

Sunrise News is nominated!

In our ninth year of flawless and accountable publishing we thank you our distinguished readers, contributors and business that we achieve this honorable nomination. The journey has not been easy indeed but we have grown side by side cultivating and consolidating our brand throughout life's high and lows,. We proudly look back and sigh! We have come this far!...As we gradually enter into the digital space representing well our communities we humbly request that you cast your earnest votes towards the deserving nomination and quest to support your beloved Newspaper to win!

Young Chef of the Year!



Twenty-year-old Unami Binda from Soweto has been crowned Young Chef of the Year for 2025 and walked away with the first prize of R80 000.

What's more remarkable is that this is the third honour this year for the ambitious Capsicum Culinary Studio student who recently took top spot in the Confederation of Tourism and Hospitality Student Chef Skills Competition, held in partnership with the South African Chefs Association, and was placed first runner up at the South African Pastry Championships.

Second place in the Young Chefs Challenge 2025, sponsored by McCain South Africa, went to another Capsicum student, Cape Town's Maxine Maart who received R40 000. Binda – who lives in Protea Glen and is a student at the Rosebank, Johannesburg, campus – is currently in her second year of a three-year Advanced Professional Chef course.

For the competition, she had to create a starter and main course in three hours, and it was her sweet potato fishcake, served with an avocado dill mousse and pickled cucumber noodles, along with a - *Continued on page 7*

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Ditawana School celebrates Heritage Day



activities, teaching learners valuable leadership skills and Dynamics of ubuntu.

Indigenous Games and Cultural Performances

The school showcased traditional games, music, and dances, highlighting the richness of South African culture. Learners were encouraged to practice their cultures during home language periods, learning about their clans, surnames, and folktales. This initiative helped bridge the gap between generations, fostering a sense of community and shared heritage.

Teacher Assistants: A Valuable Asset

Teacher assistants, including Zandile Kotokwane, played a crucial role in helping learners master traditional dances and music. Their presence not only enhanced the celebration but also provided valuable experience for the student teachers.

A Learning Curve and a Celebration

The event was both a cultural celebration and a learning ex-

perience, allowing learners to engage with different cultures and traditions. Nonjabulo

Ledwaba, a Grade 7 learner, appreciated the event, saying it helped her connect with various cultures and encouraged her to practice her own.

Building Teamwork and Community

After the celebration, teachers and student teachers gathered at Popzanas Place restaurant in Diepkloof, Soweto, to bond and build teamwork.

The owner, Karabo Seageng, expressed her delight in hosting the event, highlighting the importance of collaboration between schools and the community.

A Bright Future Ahead

As Nelson Mandela once said, "Education is the key to success." Ditawana Primary School's commitment to promoting cultural diversity, unity, and education is a testament to their dedication to shaping a brighter future for their learners.

Pictures: Oageng Matrase



The Painful Reality Behind Most Product Launches

Ngozi wasn't starry-eyed. She was seasoned. Her skincare brand, Nkanyezi Naturals, had graduated from her kitchen to boutique shelves and was now in talks with a major national chain. This was her big moment. But like most South African entrepreneurs, she was about to find out the hard way: launching a product isn't just about having something great, it's about what you don't know. There's no clear roadmap. No one-stop partner to hold your hand. And what starts as momentum

if her brand name was registered. Spoiler: it was. Cease-and-desist. Website down. R40,000 in wasted packaging. And even after clearing all of that? When she finally landed a small listing with an independent retailer (at a very high, unbudgeted-for cost), her packaging was flagged as non-compliant and pulled a month later.

Shortcuts make long delays

Ngozi isn't a unicorn. Packaging design doesn't care how far you've come. If your claim's non-compliant

sink it. People love to treat packaging like gift wrap, but unless they have done due diligence and:

- run regulatory screening on "vegan" claims,
- checked barcode registration,
- validated pricing and positioning with real shoppers,
- or stress-tested how the design performs on a shelf next to competitors...

...they can be in for an expensive re-do.

This is where the right partner makes all the difference. Specialist agencies like Just Design map and guide the



quickly turns into a mess of suppliers, shifting deadlines, surprise costs, obscure regulations and expensive re-dos.

When the fine print hits the fan! It started with a listing approval that came with a few "small requirements" a tweak to the label copy, barcode adjustments and confirmation of claim compliance. Standard stuff, or so she thought. Then the retailer's legal team rejected her "chemical-free" claim. As it turns out, that term is radioactive unless you've got documentation thicker than your supplier contract. Her barcode didn't scan. Her expiry date wasn't machine-readable. The font sizes were below legal minimums. And the logo? Looked crisp on screen but blurred on her chosen substrate. She'd also never checked

or your label fails at shelf, you'll feel the consequences no matter how impressive your Insta grid is. Just ask the Kardashians. And the one thing she really didn't do?

She never tested her product with real consumers.

No pack testing. No sensory feedback. No category benchmarking. She went big on her first production run to "save money." But when her product hit shelf, it didn't sell. "Too oily." "Hard to open." "Feels homemade." "What even is this brand?" 10,000 bars. Sitting. Expiring. Rejected. It's not just about what's on the label—it's about how it performs

South African SMEs face a 60% failure rate within two years and while great packaging design may not singlehandedly save your business, doing it badly will

entire route-to-market journey. Their comprehensive process covers everything from ideation to pack format and regulatory copy, to pre-press checks, real-world visualisation, and consumer validation, testing and piloting – ensuring brands go to shelf with confidence, not crossed fingers.

We love Ngozi and we all know one.

She may be fictional, but she didn't have to learn the hard way. Not with a team relying on her. Not with a brand that deserved better. If you are looking to launch a new product, or your product is starting to play in the big leagues, don't risk your entire investment or life savings by cutting corners. The right partner will never cost you as much as a failed product launch.

Nechia Khuzwayo

Oageng Matrase

On September 23rd, 2025, Ditawana Primary School in Orlando, Soweto, came alive with vibrant cultural performances, music, and unity as they celebrated Heritage Day.

The school's Departmental Head, Mr. Victor Makhetha, emphasized the importance of incorporating diversity in the classroom, despite only offering two languages, Sesotho and Isizulu.

Embracing Diversity and Promoting Unity

The school's efforts to promote education, appreciation of cultures, and values were evident in their extra-curricular activities, including debates, spelling bees, and recycling initiatives. The prefects played a vital role in organizing these



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Support and Funding available for Entrepreneurs

Young entrepreneurs in Johannesburg and Cape Town have a chance to secure vital support and funding to grow their businesses, as applications opened on Friday 5 September for an incubation programme that boosts innovative enterprises and job creation. The Orange Corners Designs Incubation programme is an initiative of the Ministry of Foreign Affairs of the Netherlands and is proudly managed by the Craft and Design Institute (CDI). This 12-month intensive programme will provide 20 selected entrepreneurs in each city with impactful workshops, masterclasses, and one-on-one mentoring to help refine their products/services, strengthen business systems, and address critical market needs. In addition, participants may apply for a financial grant to support their growth plans from the Orange Corners Innovation Fund (OCIF), which the CDI also manages. Successful applicants can unlock total funding of R53 000 over six to nine months, which includes a R32 000 prototyping grant if certain milestones are met. The programme, which is also supported by matched funding from the City of Cape Town, the V&A Waterfront, Constitution Hill and the Department of Small Business Development, is tailored to assist businesses with high potential for impact and scalability, especially those led by youth and women. It focuses on innovative businesses that contribute to the United Nations



Sustainable Development Goals (SDGs) in areas such as the circular/green economy, digital, creative, and agricultural sectors, among others. Orange Corners is a global initiative of the Kingdom of the Netherlands that supports young entrepreneurs across Africa, Asia, and the Middle East. Since its launch in 2024, the South African programme run by the CDI has supported 67 businesses to date in Cape Town and Johannesburg. Khanya Mpuang, Manager of the Orange Corners Designs programme at CDI, says: "We are looking for bold young entrepreneurs (18 - 35) who are ready to grow

thriving businesses. "This programme is not just about funding – it's about equipping innovators with the skills, confidence and networks to grow sustainable enterprises that create jobs and contribute to the SDGs. We encourage anyone with the drive to make a difference to apply." Success stories Fourteen Johannesburg entrepreneurs graduated from the first, year-long incubation programme in June this year, while 16 Cape Town entrepreneurs graduated in July. Johannesburg jewellery designer Phindile Kotane, founder of Peachy-Plum accessories, says: "Joining the programme has been a truly

rewarding experience. Each part of the journey pushed me beyond what I was used to, and the mentorship and workshops played a big role in strengthening my business." Kotane has been selected for the Orange Corners Alumni Accelerator Programme, facilitated by the Netherlands-based Forward Incubator (Forward·Inc), in collaboration with the Netherlands Enterprise Agency, to steer businesses into their next growth phase. Sifiso Mthethwa of Maphike Inc Attorneys reports a steady increase in revenue. "We have expanded our market contacts and are now in talks with people from Geneva, Davos, Zurich and Amsterdam. We have also hired two

new people this year." Cape Town graduates gave extremely positive feedback too. • Samantha van Rooyen, founder of Unearthed Décor, increased revenue by over 40% during the past three months, compared to when she started the programme. • Mel Laubscher, founder of Gender-WearSA, increased revenue by an impressive 1,286%. The brand was only one month old and under new ownership when it began the Orange Corners Designs programme, and underwent an extensive rebranding process. • Faizel Abrahams, founder of Up-Cycle Designs, says key takeaways included the learning tools to run a business successfully, networking, and financial assistance. "We were able to venture into what we really wanted to do and streamline our production." • Marleen van Wyk, founder of Kinkel Jewellery, says: "My programme highlights were meeting fellow entrepreneurs and being able to collaborate and get advice from them, and also to rethink my whole business, and plan to improve it." • Mapitso Thaisi, founder of Shweshwekini Active Wear, says highlights were meeting like-minded entrepreneurs, learning about the financial vehicles for running a business, and funding that enabled her to experiment with new products. The programme starts in January 2026. Apply by 10 October 2025 here: <https://www.thecdi.org.za/page/OCDF>

Ebenezer CDP host Parents on Career Day

Jerry Sokhupe

Ebenezer Child Development Programme day care presented a fabulous Career Day event on the eve of National Women's Day in Braamfischerville on Friday 8 August 2025. During the late winter chill, the warm spectacular ambience filled the auditorium as was the confident little star learners, individually clad in the various occupations' outfits geared towards their certain futures! Principal Boemo Bogatsu mentioned that "the 2025 instalment of Career Day is special as we thought of hosting a number of parents who came through and observe that when we plan our programs, we want to reach out to each child in totality effectively for their primary development. We are aware that a child may not continue with their initial career choice throughout the higher grades, but with this foundation we instill the awareness in them. When they visit a medical practitioner, they won't be afraid as they would have learnt at the day care that the doctor makes them well, and the police will not arrest me because I didn't break the law."

Ma'am Bogatsu also emphasized that,



"parents should realize that their kids have dreams, and further to that, they have the responsibility to support their children's dreams which ultimately do come true. As a Christian based ECD, our dreams need to be told to God so that they are protected." She appreciated the parents' role taking their time to participate and show up for their kids as this meant they honor their little ones. "In the same manner, let's walk together in child development and support. In these uncertain times in society, let's fight for our young children and foster for their sound upbringing."



With the hymns, prayers and song, each well-rehearsed and choreographed, entertaining, educative item the little stars meticulously delivered on the day! Individually greeting the audience and introducing themselves with the 'myself' recitation flawlessly denoting their ambition followed by warm cheers of praise from attendees. Followed by the karaoke session mimicking career choices; "What do you do, what do you do? Dentist! Teacher! Fireman! Pilot... the list goes! And the other stance, "Everyone lifts

each other up, we help each other." And my personal favorite jam while they gracefully strut their stuff, "What do you want to be? Can you tell me?" reprises.

Parent's comment beginning with Lebo Mafantsi. "We are grateful that we drop off our children every morning and just realized that they have a bright future! Their foundation is solid. They are blessed with caring teachers who love them and are believers." Parent Roy Mlaudzi related that. "My child joined Ebenezer CDP at age 2, and presently I'm flooded with home work exercises. My young child always says dad, let's read the book please and this happens in the evenings and mornings. I appreciate how my beloved child gets trained here whom also prays for me as God is placed first at the ECD. Andrew Kesimolotse was also impressed by the premises and related that the facilities look as proper and typical of a suburban day care! "At first I was skeptical as it is my first time to visit, but the place is well organized and

it is so good to see so many dads including myself in attendance! Selinah Moloi has been working as a ECD practitioner at Ebenezer for the past 2 years. As the main organizer of the stunning event, she mentions that she learned to mentor the little people and the required approach that one must conduct. "I am well pleased with the children's speech development and also observed what the proper age is to train them to become fluent with the languages. In



this career day, the significance is how they perceive the world around them. When their parents go to work they cry without the understanding the need for them to go there. It guides them with the comprehension that they give service and one day they also would experience the same. In that regard, they

recognize the various occupations' pictures and which they identify with and aspire to represent!" To wrap up the event, Pastor Mmamopana Ditsi, relayed a brief scripture message as parents gathered to jointly say a prayer and bestow blessings over the children. "We are covering our posterity with prayers for their safety and well-being for the dear Lord to help them grow and achieve their ambitions."



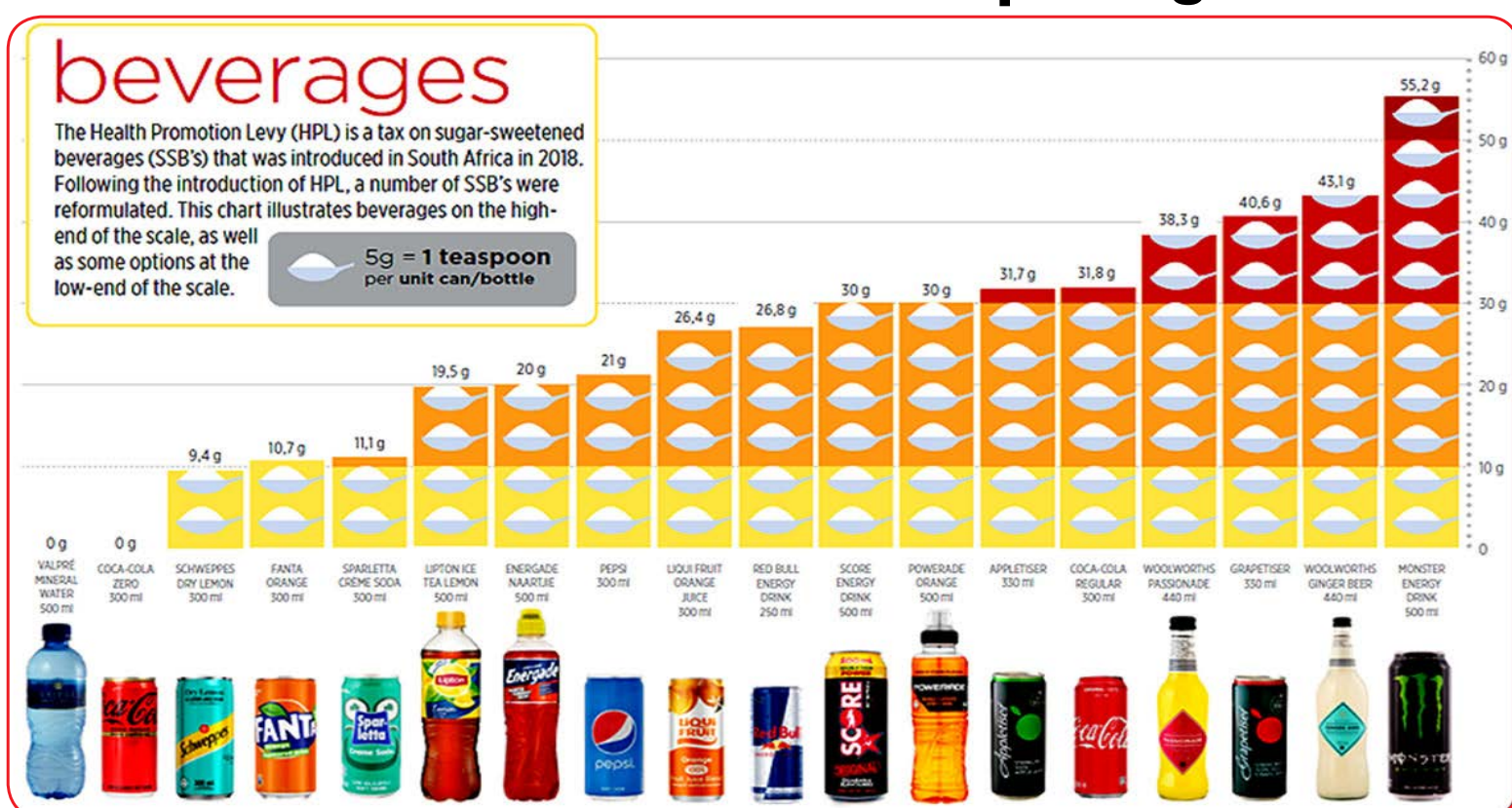
Pictures: Jerry Sokhupe





SA's Sugar habits and intake in the Spotlight

Sugar is silently fuelling a national health crisis and most South Africans don't even know it. With daily sugar intake far exceeding safe limits, Pharma Dynamics and the Heart Stroke Foundation SA (HSFSA) have launched a practical, easy-to-follow guide to help the public spot hidden sugars, make smarter food choices and protect their heart health. The booklet highlights the alarming health consequences of excessive sugar consumption, including its link to obesity, type 2 diabetes, high blood pressure, cardiovascular disease and tooth decay. "The prevalence of these lifestyle diseases is rising at a worrying rate in our country," says Nicole Jennings, spokesperson for Pharma Dynamics. "Much of this can be traced back to unhealthy eating patterns, sedentary lifestyles and a lack of awareness about what's really in the food and drinks we consume daily." One of the major challenges the booklet addresses is the high quantity of hidden sugars in processed and packaged foods – from breakfast cereals and flavoured yoghurts to sauces, energy drinks and so-called "health" snacks. Many of these products contain sugar under unfamiliar names, making it harder for consumers to identify and limit their intake. In many cases, people think they're making healthier choices, not realising just how much added sugar they're ingesting," says Prof Pamela Naidoo, CEO of the HSF. "The booklet includes comprehensive



sive sugar charts, clearly showing the sugar content of commonly consumed foods and drinks in South Africa. It empowers people to make better decisions for their health." Prof Naidoo states that if a food item tastes very sweet then the chances are there are unacceptably high levels of sugar in that item. According to the World Health Organisation (WHO), adults should consume no more than

6 teaspoons (30 grams) of sugar per day. However, the average South African consumes between 12 and 24 teaspoons daily, with up to 8 teaspoons coming from sugar-sweetened beverages alone. "These drinks deliver sugar in liquid form, which is absorbed rapidly and causes blood sugar spikes," says Jennings. "They also provide no nutritional value or satiety, making them a dangerous source of empty calories." The Low Sugar booklet – the 8th edition of Pharma Dynamics' award-winning Cooking from the Heart series – offers a wealth of practical guidance for reducing sugar intake through 11 simple, sustainable strategies. These include gradually cutting back on sugar added to tea, coffee, cereal and porridge, and replacing sugar-laden beverages with healthier options like water, herbal tea, or unsweetened drinks. Readers are encouraged to become more label-savvy by learning how to spot hidden sugars under various names and paying close attention to portion sizes and serving information. Sugar is silently fuelling a nation-

al health crisis and most South Africans don't even know it. With daily sugar intake far exceeding safe limits, Pharma Dynamics and the Heart Stroke Foundation SA (HSFSA) have launched a practical, easy-to-follow guide to help the public spot hidden sugars, make smarter food choices and protect their heart health. The booklet highlights the alarming health consequences of excessive sugar consumption, including its link to obesity, type 2 diabetes, high blood pressure, cardiovascular disease and tooth decay. "The prevalence of these lifestyle diseases is rising at a worrying rate in our country," says Nicole Jennings, spokesperson for Pharma Dynamics. "Much of this can be traced back to unhealthy eating patterns, sedentary lifestyles and a lack of awareness about what's really in the food and drinks we consume daily." One of the major challenges is the high quantity of hidden sugars in processed and packaged foods – from breakfast cereals and flavoured yoghurts to sauces, energy drinks and so-called "health"

snacks. Many of these products contain sugar under unfamiliar names, making it harder for consumers to identify and limit their intake. In many cases, people think they're making healthier choices, not realising just how much added sugar they're ingesting," says Prof Pamela Naidoo, CEO of the HSF. "The booklet includes comprehensive sugar charts, clearly showing the sugar content of commonly consumed foods and drinks in South Africa. It empowers people to make better decisions for their health." Prof Naidoo states that if a food item tastes very sweet then the chances are there are unacceptably high levels of sugar in that item. Adults should consume no more than 6 teaspoons (30 grams) of sugar per day. However, the average South African consumes between 12 and 24 teaspoons daily, with up to 8 teaspoons coming from sugar-sweetened beverages alone. "These drinks deliver sugar in liquid form, which is absorbed rapidly and causes blood sugar spikes," says Jennings. "They also provide no nutritional value or satiety, making them a dangerous source of empty calories." **Pharma Dynamics**

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Slovoville's Growing Lilies shine on Granny day



to keep her anonymity, consistently pays the creche fees for her grandchild

couraged her counterparts to take care of their health, "let's conduct medical checks and avoid health risks such as smoking. Our gogo's day is special as our kids are making wonders." Mama Monica Lombard stated that, "we are here to support our children who are at a safe haven here. The teachers here are doing a great job as our kids speak well the languages. As members of The Good Samaritan, let's uphold Growing Lilies."

Faniswa mentioned that together with her colleagues conduct health programs at Slovo and Green Village clinics empowering patients especially those with chronic ailments. And one such colleague Robert Rath, presented a flow chart with picture graphics aids, vastly elaborated at length the pros and cons of Diabetes disease types, and further how it can be managed especially with good diet, exercise, etc. As the session concluded, persons living with chronic diabetes, were ushered gifts and devices that help manage the serious ailment. The elderly were presented a Q and A session to raise some of the pertinent questions and clear the myths associated with Diabetes. A memory cognitive quiz was conducted on the subject with those giving successful responses acquiring gift packs!

throughout the year!" Mentioned Ma'am Mavis. Among the influential speakers, Mama Lungiswa Mputsheni related that although there were challenges, she is grateful that her child's child was well taken of at Growing Lilies with a strong foundation level tutoring! "Presidents, Educators and professionals are raised here, we appreciate the sterling all round work of our humble Principal!"

with well-rehearsed recitations and poems, vowels sequencing, knowledge and cognitive exercises and demonstrations to much ululations of appreciation from the audience. The highlight of the day was the well-choreographed Kwela dance performances by the kids, captivating and sensitizing the elderly to get up and join in the boogie-woogie dance floor,



Jerry Sokhupe

Senior citizens assembled at the Growing Lilies Day Care and Boarding Centre in Slovo-ville recently. The rich, warm atmosphere and ambience encapsulated the event as the senior citizens were hosted by their little ones to witness the lessons taught on the daily. But of paramount is the re-sounding event organizing prowess by Principal Mavis Nemakhavhani. This years' instalment of the annual Grannies Day was much unique as the Health Promoters from the Department of Health graced the event to highlight the importance of good health to all attendees! Colorful inscriptions on the wall read the themes; Granny you are the best Granny in the whole world! I love you Granny, you are my rock! Hey Granny you are beautiful! Articulately compered Health Promoter Faniswa Mdywe, the event with great charm as the little learners from babies to senior classes took to stage to welcome and entertain the distinguished guests by saying prayers, warm speeches appreciating their grandparents,

evoking the timeless escapade of the majestic spirit of the Kwela jive era!

These are not your typical ordinary grannies, but wise contributors to their community from all walks of life who find joy in helping the younger generations through various projects and activities to show the light, wisdom, projecting dignity and resilience with lasting strength both in physique and mental states. Not to be outdone by the little stars, "The Good Samaritan" choir of gogo's and mkhulus from the community organization of the same name rendered sultry acapella music items, with heartwarming resonant verses that left a wow effect! Leaving the audience soothed and pleasantly delighted.

In her speech, Principal Mavis thanked all guests and community at large for supportive initiatives and various donations towards her day care. She read the Vision of Growing Lilies and then laid out the history of the 'Gorgeous National Grannies Day'. "It was established in 1984 by Alice Solomon, who envisioned that all other days are celebrated except a day for the gogo's. To honour the efforts of the elderly ladies who warmly care after and bear the weight of raising their grandchildren. Some even sacrifice their pension payouts raising the little ones. One such granny that I admire and prefer

she enthused. Furthermore, Mama Lorraine Mamba a social activist and vocal in educational initiatives, en-





Pictures: Jerry Sokhupe

Young Chef of the Year! *continued*

main course of poached and seared chicken sausage served on a duo of cauliflower and butternut purees with a crispy chicken skin garnish and a mustard velouté, that won her first prize. Says Binda: "I was delighted to be part of a competition that allowed me to show both my craft and my passion. To win was just a wonderful cherry on top and it is still

sinking in!" She paid tribute to her mentors and said she couldn't have done it without them: "My lecturers, Chef Andile Magwaza and Chef Maseehah Karodia, were there to support and motivate me every step of the way. They taught me how to manage my time while supporting my crazy ideas and keeping me grounded. It really does take a vil-

lage to raise a child and I couldn't be more grateful for all they have done for me." She said the biggest lessons that she's learnt while doing these competitions is to never give up and to always stay true to her craft: "The first competition that I did, I only got second place but I was determined to win a competition since it has been one of my goals

for this year. I continued practicing to make myself better so I could eventually win. You have to keep going and keep showing up in order to become the best." Binda is currently completing her Work Integrated Learning (WIL) at the prestigious Four Seasons Hotel The Westcliff and would like to continue working there after graduation. In five years' time she sees herself travelling the world: "A big reason

for wanting to become a chef was to see the different parts of the world and get to experience different people, cultures and cuisines. It is a big dream of mine to travel to Greece and get to taste the food there." Binda says she has always wanted to work in the culinary field: "I have been involved since high school where I used to assist in my mother's catering business and then also ran a dessert business of my own so I always knew I wanted to study further."

Healing

Prophet Lwando Jali

There is a thief who has stolen your health. That thief is the devil! the good news is that God send his Son Jesus for this purpose to destroy the works of the devil. Jesus Christ takes away our diseases and infirmities. He keeps the sickness away from us. Isaiah 53:4. God wants you to prosper and be in good health 3 John 1:2, Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospers. God has provided several methods of receiving divine healing. One of them is faith. Faith can download healing. Faith is trusting with our very lives to what we believe. Faith also means reliance, assurance, conviction. Let's look at this woman who used her faith to get healed from her issue of blood disease. She believed that by just touching the garment of Jesus she could get well and she did. Healing is God's passion Matthew 4:23-24 And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people. And his fame

went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments. Jesus wants to heal you, he does not specialize in one area. He heals all manner of disease. In John chapter 9. The man was born blind and how Jesus healed his sight instantly, they didn't believe in instantaneous healing. Even in our days people are still like that they can't accept instant healing. It's amazing how some believe how magicians make things to disappear in a blink of an eye



and not believe in the power of God that make sickness or pain disappear in a blink of an eye. In John chapter 5 Jesus came at the pool. Let's look at verse 6. John 5:6 When Jesus saw the paralyzed lie, and asked him do you want to get well? There's a question there. Jesus is asking because he can make him well. Jesus knew that the man had been there a long time in that space. He is that man that can make him rise up. May he help you to rise right now. It's your

time now. Maybe you have seen others getting healed before you, I declare that it's your time now, the waiting is over. You've waited, and the waiting is over now. It's like I see him looking at you. He's eyes are on you. It's your special moment with him. Before the foundation of the world Jesus died for you to set you free from pain and heal you. He is healing you right now Luke 4:18kjv. He wants to heal your heart because out of it flows the issues of life. He is healing that spiritual wound because when you have unhealed spiritual wound it's difficult for you to enjoy fellowship with other believers. Are you hurting, dying and mourning? Because there is something that Jesus can do for you. You are of much value to God, you are His special creation and he loves you. Psalms 107:20 He sent his word, and healed them, and delivered them from their destructions. People were sick and what did God do? He send his word and healed them. An empty life of uncertainty without focus is an indication that someone is doomed. God is a life giver! I declare that he has risen upon me with healing in his wings. I declare that your diseases are healed. I declare that your focus is on Jesus, the author and finisher of my faith.

Are we being used?

It is disheartening that we have become exactly what we were not created to be. Maybe that's the reason we have become consumers instead of the creators we are supposed to be. We are no longer operating as "we" but "I". So many of us look helplessly at our families that have been torn to tatters after years of talking, guiding, teaching and pleading. We complain that families aren't what they used to be because the glue that held us together has passed on, in most cases the glue being our grandparents or parents. We have been reduced to people who operate out of jealousy and envy. It happens even in our families, instead of acknowledging that we are gifted and blessed in different ways, not to sow division but to unite. Different parts in our bodies with different functions focus on their individual duties but together, work for a common goal. If the heart disregards or envies the veins, it will lead to its own destruction and the total collapse of the body. The stars don't envy nor are they jealous of the moon and together, they all adorn and illuminate the sky.



Everything begins with self love. If I truly love myself with all my flaws, then I automatically love my family and community members with their flaws. If I am truly my brother's keeper, then I will stand by and with him, support, guide and teach them with no expectations but with the same patience I afford myself. Supporting my fellow black sisters and brothers means I am giving back to myself. Their success is my success, an inspiration to me. If we can look at ourselves first and ask, "What am I contributing to my family?" Be it financially, emotionally, spiritually or otherwise, then we all start playing our roles without competition and work to-

wards a common goal. This way we all learn from those families and it spreads throughout our communities. Within a short space of time we will be fixing and rebuilding our communities and nation without looking for handouts and operating on auto pilot. We are all tools, each one built to specification for its own purpose and in working together, we become producers, leaving a lasting legacy for the next generations. Let us go back to "we" because unity is strength. The time for talking is up, it is now time to put on our work clothes and do the work.

Reflwe Lekabe

Sport

Bafana to Champion the Ultimate Defence



Two of South Africa's trusted personal care brands, Shield and Vaseline, have announced a new powerful partnership with South Africa's national men's football team, Bafana Bafana, under the banner of "The Ultimate Defence." This collaboration marks the beginning of a long-term commitment to support the team and the nation through a shared celebration of resilience, preparation, and belief

in progress - values deeply embedded in both Shield and Vaseline. Gareth Marshall, Sponsorship Lead at Unilever Southern Africa, expressed excitement for the collaboration: "This partnership represents a powerful alignment between our brands and the passion points that truly resonate with South Africans. Both Shield and Vaseline are synonymous with protection, performance, and everyday care - values that

mirror the dedication and resilience exemplified by our national football team on the field." By highlighting the stories behind the team, their preparation, setbacks, and triumphs, Shield and Vaseline hope to ignite a deeper sense of belonging and support. "In associating with Bafana Bafana, we're not only connecting with millions of passionate fans but also fostering a sense of national pride and unity," Marshall added.

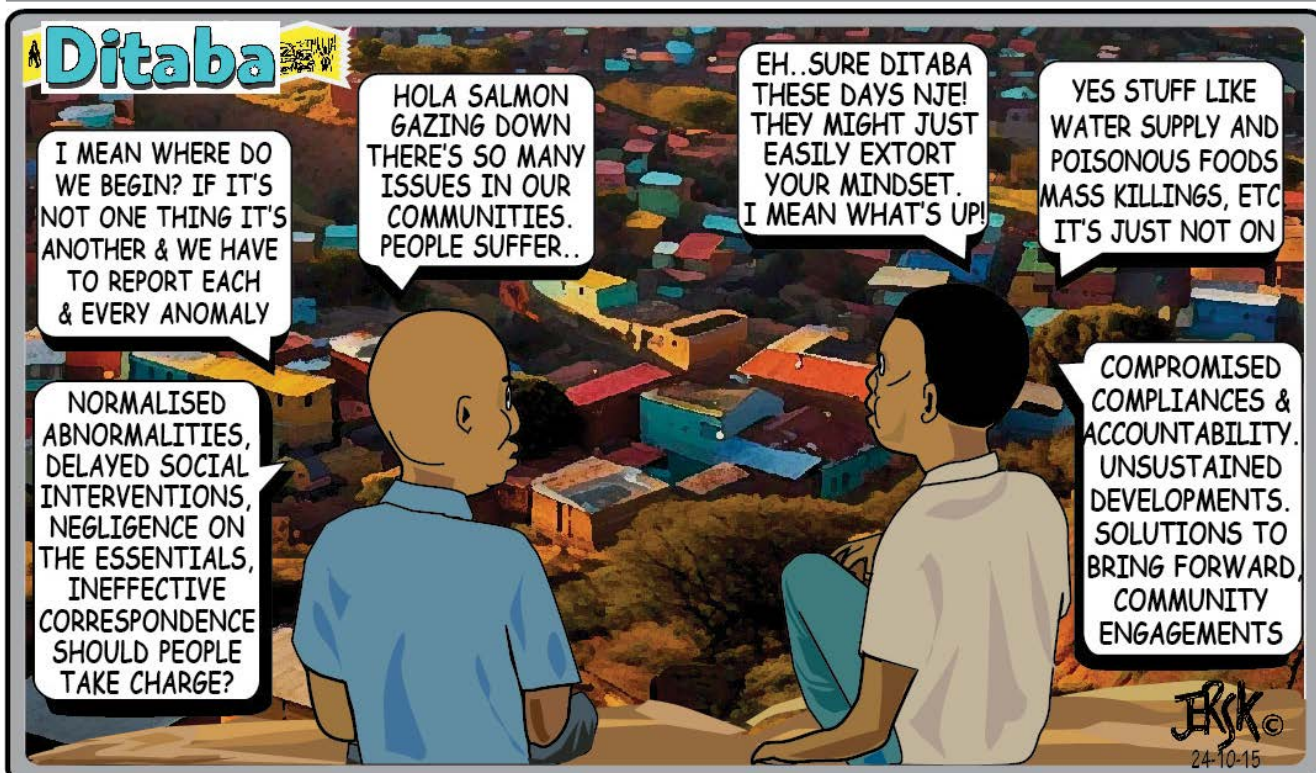
"We see this as an opportunity to support the growth of South African football, elevate the fan experience, and engage with our consumers in a meaningful way, all while reinforcing the message that with Shield and Vaseline, everyone can move with confidence and embrace the power of movement." Representing the South African Football Association (SAFA), CEO Lydia Monyepao shared her enthusiasm for the initiative: "This partnership is a meaningful step forward in reinforcing the professionalism and preparedness of our national team - both on and off the pitch. It aligns with SAFA's broader vision to inspire the next generation through excellence, discipline, and unity. We welcome brands like Shield and Vaseline who understand the deep cultural significance of football in South Africa and are committed to its growth." The launch event took place at the Safe-Hub, located in the heart of Soweto - a vibrant space for youth empowerment, community connection and local innovation. Football lies at the core of Safe-Hub's model - serving as a powerful catalyst to inspire, unite and equip young people with the skills and confidence they need to thrive. This engagement reflects a shared belief in the power of safe spaces and holistic develop-

ment to drive meaningful change in communities. The day offered an immersive experience that captured the intensity of pre-match preparation and celebrated the emotional bond between South Africans and the beautiful game. Through #UltimateDefence, Shield and Vaseline invite South Africans to become part of this partnership, offering not just vocal, but emotional and cultural support to the team. It is about what happens before the whistle blows: the preparation, the sweat, as well as the recovery, and the drive to keep moving and putting their skin in the game. Shield provides the confidence to move without limits, while Vaseline offers protection through healing and care. Together, these brands represent the drive to keep going and the resilience to bounce back, which are both qualities at the heart of both football and everyday life of South Africans. Competition Now Live. To further rally national support, fans stand a chance to win an opportunity to support Bafana Bafana live in Morocco, with the competition already open. Details are available through Unilever South Africa channels. Join the conversation: #UltimateDefence | #NoDNAJustRSA

One Groove Unveils Visualizer for "BOOM"

One Groove continues to amplify its explosive second single, "BOOM" — a fiery collaboration between Una Rams, Amunda, and Zanah Afrikan — with the release of a brand-new visualizer filmed at the iconic CottonFest Exchange. The visualizer extends the spirit of "BOOM" beyond the recording studio, capturing the track's unstoppable movement and youthful rebellion within the vibrant atmosphere of CottonFest Exchange. Known as a cultural heartbeat of South Africa's music scene, CottonFest was founded by the late Ricky Rick, whose vision and commitment to empowering young creatives continues to inspire the work of One Groove and the AmaGroove residencies.

Honoring Ricky Rick's Legacy The choice of CottonFest Exchange as the visualizer's setting is both intentional and deeply symbolic. Since the inception of the AmaGroove residencies, the Ricky Rick Foundation has been instrumental in helping the program grow into an international platform for collaboration and artist development. The Foundation carries forward Ricky's vision not only by creating opportunities for young artists, but also by ensuring that these spaces are safe, supportive, and nurturing of mental health and wellbeing. This mission aligns with One Groove's own values of equity, freedom, and creative sustainability — showing that music is not just about sound, but about the



people and communities behind it. "When the AmaGroove artists gather in South Africa, the very first stop is always CottonFest," shares the One Groove team. "It's an initiation into the culture, into the heartbeat of the South African music scene, and into Ricky's vision about creating opportunities for young people, while protecting their mental health and creating safe and brave spaces where they can truly thrive." BOOM Comes to Life The visualizer brings the single's cross-cultural, high-energy sound into motion. Blending electronic dance music, old-school electro, and multilingual lyricism, "BOOM" already dares listeners to move -

now, through the CottonFest backdrop, it visually embodies the chaos, energy, and community that inspired the track. One Groove: A Movement in Motion With the success of "BOOM" and the release of its visualizer, One Groove once again proves it is more than just a label. It is a movement, rooted in equity, collaboration, and creative freedom. "BOOM" remains a bold testament to what's possible when artists from different worlds come together. And with the visualizer, the track now stands as a celebration of youthful energy and the cultural spaces — like CottonFest and AmaGroove — that make such connections thrive. Bongani Gxekwa