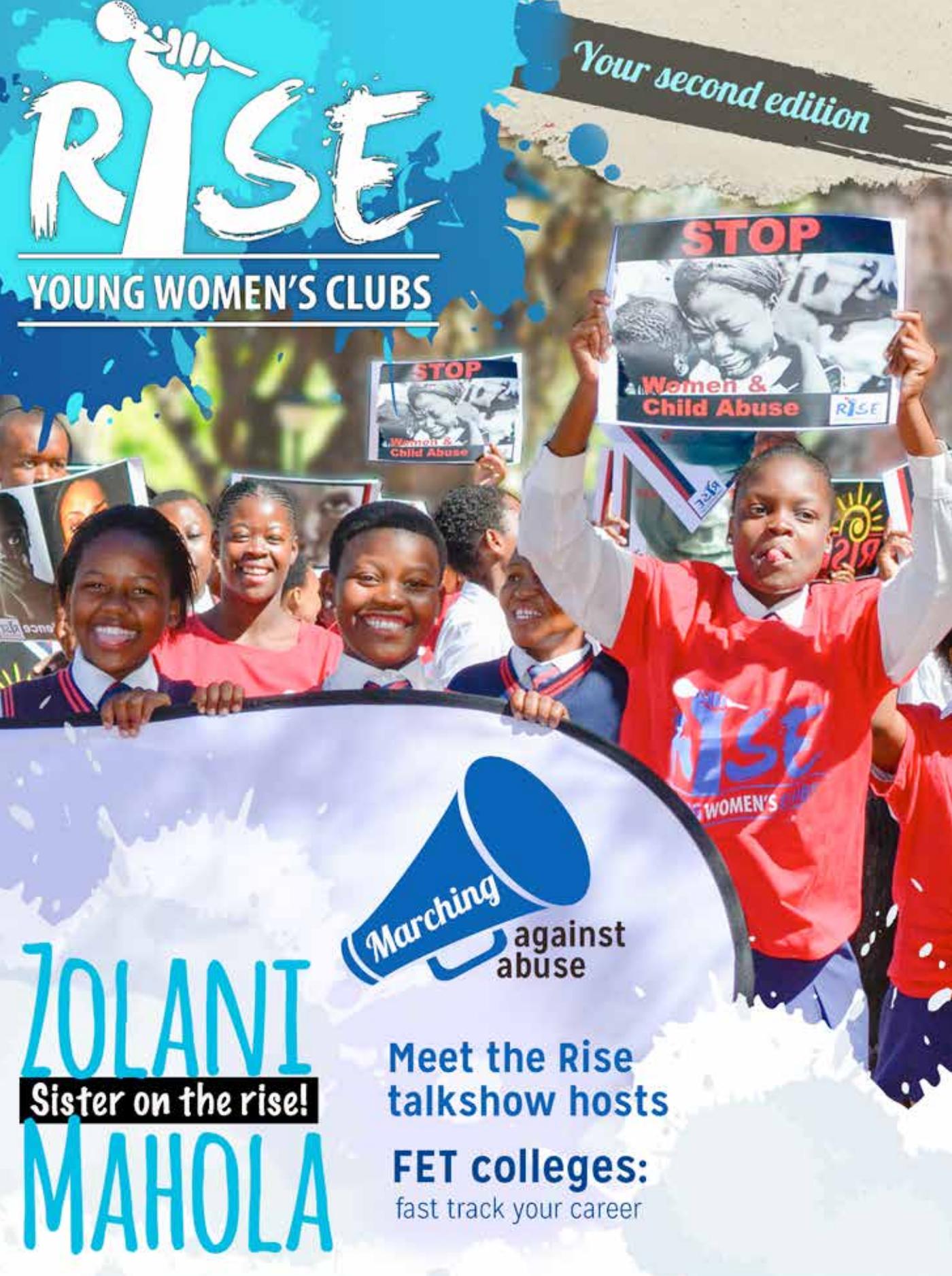


RISE

YOUNG WOMEN'S CLUBS

Your second edition



Marching
against
abuse

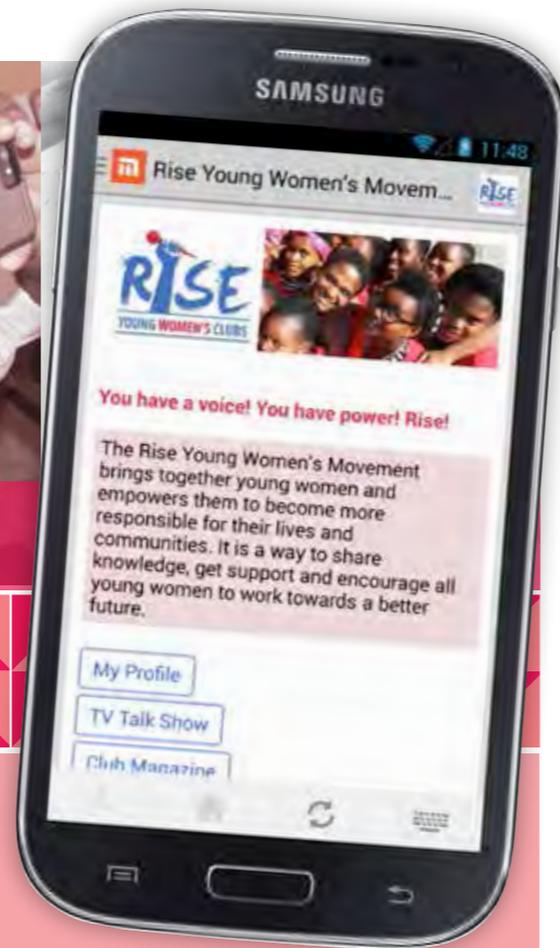
ZOLANI
Sister on the rise!
MAHOLA

Meet the Rise
talkshow hosts

FET colleges:
fast track your career



DOWNLOAD



Be part of the conversation, here's how...

- 1 Open the Google Play Store on your phone
- 2 Search for 'MXit'
- 3 Select MXit and install on your device
- 4 MXit already has your personal information from your network provider so no need to set-up login details
- 5 Open the MXit app and search for 'Rise Young Women's Movement'
- 6 Add this app and you will be ready to join the movement!

Recommend the free app to other young women who want to share their concerns, advice and stories. You will find information about club activities, events, interviews and chat rooms where you can ask all your burning questions.

The app has up-to-date information on various topics such as: pregnancy, STIs, HIV/AIDS, contraception, rape, stress, depression and so much more.

Your club, your App!

The Rise Young Women's Club app is your platform to communicate with other young women across the country who share similar experiences. You can participate in the polls, conversations and read interesting articles. Look out for the # symbol in each article to use as your reference when contacting us.

Welcome to your magazine!

Welcome to this second issue of *Rise*. It's been a hard time for some of our Clubs. On page 14 you will read the story of an 11-year old girl who was raped, and what the *Rise* Club in Bloemfontein did about it.

It breaks my heart that rape in our country is so out of hand that even our little sisters face possible attack. And it is often the people we know and trust who commit these crimes.

No-one has a right to force themselves on anyone. Our bodies are our bodies. It is never, ever **our** fault if we are raped, no matter what the circumstances. I salute the Bloemfontein *Rise* Club for marching against this abuse, for their friend and for all of us.

The silent killer of depression also takes girls from us. I would like to extend my greatest sympathy to the family and friends of the two young women from East London clubs who lost their lives last year. One of these young women died of what is presumed to be an accidental drug overdose. The other took her own life. You can read the poems Club members wrote in their memories on page 21.

At one point in my life I also suffered from depression. Nothing in life made sense to me, each day felt like it was the end of world. But there is hope after depression. Find out more about how deal with depression and suicide on page 20.

On a lighter note, don't miss the interview with Zolani Mahola on page 22. And take a few business tips from a not-so-lazy Makoti on page 26.

Until next time, be blessed and keep rising.

Mapula

on behalf of the Rise team



Mapula Tloubatla

Rise editor

Let *Rise* hear what you have to say. Contact us on the Mxit Rise Young Women's Movement app. It is called: *Rise* Young Women's Movement.



On the cover:

Eighty *Rise* members from Bloemfontein protest the rape of an 11-year old girl. Read about it on page 14. Front cover photo by Frikkie Kapp.

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Meet the Rise TV Talkshow

Hosts



Kgomotso Matsunyane



Nyiko Shikwambane



Khanyisile Mazibuko



Lebogang Ramafoko

The Rise Young Women's TV Talkshow will soon be on SABC. The programme will let people know what we are doing in our Clubs, and will also offer new activities and ideas. Read here about the presenters of the show.

Kgomotso Matsunyane

Kgomotso Matsunyane, is a very experienced film-maker, TV presenter and business woman. Her talk show *Late night with Kgomotso* was a favourite on SABC 2. Kgomotso also hosted *Good Morning Gauteng*, the flagship breakfast show on Kaya FM, and then *The Weekend Breakfast with Kgomotso Matsunyane* on Talk Radio 702/Cape Talk 567. Kgomotso has also written for *True Love magazine*, News24 and Afropolitan.

Kgomotso is now the managing director of 'One Man and His Dog Films', a TV production company specialising in films for and about women.

Khanyisile Mazibuko

Khanyisile Mazibuko is a young actor and writer who studied at the National School of the Arts in South Africa. She then got accepted in to the New York Film Academy, but could not afford to go there. Instead she has developed her career in film and TV at home in South Africa. Today Khanyisile is an actress and

facilitator at Themba Interactive: Initiatives for life. There she uses her theatre skills to reach out to underprivileged communities and schools about HIV/AIDS and other related issues.

Nyiko Shikwambane

Nyiko Shikwambane is a fellow performing artist. But she is also a third year law student at Wits University in Johannesburg. The 22-year-old describes herself as "motivated" and "passionate". Nyiko co-directed *Fire Burn*, a play that was seen at three different festivals. Nyiko's aim for every project she is involved in is to make a difference to people's lives.

Lebogang Ramafoko

Lebogang Ramafoko is the head of Soul City Institute. She is an expert on how to empower people to make changes. She has spent time studying this at Harvard University in the USA. Lebo has developed many TV programmes aimed at helping individuals and communities to improve their situations. She has been giving advice and counselling for almost 20 years.

What's the beat of your day?

Which are the songs that get into people's hearts? *Rise* went to places in Gauteng to find out. We asked young women to tell us their favourite song of the moment. #beatofyourday

This is what they said:



Nosipho Majola, 16, Entsonalanga, Tembisa
Mercivic Glory is my favourite song at the moment because it talks about Lord Jesus. It inspires me whenever I'm listening to it.

Nonkululeko Yedwa, 21, Birch Acres
My favourite song at the moment is *Resentment* by Beyonce. It talks about how she was hurt and it relates to my story a bit.



Nomthandazo Ngwenya, 16, Ivory Park
You Are Faithful by Jesus Culture is my beat at the moment because it revives my soul. When I'm down it picks me up.

Charlotte Ntsonyane, 20, Bramley
Set Fire to the Rain by Adele motivates me. It's the first song I listen to every morning and then I know my day will be filled with positivity.



Glenda Maake, 24, Winnie Mandela, Tembisa
My all-time favourite song is *Thapelo tsa rona* by Sechaba. I love it because I don't have a father. I keep wishing that our prayers will be answered and he will come back so that I can see him since I don't know him at all.

Watch this space,
we may be visiting
your area in the near
future!



Mpolokeng Raisa, 25, Protea Glen
They Fell by The Soil is my song of the moment. It's a beautiful song talking about love. It makes me remember when I met my husband and it reminds me every day how much I love him.

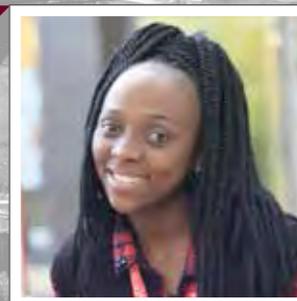
Phumla Nojoko, 21, Mfihlweni, Tembisa
My beat of the moment is *Flawless* by Beyonce. It says you're flawless despite what is happening in your life. You are who you are.

Suzan Nkuna, 20, Mayibuye, Tembisa
My favourite song at the moment is *Phumakim* by Cassper Nyovest. I love it because he shows people that judging him will not bring him down in any way. He lives his life and spends his own money.



Linah Malatji, 25, Klipfontein
Kuze Kuze by DJ Merlon is the song that gets me dancing at the moment. I love it because it reminds me of my mom, my friends and family and the good time we had dancing to the song in December.

What is your favourite song of the moment? Can you use it as an ice-breaker in your Club before you start your meetings? Tell us about your experiences.

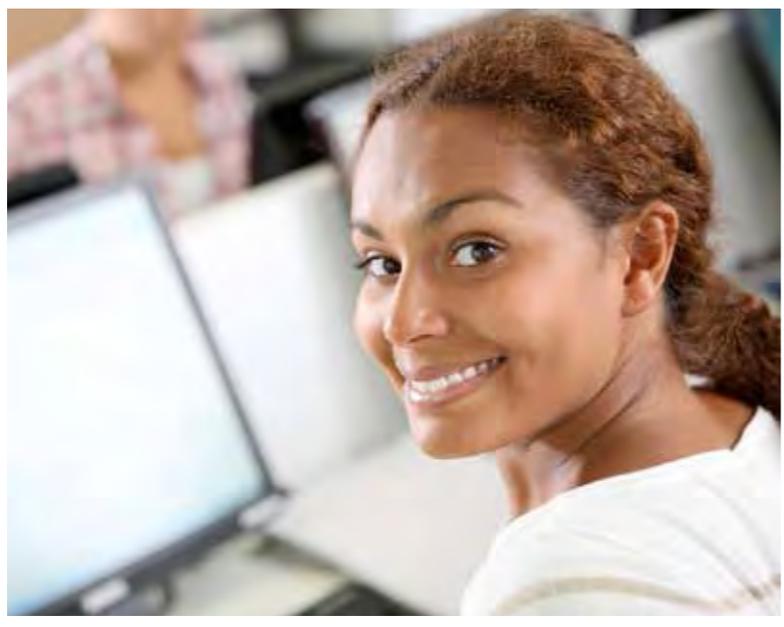


How can I get money to study?

- Contact the National Student Financial Aid Scheme (NSFAS) to find out about student loans and funding your studies and accommodation. But bear in mind that NSFAS is going through some financial difficulties. Many students are complaining that NSFAS does not have enough money for bursaries and grants. You can contact the NSFAS on 0860 067 327, or you can email them on info@nsfas.org.za.
- Ask at the colleges you are interested in if they offer bursaries and loans.
- If you get a bursary, you will usually have to prove you cannot afford to pay for your studies. This means you will have to go through a means test to see how much money you and your family earn.
- Scholarships are also awarded to students who have done well academically.

How can I find out about FET colleges in my area?

- You can make a free call to the Department of Higher Education and Training's helpline at 0800 87 2222.
- You can also find a list of colleges on the department's website – www.dhet.gov.za



Email
the NSFAS on
info@nsfas.org.za
or call them on
0860 067 327



★ Club project

- Discuss in your Club where your nearest FET college is.
- Do some research on what courses they offer.
- Do you know anyone who is going attending a FET college? Invite them to your club so you can discuss their experience there.



BE CAREFUL

Be careful of fly-by-night colleges! Some (especially certain private colleges) will try to trick you out of money. Others will give you a qualification that is not worth much. Still others have hidden costs.

So do your homework before you register for a course:

- Is the college registered with the Department of Higher Education and Training?
- Does it have a registration number?
- Is the course accredited with Umalusi?
- What certificates and diplomas does it offer? At what NQF level?
- How much will my course cost?
- What are the extra costs – like books and registration fees?
- Does it have a library, computers and internet for students to use?
- What do other students say about it?
- Does it have a good reputation in the job market?
- Check out www.fetcolleges.co.za or www.dhet.gov.za for a list of accredited colleges.
- Phone 0800 87 2222 to find out more about a college before you register and pay any fees.

ONE RISE CLUB MEMBER EXPLAINS WHY

COLLEGE IS THE COOLEST OPTION



Nosipho Gqamane (20)

I'm a second-year student at Ekurhuleni West College. It's an FET college in Spruitview, Katlehong in Gauteng. I believe I get a high level of education there.

I chose college because I couldn't afford to go to university after I matriculated. An FET college was the next best option. It also offered some courses I was interested in: financial management, human resources and becoming a personal assistant. I chose financial management, and am now in my second year at the college.

Qualification

I'll be graduating with an N6 in financial management next June and I could become a financial manager, a bank teller or work in banking in general. It's a nationally recognised qualification.

Bursary

Luckily it doesn't cost me much because the college offers bursaries. It's a very good standard of education compared to high school, and I get along well with my fellow students. There are only about 30 students per class at N4 level.

I've had no problems with the quality of education so far. You can also go to the lecturer personally if you have a problem and don't want to discuss it in front of the whole class.

Recommendations

I was very confident that this was a good college because three other people I know went to the same college. They told me it offers the very best education. So it's very important to do your research on colleges very well.

I would definitely recommend FET colleges as the best option for those who can't go to university or a technical college.



Hannah Geysler, Provincial Manager of Soul City Youth Programmes in the Free State. Rise Young Women's Club launch in the Free State.

New clubs

#ourclub

A good time was had at the launch of 22 new clubs from the Thabo Mofutsanyana district in the Free State. There were speeches, and some dancing from the Revolution Dance Club in Qwa-Qwa. Club members did some dancing and singing of their own too!

RYWC members celebrating at the launch.

Local performers from Revolution Dance Group in Qwa-Qwa.

RYWC members having breakfast at the launch.



How to chair a meeting

A good chairperson can make sure a club meeting runs well. Here are some tips on how to lead a meeting.

#buildingyourclub

Don't be scared to try

Chairing a meeting is like any other skill: we get better with practice. So don't be scared to chair a meeting even if you have never done it before. Everyone has to have a first time, and everyone learns from making mistakes and then doing better.

The chairperson is your guide

It's the chairperson's special job to guide the meeting. During a meeting, she works closely with the secretary, who writes the minutes. (See the next issue of *Rise* for a guide to writing minutes.)

The chairperson's job

Before the meeting

The chairperson, together with the secretary, must make sure there is an agenda for the meeting. If it's not possible to do this before the meeting then the chairperson must set an agenda before the meeting gets going.

During the meeting

Make sure

- Everyone feels welcome.
- Everyone knows how long the meeting will be, and what time it will end.
- Everyone knows what is on the agenda.
- The agenda is followed. Work out how much time to give each item on the agenda, and stick to it. If something important suddenly comes up, decide whether it should be discussed now, and other agenda items postponed to the next meeting. If you're not sure, take a vote.
- You sum up what has been agreed. Everyone leaves the meeting knowing what is expected of them.
- You make a date and time for the next meeting.

Skill up!

When you are a chairperson you gain:

Skills that are useful in different settings, including the workplace and your own business

Confidence – remember if you're not sure, ask for help sooner rather than later

Experience – and you can put it on your CV.

So, when the opportunity comes your way, **grab it**. Or volunteer!

Include Everyone

For a club to run well, all the members must share in decision making and in activities. A good chair will:

- Keep order and not allow members to interrupt each other.
- Make sure everyone understands what is going on.
- Make sure everyone is treated respectfully.
- Allow each member a chance to have their say.
- Help members to reach decisions in a democratic way.

Leading Well

TIP: Stay sensitive to the mood of the meeting. Notice things like frowns, smiles and restlessness. Be aware of when people are tired or angry or upset.

Agenda

1. Welcome: club song
2. Apologies
3. Agree on agenda
4. Accept previous minutes
5. Matters arising
6. Business skills workshop
7. Fundraising event
8. Thanks





Rise members protest the rape of an 11-year old girl

The march

Rise Young Women's Clubs around the country are concerned about stories like these. Eighty *Rise* Club members from Bloemfontein decided they would make their concern known with a public protest. The young women wanted to show their anger at how lightly the case is being treated, and at how slowly justice is proceeding. They also wanted to demonstrate solidarity with their friend.

The 80 *Rise* Club members got the support of other organisations, including the ANC Women's League. The ANC groups helped the Club to get permission from the Bloemfontein municipality to hold the march. The Club members also managed to get their protest endorsed by the principal of their school, and the Department of Basic Education.

The march took place on International Women's Day, the 9th of March, outside the Bloemfontein Magistrate's Court. About 150 young women came to the protest from about 9am to 1pm. They got a lot of attention for their cause as the march was covered on SABC radio, two community radio stations and two local newspapers.

"These young women had the guts to make their protest public, and to speak out about the abuse of girls and women. It shows how committed they are to making their voices heard," says Hannah Geysler, Provincial Manager of Soul City Youth Programmes in the Free State.

When Matshepho* was nine she was raped by someone she trusted, a taxi driver who had been hired to transport school children home. It didn't happen just once, but over and over again, until she was 11 years old. The trial of the man is still dragging out in the Bloemfontein Magistrate's Court, even though it was first reported early in 2014. He is out of jail on only R800 bail.

Raising awareness

The rape of underage girls and women is widespread in South Africa. Many young girls are preyed on, or 'groomed' like Matshepho. Her rapist tricked and manipulated her over time so that he could rape her.

The accused in Matshepho's rape case will re-appear on the 2nd June 2015 at the Bloemfontein local Magistrate's Court.

Individuals and organisations are urged to raise awareness about the case to send a strong message to those abusing girls, and to those in charge of the justice system.

[Photo's by Frikkie Kapp]

*Name was changed.

★ Club project

- What can your Club do to act against rape in your area?
- Are there rape or abuse cases in your area that the public should know about? How can you find out?
- How can we support those who have been raped or abused? Discuss in your Club what you can do to engage the community so rape is reported and those responsible brought to justice.

What to do straight after rape or sexual assault

Go to a safe place as soon as possible.

Tell the first person you trust what has happened. This may be very difficult for you to do, but it is important. This person will be able to help you if you forget details of the attack.

The first person you tell is likely to be asked to go to court to support your story. If he or she is someone you don't know, write down or try to remember his or her name, telephone number and address. This will be important if you decide to report the rape or sexual assault. It will mean that the police can find and talk to the person.

Decide if you want to report the attack to the police. You may not feel like making this decision so soon after being sexually assaulted. Women often find it very difficult to go to the police, but it is important to do so as soon after the rape as possible because the police may be able to find fresh evidence.

Do not throw your clothes away, or wash yourself, even if you want to wash yourself very badly. This is because there may be proof like hair, blood or semen on your body or your clothes. This will become important evidence if you do decide to report the attack to the police.

Put your clothes in a paper bag or wrap them in newspaper. Do not put them into a plastic bag, because this can mess up evidence like saliva, semen or blood.

You can report what has happened at your nearest clinic, police station or Thuthuzela Care Centre.

It is not your fault if you have been raped.

If someone tells you they have been raped

They are putting their trust in you. It is a very difficult thing for them to tell you. What you do or say is very important. Don't let them feel that you don't believe them.

Even if the rape happened a while ago, the survivor still needs support, medical care and possibly legal help.

Many rape survivors don't tell anyone and so they don't get the help they need.

Advice from a nurse

Tshilidzi Ravhura is a forensic nurse and a Provincial Manager of the Soul City Initiative in Limpopo. Forensic nurses care for patients who come in reporting rape or abuse.

"My advice to any young woman is to understand that it is not your fault if you have been raped. Also understand that there is a long journey ahead and there are processes to be followed such as the court case, and medical and psychological care.

It is very important for you to get psychological care so that you can go back to the community and function as you did before. Please realise that you cannot do this alone. You will need to talk to a friend or a professional."

Thuthuzela Care Centres (TCCs)

Thuthuzela Care Centres (TCCs) are safe centres set up across South Africa to help victims of sexual abuse or rape. On the back cover, you will find contact numbers for these centres.

Help you will get at a TCC:

- You will receive comfort from a nurse or coordinator at the centre.
- The nurse will ask your consent for the doctor to examine you, and explain what will be involved in the examination.
- The doctor will treat your injuries and take evidence that will be used if you decide to press charges. The doctor may need to take your clothes to test for evidence.
- The doctor will give you medication to prevent HIV, pregnancy and STIs.

It is very important to report and start medication within 72 hours of being raped.

- You do not have to press charges against your abuser, but the TCC will make sure that they have evidence of your rape. That way you can decide to press charges later if you want to.
- The nurse will stay with you in the examination room.
- After the medical examination, you can take a bath or shower at the centre. You will be given clean clothes.
- A social worker or nurse will offer you counselling and you will be given a return date for more sessions with the social worker.
- They will offer you transport home.
- If necessary they will arrange for you to go to a place of safety.
- If you decide to press charges (it is advised that you press charges to bring the perpetrator to justice) you will be given help to do so.

See the TCC App on MXit for more information on your nearest TCC



Ask Sis Lebo

Send your anonymous questions to our team on the *Rise* app, if you need some advice. #sislebo



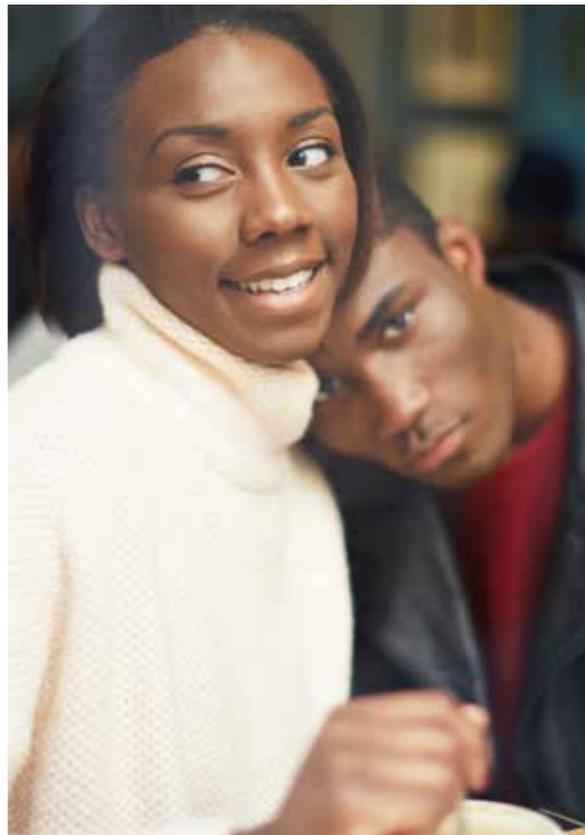
*What is
love to
you?*

Hi Guys, I am a 15-year old gal. I have been dating this guy since last year. I loved him and he was loving me. But after 2 months I found out that he was cheating on me with 3 gals from my school. He slept with them. He apologised for that and I forgave him. Then he got back with one of the gals. He was sleeping with her and she was my best friend too. So I dumped him. Now he wants our love back. The problem is I love him. I don't know what to do.

Hi Guys.

I trust my boyfriend so much, he has never done anything wrong. But I'm scared. Can a guy stay with one girlfriend for the rest of his life?

Lebo Ramofoko is the head of Soul City Institute. She also co-hosts the *Rise* TV show. Write to her with your problems and she will try to help.



Sis Lebo says...

It is very good that you trust your boyfriend and that he has not done anything wrong to you. It is not easy to say if your boyfriend will stay with you for the rest of your life. Many people do stay with one person their whole lives, but nobody really knows what will happen in the future. Your life may change and that will affect the nature of your relationship.

What you can know now, is how your boyfriend treats you in your relationship. Is he honest with you? Do you have a relationship where you communicate openly? Can you share how you feel with him and will he be understanding and open up to you about how he feels?

These questions are important because they will help you to deal with your fear without seeking guarantees that nobody can give you. You need to know that whatever happens in your relationship you have a partner who can listen to you and also share his own fears and hopes with you.

When this is the case, you will feel more calm in your relationship. This is because you will know that whatever happens the two of you will deal with it openly and honestly.

Sis Lebo

Sis Lebo says...

I am sorry that your boyfriend is cheating on you. Firstly, you need to understand that his behaviour has nothing to do with you. He is choosing to have many girlfriends. Secondly, since it is his choice, there is nothing you can do to make him stop. Thirdly, his behaviour may be putting his health and those of everyone he is having sex with at risk. This would be the case if he is not using condoms every time and with every woman he sleeps with. Do you know that most young women get infected with HIV when they are between the ages of 15 and 24?

So, the question you must ask yourself is this:

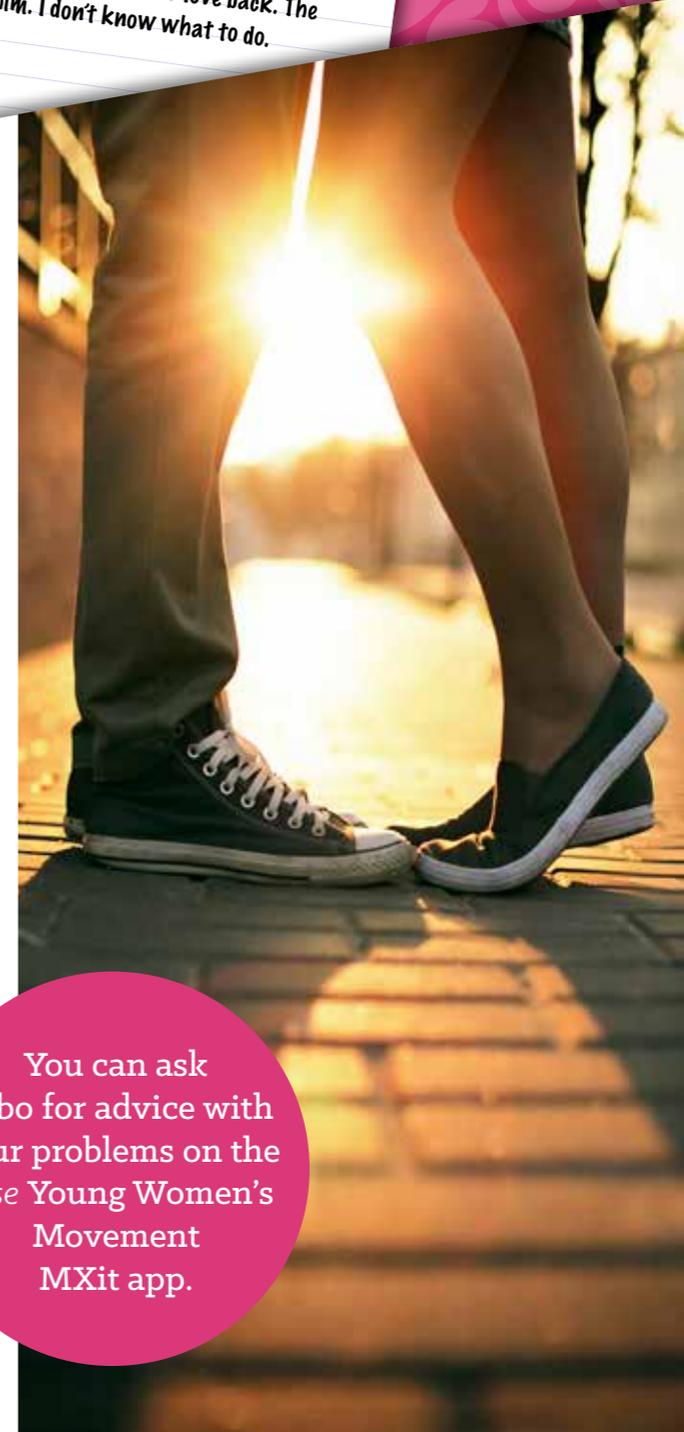
What is love to you?

Does a person who lies to you love you? Does a person who may put your health at risk love you? And why do you think this is love and why do you still love this person when they act this way? I cannot answer these questions for you. But I think love is understanding that you are good enough to find a boyfriend who will be honest with you and who will not put your health at risk. I think love is knowing how to protect yourself from HIV and other sexually transmitted diseases. I think love is knowing that you can find a boyfriend who means what he says to you.

All the best to you.

Sis Lebo

You can ask Lebo for advice with your problems on the *Rise* Young Women's Movement MXit app.



I am thinking about suicide

What should I do?

People who commit suicide want to get away from pain, and don't have other ideas of how to escape their feelings. But suicide is sadly a permanent solution to a temporary problem.

Many people have thought about killing themselves at some time. It is definitely not a sign of weakness so don't feel afraid to talk about these feelings and ask for help.

- Tell someone as soon as possible. If there is nobody you can talk to in your family, or no friend you can tell, please call one of the helplines (see below).
- Ask your family to lock any weapons, pills, poisons or ropes away.
- Don't be alone. Try to find a friend or family member to be with you.

If you are worried about a friend or family member being suicidal

- Talk to them. Asking about suicidal thoughts or feelings won't push someone into hurting themselves. In fact, giving them a chance to talk may reduce the risk of suicide.
- Be gentle, but don't be afraid to ask direct questions, like :
 - How are you coping with what's been happening in your life?
 - Do you ever feel like just giving up?
 - Are you thinking about hurting yourself?

If someone has talked about killing herself, **take it seriously**. Many people who attempt suicide have told someone about this before they do it.

How do I recognise depression in myself or others?

Everyone feels sad at times, but you are depressed if, for at least two weeks:

- You feel sad, low or unhappy most of the time
- You have no energy
- You are not able to enjoy things you usually do
- Your concentration is worse than usual
- You can't stop worrying or thinking negative thoughts
- You lose your appetite or eat too much
- You can't sleep or wake up very early

Having depression doesn't mean you are crazy, it is a very common problem in society and it can be treated successfully with counselling, therapy and medication if necessary. Never feel ashamed to ask for help or treatment.

Places to go for help

Lifeline www.lifelinesa.co.za
24 hours, every day: call centre
0861322322

South African Depression and Anxiety Group: <http://www.sadag.org/>
To contact a counsellor between 8am-8pm Monday to Sunday call: 011 234 4837. For a suicidal emergency contact SADAG on 0800 567 567

Lifeline Gender violence toll-free 24 hour helpline
0800 150150

Lifeline AIDS toll-free 24 hour helpline
0800 012322

Department of Social Development Substance Abuse Line 24hr helpline
0800 12 13 14 or SMS 32312

You can also approach your local municipal health clinics or local hospitals about Community Psychiatric Services that offer counselling services as well as consultations with psychiatrists if medication is needed.

We Remember

Last year the Rise Young Women's Clubs in East London suffered two sad losses. One of their members died of a drug overdose at a nightclub. Another Club member committed suicide. The Rise members in their clubs wrote these poems for them:

A Better Place

She's in a better place right now
Than she's ever been before;
all pain is gone; She's now at rest;
Nothing troubles her anymore.

It's we who feel the burden
of our Sadness and our grief;
We have to cry, to mourn our loss,
Before we get relief.
We know we'll reconnect with her
at the end of each life's road
We'll see her cherished face again
When we release our earthly load

She's in a better place.

Rest in peace
Kwanda Future Leaders
Young Woman's Club

If we could bring you back again!

If we could bring you back again,
For one more hour or day,
We'd express all our unspoken Love;
We'd have countless things to say.

If we could bring you back again
We'd say we treasured you
And that your presence in our lives
meant more than we ever knew.

If we could bring you back again
To tell you what we should
You'd know how much we miss you now
And if we could, we would

If we could bring you back again

Rest in peace
Kwanda Arise & Shine
Young Women's Club



MZolani Mahola

Lebogang Moleka and One Shot Productions. RHS image: Alex Lambrecht

'Be yourself' is Zolani Mahola's advice for us. She is the lead singer of the Afro Pop group Freshly Ground, probably best known for their hit *Doo Bee Doo*. Zolani also writes many of the songs which have touched people in South Africa and across the world. She took time off to chat to Rise. #zolani

How old are you?

I'm 32 this year.

Where were you born and where did you grow up?

Port Elizabeth

What did you want to be when you were growing up?

In my early teens I realised I loved being in front of an audience, either acting or doing public speaking.

Then how did you get into music?

I met some musicians while I was studying drama at varsity [the University of Cape Town] in the early 2000s. We decided to start making music together.

What did it take to get to where you are today?

Lots of hard work and dedication with a good dose of luck.

Now that you're a full-time musician, what does a typical day look like for you?

If I'm at home I generally wake up at 7 when the baby wakes us! Then I hang out with him for a bit and get to rehearsals or recordings. Otherwise I'm on a plane, train, bus or car getting to or from a gig!

What's the most challenging thing about your career?

The travelling by far... It's very tiring and of course time away from home can be very tough. But I love it! It's interesting getting to places I never imagined myself in, such as Latvia in Eastern Europe or the far East - Japan and China.



Can music be used to make a difference in people's lives?

Writing about real things can make a difference to people. So can supporting initiatives that uplift communities like the work we do with the Desmond Tutu HIV Foundation.

You're an inspirational figure to many people but who are your personal heroes?

My brother. He left a life in the limelight in Johannesburg to come back home to Port Elizabeth and work with children in schools through an NGO called Masinyusane. It's exactly what our country needs.

What do most people not know about you?

I have a size 2 foot!

What advice can you share with the readers of Rise?

Be yourself because that's the best you can be.



My body, my rules

the female condom

#femalecondoms



What will the female condom do for me?

The female condom works! It protects you from both sexually transmitted infections (STIs) like HIV, and unwanted pregnancies. It puts the power of protection in your own hands.

Think about the times when:

- You don't know if your partner will be prepared and have condoms with him.
- Your partner doesn't want to wear a condom.
- You want to make sure that you are prepared for sex. You can put the female condom in a few hours before.

Are there different types of female condoms?

There are some different types. Read the instructions that come with the brand you use.

Talk about taking control! Best of all, you can get them for free at your local clinic.

What is the female condom?

- The female condom is a sheath that you insert into your vagina before sex. You can use it instead of the male condom.
- It is made of a really thin, soft material. You can have safe sex that's enjoyable.
- When used correctly, the female condom is just as safe as the male condom.

★ Project

It is every woman's right to have access to female condoms.

- Work together as a club to find out where you can get them in your area.
- Debate the pros and cons of female condoms as a form of contraception.
- Start a campaign to make sure female condoms are available at your local clinics.

How do you use the female condom?



Step 1

Take the female condom out of the packet. Be careful not to tear it. Check the expiry date.



Step 2

Squeeze the smaller ring at the closed end of the condom.



Step 3

Find a position you are comfortable in. You can stand with one foot on a chair, lie down, or squat.



Step 4

Hold your labia open with your fingers.



Step 5

Squeeze the smaller ring and insert it into the vagina. Push it in as far as it will go, up to your cervix.



Step 6

Make sure that the bigger ring at the open end of the condom covers the area around the vaginal opening. The penis must go into the condom and not next to it.



Step 7

After sex, twist the open end of the condom to close it, pull it out of you and throw it away in a rubbish bin. Don't use it again.



The Lazy Makoti

She calls herself 'The Lazy Makoti'. But she used a great idea to get her own business going.

No-one wants to be called a lazy makoti. Except one remarkable young woman, Mogau Sheshoene. Mogau set herself up last year as a cooking teacher for brides who can't cook. This clever 26-year old also spotted another business opportunity. She produces her own line of cooking equipment like wooden spoons, and chopping boards.

Beginnings

Mogau had the idea for her business when she was asked to help a close friend who was going to attend a kotisa. "My friend was panicking because she couldn't cook, and she knew that her husband and his family would expect her to turn out a nice meal. So I went to her house and showed her how to make a few tasty dishes. I did the same thing for her cousin, and then word spread. Suddenly I was getting lots of requests. I realised that there's a gap in the market for this," she says. Mogau has now shown more than 50 young women how to cook.

"Westernised or not, it's expected in African culture that you can cook. In other words, you don't want your mother-in-law to call you a lazy makoti! But my label is not meant seriously," laughs Mogau. It's a clever business name though because it stands out, and so has helped Mogau to build her brand.



Mother

Mogau has been training for this work her whole life. She was the daughter of a pastor in Makwere, Polokwane. She says this meant her mother had to cater a lot. "There was always someone to cook for in my house. My sisters and I learned to cook from my mom, and I've always loved it," she says.

"My friend was panicking because she couldn't cook"

Early plans

But when Mogau matriculated her plan was to become a fashion buyer. She enrolled for a four-year Consumer Science (retail management) degree at the University of Pretoria, graduating in 2011. She then went to work at big accountancy firm, KPMG as an accounting and stats intern. But two years later she left to follow her dream. "The truth is I didn't like the corporate world at all, so I figured, why not do what I know and love," she says.

Building the business

Mogau started with a Facebook page with simple recipes. "Then I got a branded, red apron made by a lady I know in Mamelodi," she says. As interest grew, Mogau decided to get some kitchen utensils made, including wooden spoons and salad servers. "My clients liked my stuff and started asking where they could buy it. So I had more made. I designed all the products myself, inspired by my searches on the internet. A guy from Mamelodi, who makes beautiful things from wood, made them," she says.

Mogau starts by giving her clients a choice of cooking classes. For example, Class 2 is 'cooking with herbs and spices'; Class 7 is 'traditional mzansi' (pap, chakalaka and steamed bread). One week before the class she tells her client which ingredients to buy for the recipes they've chosen. Then she drives over to their house to give them a class. "I drive all over Pretoria and Johannesburg, and the class takes about two-and-a-half hours," she says.

"Thank God for social media!"

Mogau describes her typical client as a young black woman in her 20's or 30's – "well educated, beautifully groomed, with a great career like accounting or engineering. But she hasn't been taught to cook because maybe she grew up with a helper, or her mom was also a career woman."



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Marketing

Social media takes care of Mogau's marketing. She has a Facebook page, a website, a Twitter handle and an Instagram account. "Thank God for social media. It's the pictures of my food that really inspire women to try my service. That's how my brand has taken off. I get requests and calls every day now."

Between classes, Mogau arranges the occasional pop-up shop in a Pretoria venue to sell her products. She is also now looking to open a small shop in the Maboneng precinct in Joburg, and to back it up with an online shop.

Like all successful business women, Mogau's vision is big. "I want to become a national brand, like my hero Jamie Oliver. Why not?"



Mogau's tips for getting a business going

- Find your passion, that thing that you do gladly and easily. Find a way to make money from it.
- Ask for help.
- Find a mentor or someone who has done something that you are trying to achieve, and get guidance. This will help you avoid silly mistakes and you will get where you want to go faster.
- Treat your personal brand with respect.
- Remember how powerful the internet and social media are. Be careful of what you put there. As the saying goes, "the internet never forgets".
- It's okay to have opinions, but you don't always have to voice them. Whatever you put on social media may follow you... forever.
- There are no shortcuts! Be prepared to work long and hard, especially as a business woman. That's why it is so important to do what you love.

★ Club activity

- Can your Club come up with a good idea for starting a small business?
- How can you use social media to promote and market your business?

Sisonke Mom

Pregnant?
momconnect
is here to help!

You'll get weekly messages to help with your pregnancy, and answers to all your questions. Join our community - it's completely free and we're here to support you.

It is my dream to register all pregnant women in the country - and help you have the healthiest possible pregnancy.
MINISTER OF HEALTH
AARON MOTSOALEDI



momconnect

health
Department of Health
REPUBLIC OF SOUTH AFRICA



Thuthuzela care centres

Gauteng Province

Mamelodi TCC at Mamelodi Hospital	012-801 2717
Sinakekelwe TCC at Natalspruit Hospital	011-909 1002/3/6/9
Nthabiseng TCC at Chris Hani Baragwanath Hospital, Diepkloof, Soweto	011-933 1229/3346
Kopanong TCC at Kopanong Hospital, Duncanville Vereeniging	016-428 5959
Masakhane TCC at Tembisa Hospital Corner, Olifantsfontein	011-923 2106
Laudium TCC at Laudium Community Health Centre	

Eastern Cape

Libode TCC Ms Nomonde at St Barnabas Hospital, Umtata	047-568 6274
Mdantsane TCC at Cecilia Makiwane Hospital, East London	043-761 2023
Bizana TCC at St Patricks Hospital	(not fully operational)
Lusikisiki TCC at St Elizabeth Hospital	(not fully operational)
Butterworth TCC	(not fully operational)
Mthatha TCC at Nelson Mandela Hospital	(not fully operational)
Port Elizabeth TCC at Dora Nginza Hospital	

North West Province

Mafikeng TCC at Mafikeng Provincial Hospital	018-383 7000
Rustenburg TCC at Job Shimankane Hospital	
Taung TCC	
Klerksdorp TCC	(being established)
Potchefstroom TCC	(being established)

KwaZulu-Natal

Umlazi TCC at Prince Mshiyeni-Hospital	031-907 8496
Phoenix TCC at Mahatma Ghandi Hospital	031-502 2338
Edendale TCC	(not fully operational)
Stanger TCC	(not fully operational)
Port Shepstone TCC	(not fully operational)

Free State

Tshepong TCC at National District Hospital, Bloemfontein	051-448 5028
Welkom TCC at Bongani Hospital	
Sasolburg TCC at Mesimaholo	(being established)
Bethlehem TCC	(being established)

Mpumalanga

KaNyemazane TCC at Themba Hospital, KaNyemazane	013-796 9412
Ermelo TCC	(not fully operational)
Tonga TCC	(not fully operational)
Evander TCC	(being established)
Witbank TCC	(being established)



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