

# THE FEATURE

AUGUST 2022

MAGAZINE

#  
HYPER  
INDEPENDENCE

WOMEN WHO  
SHAPED SOUTH  
AFRICA

YOLANDA  
KAVETUNA

*Featuring:*  
TSHILO  
KHANGALEE

Andisa  
Liba

OUR BODY,  
OUR CHOICE  
OUR RIGHT

DEVELOPER OF HUMAN POTENTIAL

Celebrating women's month | Celebrating women

# MEET OUR CREATIVES



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04

EDITOR'S NOTE

06

ANDISA LIBA  
DEVELOPER OF  
HUMAN POTENTIAL

15

HYPER INDEPENDENCE  
BY MISIWE XOLO

16

OUR BODY, OUR  
CHOICE, OUR RULES  
AMERICAN AND  
SOUTH AFRICAN  
CONTEXT

19

TSHILILO KHANGALE  
ON HER JOURNEY TO  
BECOMING A FEMALE  
LIVESTOCK FARMER IN A  
MALE DOMINATED  
INDUSTRY

20

WOMEN WHO SHAPED  
SOUTH AFRICA  
THEIR STORIES AND  
IMPACT FOR THE  
MODERN-DAY WOMAN

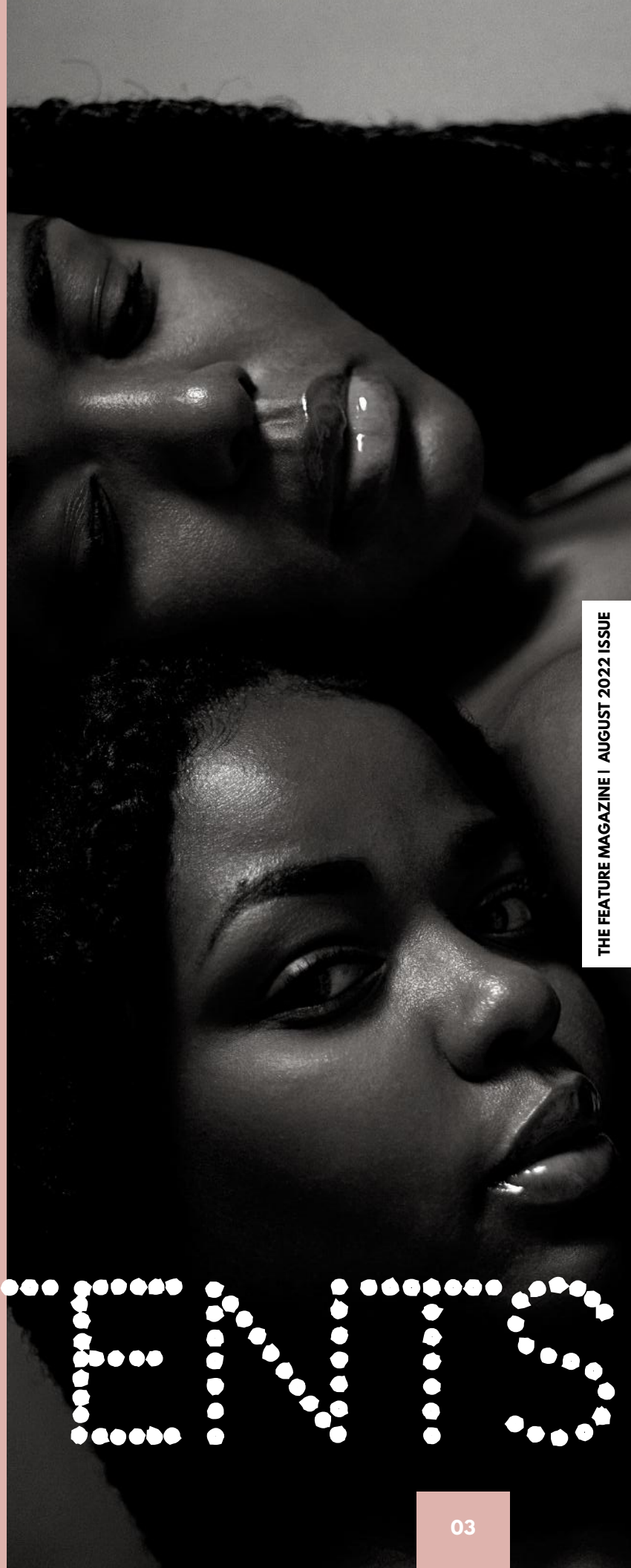
28

YOLANDA KAVETUNA  
THE POWER OF SELF-  
DISCIPLINE AND HAVING  
A GROWTH MINDSET

29

FOOD 'O CLOCK  
MEATY BONES WITH  
CABBAGE

CONTENTS



THE FEATURE MAGAZINE | AUGUST 2022 ISSUE



## EDITORS NOTES

As we culminate the chilly season; when the air is getting more serene, and the sun less gloomy, I can't help the excitement of finally having warmer days. I am looking forward to the evening sunset and no longer having to deal with an opaque fog every morning.

I write this with so much joy because the decision I took a year ago to publish a fully digital women's magazine, on this very month, has yielded many fruitful results. I take pride having seen the impact that the magazine has had and continues to have on our audience. In this women's month issue, I have the privilege of exploring some thought-provoking topics - some of which have made international headlines - and a few more subjects that are relative and inevitable to our human experience. To top this off, we have the wonderful pleasure to share the journey of this issue's cover star, Andisa Liba, who is a Developer of Human Potential. Andisa is currently basking in the success of consciously supporting and elevating leaders in their growth journeys, and we cannot wait to share some of her valuable trinkets with you.

Above and beyond, this issue celebrates women's month, and in doing so, we will also recognise the stalwarts who carried the country on their shoulders by destabilising and disrupting the apartheid system. As we ponder on the role women have played to enable human rights in South Africa, we will also think very deeply about GBV in the country. Finally, we will round up with a thought provoking piece about Roe vs Wade and what regulation on women's body autonomy in the US has to do with us in South Africa.

This month, with sadness, I am also bidding farewell to our Deputy Editor, Johanna Molokomme, who played a key role in keeping the magazine going throughout my seasons of self-doubt. As a fellow mbokodo, she constantly reminded me to persist and to not lose hope in my dream. For this, I am eternally grateful. While I am sad to lose her, I wish her well for her future endeavours and hope for all her dreams to come true.

On the upside, I welcome Sibongile Khumalo who will be our stand-in Deputy Editor for the next couple of months. Sibongile is a former Feature cover girl and a intellectual in her own right. She is an experienced communications specialist and media professional. I can't wait to walk this new journey with her as we take the magazine to the next level.

**Happy Reading!**  
FROM ALL OF US AT  
THE FEATURE.

C E L E B R A T I N G

W O M E N S

*Month*



**TheFeature.**

# Andisa Liba

## DEVELOPER OF HUMAN POTENTIAL

There are many women leaders who have endured gender inequality and thrived through patriarchal oppression on their way to the top. Today, some of these women occupy senior roles in big conglomerates, others earn millions, and others run huge corporations. This month, we spoke to one such woman; Andisa Liba- a strong, empowered, and empowering woman who has demonstrated, without doubt, that there is no limit to what women can achieve.

Oprah Winfrey once said, "women of South Africa are some of the most powerful people on earth." Andisa Liba, who is a Developer of Human Potential, currently occupying the role of a Chief People Officer at Floatpays, is one of the women Oprah has spoken about. At Floatpays, Andisa focuses on supporting leaders in their journey to defining financial wellness and creating strategies for inclusion for employees. Apart from her role at Floatpays, Andisa is also a mother to two wonderful boys who enrich her life and is currently serving on a few advisory boards that elevate the human capital agenda that she carries with her.



WHEN I'M CHALLENGED I.....

---

"I'm out of my comfort zone and afforded opportunities to exercise my creative license to explore the outskirts of normal."

---



We could go on and on about Andisa's professional accolades, but let's try to get to know her beyond her role as Chief People Officer at Floatpays.

**Please share who you are and what you are passionate about, with us.**

I'm a mum to two wonderful boys who enrich my life in the most profound way and continue to give me a greater sense of purpose as I continue in my process of becoming.

A few years ago, I co-founded Women's Tech Connection which is a development program designed for women in ICT. Women in this program are to be mentored and gain access to content repositories so that they can further their education, and more importantly, get coaching as they progress to technical roles in the very male dominated industry of systems engineering.

I'm privileged to be able to direct my professional skills and expertise to work that I am passionate about that fully aligns with my values and personal convictions. It is a joy and adds such levity to my life.

**Can you tell us about your early life, upbringing, life philosophies and value systems?**

Yes, sure. I was raised by my beloved mum, Monica, who has since passed on and continues her journey in another dimension. My mum was an incredibly kind and righteous woman, who instilled in me and my siblings the values of hard work and dedication to one's purpose. She encouraged us to have the courage to dream big. One of her favorite things to say was "the dream must always be bigger than any reality you can comprehend" and I loved this about her. From an early age I was taught the principle of mindfulness and the power of my thoughts.

I learned at an early age that our thoughts create our emotions, and once we learn to navigate our thought patterns, we can cultivate emotions that will honour our highest good.

I, therefore, hold dear the value of courage; the courage to speak up for what is right. This, at times, means going against the grain and making unpopular decisions that disrupt society and the status quo. On this road, I've learned that it takes courage to live outside of society's expectations, and someday, my story might become someone else's survival guide.

As I developed and became a mother to two young children, I have encouraged my boys to be curious. I encourage them to be curious about the world, to question everything, and to always be learners at heart. One of the things I've taught them, and perhaps it is my philosophy, has been that "To be yourself is the most important piece of advice you'll ever get to follow". I now get to see them morphing into these beautiful beings and embracing their ever-evolving characters and personalities, and it brings me so much joy.







MY GREATEST FEAR IS.....

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‘The key to being happy is losing fear. What you resist you subconsciously manifest. I try not to consciously give my fears life. Resistance is revealing.’

---

**What was the motivating factor that got you into your field of study and subsequent career?**

Growing up in a town where we didn't always see a variety of career options, and perhaps didn't always echo my own dreams and ambitions, is what really propelled me to be curious about alternative career paths that I could explore.

I've always been curious about human beings, the choices that we make, the way we choose to show up in the world and how we can shift that. I've always been intrigued by how I could grow myself into the opportunities that I wanted. In my earlier years I studied journalism because of my passion for writing and research which I was relatively good at.

That evolved over time into the heart of the humanities space where I wanted to explore my interests in people, cultures, societies and how we construct our beingness as people. How this evolved in the workspace was the natural progression into the human capital space.

**Would you say that you have attained what you aspired for 10 years ago?**

My outlook on life shifted once I decided to work towards a dream lifestyle and not a dream career pathway, per se. Being the "Head of Marketing" or a Creative Director doesn't motivate me as much anymore. I'd rather ensure that whatever role I am in, feeds my dream lifestyle.

Perhaps looking in the rear-view mirror, I would say that my achievement has been that I have stayed true to who I am. I have not been afraid to take the road less traveled, I have leaned into my career and life curiosities with great zeal and learned a great deal about myself in the process.

**What have been some of the most difficult obstacles you had to endure along the way and what was your resolve?**

There have been so many challenges along my journey and process of becoming. One thing that sticks out though, is that there is nothing more difficult than letting go of something that you feel is good for all edges of your soul, but for which you have completed your purpose. To this, my resolve has always been to accept that God has a bigger and better plan for me.

Another key resolve has been staying anchored in the positive thoughts that the sun will set and rise again, regardless of how I feel. Accepting that I must stay focused with my head up and continue to give and work towards my purpose has always steadied me through very difficult times





THE MOST COURAGEOUS THING  
I'VE EVER DONE .....

---

Leaving traditional corporate to pursue a dream and a passion close to my heart in the work that I do now. With this decision, a fear of losing the elite status of a career in corporate was prevalent. However, even with that knowledge, I acutely understood the path I chose to go down, and it has been so enriching to me.

---

**What do you love about what you do, and what do you hope to continuously achieve out of it?**

The pleasure of connecting with people and gaining access and opportunity to walk with individuals towards their career milestones, is probably the thing I enjoy the most about the work that I do. My hope has always been to have enough depth and latitude to continue to give to others, and leverage that for my own personal growth as a person. To be given a seat at the table in people's personal growth and development is a very sacred responsibility that I hold in great regard, and do not take for granted



**How do you keep yourself motivated throughout the ever-changing seasons of life?**

Two of the most important values in life are gratitude and intention. Gratitude is the floor; You can't have more until you accept what you have currently. Intention is purpose. Purpose is the fuel to the fire.

**What advice would you give to others feeling hopeless today who don't have the means to achieve their own goals?**

I would advise to find what resonates with them first, and clearly define it; be it in their personal lives or career paths. It's so important to be able to define what naturally speaks to you as a person. Once you find this north star it becomes palatable to do the work and thrive.

It's also important to be open to different alternatives and routes that could get you there and be bold in seeking this truth, even in the most arbitrary spaces. I've learned over the years that there are greater treasures in the creeks of the unknown.

**Any projects you are working on or involved in that you would like us to highlight?**

I'm a co-founder of Women's Tech Connection, an ICT non-profit organization that is a holistic development program geared towards proving technical skills and personal development for women in ICT, who are aspiring to be Cisco certified engineers. In our three-year history, the program has produced two Cisco Certified Internetwork Expert (CCIE) engineers. This certification distinguishes the top echelon of internetworking experts to assess expert-level infrastructure network design skills worldwide.

IF I COULD GO BACK IN TIME, I  
WOULD ....

---

I would travel more  
and immerse myself  
in new adventures that  
broaden my horizons.  
Traveling has always  
opened my eyes to the  
simple pleasures of  
life.

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# HYPER INDEPENDENCE

While desperately trying to fall asleep in the early hours of the morning, my fingers took to my mobile phone, as they often do, and aimlessly scrolled through social media. I then landed on Tik Tok and came across a video of a young black woman talking on the topic of hyper independence.

I was immediately intrigued because I had never heard the term before, but more than that, as I came to understand the term, I was intrigued because a Black woman, like myself, was talking about an issue that is largely considered taboo in the Black community. Hyper independence, by definition, is a term formed in the mental health space, referring to fierce independence as a possible trauma response. As this term landed in the mainstream, it became more associated with concepts like “workaholic”, “private”, and/or “overachiever”, which by and large have negative connotations when used to describe Black women.

As black women, we are culturally expected to be more open, dependant, and family oriented. If we are not any of these things, we are not good Black women. Black women therefore shy away from this quality of being, which then compromises many of our relationships, as we are trying to “people please” for acceptance.

For me, a lot of this changed during the Covid-19 Pandemic. During this mass traumatic period, many of us were forced into isolation, into our own homes, where we were at liberty to create boundaries, even while it was situational, because of the pandemic.

During this period we were forced to rely on ourselves for the comforts we would usually obtain from our social relationships, and in that period, we got to know ourselves, we got to understand our ‘yes’s’ and our ‘nos’, the boundaries we want to create, and the ones we are okay to have crossed.

For a lot of black women, this in a reality outside of a pandemic is not possible. During the covid-19 pandemic, many of us were able to achieve that and even build healthier relationships with the people in our lives.

The newly learned ability to expressly say yes and no, also allowed many of us the opportunity to delegate. Very often, as women, we are expected to carry the brunt of responsibility, whether it be at work or in our extended families. During the pandemic, because we were physically disallowed to do everything we wanted, we had to shed some of our responsibilities, which taught us and the people in our lives that we do not have to do everything by ourselves.

While I am clear that the Covid-19 pandemic was a very traumatic event, I am also able to see the slither of silver lining. Working through my hyper-independence and understanding it, was one of the positive things I have gained through Covid-19. This was and is important for me and the relationships with my loved ones.

# BODY RIGHT HIT CHOICE

THE FEATURE MAGAZINE | AUGUST 2022 ISSUE





# OUR BODIES OUR CHOICE OUR RIGHTS

## AMERICAN CONTEXT

On the 24th of June, Roe Vs. Wade - a momentous milestone in the fight for female reproductive autonomy- was overturned by the United States Constitutional Court. This, without question will effectively have a ripple effect on abortion rights all over the world.

The overturn of Roe vs. Wade greatly damaged the work done by Norma McCorvey to make abortion a codified right in the U.S. Constitution, and therefore, more readily accessible to everyone within the borders of United States. In 1975, the right to abortion was awarded due to the recognition that it was both a basic human right and protected by the right to privacy. This overturn has not only caused great strife in North America by deepening a divisive war between pro-choice and pro-life, but the attachment of a prison sentence of up to 15 years has criminalised a basic human right i.e. the right to privacy.

While Abortion has not been completely criminalised, in certain states (provinces) the only legal and acceptable reason for the termination of a pregnancy is a threat to the mother's life. In these states, what is currently, categorically, recognised as a threat is an ectopic pregnancy; a type of pregnancy where the fertilized egg becomes trapped in the fallopian tube and continues to grow at the risk of the birthing person.

It doesn't end there. In certain states, abortion is allowed if there is proven evidence of incest or rape. This presents an additional difficulty simply because it is a known reality that it is incredibly difficult for women and girls to prove sexual assault in the eyes of the state. On top of that, due to the stigma attached to sexual assault, a high number of women and girls choose not to report their sexual assault. The judgement further seeks to penalise birth giving persons for miscarriages if these persons are unable to prove that the miscarriage was unavoidable or unintentional.

The Universal Declaration of Human Rights states that access to safe abortion is not only needed but should be respected as a basic human right throughout the world. Due to this, many persons and activist groups around the world have expressed outrage on the overturn of Roe vs. Wade, and in the case of South Africa, many people still wonder what this means for the country.



# SOUTH AFRICAN CONTEXT

While I believe that there is little chance that Roe vs. Wade will be a wave that spreads to the borders of this country, I think there is a shared and well-reasoned feeling that this is the start of a global change. That said, I think that it is important for South Africans to understand the parallels of the Abortion rights evolution with that of North America.

In South Africa, during the Apartheid era, abortion was strictly regulated through the 1975 Abortion and Sterilisation act. This act stated that "abortion would only be allowed through expressed permission from a physician and in some cases a magistrate under three conditions; a threat to the mother's life, if the child would be born with life-threatening defects, or proven sexual abuse.

After the democratisation of South Africa, this act was dissolved in favour of the Choice on Termination Act which is a law that still sits today. Due to our incredibly robust constitution, it seems unlikely that South Africa will choose to revise or overturn this act. More than that, South Africa is also faced with other issues that will always underline the need for the right to abortion.

In South Africa, Gender-based violence sits at an alarming rate, particularly in cases of sexual assault on women. At just the beginning of this year, the number of reported cases of sexual assault was 11,000. There is evidently an alarmingly larger number due to the fact that most victims of sexual assault do not report the crimes against them because of fear of further victimization, especially in cases of familial sexual exploitation. Many of these survivors are impregnated by their attackers and are faced with the difficult decision to keep or to terminate their pregnancies. The choice to keep the pregnancy or terminate the pregnancy is then based on individual beliefs, affordability, and health resources and accesses. At the heart of these factors is the personal negotiation of human dignity, which is and should be fundamental to one's human right.

Another key consideration for retaining the right to safe abortions in South Africa is the rate of teenage pregnancy in the country. This forms part of a larger form of abuse that is not spoken about in the country, and that is the prey of older men on little teenage girls. The girls in our country are vulnerable to the older men who prey on their need for safety; emotional and financial, for sexual pleasure. In most cases, our girls are then left pregnant with no security; financial and familial as they are disgraced or turned away by their own families. These young girls are then faced with the difficult decision to keep or terminate their pregnancy which is an important choice for them to be able to have.

In a country like South Africa there are many key considerations to retain the right for legal and safe abortions. We are a country that is still catching up in terms of infrastructure, particularly health infrastructure, and for this reason it is important to maintain access to legal and safe abortions. That being said, it becomes paramount to recognise that denying access to the infrastructure for abortion, would not make the need for abortion disappear, nor would it the termination of pregnancies. People will still have abortions, and due to varying social and economic issues, there is a blatant need to retain the right for women and girls to terminate their pregnancies, should they choose to do so.

Women across the world have been standing up for the injustices against women regardless of their location. In South Africa, women and allies should form deeper understanding of how abortion rights impact our right to choose. Whether we are pro-life or pro-choice, at the centre of this is our right to bodily autonomy, and overarchingly, our human rights, which are under attack.

\*The Feature Magazine always embrace the right of body choice and stand by those who choose the right to have an abortion for it is their choice, right, and body.

OUR BODY  
OUR CHOICE  
OUR RIGHTS

OUR BODY  
OUR CHOICE  
OUR RIGHTS



## YOLANDA KAVETUNA: ON HER JOURNEY TO BECOMING A FEMALE LIVESTOCK FARMER IN A MALE DOMINATED INDUSTRY

Getting into farming as a female in a male dominated industry is not an easy task. From the worries that come with financing your dream to the day-to-day responsibilities that could leave you exhausted, there is enough to be at unease about. Yolanda Kavetuna is a (33) years geologist and now a successful farmer born and raised in Namibia, a country known for being one of South Africa's main livestock suppliers for years. Yolanda has become one of the most remarkable young farmers in the farming industry, creating her mark as a young farmer striving to change the status quo.

Yolanda found her passion through watching her parents and grandparents. She grew up in the world of farming and is now continuing to grow her family's legacy. Although Yolanda grew up with farmers, she had to start from the bottom to fund her passion. Yolanda began farming on a communal land with her parents, but quickly moved on to seek her own land to farm because of creative differences. She then leased some land from a friend and her experience in the industry helped her raise a satisfactory income which yielded positive results over the years.

Yolanda spoke to us about the growth that comes with the experiences and challenges that she got acquainted with in farming. While finding ways to grow her farm, Yolanda saw a need for more people to go into farming and has since used her social platforms to reach out and educate potential farmers and existing farmers who are struggling with managing their farms, their life-stock and finances.

"The growth that comes with farming has made me to love the work that I do. If you do it right the potential to really grow, not only in terms of your herd size, but also to grow in terms of your personality and your character will improve. You will become more tolerant especially to things that you did not think you could tolerate. How you pinch through the journey as well as the experience helps you to develop a thick skin."

She admits that one of the biggest challenges she has faced in her career is not knowing what she was doing, and highlights the importance of finding the right mentors. She added that that finding a supportive partner has helped her, as it can be challenging to find a man who is not intimidated by your role or by your success. She believes that making mistakes and learning from them is one of the attributes to her growth and success, as much as the knowledge gained through trial and error.

In conversation with Yolanda, she also referenced the importance of determination and consistency, citing them as one of the biggest contributors to juggling the running of a farm, being a life partner and a full-time employee. According to the young farmer, although she can find a balance, maintaining friendships is not easy because it contains a lot of work, but finding a supportive group of people has helped her greatly.

## WOMEN WHO SHAPED SOUTH AFRICA

# Their Stories and Impact for the Modern-Day Woman

South Africa has a rich history of overcoming adversity and rising from the ashes to build anew. Yet, behind every story sits a woman who, like an architect, worked to design our story and contribute to its build for generations to come.

In honour of Women's Month, there won't just be a look at what these people have done, but more importantly, who they are. This month, we will be looking at women who are mothers; women who gave birth to a world where women have the right and the will to fight for centre stage and own the table, in a world that still seeks to force them to the backseat. The women in question honed legacies that shaped discourse that created room for girl children to aspire and know that they are seen and heard.



*Lilian Masediba Ngoyi* -  
MOTHER OF THE BLACK RESISTANCE

Regarded by many in contemporary circles as the “Mother” of the Black Resistance, Lilian Ngoyi fought to topple the yoke of the Apartheid regime through her actions alone. She, along with others, asked questions about the validity of the repressive pass law system and sought change through their protest. Her accomplishments don’t just end there. Lilian Ngoyi went on to pioneer the ANC Women’s League for female representation in the political field and became the first Woman Elect to the ANC Executive Committee. Her political work continued with her time as president of the Federation of South African Women.



*Albertina Nontsikelelo Sisulu* -  
MOTHER OF THE NATION

Albertina Sisulu, affectionately known as Ma'Sisulu, was not only the wife of Walter Sisulu (and she deserves recognition for her presence). Prompted by the unjust treatment of Africans at the hospital where she served her time as a nurse, the need to change the world was ingrained in her unbreakable spirit. She took active strides to dismantle the pass law system with likeminded people, yet her story didn't just end there.

Ma' Sisulu served a prison sentence for her work in the struggle for liberation, for much of it, she spent in solitary confinement. After this, she faced constant surveillance by the Apartheid police, but the state of adverse conditions she was in did not deter her. She still managed to pass on vital information that allowed the regime to be dismantled. Her voice was so strong that she was banned from public gatherings for 18 years. This did nothing to simmer a voice that has gone on to inspire generations of women who seek change.



*Zenzile Miriam Makeba -*  
MAMA AFRICA

Miriam Makeba weaved stories and sonnets about the plight of the African experience through her distinct music. Her empowering musical career also became woven with the battle for human rights. She bravely spoke up against the racial injustice in South Africa at the United Nations at a time when silence was mandated, particularly for women. She was exiled for 31 years in Guinea for her actions.

This didn't deter her meteoric rise to fame with her 1965 album "An Evening" with Belafonte/Makeba. Makeba won a Grammy Award, which earned her the title of the first black woman from the African continent to win a Grammy.



*Nomzamo Winifred Zanyiwe  
Madikizela-Mandela*  
MAM' WINNIE

If someone thinks of revolutionaries who fought for the liberation of this country, Winnie Madikizela-Mandela is one of the women that rightfully comes to mind. Winnie Mandela became one of the voices that spoke out against the painful environment that was brought by the apartheid regime. She became the face of the movement when her husband – Nelson Mandela - was imprisoned in Robben Island. She was detained on various occasion by the apartheid police, subjected to solitary confinement, tortured and banished to suppress her power, but this couldn't break the stalwart that mama Winnie was.



These are only some of the powerful women upon whose shoulders our nation rests. Their stories of resilience are a challenge to every South African, to reflect on how far we have come as a nation, and an opportunity to look into how far we still have to go to achieve the South Africa wherein we all want to live.

This Women's month, we call on women to make it their responsibility to confront the societal challenges that young women and children are faced with. Like the legendary women that we have reflected on in this article, we too need to stand in solidarity and fight our own struggles i.e. the Gender-Based Violence pandemic in South Africa. Let us make it our responsibility to protect children who fall victim to any kind of trafficking. If we take a strong stance to confront these challenges like the women who have led before us, we will achieve a progressive and a prosperous society.

Have a happy Women's  
Month!



It is only when all black groups join hands and speak with one voice that we shall be a bargaining force which will decide its own destiny

**-WINNIE MADIKIZELA – MANDELA**



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**PRUDENT**

# TSHILO KHANGALE:

## THE POWER OF SELF-DISCIPLINE AND HAVING A GROWTH MINDSET

Have you ever noticed how some people tend to shine and achieve everything they want, and others who cannot even manage a twinkle of progress even though they are talented? Could it be their mindset that impacts their success or failure? Well, according to professional boxer and activist Muhammad Ali, "if your mind can conceive it, and your heart can believe it, then you can achieve it." This is the mindset you need to achieve the success you desire.

We spoke to Tshililo Khangale who hails from Thohoyandou in Limpopo about the power of self-discipline and having a growth mindset. The 44-year-old Tshililo reflects on how she exercised a growth mindset by using her talents and skills to diversify her income. Today, Tshililo is juggling her full-time job as a Tax Specialist, working for one of the major banks in South Africa, with her bakery business. As it is with most women, Tshililo has a daily duty to also be a mother and a wife, apart from her 9-to-5 job and running her small business. This is no small task, and not everyone is cut out to having so many responsibilities in one life. However, she did not see baking as a huge responsibility that it is now. It was something she does for leisure on her spare time.

"This was just a hobby that I enjoyed through exploring with food. I never thought of starting a baking business, I love cooking and baking and whenever I had guests, I would just bake a cake as a dessert. It all started when my guests as well as those around me ask that I bake cakes for their events and that's how I began my business" said Tshililo, when asked how she got started.

Tshililo is a self-taught baker who learnt most of the skills she needed to grow her business through an online video sharing and streaming platform, YouTube. "At that point, I did not even know how to bake a cake. I would bake a basic cake for free and more people started coming and the demand for my cakes started to increase, that is when I began to charge people for the service."

bake a cake. I would bake a basic cake for free and more people started coming and the demand for my cakes started to increase, that is when I began to charge people for the service."

Demand was skyrocketing and Tshililo had to up her game. She realised that aesthetics plays a huge role, and it is something that sells like hotcakes in the confectionery business, so she decided to learn how to decorate her cakes properly. "I learnt how to use fondant. I didn't even know what a fondant is when I started. I had to learn through YouTube, I didn't get any formal education, instead, I taught myself through social media."

She later became known for her gorgeous and unique cakes suitable for all types of events such as birthdays, weddings, and baby showers. During her interview with The Feature, she jokingly hinted the idea to start supplying funeral cakes in future after a potential client requested a cake for a funeral.

The baking business has unleashed talents that Tshililo didn't know she has. Through baking, she has learnt to become an influencer, a TikToker and a content creator, which exposes her to working with brands and showcasing their products. She says with all the responsibilities she has on her back; it is very important that she manages her time well. "I try to balance my private life, work and business by planning properly. As a content creator, I do a lot of editing during my spare time and between activities that don't require my full attention like watching TV, that's when I find time to sit and edit."

Tshililo has catered for events of prominent TV stars and business people. Having this type of recognition, goes to show that the mind has a way of attracting things that are in harmony with it. Hard work and determination have everything to do with having the right mindset, and for Tshililo it was learning what it takes to create her success.

**FOOD O'CLOCK:**  
MEATY BONES  
WITH CABBAGE

*Kgopotso Boshomane*

# Ingredients

1 tsp of paprika  
2 tbps of olive oil  
1 tsp of dry thyme  
1 tbsp of bbq spice  
2 cups of hot water  
1 cube of beef stock  
1 tbsp of Worcestershire sauce  
1 tsp of chicken spice  
1 tsp of curry powder  
1 tsp of crushed garlic  
1 large chopped onion  
Salt and pepper to state  
500-600g of meaty bones  
1 an half cup of chopped cabbage

# Instructions

- Over high heat add olive oil in a saucepan
- Add meaty bones and bbq spice
- Fry each side of the meat for about 2 minutes or until the meat is golden brown
- Remove the meat from the pan
- In the same pan add chopped onion over medium heat saute
- Add the paprika, chicken spice, curry powder, dry thyme, crushed garlic , beef stock ,Worcestershire and mix well
- Add the browned meaty bones back in the pan and cook well until everything is well incorporated
- Add the hot water and cook for 1 and 45min on low heat
- After 1hr 45min add cabbage and salt and pepper and cook for further more 30-40min on low heat

Best served with

Pap. Samp. And steamed bread

*Enjoy!*

