BLAK

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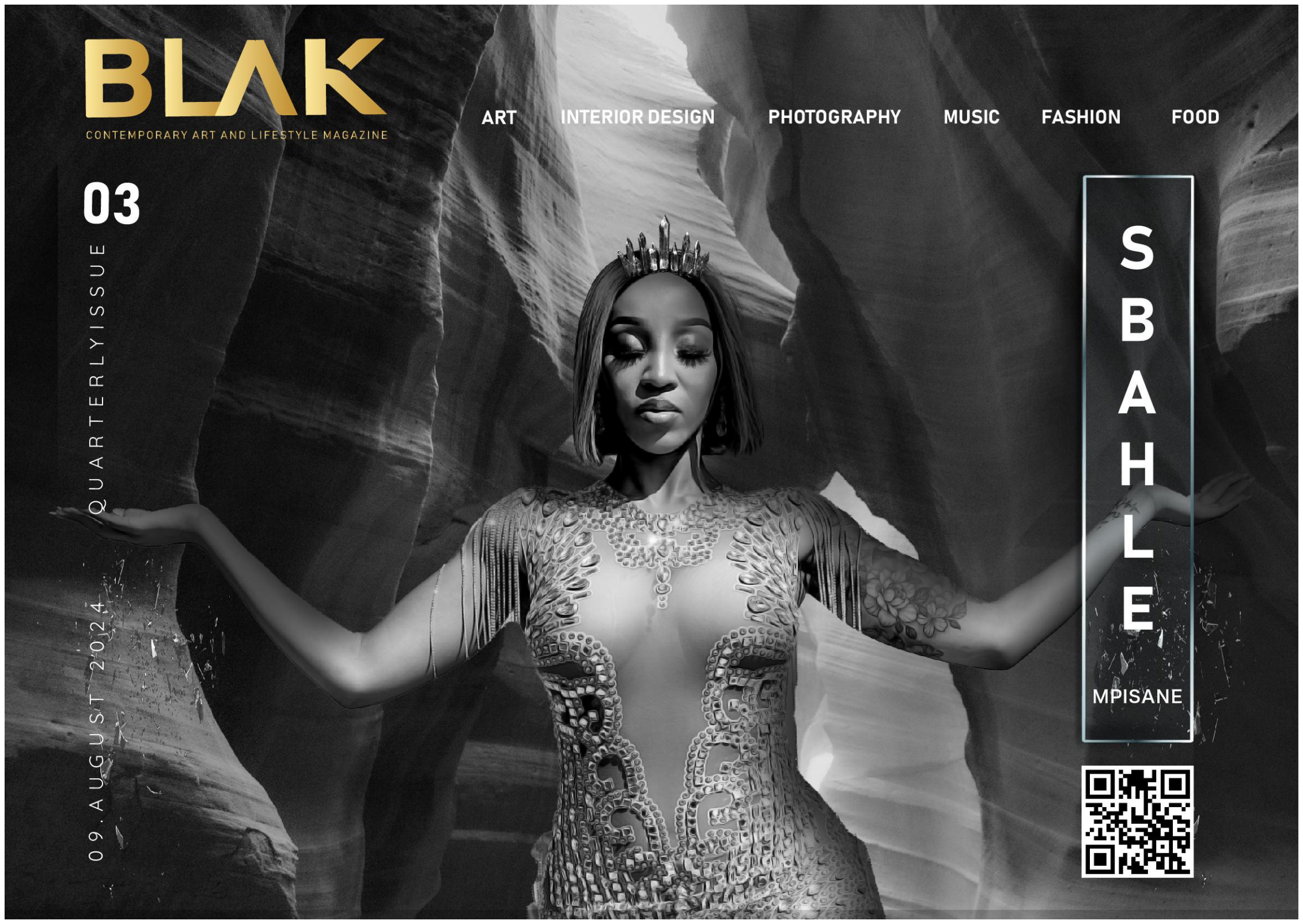

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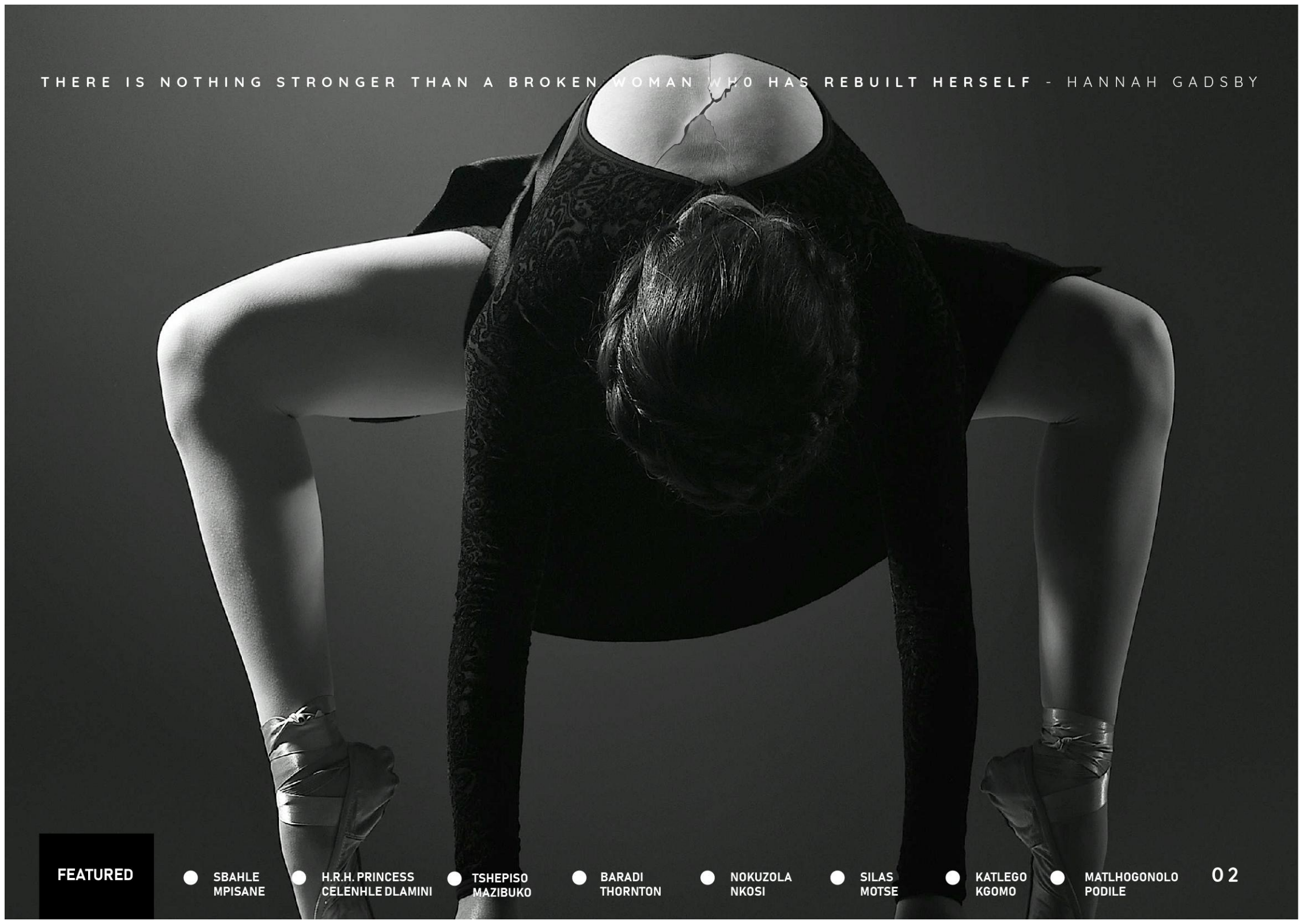

FEATURED

- SBAHLE MPISANE
- H.R.H. PRINCESS CELENHLE DLAMINI
- TSHEPISO MAZIBUKO
- BARADI THORNTON
- NOKUZOLA NKOSI
- SILAS MOTSE
- KATLEGO KGOMO
- MATLHOGONOLO PODILE

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EDITOR'S NOTE.



HELLO, BLAK FAM!

Firstly I'd like to wish all our amazing pillars a happy Women's Day!

In Blak Magazine's first ever Women's Issue, we were inspired to commemorate and celebrate gifted women who deserve to be celebrated for all their victories, tenacity and strength.

'm the man that i am today because of being raised by strong, loving and resilient women.

Their empathetic nature, level-headed thinking and unwavering kindness, women are the pillars that hold up our society and let's give them the flowers that they so richly deserve.

In honouring women on this special day, it is important to note that there are millions of women who walk around with physical and emotional scars daily.

In this issue, we also had the honor and privilege of spending time with Sbahle Mpisane who graciously allowed us into her personal space.

She took us through her healing journey through the broken glass story and her inspiration of the concept.

Her story is truly inspirational and I really hope that all the women around the world will use her story as stepping stone to self exceptance, embracing their imperfections and learning how to love themselves unapologetically.

I invite you all to join us on this remarkle journey of healing and celebration of women.

Happy Reading!

Yours Truly

NKgoloane



TSHEPISO MAZIBUKO

Award-winning Of Soul and Joy Alumna Tshepiso Mazibuko Nominated for Discovery Award at Prestigious Arles Photography Festival

-By Neo Kgoloane

Johannesburg, 25 March 2024 – Tshepiso Mazibuko (b. 1995), a former student of the social and artistic mentorship programme Of Soul and Joy, has been announced as one of the nominees for the esteemed Discovery Award at the upcoming Rencontres d'Arles summer photography festival in France.
The festival, known as one of Europe's premier photography events, will take place from 1 July to 29 September 2024.

Out of a pool of 300 applicants, Tshepiso has been selected, highlighting the exceptional talent and creative vision demonstrated in her submitted project. The winner of the Discovery Award, which first launched in 2021, will receive €15,000, showcasing the festival's commitment to recognising and supporting emerging photographers. Her work will subsequently be exhibited alongside other selected projects during the festival.

Tshepiso's project, Ho tshepa ntshepedi ya bontshepe, considers how the political designation of 'bornfree' has impacted the post-1994 generation of South Africa's black youth. Derived from the Sesotho proverb meaning 'to expect something that will never happen', the work considers the paradoxical nature of this title and how, due to the structural remnants of apartheid, this freedom has not been fully realised. Born into this generation herself, Tshepiso uses herself as subject, considering her own relationships to her community and how this has been shaped by the societal constructs she was born into.

"We're so proud of Tshepiso on this recognition. Her nomination for this award is a testament to her exceptional talent and the impact of her work on the global stage. As an alumna of Of Soul and Joy, she embodies the program's mission of empowering young South Africans through creativity, using photography as a means of self-expression and social change," says Of Soul and Joy project manager and mentor Jabulani Dhlamini.

Thokoza-based Tshepiso's journey in photography began in 2012 when she joined the Of Soul and Joy Photo Project as one of its first students, discovering her passion and talent for the medium. Completing her studies in photography at the Market Photo Workshop in Johannesburg in 2016, Tshepiso has had her work exhibited at the Ithuba Art Gallery in Johannesburg, The Ghent photo-festival in Belgium, Gallery A MaGNIN', The Turbine Art Fair, Johannesburg Art Gallery, Warren Editions in Cape Town, and the Addis Foto Fest in Ethiopia, among others.

Tshepiso received the prestigious Tierney Fellowship in 2017 and the Prince Claus Fund grant in 2018, cementing her status as a rising star in contemporary photography.

About Of Soul & Joy:
Of Soul & Joy is a social and artistic mentorship program dedicated to empowering young South Africans through creativity. By providing mentorship, training, and support, the program aims to cultivate artistic expression and storytelling skills among the youth, enabling them to have a positive impact on their communities. Through photography and various art forms, Of Soul & Joy encourages dialogue and addresses pressing social issues while celebrating the unique voices and perspectives of South Africa's youth.

https://www.ofsoulandjoy.com

More about Rencontres d'Arles

The theme of the 54th edition of Rencontres d'Arles, "A State of Consciousness," underscores the festival's dedication to exploring the multifaceted ways in which photography can document and contemplate the world around us. This year's festival aims to serve as a platform for artists to engage with pressing social issues and showcase diverse perspectives.

https://www.rencontres-arles.com/en/a-propos-du-festival/



Tshepiso Mazibuko
Mshaya'zafe hostel
2018
Photogravure on Zerkall Intaglio 250gsm
Edition of 12
Paper dimensions: 36 x 38 cm
Impression dimensions: 15 x 23 cm

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DRAMATIC
ART.



H.R.H PRINCESS CELENHLE DLAMINI

Chairperson of the National Arts Council (NAC)

01. Who is Princess Celenhle Dlamini and where do you originate from?

My origins can be traced in both rural and urban settings. Whilst I was largely raised within an urban environment, every school holiday was spent visiting my grandparents who lived in rural villages. My Grandmothers were both strong-willed individuals who played significant roles within their communities.

My maternal grandmother was a Nurse (mid-wife) and my paternal grandmother from Schoemansdal (KaMatsamo), Mpumalanga was a "Queen" who was traditionally married off to my grandfather, His Majesty King Sobhuza II. Both of these incredible women in my life were commercial Farmers, and this meant I spent a lot of time watching them as successful entrepreneurs and leaders in their own right. My parents were also both successful bankers, and I was raised in a strict Christian home attending church almost every Sunday at the African Methodist Episcopal Church (A.M.E).

02. What inspired you to pursue a career in the arts, and how has your journey led you to the position of chairperson at the National Arts Council of South Africa?

Growing up, I was immersed in a world where cultural preservation was not just a duty but a way of life. This environment nurtured my appreciation for the arts and solidified my belief in its transformative power. Whether through traditional dances, music, or craft, I witnessed firsthand how arts and culture could bring people, communities, and countries together, convey profound messages, and preserve our heritage. So beyond some of my recent formal roles in the arts sector i.e. as Board Member and Chairperson of Artscape Theatre, my commitment to the arts has always been deeply personal.

I have been privileged to serve the sector as the Chairperson of The National Arts Council (NAC) for the last four years. The NAC is the largest funding government agency for the arts and culture sector under the National Department of Sport, Arts and Culture.

03. As the Chairperson of the National Arts Council, what do you see as your primary mission or vision for the promotion and support of the arts in South Africa?

Our primary responsibility as a Council is to (i) provide funding for developing and established artists, (ii) Create and strengthen opportunities for market access for our artists as well as (iii) Influence policy and legislation to protect the rights of artists.

04. South Africa has a rich cultural tapestry. How do you ensure that the National Arts Council represents and supports the diversity of artistic expression within he country?

Promoting South Africa's rich cultural diversity is central to the NAC's mandate. Our strategy is deliberately geared to achieve a balanced representation of all cultures in the country, hence when we disburse funding to arts organisations and artists, we ensure funds are allocated across the nine provinces with each of the eleven cultures represented in the productions, projects and works funded.

We believe this fosters the diversity of cultural expressions and contributes to national unity and social cohesion.

05. Could you share some notable initiatives or projects that the National Arts Council has spearheaded to empower artists and enhance the cultural landscape of South Africa?

In the last three years, the NAC has disbursed funding to over 3,220 artists to the value of above R700 Million.

Some of our notable beneficiaries include the National Arts Festival, Dr Esther Mahlangu, Time of the Writer, Mzansi National Philharmonic Orchestra, and numerous artists participating in regional and international arts platforms such as MAPAS, Visa for Music, Hong Kong Performing Arts Expo, and International Craft Market.

The National Arts Council is the largest government funding body in South Africa serving over 75% of the arts disciplines, so our impact is spread across all the far ends of the country's corners.

06. What challenges do artists in South Africa face today, and how is the National Arts Council addressing these challenges?

Some important challenges faced by artists include Insufficient funding for the arts, unregulated fees (which leads to artists being exploited) and lack of business/ entrepreneurial skills (that leads income instability and limited, or no sustainability of works produced). The NAC is addressing these challenges by (i) lobbying for additional funding support to the sector from private and public stakeholders, (ii) advocating for the sector to be formally regulated and (iii) regularly hosting and/or funding free Entrepreneurial Capacity Building Workshops to educate the arts community.

07. Art has the power to provoke thought, inspire change, and foster dialogue. How do you see the role of art in addressing social and political issues in contemporary South Africa?

This year (2024), South Africa celebrates 30 years of freedom and democracy. Given the country's complex history and politically evolving environment, it is a common fact that the arts have served as a powerful medium for reflection, critique, and transformation on numerous social and political issues.

South Africa's apartheid history and its aftermath remain central to its national consciousness. Arts have provided a medium through which the country can reflect on its past, confront painful memories, and promote healing. Works such as those by artists like William Kentridge, Miriam Makeba, John Kani, Hugh Masekela, Gibson Kente, Mbongeni Ngema, Zanele Muholi, Ayanda Mabulu and many others, has helped the nation confront uncomfortable subjects of discussion with the aim of building a more inclusive narrative that will offer a space for dialogue and reconciliation.

08. What is your most embarrassing moment to date?

As a mother to three beautiful young children, I can assure you that I have experienced too many embarrassing moments than I care to remember.

09. Where can people find your work? Enter the website and social media handles.

NAC Website: www.nac.org.za
NAC Email: info@nac.org.za



VAN RYN'S 15-YEAR-OLD POTSTILL CROWNED WORLD'S BEST FOR 2nd CONSECUTIVE YEAR!

The 2024 World Drinks Awards held in London, Van Ryn's 15-Year-Old Potsill Brandy was awarded World's Best Wine Brandy, for the second consecutive year, beating fierce competition from France, Spain, Australia and other South African prominent brandy producers within the 2024 World Brandy Awards category.

This marks the 4th time within 5 years that Van Ryn's brandy has been awarded this title. In 2020 Van Ryn's 12-Year-Old Potstill Brandy achieved the same title, followed by Van Ryn's 20-Year-Old Potstill Brandy in 2022, and most recently Van Ryn's 15-Year-Old Potsill Brandy award in 2023 and 2024.

Wine Brandy is made from distilled wine and matured in French Oak Barrels. The Van Ryn's Potstill Brandy range is made in the same specialised production methods used for the production of Cognac – the name Cognac, however, is reserved only for brandies made in southwest France

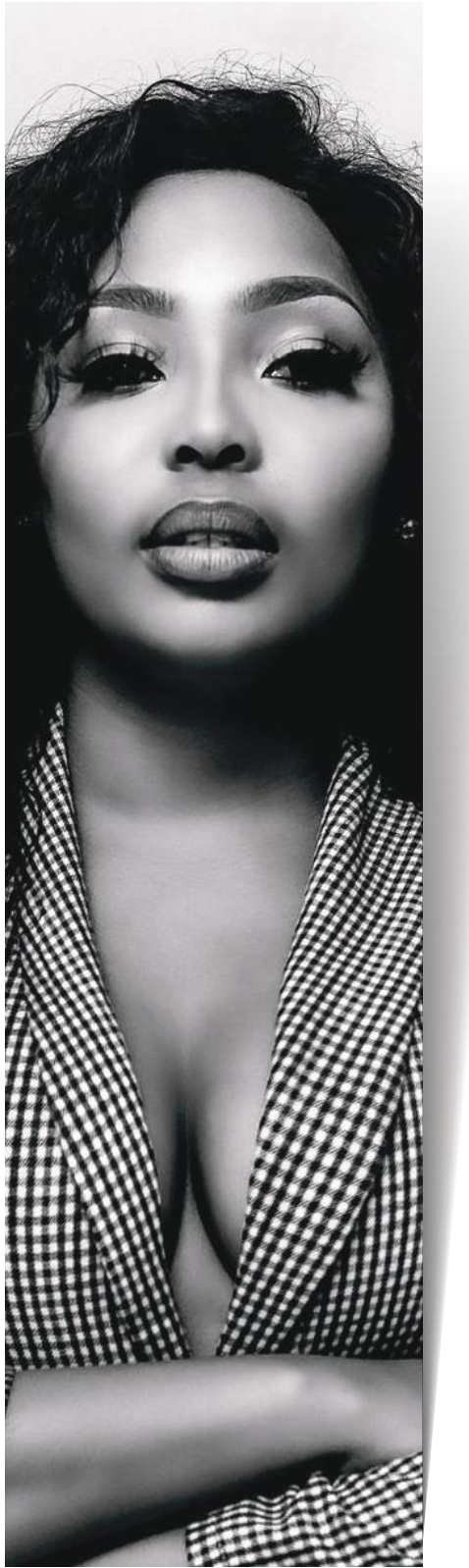
Add the range of Van Ryn's brandies to your collection by ordering from their online store www.brandycollective.co.za or visit the Van Ryn's Distillery in Stellenbosch with its atmospheric Provencal-style buildings, for brandy tastings, brandy cocktails, special events and sundowners with live music sessions. For more information visit them online or for event and tasting bookings. https://www.vanryns.co.za




MEDIA
COMMS.

BARADI THORNTON

- BY NEO KGOLOANE



FROM RSA TO #BREEINTHEMIDDLE! A LOOK INTO BARADI'S TRUIMPHS, TRAVELS AND TRAILBLAZING LIFE AND CAREER

As part of Blak Magazine's first ever women's issue, we decided to profile bold, daring and gifted women in and from South African in an effort to commemorate, celebrate and applaud them for their undeniable talent and professional victories.

And, in doing this, we thought it would be perfect to sprinkle a little bit more "black girl magic" to this edition by catching up with a woman who is seasoned and well-versed in 'all things' communications and storytelling.

Just recently I was fortunate to grab a coffee and have a catch up with prolific writer, and all-encompassing communications and PR professional, Baradi Moletsane – now Baradi Thornton.

With over 10 years + of her having worked and done wonders, in her career, Baradi, during her quick visit to South Africa, was kind enough to afford me her time and tell me about what it's like achieving success in cutting edge and competitive fields such PR and communications, excelling in corporate roles, starting her own ventures and more – and doing all of this while living the life of her dreams!

Q: It's so lovely to kick-start this conversation with you having a big smile of your face, it gives me the impression that you're excited to do this?

A: I am, because it's making me so nostalgic – if anything, it feels like a full circle moment. There was a time in my life where I was an editor and used to interview tenacious entrepreneurs who were doing wonderful things on the African continent. To be on the other side of the interview feels like I've earned my place here, I don't know how to explain it but it's fulfilling..
Let's goooo! [giggles]

Q: [laughs along with interviewee] We're happy to be catching up with you and I'm excited to chat to you about your journey as a comms girlie and a writer extraordinaire... Did you always know that you would follow the path of communications, and at what point in your life did you fall in love with, and excel at putting pen on paper?

A: With communications, I wouldn't say I was a hundred percent sure that that's exactly what I'd get into. If anything, Psychology always felt more like my calling. I do, though, remember picking up a pamphlet at career day in high school, trying to figure where life would take me once I graduated. It was a pivotal time for us high school seniors, because I remember that we were all trying to figure what would appeal to us. I had taken a peek at many faculties and read what they entailed. I remember seeing info about communications, what studying it would look like and which careers you could venture into. I recall seeing careers such as – journalist, film producer, PR practitioner, spokesperson etc., and thinking, I could kill it in these fields and all of this sounds exciting.

Writing on the other hand, will always be the love of my life. I just remember how excited I would get when we were given homework to write speeches about how our weekends were and then had to "recite" them in front of the class. I also remember being obsessed with writing love letters to my close friends – mind you, these were people whom I saw regularly at lunch breaks, in between classes and after school. I've always been a great communicator verbally, but nothing would ever tantamount to my level of charm and how I am able to draw people in emotionally when I write to them. Everything I'd ever written was pure storytelling.

Q: So with writing, you knew at a tender age...

A: Absolutely. And my grandmother – who was a former teacher and retired school principle at the time, confirmed it, or should I say "spoke it into existance". I remember I once read her back a short speech I'd written in grade 2 or 3, and once I was done, she gave me some input, and I immediately registered it as criticism, I cringed. Until she said "You're going to grow to be a writer, and an amazing one at that."

Q: That's really so sweet, it must have meant the world to you considering that she's family and also someone who is qualified to give you that kind of advice, taking into account her former line of work?

A: For me, it was more so that I've always considered her to be my role-model. She's always inspired me, her wisdom is out of this world and she bagged her first degree at the age of 58, living proof that you really can have big wins at any point in your life

Q: Truth! And so, how did your comms career take off? I'm guessing you went on to study communications... Or am I getting ahead of myself?

A: You're spot on [smirks]. Luck has been a running theme in my career... Shortly post graduating, after a very strenuous journey in academia, I landed a job as a Junior PR Account Executive at an award winning PR agency, PR Worx. In a space of about two years and some months, I'd been promoted three times. By the time I'd left, I was A Senior PR Account Manager. The time I departed was a pivotal time in my career, it showed me that I was becoming a frontrunner at this thing called "Public Relations."

Q: That's amazing! Talk about a great start to an impressive career... What exactly does a Junior PR Account Executive do?

A: Our job is really to oversee a variety of clients – you're often given a portfolio of clients within various sectors, more often than not, the sectors overlap, for instance, if there's a transport client on your portfolio, you're the one who is more likely to take on the new "aviation" client. The goal is to take care of these clients from a PR perspective. This can be anything from securing media interviews for some executives within the organisation you're doing the PR for, drafting press releases and statements, as well as tracking media coverage garnered through these ongoing PR activities/tactics.

Q: Sounds like a lot of work! But a little exciting. You said you were promoted three times within a space of 2 years and some months – and then you'd spoken about how, by the time you'd left, you were a Senior PR Account Manager, does this mean that your time at PR Worx ended then?

A: It did. I got a thrilling opportunity to be a Senior PR Account Manager for another reputable agency within the Sandton area, only this time, my focus would strictly be on Samsung Electronics. Unfortunately, I didn't stay too long as a big corporate gig knocked on my door...

Q: I love it when a black woman keeps winning, tell us about your experience with that and maybe corporate all around...

A: What a ride! I managed to get a position as an External Communications Specialist at KPMG. Honestly, I couldn't believe it. KPMG will easily go down in (my) history as my favourite corporate working experience. That was the place where I harnessed my professional talent and gained confidence. My bosses believed in me and allowed me autonomy in how I did my work and came up with ideas – my peers were also so sharp and a pleasure to work with. Our marketing department was really just such a room filled with talent - a true example of iron sharpening iron.

Corporate doesn't always have the best rep as it's often a cutting edge and fast-paced environment, so it's interesting to know that you had a wholesome experience. What are some other career highlights you can share with us?

Within being at KPMG for two years and some months, KPMG South Africa experienced its biggest PR scandal, it really did rock our world because they had to retrench due to this matter.

I was a little afraid, taking into account that marketing is a supporting role and that supporting roles are usually one of the first ones to be eliminated – so, I jumped ship and then went on to go work for Engen Petroleum. This is where I added "brand specialist" over and above being a communication specialist.

I also coordinated a lot of events here.

Q: You should be proud – because honestly, you really are the girl you think you are! And so, where are you now based and what are you up to?

A: I'm based in the Middle East – mainly Bahrain, and a small part of this time is spent in Saudi Arabia. I now work independently. Just recently, I was still running the comms and PR race, however, my focus is now shifting onto something that might be one of the biggest projects of my life. I, unfortunately, cannot divulge into the details as it is work that's confidential until it will be made public – but I will tell you this, life in the Middle East has been golden, a pure reminder that God knew exactly what he was doing when he orchestrated my life!

Q: This being a little mysterious makes me excited for you! Does this mean you no longer handle PR and comms?

A: Look, I don't reject each and every brief. I still have clients from South Africa and a few other countries who still need my support in consulting and strategising as far as my work is concerned, in some cases, I still take on ghost-writing opportunities – I love ghost-writing. However, the beautiful thing is that I now have the liberty to design how I want to work and I don't always have to take briefs. [winks and grins]. The focus is my next baby... 'Baby' as in the work that I'm focusing on and working towards!

Q: Hmmm! Exciting, am I allowed to ask how married life is and how life in the Middle East is?

A: Of course you may, marriage has been beautiful, an absolute adventure, an adventure filled with love. I married my best friend so, it really is magical. I feel incredibly blessed. The Middle East? The food, the culture, architecture, technology (especially Saudi Arabia's tech) – blissful! I'm also exploring content creation, it's not, however, scheduled and routined – it's for my enjoyment. As soon as I moved, especially to Bahrain, people seem to have taken interest in the content I share as it's exciting and fun, and Bahrain is an island so it makes for great content! I really enjoy documenting all of the wonderful things I experience, especially on TikTok.

Q: As I follow you on TikTok [giggles]. A parting message for a young black girl who looks at you and is inspired?

A: Going through a phase where I don't enjoy sounding to preachy and philosophical – but a hill I'm willIng to die on.

The universe will always reward people who live life unafraid. That's been a running theme in my life, I've always betted on myself and I've always taken the leap of faith. The world has literally been my oyster and it will be is yours too, baby girl!



THE IMPORTANCE OF SELF-CARE: A NECESSITY, NOT A LUXURY

Amidst their multitasking and relentless efforts to support others, women often put their own needs on the back burner. However, self-care is not a luxury; it is a crucial aspect of maintaining a healthy work-life balance. For women who juggle numerous responsibilities, taking time for themselves is essential to recharge and rejuvenate. Self-care routines can range from simple activities like reading a book or taking a walk, to more structured practices like a daily skincare routine and yoga and meditation. It's important to carve out time in your diary every day, even if it's just 20 minutes, just for YOU. Self-care empowers women to be at their best, both physically and mentally. It helps reduce stress, improve mood, and enhance overall well-being. By prioritizing self-care, women can ensure they have the energy and resilience needed to continue their remarkable contributions to the world.

International Women's Day is an opportunity to celebrate the strength, empathy, and wisdom that women bring to our lives. As we honour their achievements and acknowledge their vital role in society, let us also advocate for the importance of self-care. By supporting women in taking time for themselves, we not only promote their well-being but also enhance their ability to contribute to a better, more compassionate world. This Women's Day, let us celebrate the women who hold up the world and encourage them to take the necessary steps towards self-care and balance.

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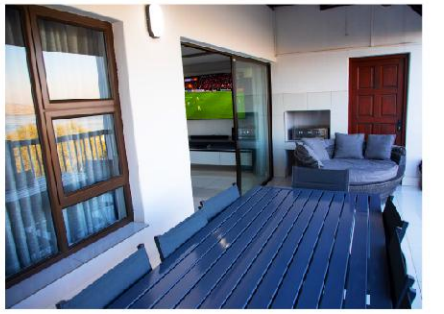






SPORTS & WELLNESS.



SBAHLE MPISANE

FitnessBunnie and Entrepreneur



- BY NEO KGOLOANE

01. Who is Sbahle Mpisane and where do you originate from?

I'm Sbahle Mpisane, globally known as FitnessBunnie, an enthusiastic individual in everything she touches with genuine love for self care and growth in its limitations. I am a driven restless wanderer, habitually engaged in earnest energetic work and live each day fearlessly.

I'm a very communicative introvert, detail-oriented, and versatile. I've lived life freely with thirst of knowledge to study new things from medical fields, technical fields, art, to self care routines whatsoever...as a result-oriented person, I find pleasure in knowing answers to everything. Privately I like to consistently set firm goals, and to constantly analysing myself which is an inspiring pressure and a great motivator.

I'm a Gemini, a two in one determined individual who steps back from being micromanaged. I've lived live with no solid direction but have handled it well and solved my life problems in the most autonomous manner possible. I was born into this World with nothing, life has been a laughter but I manoeuvre in belief that i will leave behind something positive in my lifetime.

I originate from KZN, Umlazi, lamontville, Pine town, umhlanga, la Lucia. Everywhere I've been has given meaning and context to the life and person I am today.

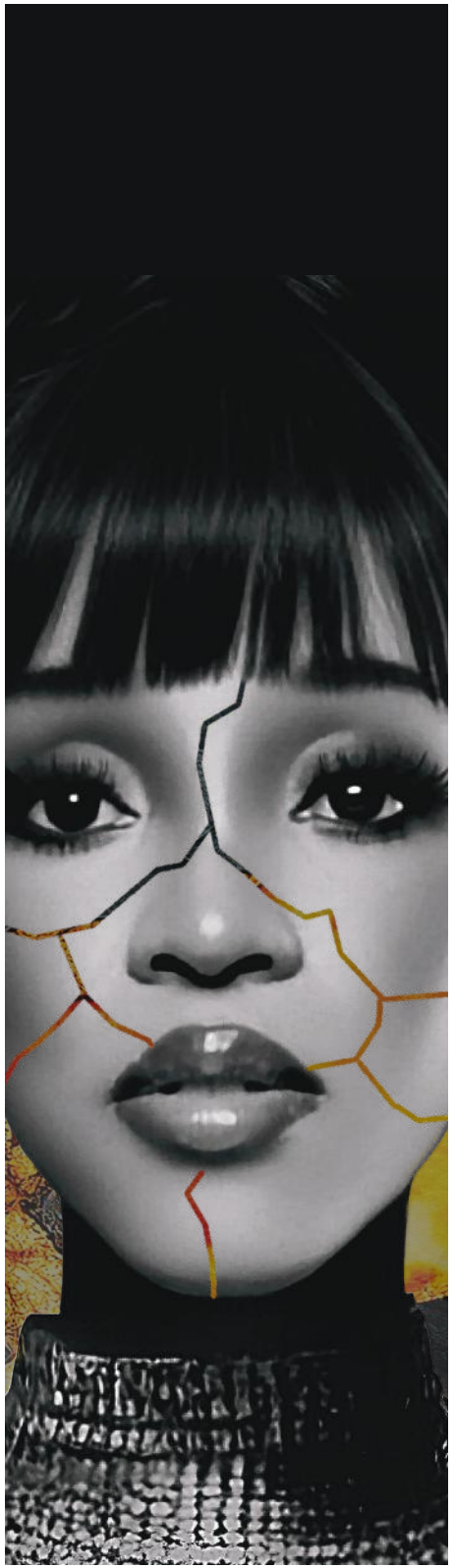
02. Kindly tell us more about the origin of the broken glass concept?

Looking deeply into my life, from childhood to my accident experience, my recovery phase and the rebirth of the new me... I've always been emotional broken, broken inside but shielded on the outside to take on life as it is.

Experiencing a car accident in the 9th August 2018, thunderously broke my external shield irreparably.

To loudly define myself as a broken glass has given me the opportunity to except myself and the chaos that lingers upon me. I am a broken glass who, after many fails, has built routines and structured her life based on who she is. As a nomad, I've been spiritually strengthened to piled up my broken glasses together so I can relive life. Life is not perfect but I'm no longer lost, I've taken a conscious decision to live life in a way that works best for me.

My lifestyle is a religion that I've solely customised for my peace of mind and in my opinion, in its risk, it has made me effective and happier. Decades after decades, I've restlessly soldiered through life with a bright smile!!!



AS WE'VE SEEN, THERE ARE STRONG BENEFITS IN HAVING A CLEAR DEFINITION OF WHO YOU ARE. A BROKEN GLASS IN USE, CONFIRMS TO ME, THAT IS WHO I AM, AND THAT IS WHAT I WILL ALWAYS BE. BUT THERE IS HOWEVER A NEED TO CHANGE THE WAY YOU DEFINE YOURSELF FROM TIME TO TIME. LIFE IS TOO SHORT TO ONLY BE WHO YOU ARE NOW.

BE PROUD OF YOUR CURRENT LIFESTYLE, TEACH IT, EXPLORE IT, AND LET GO OF IT, ONCE IT'S CLEAR THE TIME IS RIGHT.

03. What role has your mother (Shauwn Mkhize) played in shaping the woman that you are today?

My mother-child relationship with Shauwn Mkhize has always been sparkles, illuminating life and my survival with her presence and smile. She is a friend, my dearest, the most valued person in my life tattooed on my wrist.

Her independence and dedication to succeed in life has always been influential and has sets an inspirational example to teach me more than I could have learnt from any book. I lived life to please her by turning everything I touched into gold. She has always been a proud mother and that is enough to make me smile. Silently observing her has taught me that hard times can be overcome and that losing battles can be won. She's a fighter, a fighter who has inspired me to soldier through life with a big smile.

I've always had low self esteem, didn't see beauty in myself but my mom forcefully stripped that part of me in high school. She made me see beauty in myself and she still speaks beauty into me today when I'm in doubt. I love how she has boost my self confidence, given me almost care and clouded me from the negative. I wouldn't have softness in my heart if it wasn't for her.

04. We are celebrating Women's Month, what does Women's Day mean to you?

As previously mentioned, for the past couple of years post my car accident, Women's Day has been a constant reminder of the day I was broken physically and emotionally. I would always want to spend the holiday alone and self reflect. This year I decided to take part in the Women's Day celebrations, create new memories celebrating my redemption, my new found strength and faith in my creator.

05. Which brand would you like to work with in the near future and why that specific brand?

I'have recently taken my health and wellness entrepreneurship journey to the next level by forming a partnership with Khoi Tech which is a South African technology company that offers health-tech solutions such as wearable smartwatches where they cater for health, wellness, medical and sports sectors for corporates, individuals, families and child safety.

I have also been actively working with Skin renewal for the past few years which is one of South Africa's leading medical aesthetic clinics.

This forms part of my general wellness for treatments such as weight loss, facials, skin and diets. One of the other brand endorsements is with Native Child who locally manufacture natural-based hair care system specifically formulated for t he needs of Afro, Kinky, Ethnic type hair.

06. What are your career aspirations and goals for the near future?

"Something exciting and game changing that I am busy working on is my collaboration with a youth jobs creation program where together we will be creating job opportunities for thousands of youth and SMMEs who are interested in working or starting their own businesses in the health and wellness sector.

We will also be empowering these youth and SMMES with digital skills development, the power of monetisation through content creation, financial literacy, mentorship and the importance of mental health awareness.

I hope that my healing journey will inspire the masses out there not to give up on their lives and truly love and embrace themselves with their imperfections.

07. Where can people find your work?

Stay tuned for what's coming next on my platforms.

For bookings contact me on:

sbahle@fitnessbunnie.co.za
Instagram: @sbahle_mpisane
TikTok: @sbahle_fb_mpisane

Dresses supplied by Remm Boutique







ART.



CHEVY NOIR

CONTEMPORARY EXPRESSIONIST
VISUAL ARTIST



CHEVY NOIR

SYMPHONIC
ORIGIN: KONKI

Chevy Noir was born in 1997, Johannesburg, South Africa. He completed a National Diploma in Financial Services Operations with the University of Johannesburg (2018) and pursued a career in the transport industry (2020). He Graduated from Artist Proof Studios (2034) and is currently a Gallary Operations Intern with Artist Proof Studios.

Chevy Noir is a contemporary expressionist, creating engaging visual narratives through painting, printmaking and animations. Chevy participated in a RMA team building workshop as an illustrator (2021).

He exhibited through the Johannesburg open studios at Con Hill, Transwerk (2022) as well as the Johannesburg open studios with Play Braamfontein (2023) Notable group shows include, "On Common Ground". (2022) "Tales of our City" (2023) and "Where You Are" (2024) his work has been featured in the Investec Cape Town Art Fair as well as RMB Latitudes Art Fair (2024) with Artist Proof Studios.

Chevy also showcased his work with Yamoria Sunset in collaboration with Converse at the Joburg Theatre. He's aspirations are to navigates his purpose and discover his identity.

Chevy's motivation lies in the transformational power of art. He strives to offer a vicarious experience of life's beautiful journey through his masterfully crafted artworks.



"In my journey of self-discovery, I hover over the interaction I have with my unconscious, forging a profound connection with its enigmatic identity.

Our shared conversations expand my reality into existentialism, probing the intricate threads of existence and purpose that lead me to confront what I call the 'existential abyss.' I have come to believe that the role of an artist is to distill insights from diverse sources, including yet not limited to my vivid dreamscape, and convey them through the most primal human expression - art.

The lucid and mesmerising interactions within my dreams have offered me invaluable wisdom that I am compelled to share. Introducing 'The Mind and Their Symphonies,' a body of work that synthesises my expertise in printmaking to communicate a myriad of subjective concepts.

These artworks are a response triggered by the plethora of experiences that resonate uniquely with each observer. 'The Mind and Their Symphonies' symbolise the intricate yet elegant essence of my contemplative mind, embodying the figure from many significant dreams.

A figure who acts as a symbol of protection, an armour of consciousness that aids me in navigating the turbulent seas of existential turmoil.

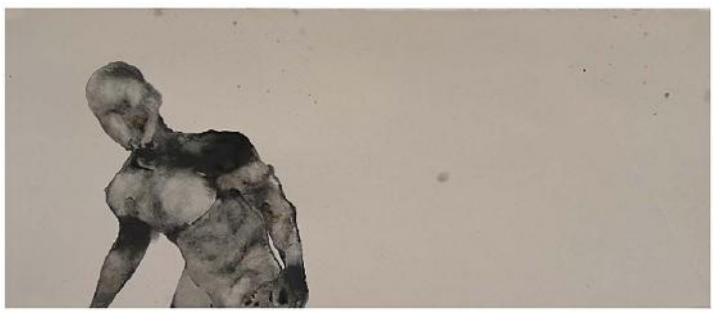
Through this collection, I present a visual narrative weaving together the structures, textures, and theories born from my engagement with the subconscious. I incorporate the interplay between water and fire, using unconventional techniques such as burning instead of carving on lino and flooding imprints with iridescent hues and rich textures using gouache paint. Each medium serves as a conduit for cathartic expression and introspection, bridging the gap between my conscious and unconscious selves. In this artistic dialogue, we seek resolution, reconciliation, and a harmonious synthesis of ourshared musings.

Because after all, The mind is our muse."

You may find more of his work on these platforms:

Email: chevynoir20@gmail.com
Instagram: @chevynoir_
Linktree: linktr.ee/chevynoir











'Ras'SILAS MOTSE

Afro-centric, avant-garde artist and curator.

Born and bred in Thaba Nchu in the Free State, Silas studied Fine Arts in Bloemfontein at the Central University of Technology, graduating in 2013. From 2014-2018 he worked at Missourilaan Secondary School in Eldorado Park as an educator for business studies and creative art.

In his spare time he managed an after school empowerment program providing art lessons to disadvantaged and troubled learners from his community. In an interview with Blak magazine he quoted: "My work is fuelled by various reasons mentioned below"

1. Emotions: I use their art as a way to express my inner thoughts, struggles, and joy.

2. Life experiences: Personal experiences, memories, and interactions provide a rich source of inspiration for me as an artist. These experiences shape my perspective and influence my creative output.

3. Nature: The beauty and complexity of the natural world often inspire my work in space and time. Often i find inspiration in landscapes, animals, and the changing season.

4.Social issues: At times i'm motivated by social issues, politics, and current events. I use my work as a platform to raise awareness, provoke thought, and promote change.

5. Imagination and creativity: the pure joy of creating something new and original is what fuels my art.
They are driven by a sense of curiosity and a desire to explore new ideas.

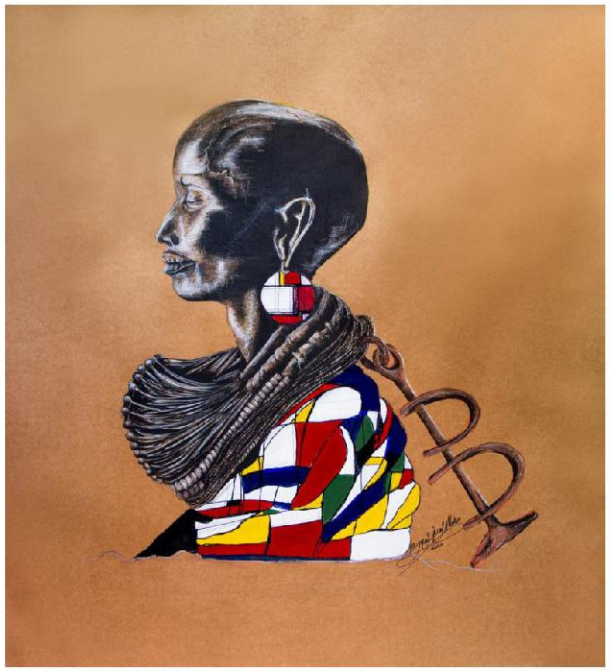
6. Dreams and visions: I draw inspiration from dreams, fantasies, and visions. I use my art to capture the surreal and the fantastical.

7. Spirituality and philosophy: i draw inspiration from my beliefs and reflections on the meaning of life, existence, and the human experience.

Motse is the winner of the People's Choice Award – a competition held on Facebook in 2019 in which the public voted for their favourite artist from the top 20 finalists of the 2019 StateoftheART Gallery Award.

He was the clear favourite with 1700 votes, and State Of The ART Gallery are offering 5 new works from his current series 'The Middle Passage' for sale. These large-scale works are available to view at their Cape Town gallery.

See more of his work on his platforms:
@rassilasmotse_studios ,FB: Silas Motse (Ras) Tiktok : Ras Silas Motse Twitter: @silas_art






IRRESTSHOT

FOOD& BEVERAGES.





KAGISO NOKE

- BY NEO KGOLOANE

01. Who is Kagiso Noke and where do you originate from?

Kagiso Noke is a simple fun loving guy from Dinokana in the North West province and a founder of Michelle by KayN sparkling wine brand. He was born there and did his schooling there up until high school. He graduated with a Bcom Accounting Degree from North West University and later Bcompt Honours Degree in Management Accounting from UNISA. Kagiso recently completed his Masters' degree studies with the North West University.

02. What inspired you to start the Michelle by Kayn brand?

What inspired KayN brand was a simple self reflection of Kagiso Noke.
He has always loved bubbles and bubbly personalities. KayN is a fun loving peaceful person. The brand exists to explore Kagiso's other side of life of entrepreneurship, skills development and intent to leave the legacy of flair and a sense of hope especially to people who grew up from rural areas.

03. What makes Michelle by Kayn champagne unique?

Michelle by KayN is a 100% proudly South African producet, it is both a dessert wine and a casual beverage. Its unique taste and colour makes is outstanding. The branding was conceptualiser and created by a local woman, Gao Mphago (graphic designer)who is also a lady from Dinokana my home village. So KayN is also about supporting promoting the locals and their skills and talents.

04. Has your brand contributed to youth job creation? If so, please explain how this was done.

We currently have three people working for us, however we use the services of Paarl Valley Bottling company in the Western Cape for all out bottling, sleeving and corkage services. The company employed more than 100 employees, though therr are other brands using the services of PVB however I believe that we also make a contribution in unemployment curbing.

Over and beyond that we have CSI responsibilities as follows:

-Michelle by KayN is a proud partner of Miss Dinokana beauty pageant. Miss Dinokana is a brain child of our former beauty queen from Dinokana, Masego Dipale. So the brand supports her annually with her pageant, we sponsor the winning prizes to the too three winners which includes amongst others a getaway to Sun City in Rustenburg.

-We are also an official beverage partner of the North West Media Awards for the third year running now. The awards exists to celebrate media excellence in the North West province especially at the local radio/media level. So this is our footprint in supporting local talent especially the youth within the areas where we exist.

- We recently participated at the Dinokana Football Masters tournament during the easter holidays. Michelle by KayN sponsored a full soccer kit as the winning price to the tournament.

06. What advise can you share with young aspiring entrepreneurs who have an interest in champagne making?

This industry is not as easy as it looks, however all you have to do is persevere, love what you doing and that love will sustain you. As a business business person try to look at your costs and find alternative ways of trying to cut them without compromising quality of your product still.

07. Where can people find your products? Enter website, retail stores and social media handles.

We have an online shop at www.kaynprojects.co.za. we are also available at Makro online shop.
On our website we have listed all the retailers that sells our products.

Our social media handles are:

Instagram: Michelle_by_KayN
Facebook: Michelle by KayN
On whatsapp 073 155 2187



Zola's kitchen Studio H.O.D

MENU

Bespoke catering services





ZOLA NKOSI

CREATIVE ENTREPRENEUR: CERAMICS, CHEF, DESIGNER.

- BY NEO KGOLOANE

Nokuzola Nozipho Nkosi is a kitchen creative. From an incredibly young age zolathecreative (as she is also called), has been the girl you find with paint under her nails, and that's if she was not in the kitchen cooking and baking up a storm. She has always been an all-rounder creative, she earned her music (choir) colours, as well as held various prominent singing roles in musicals during her high school years.

After completing matric, she studied fashion through the Pietermaritzburg School of Fashion, and then proceeded to go and study Design at Tshwane University of Technology.

She completed her National Diploma in Graphic design from the University of Johannesburg. Amusingly, even whilst studying design she was known as "the cake girl" because she was selling cakes on campus to students, as well as providing cakes for lecture meetings. Head of Design is a company that provides numerous creative services under one roof, namely: Graphic design, bespoke catering, designer cakes, events, and experiences.

The trading name for the food services is Zola's kitchen studio. Her passion for people and food has led her to include training as one of her new business offerings.

She's been informally training people who'd like to enter into the catering field, existing chefs who are looking to include mass catering to their expertise, existing business people who want to increase their knowledge in quantifying, pricing, personal and business branding, order of service, logistics, human resource, occupational health practices, amongst other things.

Numerous people from every corner of the SADAC region have either flown or made their way through to these Masterclasses. Continuous mentorship is provided to the course attendees once the training is complete. Nokuzola is a firm believer in education and upskilling, she has also studied Professional cookery through SACA Education, and a further Development programme through HTA hotel school which she completed in 2021.



NKOSAZANE SIDE PLATES

2 NKOSAZANE SIDE PLATES
(LIMITED) EDITION
(DIMENSIONS: 220MM X 165MM)

AVAILABLE ON BACKORDER

Currently, Nokuzola is studying Professional Patisserie through the Prue Leith Culinary institute. Her biggest wish is to build sustainable job opportunities in the culinary space.

She has a passion for building a skilled workforce and has trained over 50 waitrons and kitchen staff. She continues to train youth from Soshanguve and the surrounding townships in the North of Tshwane, in cooking, waitressing, bar tending, and baking at no cost, as an opportunity to upskill youth who do not have access to formal study opportunities.

She believes that simple, healthy, and flavour-filled food is important. Which has encouraged her to deliver bespoke catering and private chef services not only in Gauteng, but all over South Africa.

Her goal is to alleviate the stress that comes with preparing food for events and providing a solution to the host, so they have one less thing to worry about.

Because of her passion for entrepreneurship, she has held the positions of both CEO and non-executive board member of the Tshwane Youth Business Council.

She also has been part of a delegation representing The City of Tshwane, South Africa at the G20 Young Entrepreneurs Alliance Summit in Sydney Australia. A true believer in serving and uplifting others, her favourite quote by WA Ward is "Teaching is more than imparting knowledge; it is inspiring change. Learning is more than absorbing facts; it is acquiring understanding." She passionately believes that a candle never loses its flame by lighting another.

You may find more of her work on these platforms:

Email: zola@zolaskitchenstudio.co.za
Instagram: @zolas_kitchen_studio
Instagram: Nokuzola Nkosi








Zola
Ntsi






Zola
Ntsi

INTRODUCING

AWARD WINNING

AMARULA

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THE SPIRITS BUSINESS GLOBAL GIN MASTERS GOLD 2022



INTERIOR DESIGN.





ROAR
BISTRO & BAR



The architectural feat of the contemporary Michelangelo Towers sits at the heartbeat of Sandton's central business district. Seeking to tower itself into culinary heights of fine dining is Roar Bistro & Bar restaurant.

Owned by the Legacy Group, inspired by the logos majestic lion, the restaurant was thus dubbed ROAR and is here to claim the Sandton territory and make its mark on the local food scene.

The design of the restaurant interior was dreamed into reality, showcasing a colour pallet of teal, tomato red and brass, inspired by a beautiful harlequin-type fabric as well as the eye-catching graffitied art piece of a male lion.

Restaurant General Manager Kuda Dhliwayo says Chef Thabang created the menu based on things that people like to eat everywhere else, added into one menu: we're calling this an Afropolitan menu, combining Africa with cosmopolitan.

ROAR's menu offers a selection of both big and small plates. Some of the key dishes to look forward to in the small plate section include the Venison Carpaccio and the Goats Cheese with Beetroot. Big plates to try are the Pork Belly and Oxtail Potjie which pack a punch of flavour. Lastly, for dessert, the star of the show is the chef's take on an African favourite, Malva Pudding.

Chef Thabang Mohapi says that the menu honours quality local produce and hero all the indigenous flavours that make ROAR's afro-cuisine unique. We hope that our team's shared love and passion for fine food, will translate to an incredible guest experience on the plate and look forward to welcoming our guests to come and try it.
The restaurants also hosts beverage and food pairing events like whiskey and wine evenings.

Open every day from 06:30 to 22:30, ROAR is quite simply the Afropolitan dining destination that everyone has been waiting for. For more information and to make your booking, you can visit **www.roarbistroandbar.co.za.**






ROAR
BISTRO & BAR
HEAD CHEF

BEAUTY & FASHION.

MATLHOGONOLO KEORAPETSE PODILE

Professional Hairstylist








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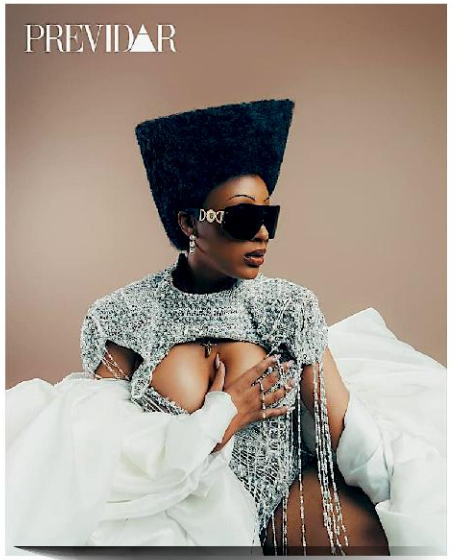
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PREVIDAR
Issue: 2
April 2022
The Evolution of
Nadia Nakai
Naked Without



- BY NEO KGOLOANE

01. For people who don't know you, kindly tell us yourself and your roots.

I'm Matlhogonolo Keorapetse Podile, born and bred in Johannesburg Alexandra township. By profession I am a full-time Freelance Professional Hairstylist with a bona fide passion for hairdressing.

02. What fuels your creativity?

Music and fashion inspire me to be creative.

03. What make your work stand out from other hairstylists?

I pay attention to detail and I understand that every client is different and has different hair needs and texture.

04. How did you make your mark in the hair industry?

By collaborating with other professionals and celebrities various industries.

05. What advice would you give to aspiring young hairstylists who would like to be entrepreneurs like yourself?

Being an entrepreneur is hard and it's not for everyone but believe in yourself no matter how hard it gets, stay focused, stay hungry to achieve your goals. There is always light at the end of the tunnel.

06. Which brand would you like to collaborate with, and why that specific brand?

L'Oréal South Africa. It's a global company that focuses on hair care, skin care and makeup. The L'Oréal brand will give me the opportunity to travel to other countries and to learn more about hair care on a international platform.

07. Name one of your awkward moments.
I recently went to a friends'birthday dinner and there was a professional photographer who took pictures of everyone including me. When I got the picture back from the photographer, the pictures were so beautiful but when I zoomed in one of the images my trouser zip was wide open!!! [Giggles]

08. If you were not a hairstylist,which career path would you have chosen?

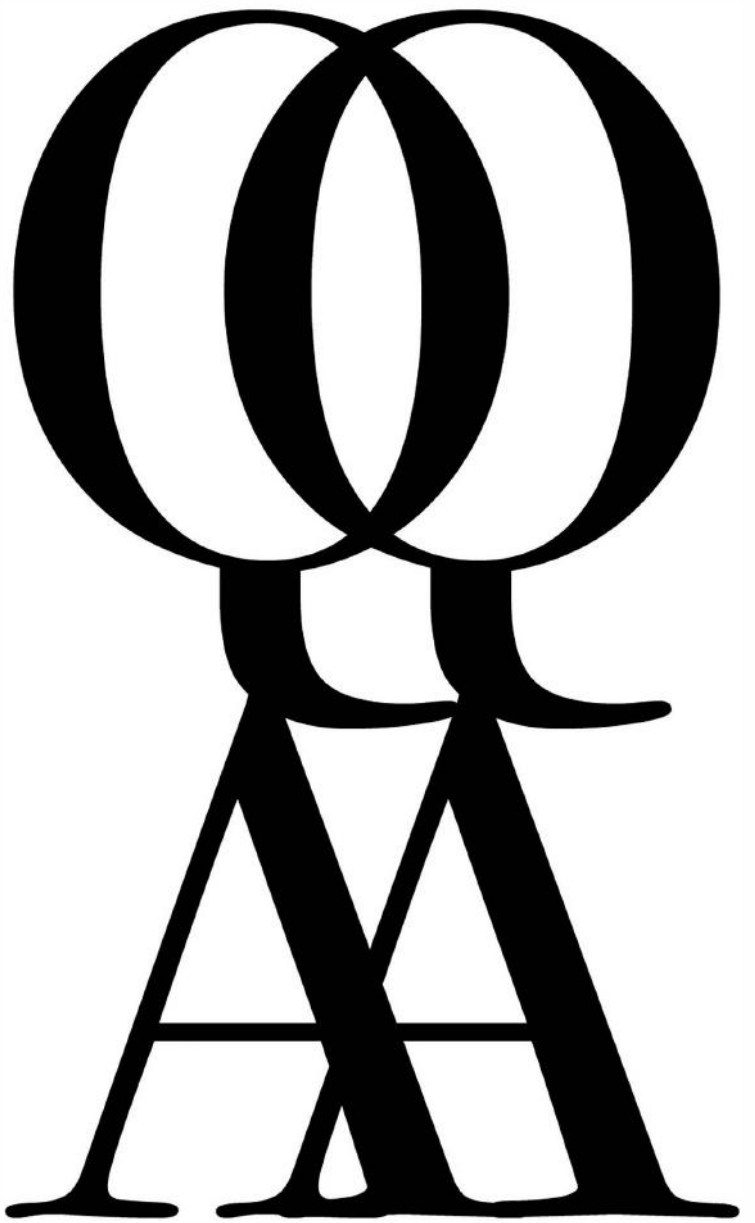
Talent management

09. What are your career aspirations and goals for the near future?

To be a well-known hair stylist and have chains of hair salons. My future goal is to have my own hair care brand.

Check out more of his work on the following platform:

Instagram: @Matlhogonolo_
X: @Matlhogonolo222
Facebook: @ Matlhogonolo Podile
My Email Address: matlhogonolo222@gmail.com







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