a hot pan add your oil, onion and garlic. Sauté for seconds then add your robot peppers and sauté until soft.
2. Add your spices and julienned carrots. Stir everything until it is well combined then cook until your carrot is soft but not overcooked.
3. Switch off your stove and add your stock and baked beans. Stir until everything is well combined and cover your pot until it is ready to use.

GRAVY

INGREDIENTS

- 1 medium chopped onion
- 4 peeled and chopped tomato
- 1 clove minced garlic
- 1 tablespoon tomato sauce
- 1 tablespoon sweet chilli sauce
- 1 teaspoon paprika
- Quarter teaspoon sugar
- 4 tablespoon oil
- Quarter teaspoon Benny Powdered Chicken Flavour Stock

METHOD

1. In a pan add oil and let it heat up. Add your onion, garlic and spices then sauté for seconds.
2. Then add your tomatoes, sweet chilli, tomato sauce, sugar and stock.
3. Stir everything until well combined and let it simmer until it thickens up. Switch off your stove and cover your pot.

BARBECUE STICKY WINGS

INGREDIENTS

- 10 wings
- 1 teaspoon Six Gun spice
- 2 tablespoon honey
- 2 tablespoon barbecue sauce

METHOD

1. Add all of your ingredients in a bowl and stir everything until a paste forms.
2. Then add wings and coat them with your sauce.
3. Grill until sticky golden brown and cooked. Cover with foil to rest until ready to use.

WORS

Grill wors until cooked.

PLATING

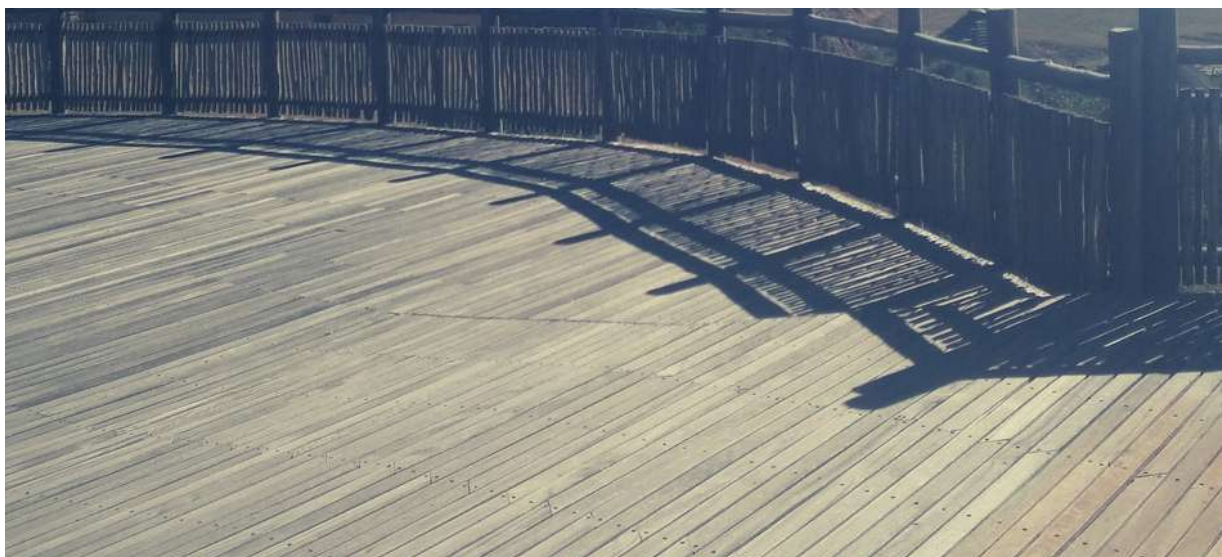
Scoop your pap into a small ramekin dish and place it upside down onto your plate then move the ramekin. Then dish up your chakalaka, gravy, wings and wors. Garnish with fresh chopped parsley and enjoy.
Happy Cooking!!



THINGS TO DO IN THE FREE STATE



A HIDDEN HOLIDAY DESTINATION



VISIT THE BASOTHO CULTURAL VILLAGE

The drive as you enter the Free State is breath taking. Its mountains create a towering corridor as you meander to your destination. The first stop should be the Basotho Cultural Village which is based at the Golden Gate National Park where you learn about the Basotho people and how they used to live in the 16th century.

This includes tasting some of the traditional food namely greens, pumpkin, samp, beef and mogodu (cow intestines).

Before entering the village, permission has to be granted by the chief. As you stand in front of the royal entrance, you hear the sounds of the traditional Basotho violin called Sekhankula playing.

This instrument is played by the watchman perched on top of a hill, close to the chief's home. He alerts the chief and advisor of people coming into the village or of any imminent danger.

You are then greeted by the chief's three wives, each sharing a stage in the evolution of the Basotho people. They share how they used to dress and the types of food they ate like Dipabi (roasted crushed mealies with sugar and a bit of salt) and sample some traditional beer.

You will also get to see how really advanced this nation was; from preserving food, hunting methods to the type of houses they stayed in including creating systems that prepared young people for adulthood.



GOLDEN GATE HIGHLANDS HOTEL & CHALETs



If you are looking for accommodation, book yourself a chalet at the Golden Gate Highlands Hotel. This is perfect if you are travelling with a group of friends or couples. The self-catering chalets have two bedrooms (one double bed and two single beds), a kitchen and shower, daily room service, lounge area, braai/barbeque area etc.

The self-catering option also allows you the freedom to cook your own meals in the comfort of your own kitchen but you can also head to the hotel's restaurant to grab a meal. Expect to pay R1 422 for four adults per night.

Prices vary according to season.

Call 058 255 1000 for more info.

HORSE RIDING AT GOLDEN GATE NATIONAL PARK

Horse riding at the Gladstone Stables based inside the Golden Gate National Park which is Free State's only national park is spectacular and the horses are extremely peaceful.

They offer one-hour horse rides with a guide so you will feel comfortable especially if it's your first time riding a horse. You will experience parts of the beautiful national park and will be able to see some wildlife such as eland and zebras. Call 058 255 1000 for more info.



QUAD BIKING & ZIP LINING



There is definitely a lot to do in the Free State. Head to the town of Clarens for a day of adventure. Clarens Xtreme offers quad biking and zip lining. They also offer activities such as paint ball, white water rafting, archery, abseiling, putt-putt, day tours and more.

Clarens Xtreme Adventure Company, 531 Sias Oosthuizen Street, Clarens

082 563 6242 www.clarensxtreme.co.za



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