

HOPE MEDIA

ISSUE NO.03
26 AUGUST 2019

Magazine

CELEBRATING
WOMAN
THIS WOMEN'S
MONTH

MASTURBATION –
The controversial
opinion box

NEW SEGMENTS
&
FEATURES

BENEFITS OF BREAST
FEEDING

MOKOKOBALE DIANA MAKGOPA

GLOBETROTTING THROUGH DIFFERENT
STAGES KA SEPEDI

HOPE FOR MY SUCCESS



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Mr & Miss HOPEMEDIA COMPETITION – Are you our next...?



HopeMedia Magazine



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H O P E M E D I A

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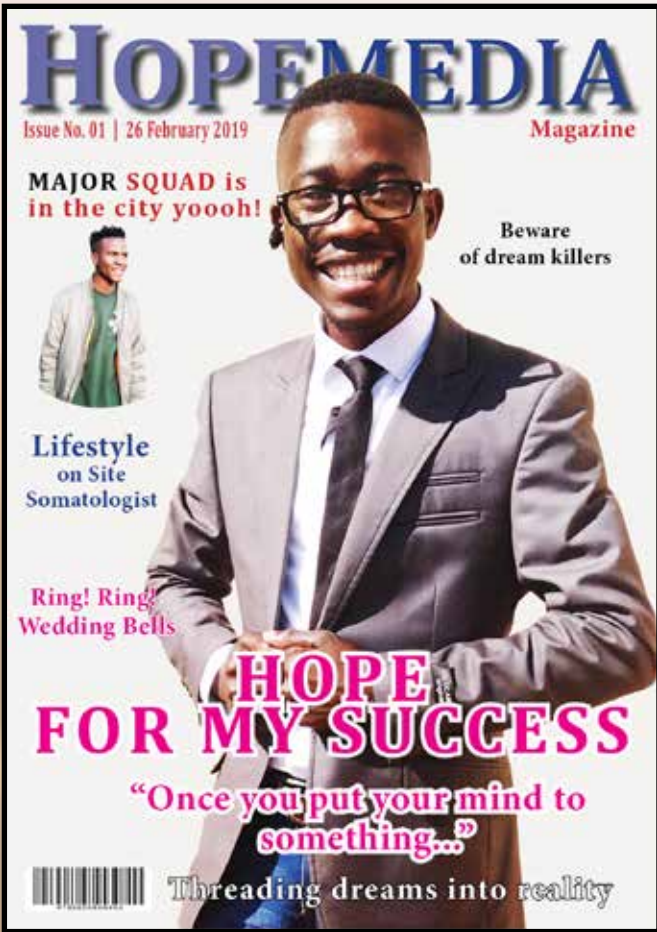
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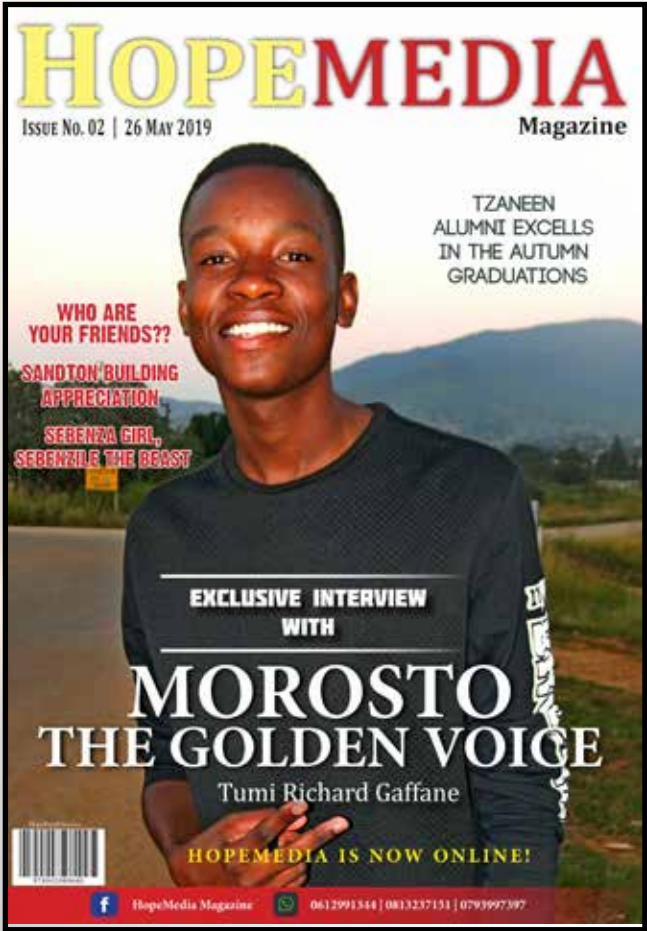
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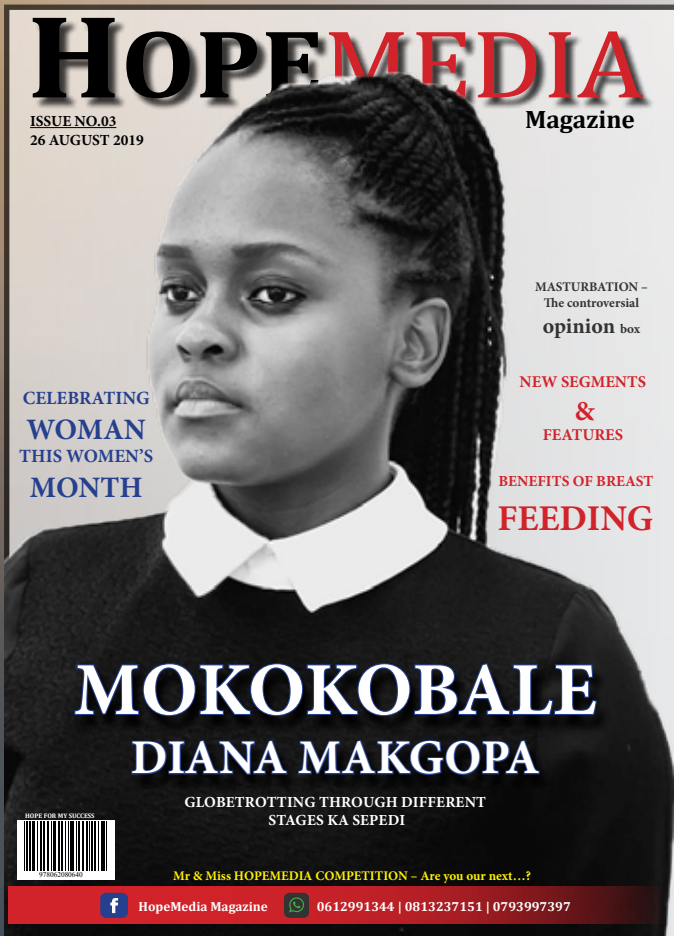




1st Issue



2nd Issue



NEW

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Editor's Corner



A very warm welcome & greetings to our lovely readers. The 3rd issue of HopeMedia Magazine comes with so many exciting features & segment, I couldn't be any excited about any other issue than this one & I hope that you will appreciate & enjoy it too because it was specially made for you, from us with love. As I said, the 3rd Issue does indeed come with a lot of new & exciting feature segments but before we get into any of that. I would like to introduce to you & welcome our new addition to the HopeMedia Team. We have a new journalist by the name of Kamogelo Letsoalo & an Assistant editor by the name of Frans Modiba, also I'd like to acknowledge our spiritual feed contributor who has been a vital regular contributor on both the 1st & 2nd issue, brother Erick Nkgapele, he will continue with that segment going forward but he had to make way to accommodate a lady on this issue since its woman's month and we wanted to have 90% of our article consist of women. Now that we have dealt with the formalities, let us tackle what's new. We have a segment which we have named the "OPINION BOX" where anyone can send us their opinions concerning any issues that we face in our daily lives. People can get to share their opinion on any issue that we face in our everyday life & we will have it featured on our magazine, but because we can't

have everyone's opinion featured, we'll have to do a selection process. There is no particular criteria in selecting the right opinion because we believe that it is experiences that shapes peoples opinion, & because we've not gone through the same experiences our opinions can & will never be the same. So what we are going to do is that we will select the most sensible & well written opinion & have it featured on the opinion box. We encourage everyone to submit their opinion in the opinion box. However, we need to put a disclaimer that this opinion piece entirely consists of opinions of the individual that sent it & not necessarily that of HopeMedia Magazine. I, Koketso Nkgapele as the chief editor will go first & open the "OPINION BOX" doors & hope that we receive many opinions in future. To send us your opinion, please send on the following email kokieslovo@gmail.com or phetolehope@yahoo.com / 081 323 5671. I am very excited about all these new segments, the other segment that we have come up with is called the DOING THE MOST IN THE CITY which featured Mokokobale Diana Makgopa & she kicks it off.

Editor in chief

Koketso Nkgapele

@kokie slovo



The background of the entire image is a close-up, vertical view of a tree trunk's cross-section, showing concentric growth rings and radial wood grain patterns in various shades of brown and tan. The text is centered over this background.

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Aspire | Inspire



Tutoring at your own

comfort zone.

@MRoyals

“... teaching is our calling”

From being a level 1 student in mathematics, to tutoring & converting below average students into A+ students. Marothi Given Phoshoko is a University of Johannesburg Civil Engineering graduate who has started a Tutoring company (MathsRoyals) that finds you at a place where you're most comfortable at (which is your home). They operate in Johannesburg, Pretoria, Mpumalanga (Bushbuckridge) & Limpopo (Tzaneen & Polokwane) & they offer Tutoring services specializing in Mathematics, Accounting & Physical Sciences. They do after school & winter school tutoring, both full classroom & individuals.

They've tutored at a variety of schools in South Africa ranging from the North West, Rustenburg, Johannesburg & Pretoria in Gauteng & also Tzaneen & Bushbuckridge in Limpopo & Mpumalanga respectively.

Marothi might have enrolled & graduated for a Civil Engineering course but he has always been a business minded individual, growing up his mother use to have her stall in Town where she sold almost everything bought from the streets, from sweets to fruits & vegies & also offering pay phone services, so in his spare time & when she wasn't feeling well Marothi would always assist her with her stall, also during school holidays. Growing up Marothi was never a sharp kid when it came to mathematics, he would obtain 10% in maths tests & always had this

desire to be like other kids & obtain good grades. It came that one day he asked himself how others do it? & as cliché as it may sound, the answer was always going to be “hard work, dedication” & giving more time & focus on what defeats you, minimizing his strength & maximizing on his weakness.

As other kids were closed for the December school holiday, he would download mathematic material & work more on it. & indeed it all paid off because he was able to master the subject. Not only did he master the subject but he also capitalized on it & started tutoring others while he was in school & also making time to help his mother with her business. Not only did he limit the tutoring to students at his own school, but he also did different schools around Tzaneen. Imaging juggling all this & also trying to find a balance for his own school work & helping his mother. At that time, he was still in grade 11 back in 2012.

He defied the odds & made something of himself despite the facts of being born in the villages & from a poor background. Now he is moving from town to township, He has managed to broaden his network & was able to connect with different people from different backgrounds.

On his quest for trying to tutor students at schools, like any business man he came across challenges. Some schools rejected his proposals/ request because he looked young “I guess they didn’t trust young people to have the ability to tutor...” he added. Some just didn’t give him feedback & some just simply did not give him a chance to even talk to them. All in all, it was never dark & gloom & was never discouraged or stopped him in his tracks. He has made it his own mission to help those who need his help/ services. Just to put it out there, Marothi has never had a learner fail under his guidance/ teaching. He has a very clean record & all his previous tutees can attest to that. “I guess at MRoyals teaching is our calling that I am constantly rejecting” he said with a smirk on his face. When we asked him about the #SaveAFutureLeader Movement & how it started he said it started when a certain woman living in a backroom with her son asked for his help “The kid was still in grade 4 & his Mathematics was very bad” he was quoted saying. Two months after helping him, the kid was now an A+ student in mathematics & he got emotional when the mother said she had lost hope in her son, now that things have changed, she feels alive & that’s how the #SaveAFutureLeader movement started. The movement

aims not only to improve the performance of the learners but also life skills.

In conclusion, MRoyals tutoring department assist with the following subjects. Mathematics (calculus) (for high school & 1st year varsity students) maths literacy, Accountancy, Economics, EMS, NS, Geography, Agriculture, Physical & Life Sciences. With Grade 12s they assist them to apply at Tertiary Institutions & also equips them on what to expect at tertiary institutions, they also assist with UNISA Maths Assignments. We are proud of what MRoyals does

&we encourage them to continue with the good work. Kudos to Marothi & the team. If you’d like to use the services of MRoyals you can contact them on the contact info provided below.

You can also enquire about prices because they vary from group & single tutoring, subject & hours, it’s very important to book your session early in

advance because with exams looming closer, bookings tend to get congested thick & fast.

Phone/ WhatsApp No. 084 279 4613

Email : MathsRoyals@gmail.com

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MRoyals is Hiring Tutors

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Agricultural Sciences, Physical Sciences, and Life Sciences.

**Maths
Royals**

For more info:

WhatsApp: 084 279 5613

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A close-up photograph of a person's hands. The left hand is holding a black plastic bag, and the right hand is holding a Zimbabwean banknote. The background is a blurred crowd of people. The text 'FINANCIAL EDUCATION' is overlaid in a large, bold, black serif font with a white outline.

FINANCIAL EDUCATION

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I think this is an important discussion that we need to have, especially among the youth in our current days and generation. I think we need to educate ourselves more about money while we still young & broke, so that when it does eventually come, it won't catch by surprise or off guard. We need to be ready. Ready to have & keep it. Not only have it for ourselves but for our families, our children & the next generation. Future generations. Am talking generational wealth. I know that often people say "not everyone wants to be a businessman/woman. Not everyone wants to start their own company and etc... some of us are just cool with our day to day/ 8 to 4 jobs" & that is well & good. Nobody is forcing anyone to go into the business space, but then reality is that everyone wants money, not just money but, lots & lots of it, & your 8 to 4 job isn't going to give you enough money for you, your family, children & their children's children.

Hence you need an alternative means to make money. Sometimes you don't have to quit your job, you just need to find a way to work around what you're currently getting. You can either invest in a bank to get a 0.333 % increase in interest after a year or so... or you can have a side hustle that's going to generate some cash for you or you can just simply spend your money as it comes & live by the YOLO motto, I mean it's true hey, indeed you only live once. It's your money after all. No child was born walking, we were taught to crawl, walk then run. The point that am trying to make is that

everything starts with a lesson/ teaching. A person who never grew up with money, the first encounter they have with money all they want to do is to "SPEND IT". Which in itself is not an unusual or bad thing. It's how we learn. Either from a scar or experience. Do you still remember the first time you were given a huge amount of money? Let's say maybe (R10) for school & you blew it all in a day on sweets right? Then they told you that you won't get any money to carry for the whole week. Now that you knew that if you spend the whole R10 in a day (on Monday) then you going to go the whole week with zero cash to spend. What do you then do next the time you get a R10 (on Monday)? You start planning for the week ahead & you equally split the R10 for the whole week.

Now you have experience of money. It's sad that we as black people were previously disadvantaged & never grew with money at home as compared to our white counterparts. Which is why we experience a lot of corruption in our side. We are given a chunk of millions of rands & we are expected to spend it all on service deliveries (with no plan/prior experience of (big) money.) this just opens doors for wasteful expenditure & corruption. Point of reference: The Alexander renewal project which turned out to be a huge joke and disaster. I don't want to politicize this article but I feel the example is relevant. We were exposed & I am hoping you see where am going with this.

There's a Zulu proverb that says "ikojwa isase manzi" which directly translate to "you bend it while it's still wet" & there's also a Pedi proverb that says "Thutelo bogolo ya roba" which can loosely be translated as being difficult to teach someone in their late years. Yes, because of circumstances which were beyond our parents we were previously disadvantaged, but we've now made it into the new dispensation where we are able to get and make something of ourselves & for our children, hence we need to start putting focus on how we teach our children to save from a young age & giving them the principles of money. Let's give them money so that they can waste it, so that they can learn a lesson & know the value of it the next time. (I know we don't have money to waste, never mind save but if you don't give them money to waste and save, then they'll learn when they're all grown. With big money & they'll chow peoples' money. Simply because they had never had any encounter with money nor money management skill. Let us try teach them the 4 principles of money You give them 4 money pigs from a very young age, soon as they understand numbers/ numeracy. The 1st pig you teach & tell them that "whatever money you can save in here I'll double it at the end of the year." What does that teach them? It teaches them the value & rewards/ benefits of saving, that if you save then you're definitely bound to get returns, The 2nd pig you teach & tell them that "this one is for snacks, sweets & all the nice goodies..." This teaches them that you don't just take any money & buy sweets whenever you want. It will also make them understand when you tell them that you don't have money, even though they see it in the wallet/ purse. Yes, you do have it but it's not money for sweets, it's

money for other important things. Now that we are adulting & have become respectable members of society, we get to understand what our parents meant when they said "Akena tshetele/ I don't have money" even when we saw it in their purse. It's just unfortunate that we were never taught to understand that & that is why it hurt we felt hurt. Now to the 3rd pig. With this pig you teach/tell them that "every Sunday, whenever you go to church.

This is where you take money for offering from" This is because in every culture of people have some sort of financial/Religious obligation to give.

With the 4th & final pig you teach/ tell them that "this one you're going to take money (Whatever money that you've saved at the end of the year). You going to take it & give it to someone else who is less fortunate. (You call it the generous pig) This is not to teach them that they have a lot but to teach them the spirit of

generosity & appreciation. They get to appreciate the little that they have & know that someone out there doesn't have whatever little that they have. Who says R10 is too little? In that way your children get to grow up knowing money. Appreciating money & also being generous not because they have money but because they know that not everyone has money.

DID YOU KNOW?

KNOW YOUR CITY... WELCOME TO TZANEEN

Tzaneen is a large tropical garden town situated in the East of Mopani District of the Limpopo Province in South Africa. It is situated in the highest mountains of Magoebaskloof, in a high fertile tropical rainfall region. Tzaneen is the second biggest town in Limpopo after Polokwane and It is one of the cleanest town in South Africa & was once awarded the number 1 most cleanest Town in SA (I think this was back 2002, and went on to be runner-up in 2007, 2010 & 2018, but even today it is still Limpopo's cleanest town). Not only is it one of the cleanest but it is one of the most beautiful towns in South Africa & not just Limpopo. When it comes to Agriculture, it is the richest place in the world.

Tzaneen produce over 48% of South Africa's Avocados through the Westafalia. - 45% of Mangoes through Zabana. - 50% of Bananas through Banana 4 Africa. - 55% of Oranges through Letaba Estate Farm. - 90% of Tomatoes through the ZZ2 Company & other farm making our country the world's 10th largest tomatoes producer. - 85% of Pine trees mostly in the Magoebaskloof region & Blue gum trees also in Magoebaskloof making our country to become world's 15th largest producer of pine.- 65% of Chicken' productions in our country through Tzaneen Rainbow Chicken Farm & Bushvalley Poultry Farm making our country biggest Chicken Producers in Africa. - 25% of Beef through Harmony Cattle Farm OFCALACO. - 30% of Meal through Venbeck. - 35% of Tea through Sapikwa.

The name Tzaneen has managed to unite all people of this town despite their different cultural backgrounds. Tzaneen is just a geographical name with no particular meaning attached to it but believed to have been derived from the Afrikaans language. Its population of is about 799 780 people.

Mhlava Nwamitwa Xihoko - Tsonga people are 35%
Modjadji Kgapan Mokwakwaila - Balobedu people are 20%

Lenyenye Maake Wolkberg - Pedi people are 15%
Letsitele Aquapark Harnetzberg - White people are 10%

Aborpark - Arabs & Asians are 8%

Tarataalrand&- Coloured are 7%

Lusaka - Foreigner are 5%



SON OF THE SOIL MAPONYA

DID YOU KNOW THAT DR RECHARD MAPONYA ORIGINALLY HAILS FROM TZANEEN?

An epitome of entrepreneurship. Dr Richard Maponya (98 years old) was born in Thlabine, a small village near Lenyenye, Tzaneen, in what we now know as the province of Limpopo. He was professionally trained as a teacher which is not surprising that he mentors other entrepreneurs (natural teacher). He became an entrepreneur around the age of 24 in an era where black entrepreneurs faced so many obstacles that prevented them from being successful. From clothing to milk delivery service to cars, retail & property development, he persevered & made a success of the business. Dr Richard Maponya is a visionary. In 1979 he secured a chunk of land in Soweto, first on a 100-year lease & then, in 1994, after several attempts, he acquired it outright. This is the land on which now has the Maponya Mall built on, one of the largest shopping centres in the country. The mall was built & opened in 2007. Part of his success is attributable to the beautiful partnership with his late wife, Marina Maponya. Together they raised entrepreneurial children, all of them being successful in their own right.

Dr Maponya is a community builder & he has built a formidable business empire in the democratic South Africa, which should remain for generations to come & has created what is referred to as generational wealth & is counted amongst the billionaires of this country. Let's celebrate & applaud our leaders.

COVER STORY

MOKOKOBALE

DIANA MAKGOPA

GLOBETROTTING THROUGH DIFFERENT
STAGES KA SEPEDI

Photo By: Justin Mnitz

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Mokokobale Diana Makgopa is representing & proudly making us all proud & unashamed of our beautiful Xhosa language. The 25 year old Tzaneen born actress has been the talk of the town in the past few months as she made her debut on the South African hit soap SCANDAL on ETV. We had the opportunity to interview & get to know her better. Just like most of us, Mokokobale attended her primary school at Rainbow Primary School from 1st grade till 4th grade, then she moved to Modjadjiskloof where she did her 5th – 8th grade at the King's Court Christian School. She then later moved to the big city to complete her secondary education (9th -12th grade) at the National School of the Arts. Soon as she completed she already knew that performance art was her passion as she went on to study Theatre & Performance at the University of Cape Town.

We see her shining today & think that it's been all smooth sailing & sunshine, but it definitely wasn't. It took what she describes in her own words as "*a lot of prayer, faith, hard work, more faith, hard work & consistency*" & it's evident that what we see today is a culmination & result of all the aforementioned. Bearing fruitful & sweet

results at the end. You'd ask yourself how a Tzaneen girl got a role on one of SA's biggest TV soap in SCANDAL, well the answer to that is simply "AUDITIONS". Yes, just like all aspiring actors, Mokokobale took that leap of faith, trusted & hoped that she'd make the final cut & indeed she landed the role, & as they would all say "the rest is history". It's a story that sounds nice to the ear when it's being told, but the truth is that it hasn't been a simple case of auditioning & instantly getting the role. It's been a lot more than that. It's been rejection after audition after audition & she has even lost count of how many auditions she's had to attend. The scandal role came after 2 years of attending auditions. All those who watch & follow scandal were introduced to the "Sewela" character & most have fallen in love with her, especially the people of Tzaneen because they could relate & see themselves in her character, not only limited to the people of Tzaneen but also across the Nation. Although some who are too attached to the "Mthunzi & the Langa" story line might beg to differ & hate her because she somewhat played for the other team in favor of Mthunzi, but we just love her enthusiasm & how she loved her job as a nurse.

Obviously to portray someone else on screen, every actor/actress takes something from their personal character & the character that they portray & they try to merge them both to produce a master character. When we asked her what resemblances/ similarities she thought the Sewela character had with the original character of Mokokobale? She said in her response “We are similar in our expression of kindness & care for others. She’s an empath who gets caught up in the lies of the Langa family but we are extremely different in how we seem to navigate & see the world. She always wants to see the best in people & easily trusts people. But as for me, Mokokobale I don’t just easily trust a person. It takes a while before I can trust someone”.

She says if there’s anything that she has learnt or can learn from playing the Sewela character it’s that “Things are not always what they appear to be. Humans are layered”.

We asked her how the producers got her to play the Sewela character? Not just the character alone but also how they allowed her to authentically play it in her own language. Basically, how it came about that she’d be a Xhosa speaking nurse, if whether the producers were specifically looking for someone to play it, or if whether she had incorporated herself to the character? The answer to that was quite interesting because she said “The brief was to come & audition in our mother tongue, I did that & they loved Xhosa”.

The character was initially supposed to be Xhosa but was later changed after my audition. The production team saw an opportunity to introduce a different language & represent the minority group.”

For us, especially the people of Tzaneen, We definitely do see her as a representative of the minority. It’s not every day that we get to wake up & see someone on our screens, fluently speaking our language & we are almost certain that there are quite a few people who hope to take & follow her route to pursue a career in acting & drama. So for anyone who might be inspired to do so, this is what she has to say to you “If you have the opportunity & means, go & study the craft.”



Photo By: Justin Mnitz

There is a whole world that involves producing a television show or theatre show. So people need to go & study, learn to see their vast options & have unbreakable faith because you will NEED it. Pursue what you love, if you get the opportunity be brave in pursuit of following your dreams. You will face challenges, like in all other industries but rather face challenges in something you love. Life is too short". Mokokobale is also involved in theatre so sometimes if you don't see her on screen, she is probably busy in theatrical work.

We have seen her on Rhythm city for a short while & now we are all wondering what is going to happen next, if whether this is the end of the Sewela character on Scandal or if whether we are still going to see her resurface again, well we don't have the answers to that but only she does, so when we asked for an exclusive scoop or heads up on what is the next step, she didn't budge & was rather corny in her response. This is what she had to say "Hahaha keep watching. More drama & "SCANDAL" is set to come". It's no secret that Mokokobale has made a name for herself & managed to leave quite an impression & we are definitely sure that she has no intentions of stopping because she is now globetrotting through different stages in her mother tongue; Xhosa. To leave all the readers, viewers of the show & supporters of her work she had nothing but words of gratitude to express & this is what she was quoted saying "From the bottom of my heart, thank you for the overwhelmingly positive response, the love you've shown me as an individual & Sewela is overwhelming & I appreciate it so much. Ke leboga ka pelo yaka ka moka"

We, as HopeMedia feel blessed to have had Mokokobale Diana Makgopa grace the cover of our 3rd issue & we wish her nothing but all the success in the world & we'd love to see her on many other shows, both locally & internationally. Please follow her on all her social media accounts to keep up & stay tuned for announcements relating to more of her work.

Facebook: @mokokobale Makgopa
Instagram: @mokokobale Makgopa
Twitter: @mokokobale Makgopa



Photo By: Justin Mnitz



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PHOTOGRAPHY



OPINION BOX

(disclaimer: please note that the following opinion is not that of HopeMedia Magazine but that of the person who wrote it. HopeMedia will not be liable for any harm that this opinion may cause and if you feel the need to complain. Take it up with the author and not the Magazine. Thank you)



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MASTURBATION

Masturbation

Yep!! Masturbation is a very unpopular subject among peers, we all do it but never want to talk about it so I think that this is something that we need to talk about. It's not blasphemous & there's totally nothing wrong with it. Basically, in essence masturbating is having sex with someone whom you love the most (which is you. Yourself, unless if there's someone who you love more than yourself, I don't know) this is one opinion I might be hated for or even labelled/called names but I'll take it this one time, but it will be beneficial to most readers & prove to be an eye opener because it's very educational.

What is masturbation?

Masturbation involves sexually arousing yourself by touching your body & genitalia to stimulate sexual feelings. Both men & women can masturbate

Is masturbation normal?

Yes. Apart from the pleasure it gives, masturbating can help you learn what you like & what you don't like sexually. (Research has found that heightened sexual arousal achieved through masturbation can make almost anything & anyone seem more sexually appealing. Potentially masturbation can be good for your health, in men orgasm is associated with enhanced immune system functioning) Men can use masturbation to learn how to control their ejaculation/orgasm, while woman can learn & find out what pleases them. Which part ticks & turns them on when touched & also it helps them achieve orgasm.

Many couples watch porn & masturbate together & they find it to be a very enjoyable part of their relationship. Other people don't & that's totally fine. It's a person's choice.

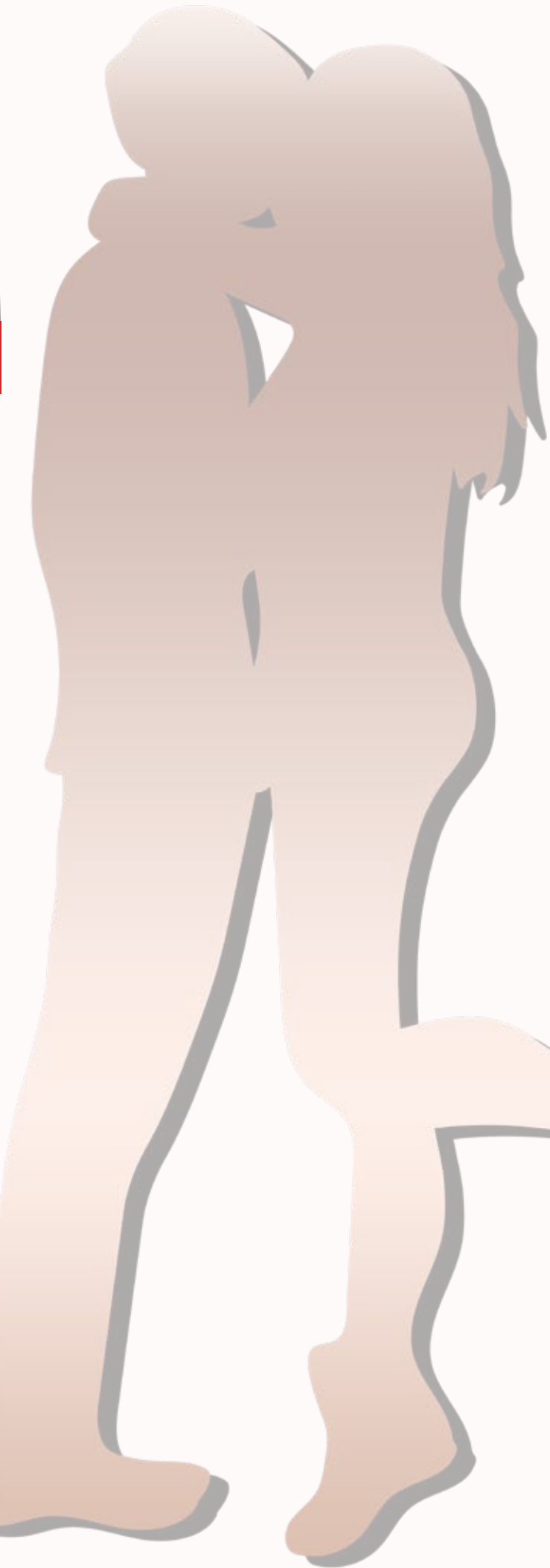
How does one masturbate?

There's no right or wrong way to masturbate. Men usually do it by rubbing their penis. You can do it with or without a lubricant oil, lotion or jelly. Women usually touch & stroke their clitoris (the clitoris is a small soft bump in front of the vaginal entrance, It is a very sensitive part of the vagina, touching & stimulating it can give you strong feelings of sexual pleasure. Most women need the clitoris to be stimulated to have an orgasm during sex or masturbation) & the area around the vagina (usually to cum, girls play around the vaginal part & throughout their body).

What is ejaculation?

Ejaculation occurs when semen shoots out from the penis, when a man has an orgasm. There's usually about 5ml of liquid but there may be more, depending on what you ate? (Certain fats food, milk, mayo, peanut butter, yoghurt etc. May create more semen) also this may depend on the number of times you have ejaculated fluid in a week, either via sex or masturbation. Woman can also ejaculate fluid. Often known as vaginal discharge.

Well, of course the big question is **if whether masturbation is safe or not?** The answer to that is yes.



Masturbation is safe & for the record masturbation doesn't cause blindness, insanity or acne (A skin condition where your hair follicles become plugged with oil & dead skin cells & often causes white & blackheads or pimples which usually appear on the face) & It won't make hair grow on your palms (it's just a myth) in all seriousness, there's no risk of pregnancy or catching any STD/I from masturbation.

However, there's a small marginal risk of contracting STD/I for women who use sex toys. Cleaning sex toys are highly advised, especially if you're not the only one using it/ sharing. Borrowing sex toys is not advised & not safe. Infection passed by vaginal fluid can stick one toy and affect the next user.

Sex toys: Ladies stop using funny object to masturbate because you're hurting & damaging your vaginal walls. Yes, you may use cucumbers but don't consume them afterwards. It's gross. Educate yourself. Use things that are safe & put condoms on them if possible... Questions like "can you injure yourself during masturbation? Arises, you're unlikely to injure yourself or cause any harm. However, there are risks of soreness, cuts or bruising yourself if you do it roughly or too hard. Boys, don't push your penis too hard & end up hurting your testicles/ balls, however there's no way you can break your penis through masturbation. It's very rare. For this to happen, it is going to take your penis to be really hard\ erect & require a really violent twist (which is very rare. Unless if someone is castrating you, but still you need to be erect).

Can one masturbate too much? Masturbation is harmless. But if you do it a lot your genitals may feel sore. For men if they do it a lot in a short space of time they can get a slightly alarming looking of Swelling of the penis called oedema caused by fluid in the tissues but the swelling disappears within a day or 2. However if you feel that your masturbation is interfering with your everyday life then do visit a GP. They may be of assistance.

I really hope that you've learnt a thing or two with this article. I am a strong believer in sex education.

Most people consider it to be Taboo, that's why we face sexual issues in our society, people don't want to talk about rape, STI or STD. Masturbation is taking matters into your own hands & maybe making the right choices to avoid bad mistakes.



BENEFITS OF BREAST FEEDING

Breast milk is the best nutrition a baby needs in the first months of life. The WHO (World health organization) recommends that babies should be breastfed exclusively in the first 6 months of life, meaning that no other food and even water or medication should be given to the baby, unless medically indicated. Giving other milk or food can damage the baby's intestines and make it easy for infections to get into the baby's body. The month of August is declared breastfeeding month globally. Breastfeeding week is celebrated worldwide from the 1st to the 7th of August each year. All this breastfeeding weeks come with a theme and this year theme was, 'empower parents enable breastfeeding'. The main aim for this breastfeeding week/month is to ensure breastfeeding advocacy and to increase awareness that equip and educate mothers who are breastfeeding and those who are going or want to breastfeed.

It is the responsibility of health professionals, community members, spouses and family members to ensure that breastfeeding is possible and it is doable. This can be done by showing support to breastfeeding mothers by helping with house chores such as cooking, cleaning, washing and bathing the baby to enable them enough time to be with their babies: i.e. it is important as it helps in achieving breastfeeding demand.

Breast milk does not only help with baby's growth, but it is safe and readily available. It has many other benefits which include protecting babies against infections and boost their immune system as

compared to formula feeding. Giving the baby breast milk saves time and reduces the spread of infections as compared to formula which is time consuming and increases the spread of infections that lead to diarrhea.

Breast milk meets all the infants' nutritional requirements for about 6 months in the correct amounts and right temperature. Therefore, the baby cannot be underfed or overfed when given breast milk than when given formula, and it lowers the risk of childhood diabetes, cancer and ear infections. In the first 6 months of life, the baby's gut is not fully developed. That is why breast milk is the best to feed the baby during this period for breast milk is easily digested as compared to formula which requires a fully developed gut. Breast milk prevents anemia, hypoglycemia (low blood sugar levels) and reduces sudden infant death.

Breast milk does not only benefit the child, but it is also beneficial to the mother. It helps the mother to stop bleeding after delivery, delays the return of menses and also protects her against another pregnancy. It lowers the risk of breast and ovarian cancer, reduces postpartum depression, promotes bonding between mother and her baby, and also helps mother to lose pregnancy weight.

Breastfeeding is the best, not a choice but a responsibility. #Empower Mothers Enable Breastfeeding Now and For the Future.

Article By: Ashley Patji



EMPRESS! FINALIST

MMeet the 21-year-old Dimpho Maphoto who has made it to the Miss Empress South Africa 2019 semi-finals & well representing us. Dimpho was originally born in Lenyenye & attended her primary school at the St George College & went on to do her secondary at Mafutsane & eventually matriculated in 2016. She is now based in Polokwane & currently studying towards her LLB degree with the University of South Africa. Dimpho has entered an online

“Beauty with Brains & Purpose” contest called Miss Empress South

Africa 2019. Miss Empress South Africa 2019 is the first & largest online women empowerment contest in the history of our country & it empowers young women to grow & develop themselves by making a positive impact in their communities. From a young age, Dimpho has always loved beauty pageants & would watch them on television & always imagine herself walking in those glamorous shoes & dresses & ascending the stage with thousands of people watching. Last year during the festive season, while browsing through her Facebook she came across a page called “Miss Eagle SA” & felt encouraged to enter the contest

THE BEAUTIFUL AND AMBITIOUS MESA FINALIST DIMPHO MAPHOTO

because she felt it is all about women empowerment, leadership & Motivation. This year the competition was changed from Miss Eagle SA to being Miss Empress South Africa. Dimpho says that the competition has many fun activities geared towards women’s personal development & growth, they engage with celebrities. Dimpho recently met with the President of the Republic of South Africa, Cyril Ramaphosa in Polokwane, at Ntate Ike

Maphoto’s funeral. An ANC MK Veteran, who is also her late grandfather. The president passed some words of encouragement & support to her. The competition has given her an opportunity to get involved in helping out with charities in her community. She had recently helped out at “Fola Moya for The Aged” home. The competitions also gives them a chance to engage with the media.

She was quoted saying “I have featured at radio stations, newspaper & on online articles, so in essence the Miss Empress South Africa has & continues to help us build our personal brand & come out of our comfort zones”. Not only is she a semi-finalist in the competition, she is also Brand Ambassador for Motofind.co.za



Dimpho personally & passionately believes that “With God, nothing is impossible” & that that is one of the things that keeps her going. Being part of the Miss Empress South Africa has given her a platform & the power to be able to empower not only herself but other women as well, & to be a good role model & prove to them that they can also do anything they set their minds to. “I am proud to say that I am closer than ever to being able to make something out of my passion” this is what she had to say with regards to the contest.

For her, winning the Miss Empress South Africa 2019 competition would be a dream come true. She says that it would give her a greater chance to reach out to the youth/ young people & make them believe that they can achieve anything that they set their minds to. “I am Dimpho Maphoto. A young, confident woman. Confident in myself, my body & skin color & I am proudly representing the Limpopo Province in this year’s Miss Empress South Africa. To help me win **Empress South Africa 2019, SMS DIMPHO MAPHOTO to 35334. SMS costs R3 each.** Your support would not mean the world but also increase my chances of winning. Thank you”. We wish Dimpho all the best in her journey & we hope that she’d actually go ahead & win this contest. You can follow her on the socials.

@Facebook : Dimpho Maphoto Empress South Africa 2019 Semi-finalist

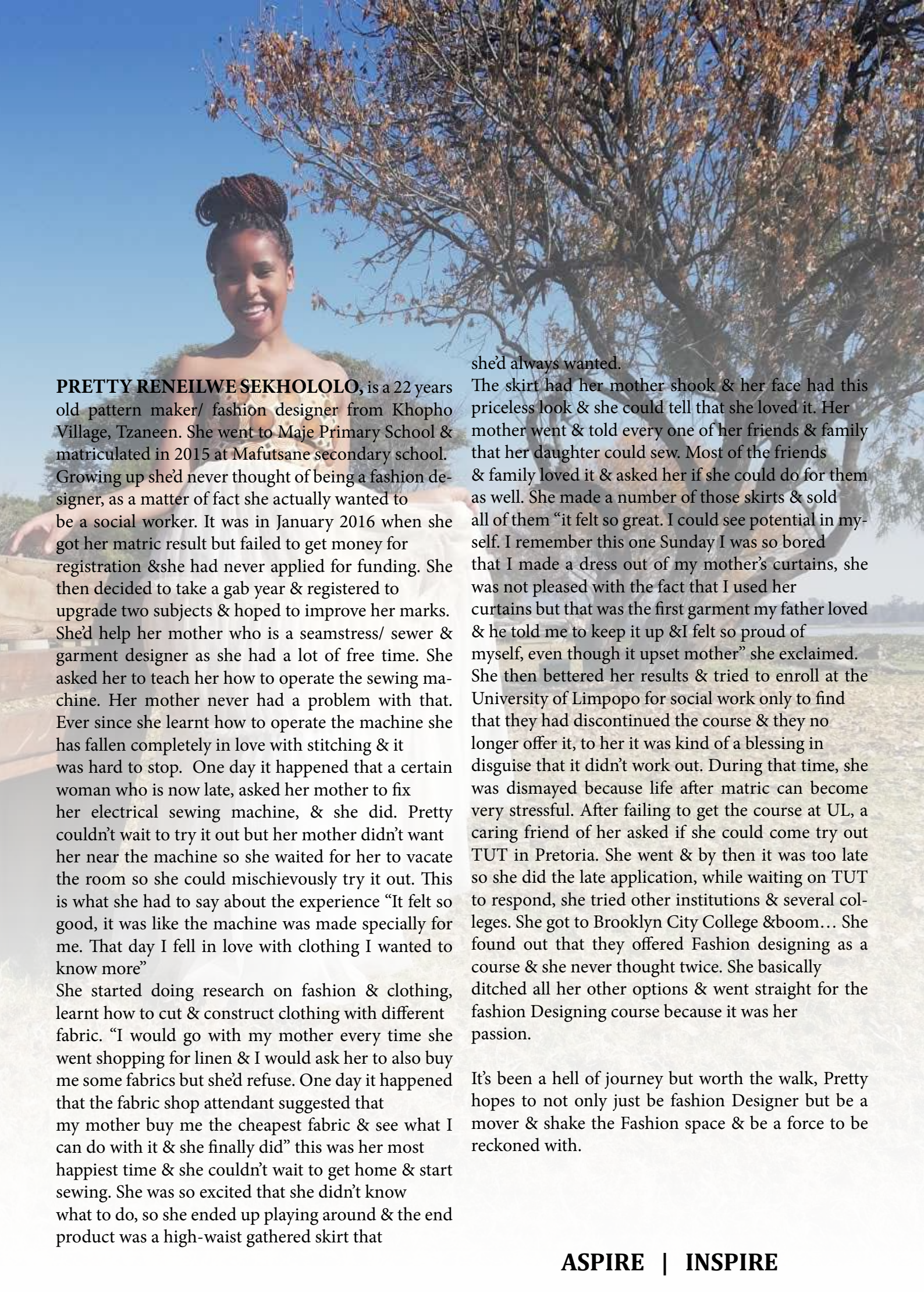
Instagram : Dimphomaphoto_mesa2019



A woman with her hair styled in a bun is posing outdoors. She is wearing a strapless top with a circular, geometric pattern in shades of brown and gold, and a long, white, pleated skirt. She is standing on a rocky, uneven ground with trees and foliage in the background. Her right hand is on her hip, and her left hand is raised to her head. The overall scene is bright and natural.

**A FASHION JOURNEY WORTH
WALKING ...**

ASPIRE | INSPIRE



PRETTY RENEILWE SEKHOLOLO, is a 22 years old pattern maker/ fashion designer from Khopho Village, Tzaneen. She went to Maje Primary School & matriculated in 2015 at Mafutsane secondary school. Growing up she'd never thought of being a fashion designer, as a matter of fact she actually wanted to be a social worker. It was in January 2016 when she got her matric result but failed to get money for registration & she had never applied for funding. She then decided to take a gap year & registered to upgrade two subjects & hoped to improve her marks. She'd help her mother who is a seamstress/ sewer & garment designer as she had a lot of free time. She asked her to teach her how to operate the sewing machine. Her mother never had a problem with that. Ever since she learnt how to operate the machine she has fallen completely in love with stitching & it was hard to stop. One day it happened that a certain woman who is now late, asked her mother to fix her electrical sewing machine, & she did. Pretty couldn't wait to try it out but her mother didn't want her near the machine so she waited for her to vacate the room so she could mischievously try it out. This is what she had to say about the experience "It felt so good, it was like the machine was made specially for me. That day I fell in love with clothing I wanted to know more"

She started doing research on fashion & clothing, learnt how to cut & construct clothing with different fabric. "I would go with my mother every time she went shopping for linen & I would ask her to also buy me some fabrics but she'd refuse. One day it happened that the fabric shop attendant suggested that my mother buy me the cheapest fabric & see what I can do with it & she finally did" this was her most happiest time & she couldn't wait to get home & start sewing. She was so excited that she didn't know what to do, so she ended up playing around & the end product was a high-waist gathered skirt that

she'd always wanted.

The skirt had her mother shook & her face had this priceless look & she could tell that she loved it. Her mother went & told every one of her friends & family that her daughter could sew. Most of the friends & family loved it & asked her if she could do for them as well. She made a number of those skirts & sold all of them "it felt so great. I could see potential in myself. I remember this one Sunday I was so bored that I made a dress out of my mother's curtains, she was not pleased with the fact that I used her curtains but that was the first garment my father loved & he told me to keep it up & I felt so proud of myself, even though it upset mother" she exclaimed. She then bettered her results & tried to enroll at the University of Limpopo for social work only to find that they had discontinued the course & they no longer offer it, to her it was kind of a blessing in disguise that it didn't work out. During that time, she was dismayed because life after matric can become very stressful. After failing to get the course at UL, a caring friend of her asked if she could come try out TUT in Pretoria. She went & by then it was too late so she did the late application, while waiting on TUT to respond, she tried other institutions & several colleges. She got to Brooklyn City College & boom... She found out that they offered Fashion designing as a course & she never thought twice. She basically ditched all her other options & went straight for the fashion Designing course because it was her passion.

It's been a hell of a journey but worth the walk, Pretty hopes to not only just be fashion Designer but be a mover & shake the Fashion space & be a force to be reckoned with.



Conquered Fear, Driven by Passion

Many people tend to lose hope in what they love because of fear, hence they say, “Fear is the enemy of success.” People who often fall prey to fear give up in most of their precious gifts of life whereas they should embrace it.

Lebogang Beauty Mogane, a 23 years old female model from Bushbuckridge, Mpumalanga who is currently studying computer sciences at the University of Limpopo, refuses to let her fear of crowd prevent her from being a model. In an interview, she was asked what inspires her to take part in modeling, & in her response she said, “I’ve always had a passion for modeling since from the age of 15, but fear & shyness stood in my way. However, I stood up, got out of my comfort zone which was holding me back & went to get what I’ve always wanted.”

So far Lebogang has participated in Runway Fashion show early this year, where she had her first experience. She said that the fashion show helped her with a lot of things: getting to learn & know how to walk as a model, & also to conquer her weakness of fear. In addition, she talked about her role model, Bonang Matheba whom she looks up to. She said that it is her wish to one day appear on TV, just like Bonang Matheba. Furthermore, Lebogang said that one of the challenges that most models encounter is low self-esteem, which she managed to conquer. Therefore, for those who are aspiring to be models, they should have confidence, believe in themselves & also have patience because modeling is a long journey. Therefore, we’re eager to see many people like Lebogang waving ‘bye’ to their comfort zones, conquer the weakness of fear & go for what they are passionate about. Lest we forget this say, “you can make your passion your profession.” Just as Hope Cedric Malemela wrote, “we are what we repeatedly do.” Thus, it is not about who you are, but what you repeat, over & again, the endeavor to conquer the fear can come to success, just like Lebogang Beauty Mogane.

Article By : Modiba Frans



OBLAQUE

HOPE MEDIA

Magazine

First BELIEVE then try to CONVINCE us later

The one mistake that we often make as a people is trying to convince people 1st with something that we ourselves don't believe in. Whatever it is that you are trying to convince me with, first make sure that you believe in it, be it your dreams/ career/ music/ God, whatever it may be first believe in it yourself.

You can never want to convince me about God whereas you don't believe in him yourself. It just doesn't make sense.

The more you believe in it, then we'll also ask ourselves why is it that she/he believes in this so much?

Then we'll follow, because we are now convinced because you convinced yourself 1st, but you don't just believe & think that's where it stops. No. You believe & you work on what you believe in. Even the Bible itself does say that "FAITH WITHOUT WORK IS DEAD". Now if you believe in your talent, work more on it & give yourself time & sacrifice a few things in the process. The problem with a lot of people is that they all want the end results but they don't want to actually work, they need to understand that this thing doesn't just come easy. It's binary, its either you do the things that get you there or you don't. Everyone is focused on the finish line but not the treadmill work, waking up in the morning, the drinks and the eggs & working out like rocky balboa. Nobody wants to sacrifice & they wonder why things aren't working for them.

SPIRITUAL FEED

Jesus still saves

I grew up knowing that a tomb was sacred, meaning that it had to be treated with respect & it is surrounded by a certain aura. However, I came to realize that there are certain characteristics of the tomb: it is perfectly sealed & sometimes maybe well decorated, but the inside of it cannot be compared with the outside because what's inside cannot be fathomed. In a nutshell, as sealed a tomb may be, within it there's a dead flesh that once lived & had its fair share of life.

The book of Mark 5 narrates a story about a troubled man, who was possessed by demons, no one could bind him because he would tear the chains apart & break the irons on his feet. Night & day among the tombs & the hills he would cry out & cut himself with stones. As the story continues the man had an encounter with Jesus who set him free from all the demons (legion) that had held him bound. Now I know that a lot of people are like a tomb sealed from the outside, good in appearance & faking smiles every day, but dying from the within, held bound by different kinds of demons (may be anger issues that destroys every good thing e.g. good relationships/ addiction/ Immorality etc.). Like the man in Mark 5 they're silently crying with no one to trust or help.

The good news is, the same Jesus that delivered the man from thousands of demons is still here today to save you, for he's the same yesterday, today, & forever (Hebrews 13:8).

Even if you feel like you're a dead walking body, the same power that rose Jesus from the dead is still available for both of us & it's still able to break all the chains & give a new life (Romans 8:11).

Dear friend, Jesus is still willing to give you a new life of freedom, all you have to do is ask (Matthew 7:7). There is not a single second that goes by without you being in His mind, as He keeps on making intercession for you to the father (Romans 8:34). Seek him & He shall be found (1st chronicles 25:9).

By Matapa Gafane

Mr n Miss HopeMedia

Are you the one we are looking for?????

HopeMedia is looking for two smart, vibrant and confident young male and female to be crowned Mr and Miss HopeMedia. Both winners will be on the cover of the 5th issue of HopeMedia Magazine and go on to be our ambassadors for a full year. During their reign, they will get to travel to different places with costs covered by us, they will promote the magazine and attend workshops.

Not only that, both winners will each walk away with R1000.00 each in cash money and R500.00 worth of awesome prizes, a free professional photo-shoot and a portfolio for both winners. All participants will also make it on the inside of our magazine, they will also be given free HopeMedia T-shirt and we will make sure that nobody leaves empty handed. The big prize will of course go with the winners of the day. Our Mr & Miss HopeMedia Magazine could be the person reading this or maybe the person reading this knows a person who could stand a good chance of winning and become the face of our magazine.

If you think you have what it take or know someone who has what it takes to be that person we are looking for, then contact us on 079 399 7397 to enter send us a video introducing yourself and why you think you have what it takes to win it. Entries will be open till the 23rd of November 2019 and all the finalists will be named in the 4th issue of HopeMedia Magazine. The contest will take place on the 28th of December and the venue will be confirmed soon. Follow our social media for more information with regards to the competition.

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Magazine

YBS
PRESENTS

GET BACK TOGETHER

HIP HOP
FESTIVE

DATE: 21 SEPTEMBER 2019

VENUE: LEPHEPANE CHILDCARE CENTRE

TIME: 13:00 TILL LATE

LINE UP ARTISTS

**YB - ST BOY - YOUNG BROWN - K27 - MAJOR SQUAD
GROUP**

**MYZZA - LADY QUEEN - TRECIA - DAVIBOY - MISS K
MASTER K - TREFIVE - NNAKE AND MANY MORE...**

FREE ENTRY

HOPFEMEDIA

MAGAZINE

**OUR
NEXT ISSUE
WILL
BE
RELEASED
ON THE
26TH OF
NOVEMBER**