

THE FEATURE

FEB/MARCH 2022

MAGAZINE

BENEFITS OF TIME OFF

Taking time is needed to rejuvenate your body

HOW TO RESIST TEMPTATION AND GROW STRONGER

"GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW"
- UN

Happy International Women's Month

#BreakTheBias

RENT OR BUY?

What is the difference? Let's unpack

THE GIG ECONOMY

How do we strike a balance in the gig economy narrative

MBALI NKOSI

"Jump on the train before it moves, if you missed it, run and jump on that moving train but never let it miss you!"



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About Us

The feature is a magazine produced by a Non-Profit Organization founded by Miriam Dube.

The magazine's core business is to profile extraordinary people doing extraordinary initiatives in civic leadership, entrepreneurship, activism, and other sectors. With this, we highlight the course of their journey with the hopes of inspiring other young people to not lose hope, keep the resilience and further spark enthusiasm in others about self-development and education.

Editor's NOTE



Welcome to the March issue, in which we're celebrating women. This month brings with it International Women's Day.

In our regular issue of The Feature, we have a thespian, musician and a business woman, Mbali Nkosi who share with us her journey in the entertainment industry. We highlight the importance of taking care of one's body and the benefits of taking time off from work and everything that occupies one's mind and body. It is very important to do things that rejuvenate your body before you could even experience burnout.

Moreover, this international women's month was nothing short of amazing. The Feature has onboarded three female interns as part of its editorial team who are ready to ramp up, jump in and spin things around starting from the 1st of April. We really cannot wait for them to bring with their craft and creative brains on this magazine. What's more exciting for us is that we have been honoured to have been chosen as a host company to help the YES interns kickstart their careers on this very platforms.

Miriam Dube
editor-in-chief

ADVERTISE IN OUR DIGITAL MAGAZINE

We publish a digital magazine that covers various topics aiming at empowering young self-driven individuals. Advertising with us will expose your product or services to a wide targeted audience. We operate within particular niches of the content creation industry, filled with emerging business people, consultants, influencers and hungry for services.

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TESTIMONIAL

We would like to express our gratitude for your excellent coverage of our foundation (Letlhogonolo Modise's Foundation). The exposure gave our foundation an opportunity to raise awareness for World Stroke Day and to educate the community on strokes. Thank you to your journalist for writing on Letlhogonolo and her stroke survivor story. The journalist was able to give value to the audience. We appreciate your willingness and we look forward to future endeavors .

- LETLHOGONOLO MODISE FOUNDATION

Have a story? Write to us

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MBALI NKOSI: BREAKING BIASES AND BECOMING A BLACK FEMALE BOSS!

For generations, women have been expected to conform to certain biases and stereotypes. Girls should be dressed in pink and play with dolls. Young women should not be interested in math, technology or STEM subjects. Women should be spoken for by their fathers, brothers or husbands and aspire to be homemakers.

For years, women have struggled to reach a state of equal access to resources and opportunities, including economic participation and decision-making. Women have been conditioned to believe that they can never have the same opportunities, freedom and free will as their male counterparts.

In deciding who and what they want to be, women have always had to consider societal gender stereotypes.

"The same cannot be said about Mbali Nkosi – a singer, songwriter, and dancer turned TV presenter, actress, radio host, and now, businesswoman."

Mbali Nkosi's revolution is precisely what 2022's International women's day theme is – breaking the bias. Fearless and notoriously adamant in going after what she wants, Mbali is a testimony of what women can achieve when they break away from social norms and standards.

Born and bred in Johannesburg, the beautiful actress whose career in entertainment was catapulted by her decision to apply for the Big Brother Mzansi show had a fairly interesting childhood.

Mbali's debut into the entertainment industry

Mbali entered the entertainment industry at an early age after her mother placed her in an art school where she learnt various dance forms, drama and musical theatre. At just 18, her song, Free – sung by Thembi Seete was nominated for a SAMA award; and at 19, she became a dancer for the renowned singer for four years.

Armed with an itec (UK Diploma) and cidesco (USA Diploma) in skincare and wellness as well as a Boston business college qualification, Mbali joined the corporate world where she worked for JTI as a sales and marketing coordinator, then later moved to Kaizer Chiefs as a Business Intelligence Coordinator.

At the age of 25, Mbali decided to return to the entertainment industry. Shortly after being on Big Brother Mzansi, she became a presenter on All Access on Mzansi Magic for three seasons. She was also on season two and three of Fergusons Film's shows – Rockville as Cindy, and The Queen Mzansi as Violet.

Mbali presented the Our Perfect Wedding Presenter search and hosted the afternoon drive show on Massiv Metro for two years. She also presented the Moja Aux Sessions on Channel O and is currently a host of Shine Shine – a makeover show on Honey, the pan African lifestyle channel on DStv channel 173.

Right now, we are speaking to Mbali, the businesswoman. "I was motivated to start my own business purely from the passion and fulfilment I get from running and doing my own thing! Being a black female boss!" she explains.

Mbali owns and manages two brands:

Azuri – meaning beautiful warrior in Swahili; a cosmetic colour line that offers vibrant and quality products. The line has been recently extended to a beauty bar that provides beauty treatments and is soon expanding to hair and barber services.



Emme – a lifestyle brand encapsulating all aspects of life from loungewear, swimwear, footwear and evening wear, offering quality clothing for all sexes.

Funding and running a business from scratch is no easy feat – now make it two businesses as a woman. Mbali is of the notion that running a business has nothing to do with being male or female but everything to do with character. Putting gender and the biases it carries aside, she asks: “Do you give up easily? Are you willing to spend your last cent to invest in your business? Are you a risk-taker? Are you starting a business for ‘clout’, or do you genuinely have a passion or drive for what you want to start?”



Mbali says that social media has been the most effective way to raise awareness for her business and get customers. She says, “I would simply say use it! The world is rapidly moving and changing, and it’s moving in that direction of tech.

These are some of the reasons why she struggles to push other people into entrepreneurship. That is probably why her business philosophy is simply start. How did she start?

Mbali explains that she started by saving and researching what was happening in the sector she wanted to break into. She then sourced suppliers and decided how she wanted to grow her brand.

The one thing we mustn’t do as women is fall behind or become scared of change. Jump on the train before it moves, if you missed it, run and jump on that moving train but never let it miss you!”

Breaking the bias involves being yourself and doing what you want when society dictates that you conform to stereotypes and norms.

The world is rapidly moving and changing, and it’s moving in that direction of tech. The one thing we mustn’t do as women is fall behind or become scared of change. Jump on the train before it moves, if you missed it, run and jump on that moving train but never let it miss you!



We hope that more and more women become fearless in the pursuit of what they want and that they are not afraid to break any biases while at it. Here's to striving for equal access to resources and opportunities, including economic participation and decision-making!

Here is how Mbali breaks some biases:

When I face a big challenge, I cry (laughs), then I put my big girl panties on and find a solution. This breaks the bias that women are too emotional to become leaders.

The most courageous thing I've ever done is start a business/jump off a cliff. I guess that they are both the same thing, depending on how you look at it. This breaks the bias that women should not be too outspoken or intelligent.

I believe...we have the potential to be or do anything we want. This breaks the stereotype that women are supposed to be homemakers and only that.

Connect with Mbali:



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@theembalinkosi



@Miss Mbali Nkosi



emmelabel.com



GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW

Article by United Nations

Photo by: UN

"Advancing gender equality in the context of the climate crisis and disaster risk reduction is one of the greatest global challenges of the 21st century."

Women are increasingly being recognized as more vulnerable to climate change impacts than men, as they constitute the majority of the world's poor and are more dependent on the natural resources which climate change threatens the most.

At the same time, women and girls are effective and powerful leaders and change-makers for climate adaptation and mitigation. They are involved in sustainability initiatives around the world, and their participation and leadership results in more effective climate action.

Continuing to examine the opportunities, as well as the constraints,

to empower women and girls to have a voice and be equal players in decision-making related to climate change and sustainability is essential for sustainable development and greater gender equality. Without gender equality today, a sustainable future, and an equal future, remains beyond our reach. UN Women has prepared a large number of multimedia content to stay informed, learn about personal stories and spread the message in favor of gender equality.

For more information, click on the button below for more information on UN Women's offerings

[More info](#)



How do we strike a balance in a gig economy

Being an entrepreneur or self-employed is a dream to many. We have seen recently many South Africans being innovative, determined to compete or work with traditional business as the platonic ideal of the South African citizen. A lot of young people are the living embodiment of this philosophy. All they want, is to dodge the 9 to 5 modern-day types of work. There's been a rise in people trying to equate themselves to self-employment with freedom. They tend to leave their 9 to 5 jobs with fixed pay checks and benefits for freelance work, which sometimes is not guaranteed. Rather than working 9 to 5, people opt to render services to corporates for a fee.

But it's not as liberating as it's chalked up to be. The flip side of "being your own boss" is that you're basically doing two jobs. You're both the employer and the employee – the task-doer and the taskmaster.

In the 19th century, Karl Marx proposed a theory of exploitation. It was a simple but profound concept. The bosses try to get as much out of workers as they can in an hour while paying a fixed wage.

The difference between the value the worker produces and what they are paid becomes profit. Marx was writing mostly about factories in the newly emerging industrial system. At the time, he couldn't possibly foresee the complex kinds of working arrangements that would take shape more than a century after his death. For many, self-employment becomes a kind of self-exploitation. Being your own boss means pushing yourself to extract more value out of your labour.

There's an intense psychic strain that comes with that. Which can, in the long run, contribute towards one's mental instability, diseases and having anxiety disorder. The manager in your head is constantly cracking the whip on you to work harder. There's a nagging voice that's criticising you for not doing enough or taking on more clients.

Ironically, you feel somehow less free than you did when you were working a fixed schedule because you start interrogating whether every hour of free time would be better spent working.

Four Things to consider before joining the gig economy:

The pressure of the boss is replaced by the pressure to earn. You wind up feeling even more guilty when you let yourself down for not being more productive. The “self-employment” offered by the gig economy is largely an illusion.

Gig jobs are marketed as liberatory — be your own boss, set your own hours, etc. — but you aren't really working for yourself, are you? You are reporting to someone (client) as you would when working your 9 to 5. You're not free but rather subjected directly to the discipline of the market.

The relationship between the exploiter and the exploited is merely mystified. It's transformed into something more psychologically gratifying for the latter and financially lucrative for the former. The job of managing the workforce is just outsourced to workers themselves along with various costs, like providing healthcare and pensions.

The gig economy has excellent sides to it, but also has a pretty volatile side too. Some people thrive well from this system, while others find it a challenge. The gig economy is ever-growing, and if you feel your life needs to change, perhaps this is the calling you've been waiting for!

- 1 Put in extra work - While you are serving your clients with your creativity, you need to do business development work to let everyone know that you have transitioned to independence and are ready for business. Do as much networking as you can, gain confidence by selling yourself, showcase your portfolio, and have a marketing plan ready.
- 2 Sometimes there won't be work. There will be times when you'll be offered more projects than you can accept, and there will be periods when it seems that no one is hiring. To combat this, establish a stable of clients before quitting your day job.
- 3 Sometimes you'll work longer hours. There will be times when maintaining a steady flow of work and income means working outside of your normal working hours - in fact, you may find yourself working longer hours than when you had a regular full-time job.
- 4 Clients won't always pay on time. It is sad part of freelancing, but you have to expect that most clients won't pay on time. So make sure you have contingencies in place. On all invoices, add payment terms.





The importance of taking

TIME OFF

Do you want to be a better employee, parent, friend, partner, business owner? Take some time off to reset and unwind.

Taking a day off from work or just anything you are used to doing daily, including home chores, might not seem like a priority. It may seem more like a waste of time; however, research has found that time off has important health benefits that should get us into wasting more time, not less.

Results showed that those who went on annual holidays had a lower risk of death relative to those who didn't. Relaxing and social breaks have been found to be particularly beneficial. A relaxing break can help to facilitate recovery, by returning your mental and psychical functional systems to their baseline. Additionally, a relaxing break can help to reset your mood, thereby promoting positive wellbeing and reducing stress.

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The recent pandemic has made everyone busier than ever. A lot of people are highly depressed and more anxious than before. Working from home seems to have expanded to fill even more time than it did when people were working from offices.

Those who still must go into their places of work are contending personal space issues as well as other work issues. For some, especially women, have also become child minders, home schooling and elderly and vulnerable relatives to think about.

Spending more time at home means our homes need more cleaning and upkeep. Into the bargain, we often feel the need to achieve more, we are also being bombarded by outside influences telling you who you should be and what you should be doing and when you should do it.

Life does seem to be speeding up, becoming busier, the months seem to just disappear and before we know it, another new year has begun. By the time the new year begins, many people are burnt out physically, emotionally, mentally, spiritually and any other ally that one can think off.

Taking some time off is something that everyone should consider mastering, however, the journey to mastering time off will not be as easy as you think about it. When sensing burn out, it is crucial to take a step back and take some time for yourself so that you can focus on healing your mind, body, and soul.

Consider taking vacation and time to detach from work at the weekend. This will help to sustain performance, productivity, creativity and will also prevent burnout.



THE IMPORTANCE OF RESISTING TEMPTATION

Resisting temptations is one of the most useful and rarest skills one can develop, especially when it comes to healthy living. Saying no to things that affect your emotional, mental, and physical health is very important to you. Saying no to frequent temptations can help you stay on track and achieve your health goals.

This, of course, begs the question: how do we avoid distraction and get past the urgencies of everyday life, so that we can live healthy and do the things that are important to us?

Well, resisting the urge can be very daunting especially when you don't have the right support system by your side. But here's a tip; when you are tempted to do something that you aren't supposed to do, which can either be unproductive or harmful, always make it a point to substitute with an activity or something that you equally enjoy. Remember, it is when there is a lack of satisfaction in our lives that lead us to bad temptations. So, do more of other productive enjoyable things to get over your bad temptations or you can follow these four strategies from Psychology Today that you can use to harness your determination and stay focused:

Situation Selection: Whenever possible, avoid any situations where you know you will confront temptation. For instance, if you're tempted to eat junk food, stay away from fast-food restaurants (don't even drive by), and don't go down the snack or baked-goods aisles of the supermarket (or any other aisle that's filled with temptation).

Situation Modification: If you can't completely avoid a situation that may involve temptation, do what you can to reduce the pull. If you're at a party or a club and trying not to drink alcohol, stay as far away from the bar as possible. Try to connect with other non-drinkers.

Distraction: Divert your attention away from temptation. For instance, if you're trying not to overeat or over-drink at a party, stay engaged in conversations and always have a glass of water in hand to sip on.

Reappraisal: Change the way you think about the temptation, so it becomes less appealing. Craving that double cheeseburger? Remind yourself that if you give in, you'll be eating ground-up animal muscle and artery-clogging fat.

PROPERTY: RENT VS BUY

WHICH ONE IS WORTH?



The need for shelter is a top priority for every single person, from multi-billionaires to poverty-stricken citizens of the world. There are various ways of obtaining houses. However, there is a passionate debate whether one should buy or rent a house. The argument is often based on which makes the most financial sense between renting and buying. Both sides have valid points, so it can be a bit confusing.

In the past the property market was accessible due to the ownership of residential property being easily obtained due to the low values of houses. Due to the consequences of the recession and real estate market, the prices of residential property are much higher and financial institutions are now harsh in financing individuals wanting to purchase residential property. So, the buy vs rent debate continues to evolve. A common argument for buying is, 'Why would you pay monthly rent to a landlord instead of building equity in a home for yourself?' There are many financial reasons why renting may be more compelling.

You also need to make sure you understand whether you are even in a good position to buy a house. Your finances are not your only consideration either. If your social, professional, and credit score isn't in order, now is probably not the right time to be buying.

Often, the terms lease agreement and rental agreement are used interchangeably to mean the same thing. But the terms can refer to two distinct types of agreements. Both leases and rental agreements are contracts that are legally binding. But each serves a very different purpose. Below we will go over the key differences between a lease and a rental agreement. Now, let's break down this buying vs. renting decision and what does it mean.

Rent is the periodic payment made to the owner of a property for the use of said property, which could be a building, residential space, commercial space, or land.



In other business cases, rent is the payment or series of payments made to the owner of a property for the use of that property, such as equipment, vehicles, industrial machinery, and so on. On the surface, lease and rent seem similar, but there is a major difference between the two of them.

- When an asset is given on a lease, the responsibility of maintenance lies on the lessee. That means when a business takes an investment on a lease, the burden of care lies in the industry.
- On the other hand, when an asset is rented, the responsibility of maintenance lies on the person who rents the investment or the property.

WHAT ARE THE KEY TAKEAWAYS:

- Whether you choose to rent or buy your home depends on your financial situation, lifestyle, and personal goals.
- Both provide you with a place to live and require regular income to make the payments.
- Renting offers flexibility, predictable monthly expenses, and someone to handle repairs.
- Homeownership brings intangible benefits, such as a sense of stability and pride of ownership, along with the tangible ones of tax deductions and equity.
- Renting doesn't mean you're throwing away money every month and owning doesn't always help you build wealth in the long run.



A hearty satisfying meal doesn't have to always bust your budget. Try this mouthwatering recipe.

ON THE BUDGET MEALS

BY CHEF VUKANI

1 Tin Pilchards lucky star
1 tsp Salt
1 tsp pepper
1 tsp paprika
4 tbsp creamy cheese pasta sauce
1 Onions, Large (diced up)
1 tbsp Sunflower oil
Half a bag of elbow macaroni

Cooking Instructions

Fish curry

- Open up a tin of lucky star pilchards
- Remove inside and bone from the fish
- Keep the remaining fish and sauce in a bowl
- heat a pan on medium heat
- Add 1tbsp sunflower oil
- Add diced up onion and cook until soft and golden brown
- Add 1 tsp of salt, pepper and paprika
- Mix well
- Add fish and sauce from earlier into the pan
- Let it simmer for 5 minutes in medium heat
- Add 4 tbsp creamy cheese pasta sauce
- Mix well
- Drop to low heat and let it simmer

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Cooking Instructions

Macaroni

- fill up half a pot with water
- Add salt until the water is salty
- Heat up water until boiling
- Add half a bag of elbow macaroni
- Boil until soft and cooked
- Keep 1/2 cup pasta water
- Strain the macaroni

Fish pasta

- add the strained macaroni into the pan of fish curry that's on low heat
- Add 1/2 cup salty pasta water into the pan
- Mix well until the fish curry and macaroni is thoroughly mixed
- Let it simmer at low heat for another 5 minutes then it will be good to serve

Garnish

Parmesan cheese

Dried Parsley

Enjoy!

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