

AUTHOR - MIRIAM DUBE

THE FEATURE

AUGUST 2021

BLOG MAGAZINE

HAPPY WOMEN'S MONTH

The year of Charlotte Maxeke:
Realising Women's Rights

LETLHOGONOLO MODISE FOUNDATION

TEEN PREGNANCY

Supporting Girl's Rights

THE
FEATURE
TURNS
ONE

Turn to page 18 for
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All things

ANGEL POOE

ACTRESS . THE SPAN . PHILANTHROPIST



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Editor's note

Dear Readers

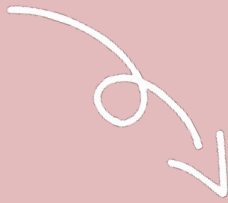


Welcome to the August issue, in which we are celebrating women's month. Although the world may seem overwhelming at the crisis that we are in, we would like to keep that wave of inspiration going. We are celebrating the remarkable work of women who in the midst of pandemic continue to change their lives and that of South Africans. Our cover star this month is thespian and philanthropist Angel Pooe. She gives us a glimpse into her world, talks onscreen acting and theatre and explains just what made her journey so successful. In honour of mme Charlotte Maxeke, we are looking at the impact of the pandemic in how it is compromising the rights of millions of women who will continue with the struggle of poverty, abuse and homelessness during and post pandemic. In the wellness pages, we tackle mental health, and more importantly, how to deal with it.

We have also covered teenage pregnancy, and in the article, we have spoken about how pregnant teens can be given support in their homes and their communities. And as always, we love philanthropy work, so we always feature a non-profit organisation, this time the NPO is featured in our wellness pages. I hope you enjoy the read.

Miriam Dube
EDITOR IN CHIEF

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ANGEL POOE

From poetry and dancing to being an amazing actress on South African screens. Angel Pooe is one of the South African thespians who on different productions has given South African audience some mind boggling performances. We have dugged deep into who Angel Pooe is and her accomplishments thus far, and finding out how she has gotten to where she is in her career.

Angel is not afraid to admit that she draws her inspiration, courage and consistency from God. "He is the centre of my life, I draw strength from understanding that my talent is link to my life's purpose". Angel's journey is really a testament that indeed the timing of God often

defies one's thinking. She has been a mainstay on both the small and big screens for well over 15 years, acquiring a number of TV gigs as an actress and presenter, joining South Africa's most loved shows such as Muvhango and The Queen among others. With how things are going for Angel Pooe, it is safe to say she is in the peak of her career. Pooe held numerous temporary jobs during her time in theatre, including playing a lead character in a theatre drama called Intuition which played at Mmabana Mmabatho, Market Theatre, State Theatre, and Grahamstown Arts Festival. Pooe has since honed her acting skill.

"He is the centre of my life, I draw strength from understanding that my talent is link to my life's purpose"



Joining "Ferguson Films" has helped Angel bag more TV gigs

It wouldn't be long before Angel would get her onscreen debut in 2019, playing Lerato on Mzansi Magic Telenovela "The River", working alongside industry heavyweights such as Sindi Dlathu and Hlomla Dandala. Having joined one of the biggest production house "Ferguson Films" has helped Pooe to bag other roles that she played just few months after her onscreen debut. Few months later, Angel joined Muvhango's cast, where she portrayed a character called Masseur. In 2020 alone, Angel secure three gigs, where she appeared on the same screen with the likes of Connie Ferguson on her role as Shaka Kloza's side chick on the popular telenovela "The Queen". She also appear on Rockville, Isiphindelelo, and Muse Media. As if that wasn't enough, Angel has also earned a gig as a sports reader in Vula Vala on Mzansi Magic. Angel's road to success wasn't as straight and smooth as it was with most celebrities in the industry who managed to get their first gigs at a young age, however it is a sweet success story by just looking at how far she has come. The TV star was born and bred in Rustenburg, Phokeng in the North-West province where she attended her primary and secondary school. Angel always had a passion for arts and theatre.



Although her parents wanted her to pursue a career in chemical engineering, Angel was unwilling to compromise her acting dreams. Upon matriculating, Angel has never looked back. She enrolled in theatre and Arts in Mmabana Arts Culture & Sports in Mahikeng, where she started doing what she always loved including doing poetry and dancing. Angel is now coagulating her presence in her community with her humanitarian projects with the hopes to lessen the burden of youth unemployment and the challenges of people living with disability. The award winning entrepreneur and actress uses her detergent and cleaning Service Company called Eana Cleaning wherein she is helping young people to start their own businesses. She has also founded a foundation called Wa Mo Aforika Foundation which focuses on women and Children and those living with Disabilities. In its Six months of existence the foundation cares for over 51 children from the rural areas. The foundation has provided resources to at least five Children living with disability to live better.

"No one can help everyone, but everyone can help someone"

Currently, Angel is depending on the money she is making out of her acting career and donation to sustain her projects. "Wa Mo Aforika Foundation and Eana Cleaning services and detergents supply do not have any sponsors nor funding, we are however open to have a seat down conversations with different companies and individuals to better assist and or contribute to helping young unemployed women and men to be able to start their business through Eana cleaning service or the foundation."

For every humanitarian who finds it difficult to get motivated to pursue their passion, consider this quote that Angel Poe live by: "No one can help everyone, but everyone can help someone".

Entrepreneur and philanthropist Nthabiseng Dube, shares three secrets to thrive in the business world with young entrepreneurs

Be obsessed with your craft

I think it's so easy for one to quickly lose interest and become unmotivated once things don't go accordingly. I really think you need to constantly remind yourself why you are doing this and always be open to finding new and different ways to reach that goal.

Believe in yourself

Also, as an entrepreneur, you'll definitely come across a few people who don't quite understand what you are on about and don't believe you will actually pull off your vision. It's really important to be mentally ready for such disappointing moments and not allow that to completely demotivate you. Business and entrepreneurship is about taking risks and really requires mental and emotional stability

Never expect hand-outs

Starting out is also never quite easy, especially when you're not financially secure. I think it's important to figure out a funding plan for your business and always be ready to get a "no". With that, it's also important to remember that people don't owe you their time, money or resources, including friends and family. You should always do your part as a business person and sell your product or services as best and professionally as you can. Others will support regardless but it's important to give people value for their money.



IN BUSINESS

Entrepreneur and philanthropist Nthabiseng Dube shares with us things she cannot live without



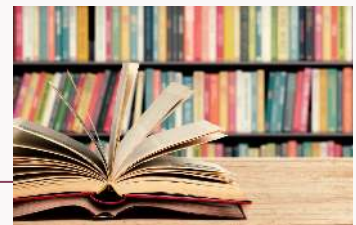
Morning Prayer
and exercise

My phone - my whole life
is on it. Work, school and
personal things



My notebook - not a day
goes by when I don't think
about something to
quickly scribble down and
attend to at a later stage.

Reading books and articles
on entrepreneurship,
growth and business



Waking up thinking about
how I can get my business
ahead



Happy Women's Month

The Year of Charlotte Mannya Maxeke: Realising Women's Rights

As you may have heard or read before on the impact of the pandemic and how it has extremely affected women and young girls, you may have not looked at the after effects of COVID-19 on the state of their wellness and wellbeing, economies, security and the other pandemics which they battle against; which is poverty and Gender-Based Violence. Although the role they are playing in terms of their resilience in combating the spread of the virus is commendable, the after effects of the traumatic experiences of the crisis have the potential to have long term effects on their mental health. More than anything, this pandemic will make them more vulnerable and more marginalised than they already are. While the COVID-19 pandemic has changed

the norms of society and how the world operates, its impact will deepen gender inequalities, which has the potential of overlapping to other elements of their identity and belonging. According to United Nations Women Organisation, the COVID-19 pandemic will push 96 million people in the world into extreme poverty by the end of 2021, 47 million of whom are women and girls. This will result in the total number of women and young girls living on USD 1.90 or less, of which in rands is equal to R27, 81 - to 435 million. Furthermore, an additional 10 million young women and girls will be forced to marry in the next 10 years due to the pandemic. This means that majority of women will still bear the brunt of dealing with the effects of covid-19 even decades after the crisis. In these contexts, more discussions

are needed around how the impact of this unprecedented crisis are damaging to women, especially young teenagers who are still navigating careers, and just life in general.

As the country commemorate National Women's month - a historic event which saw about 20 000 women march to the union buildings on the 9th of August 1956 against draconian pass laws, we also find it fitting that the day is observed under the theme: "The year of Charlotte Mannya Maxeke: Realising Women's Rights". The theme is very much aligned to the role women played in combating the spread of the virus, maintaining the survival of their family, economic subsistence, provision of food and shelter.

ADVANCING WOMEN POST PANDEMIC

This month allows us to not only realise the rights of women, but let us also applaud the sentiments echoed by former president of the Republic of Liberia H.E. Ellen Sirleaf Johnson during the African Union meeting held under the topic: Advancing Women leadership during and post COVID-19 pandemic, where she highlighted the critical role of women empowerment, reflecting on how the inclusion of women in leadership positions have enabled the dismantling of the silo mentality that hinders sustainable development on the African continent. President Sirleaf sang the praises of the resilience of women during the pandemic and called for the advancement of the gains and prioritization of women's rights during and post-pandemic. She said that: "The resilience of women will take us forward today and what we want is to see women leadership become a new normal, not exceptional".



It is very important that as a nation we realise women's rights and map out a plan on how as a society we will intensify and normalize the value women bring to the world and protect their rights. It is now important that women seize the opportunity to challenge and influence the system to advocate for women and provide prospects and equity for them. More and more organisation and institutions need to add their voice to the processes of empowering and affording women the opportunity to improve their condition and encourage progress.

Happy Women's Month

How do I register for the

COVID-19

Vaccination?



Supporting Government's Effort
To Combat the COVID-19
Pandemic and Vaccination
Rollout



To Register:

WhatsApp "Register" to 060 012 3456
or dial *134* 832* or click on the link
below

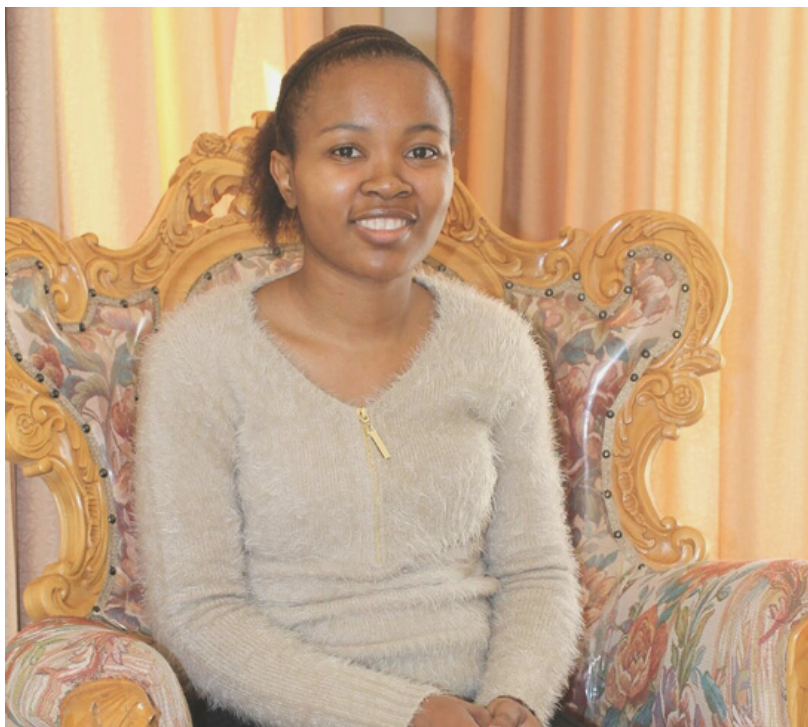
[Register for Vaccination](#)

Should you encounter difficulties during the registration process, contact the COVID-19 hotline 0800 029 999

get vaccinated



Supporting stroke survivors on their journey to recovery



We envisage gaining funding in order to create a centre that can afford underprivileged stroke survivors the opportunity to gain physical and wellness direction

Stroke is one of the most common health and medical conditions, affecting nearly 240 people and claiming 70 lives. According to the South African Stroke Society (SASS), these statistics makes stroke a leading cause of death and disability in the country. Because of its severity, timing is very important when someone is experiencing stroke symptoms. Acting quicker to get help can make a difference to better the chances of a patient making a full recovery. It is commonly known that stroke is associated with older people, but young people are also affected greatly by this condition, calling for more safety measure to be taken seriously. At only 17, Letlhogonolo Modise - owner and founder of Letlhogonolo Modise Foundation - suffered stroke due to an underlying abnormal blood vessels, which has made her susceptible to stroke at a very young age. Having had gone through a lonely journey during her recovery, like every patient, Letlhogonolo wished to have had a support group were survivors are given upkeep to aid their recovery. With almost a decade since

her stroke experience, Letlhogonolo started her foundation, a non-profit organisation committed to offer support to all the stroke survivors. Modise says she has learnt how young stroke survivors aren't made a priority in terms of what happens on their journey to recovery. The foundation supports eight stroke survivors, offering them various forms of support including counselling. The foundation creates a community where stroke survivors have an opportunity to share their daily experiences amongst themselves while they regain their independence.

Their mission is to educate people on wellness issues.

"We envisage gaining funding in order to create a centre that can afford underprivileged stroke survivors the opportunity to gain physical and wellness direction, regardless of their ability to afford to - by offering clients an encyclopaedia experience." Each and every year, the world commemorate

stroke awareness on World Stroke Awareness Week and World Stroke Awareness Day on 29 October. According to World Health Organisation (WHO), stroke incidence in low- and middle-income countries has more than doubled in the past four decades. This year's World Stroke Awareness Day is observed when the world is fighting a heavy battle of COVID-19, which has seen medical health practitioners under immense pressure. Stroke awareness day is aimed at raising awareness about the symptoms of stroke, and the importance of taking treatment for recovery.

It is now more than ever that we need pioneers like Letlhogonolo Modise, who in their capacity do humanitarian work to assist stroke survivors in navigating their way through life and attaining their independence.

Did you know?

Stroke can happen at any age

However, almost three-quarters of all strokes happen to elderly people, especially in people over 65 years of age. Factors such as: smoking and drinking, high blood pressure, high cholesterol, diabetes, and bad eating habits can increase your chances of having a stroke. Up to 80% of strokes may be prevented by living a healthy lifestyle.

Fact

- **Unborn babies can suffer stroke**
- **Infants can have stroke**
- **Toddlers can have stroke**

To Learn more about the organisation

Contact Lethogonolo Modise on:

 060 525 3470

 076 442 8098

 Imfoundation88@gmail.com

Lethogonolo Modise's Foundation
'We can't change history. But we can change the future'



NPO Ref No: 239 - 074



TEENAGE PREGNANCY

SUPPORTING GIRL'S RIGHTS

BY MIRIAM DUBE

Ever since the introduction of sex education in schools and at health facilities like local clinics, teenage pregnancy rates have been declining. Today's adolescents are more cognizant of the various types of birth controls and are able to engage on sex topics more openly than my generation did. According to 2019 study by Statistics of Children in South Africa the percentage of teenage mothers is not increasing. Additionally, data from department of health suggest that between 2004 and 2017 there has been a consistent decline in the share of teenagers aged 15 – 19 who attended antenatal clinics. This looks good on paper, however there is are still unbroken patterns of abuse of shaming and punishing pregnant adolescents in our communities that is damaging and degrading.

Words such as useless, ill-behaved and loose are still used in our communities to stigmatize teenage pregnancy and further isolate teens that are pregnant from their peers at school and from the rest of the community. Historically, in many communities, it was a common practice for teenagers to be rejected not only by society, but their families as well. Girls would be taken out of school before their pregnancy even start to show and send them away so that no one gets to know of the disgrace the young girl has brought to the family.

Teenage pregnancy was seen as a humiliation because culturally, it is immoral for a girl to get pregnant out of wedlock. This isolation has forced a lot of young girls into early unwanted marriages in which she lives with the boy or the boy's family instead of her own. This practice is still popular in the rural areas where culture is still observed. We have seen this with a popular reality TV show called "Isencane Lengane", which loosely translates to "this child is still young". The reality TV shows the patriarchal system that is still deep entrenched in rural communities, which has kept women in abusive marriages. Sadly, this ugly trend is now being passed on to a younger generations.

These are some of the things that slow down the progress of gender equality as summarized in United Nation's Sustainable Development Goal number five, where in rural communities it only remains a perception because young pregnant girls are made to believe that their dreams are over and as a results they are denied by their families to pursue educational

opportunities that are available. It is also evident that when two teenagers become parents, it is only a girl who is forced to leave school and stay home to care for the baby, while a boy child is thriving and advancing themselves further.

It is women's responsibility to step up and help to advance younger girls and give support without judgement. I know for a fact that some of these young girls do not become pregnant by choice, but rather due to circumstances that are beyond their control.

Some were raped by close relatives or strangers while others were driven by poverty out of their homes, reasons to their pregnancies vary and the least we can do is to help, because pregnancy comes with a kind of stress that is overwhelming and can have negative effects to one's mental and physical health. Shaming teenagers for being pregnant only add up the stress and therefore expose them to greater health risks.

While we shame and utter ugly words to teen mothers, let's all remember that they too, are children and the need for affection and acceptance are extremely important in their lives.

This way, the United Nation's SDG 5 will be more progressive than ever before. Here are a few suggestions to lend support in not only our homes but the South African community at large:

- Speak openly at home about teenage pregnancies and the preventative methods.
- As parents, take an interest in your child's love life and give them the freedom to openly speak about their relationships.
- The message must be emphasised in schools.
- Teach boys about their responsibility to protect the girl from early pregnancies.
- Make condoms and contraceptives accessible without judgement.



DEALING WITH MENTAL HEALTH

By Jacob Walker



It is not easy to live with a psychological illness. For one, the symptoms are often not physical, individuals could and tend to live with the sickness without even noticing it. But, once diagnosed, prescribed medicine and therapy go a long way in terms of coping and managing such illnesses. However, healing may come in waves – some days you are okay, and are able to deal with things, while on others, you are not so okay, and tend to overcompensate in order to feel adequate – sometimes even just... human.

Finding the correct coping mechanism requires energy and tolerance – from the person affected, as well as those around them; because it can affect how the person feels and reacts to everything.

If you are looking for new ways of managing or coping with psychological issues, or are hoping to add a couple more to your toolbox, here are four coping mechanisms as suggested by emotional well-being expert and mental health coach, Vanessa Seleka, that are worth testing.

Mental health is a personal journey, what works for others might not necessarily work for you and vice versa. The key factor in the journey is to search and find the technique that works best for you.

FOUR COPING MECHANISMS AS SUGGESTED BY EMOTIONAL WELL-BEING EXPERT AND MENTAL HEALTH COACH, VANESSA SELEKA

➔ Deep Breathing



Breathing is an irritating buzzword now, however that is on the grounds that the most ideal approach to quieten nervousness truly is to just breathe. While fighting her own nervousness, Vanessa used the “2 4 6” relaxing method:

- Inhale for 2 seconds
- Hold your breath for 4 seconds
- Exhale for 6 seconds

This delicate redundancy makes an impression on the cerebrum that all is well (or will be soon). In a little while, your heart will slow its pace and you will start to unwind – sometimes without even noticing it.

➔ Inverse-to-emotion thinking



Inverse to “emotional thinking” is exactly how it sounds: You act contrary to how you are feeling. Let us assume that you are feeling vexed and you have the desire to seclude, inverse to-emotion thinking advises you to go out and associate with people – the contrary activity to seclusion.

When you feel restless, battle that with something quieting like contemplation. When you feel hyper, do something that balances you out.

This strategy is most likely one of the hardest to place into play, however in the event that you can oversee it, the outcomes are unimaginable.

➔ Emotional Awareness



The longer you ignore your feelings, the longer and more difficult it will be to deal with the outcomes. Once we perceive how we feel, we easily handle things, or the causes a lot better. Thus, if you find yourself feeling restless, acknowledge it for several minutes, and then stop to think about how you are feeling. If you find yourself furious, let yourself be irate – and at that point, acknowledge it, and do what will calm you down.

Be in contact with your feelings. Acknowledge that you are feeling a specific way, let yourself feel that way and afterward make a move to lessen unfortunate emotions.

➔ Reframing your Perspective



The longer you ignore your feelings, the longer and more difficult it will be to deal with the outcomes. Once we perceive how we feel, we easily handle things, or the causes a lot better. Thus, if you find yourself feeling restless, acknowledge it for several minutes, and then stop to think about how you are feeling. If you find yourself furious, let yourself be irate – and at that point, acknowledge it, and do what will calm you down.



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THE FEATURE

AUTHOR - MIRIAM DUBE

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Giveaway

The Feature turned one, and we are celebrating in style. We have decided to launch an e-version, creating a digital magazine. We are giving away R750 as a cash prize to one lucky reader. What you have to do is to follow us on all our social media pages, share the link with your followers and tag us and three of your friends.

To win R750 cash prize, share our digital magazine on Instagram, Facebook, and Twitter and tag our social media handles. Remember to follow us

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 The Feature

Winners will be notified before the end of business on the day the competition closes. Competition open on 15 August and closes on the 01 September.

