

LIFESTYLE  
December 2021



# Ultimate

Magazine

JUST ONE THING 365



**PETRA  
LARANJO**







*Summer is Here!*





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# Summer is Here!





# Letter From the Ultimate Group Director

**Yolandi Strauss**  
**Upliftment. Empowerment.**



Ultimate Models was started in March 2021 with the vision of providing a platform for all to be accepted as a model regardless of size, shape, age and diversity. Our focus is mainly to encourage, uplift and provide a community of support and training.

We believe in empowering all, to provide a diverse and uplifting culture that enables professional and personal growth. In our eyes every-one has potential no matter what the outcome of the competitions. We stand for body positivity and embrace uniqueness to its core. The Ultimate models' competitions create a platform of fun, interaction and rewarding results. The Ultimate membership takes you from competition to a society of support, education and transformation.

About Ultimate models Competition: Ultimate model competition is a virtual platform for anyone already modelling or anyone interested in starting their modeling career. We host monthly online model competitions with exciting prizes. Winners will be chosen based on online public votes.

Everyone that enters will also stand a chance to win judging categories and also become part of our community and team. As part of the community we are hoping to unlock more opportunities for all the contestants. We also plan to give back to the community, by mentoring young models and giving donations to various non profit organisations.

Ultimate Model Society is a virtual and online platform to support models and models in the making. The main purpose of the platform is to develop and grow models to help them reach their goals and aspirations. The platform does not only look at the regular modeling aspects but venture outside the box – You are not just a model, you are a role model, you are a brand on its own, you are an enterprise. The platform guides you to reach your ultimate potential, to become the very best of yourself in every facet of your life.

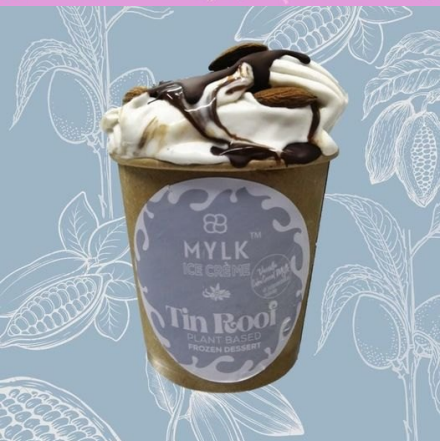
Even if you are a well renowned model and have arrived in your career, have you reached your full potential and do you perhaps need to become part of a family that provide support to each other, do you have the heart to give back to the community through sharing your experience.

About Ultimate Model Photo shoots: Though a monthly variety of photo shoot packages models can learn the tricks of posing and gain confidence in front of the camera. The focus is to provide portfolio and content that models can use to promote themselves as models. Brand shoots are also provided regularly for free where models get to pose with other models and learn from each other.

The Ultimate model group is a family and the core foundation is to uplift and support one another. Our goal is for businesses, magazines and brands to realize that they need to utilize real relatable models for their campaigns.















# HEALTH AND STABILITY

One of the perks of belonging to Ultimate Models, is that the models get together and have some fun activities! As we grow, the activities will grow.

Activities can include both fun, activities, semi formal events, it all depends on who will be organizing; health situations as well as weather.

We get to know each other during these activities, and we help each other with

posing techniques, stance and much more. Fun activities can happen all over the country, where members can meet up. Keeping the aim of Ultimate Models, UPLIFTMENT, in mind, all projects have a friendly, positive atmosphere.

Activity also means exercise, to one's own ability. It is not a competition, it is FUN. Here are some of our Models during a hike in Gauteng, having FUN.





*"You can only shine if you let your light reach others"*



on her new book, and a  
behind the scenes look  
at her TV show

# ULTIMATE WOMEN







ABOUT WOMANN

*get featured in our*  
Magazine



ULTIMATE

Style

MODELS

FASHION

NAIL  
&  
HAIR  
CARE



“By choosing healthy over  
skinny you are choosing self-  
love over self-judgement.”  
- Steve Maraboli.







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## Colour. Pink

Femininity. Hope. Softness.

Are you a PINK person?

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Mudau Mpho Phylcia

*Mpho\_Pink*

Content Creator / Influencer



## Humour & Fun

Mpho is one of the most bubbly, positive personalities in South Africa, making Social Media fun and entertaining, while pertinently getting her message across.

The outstanding positivity that is being spread by her, creates a warm glow in the heart. No nonsense, Christian by heart with a wonderful sense of humour, Mpho is one of the outstanding ladies we would like to let all our members know of!

Follow her at:

- Instagram = Mpho\_Pink
- TikTok = Mpho\_Pink
- youtube = Mpho\_Pink
- e-mail =  
Mudau.phylcia73@gmail.com
- LinkedIn = Mudau Mpho Phylcia
- Fan Number 064 973 7428
- Web: myfanpark/mphopink



***“Creating positive change. No matter how bad everything is on your side, always be kind to the next person and spread positivity”***

– @mpho\_pink



*Mpho\_Pink*





# Meet Mpho!

## 1. About Me

I am Mudau Mpho Phylicia Born and raised in Limpopo (Ha-Mabidi Village), South Africa. I am a 25-year-old Digital creator/ influencer that focuses on mostly Tiktok and Instagram. With the passion to engage and connect with my Followers, I use predominantly Comedy, fashion and beauty content as a way to reach to my audience. I attended primary at Mpofu Primary school then moved to Matamela primary school when I was 9 years old. I then went to Davhana secondary school where I grew a passion for modeling.

Being the 2nd born child to my parents, I always wanted to have a limelight on me whether it was through acting, modeling or entertainments. It always been something I wanted to achieve. Then, coming to Johannesburg as a student made me want to pursue that dream looking at the possibilities the province gave me. In 2016, that's when all of this started.

I am not only a content creator, but I am also Wits University alumni. I hold degrees in Bachelor of Arts Geography and Archaeology and Post-Graduate Diploma in Education. I am currently working as a Geospatial technician at company x

## 2. What you do, and why you love what you do?

I am a social media influencer/ content creator. I focus my influencing or creating on Instagram and Tiktok. My tribe is largely individuals who have a great sense of humor, who live their everyday life with hopes and love and individuals who loves beauty and fashion.

I enjoy creating diverse content because my goal is to reach a more diverse audience. I love making people laugh and making people's days. I know that as people we go through a lot of mental and emotional breakdowns daily, so I try to come out as a remedy. I advocate for a positive change and spreading positivity. Being kind, is one of my mottos

I love what I do because it makes me connect with a lot of people. Not just influencing people to do good, I also come out as a strong believer of Jesus Christ. To me this is a dream come through. It is also inspiring to me noticing that I have a lot of people looking up for me, this motivated me to do better

**More than Beauty:**

**"I hold degrees in Bachelor of Arts Geography and Archaeology and Post-Graduate Diploma in Education. I am currently working as a Geospatial technician"**







### 3. What were your biggest accomplishments to date?

My biggest accomplishments to date would be to be able to get a job in a country where unemployment rate is high. On the side of my influencing/content creation, would be to be able to work with big South African brands, being on the cover of sensational south Africa and Bubble Gum club magazines, being featured in different articles, reaching 1 million followers on Tiktok in the beginning of 2021, managing to be part of two of my favorite brands TV ads and being voted the popular creator of the year 2020/21 on Tiktok south Africa. Just to mention a few

### 4 What was the hardest part to become where you are now?

Was to have to go through a phase where I was receiving a lot of negativity on tiktok, people would say mean things to me without realizing how much of an impact that would be on my mental health. At some point I wanted to stop creating content because I could not take it anymore. But I reached a point where I had to woman-up and be brave in the process because I constantly reminded myself why I am doing what I am doing and why I am where I am now

Another challenge was that I was not too consistent with the content creation, sometimes I would feel drained because I had low time management skills. But now I can strongly say that I have mastered my ways into this. Lol

### 5. What is your Motto or Life Saying? And what do you stand for?

Creating positive change. No matter how bad everything is on your side, always be kind to the next person and spread positivity

### 6. What advice would you give to people who need to build themselves in their career?

Be patient with yourself. It is not all the times where things will go your way. Keep going; you only fail when you give up. And always remember why you started. There is a great hope in believing in yourself and believing that no matter what, you will fight to the finish line.





*Mpho\_Pink*







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## Colour. Merlot

Passion. Flair. Confidence

Are you a MERLOT person?

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What has

# Nadia

been up to?

Nadia Valvekens  
is back on our  
our screens!

---

– @nadiavalvekens

## “Tessa Malan”

After 3 years, Tessa Malan is back on our TV Screens, in the series Alles Malan.

The return of the second series sees the Malan Family return from England, and all the family drama and fun that can be expected back in South Africa.

It has been years since this most amazing Actress actually made her biggest name as Pippa in Binnelanders, and since we have found her entertainment absolutely fresh and energetic.

While we are ecstatic that our favourite actress is back, we have a huge secret to share..

Nadia is going to be helping Ultimate Models behind the scenes in a collaboration, assisting in training materials and advise for our models!

Lets meet the real Nadia, behind the scenes!

**“ Life is short,  
you might  
as well be  
brilliant ”**

– @nadiavalvekens











## Nadia behind the scenes

### 1 Tell us about Yourself? Your background?

I was born and raised in Pretoria Gauteng with my younger sister Natasha and Mother Cecile. I went to Wierda Park Primary where I got my first taste of acting in my gr 1 class performing a poem. Impressing my teacher enough to contact the school drama teacher to tell him about me and the rest is history since that moment I was hooked and participated in performing arts through my whole school career. Thereafter I pursued a career in acting and went to study drama at the Technikon Pretoria. I Concluded my studies in 2003. My first job ever was co presenting a show Called Die Nutsman and after that many roles followed in TV, film and stage. From Egoli to 7 de Laan and the role I am mostly known for is most probably the character Pippa that I portrayed in The show Binnelanders. After that I returned to theater and many other projects, but currently you will be able to see me in the Series Alles Malan as Tessa Malan, started on November 30th, Tuesdays, 20h00.

The reasons I am so passionate about acting definitely stems from my love for people and storytelling. Trying to understand standing in someone elses shoes and portraying their stories as authentic as possible so that people who are in similar situations can relate or to inspire/educate the audience on the topic. I Believe this is my calling because when I do it I feel the most alive in my life and this feeling motivates me to want to help others to live out their passions in full capacity.



### 2. Why do you love what you do?

By guiding people to find their own Uniqueness, hone their talents and help them to use that to their advantages. Everybody has the tools you just need to become aware of them and work at it. We were all born to stand out and not just fit in.

### 3. What is your biggest Accomplishment?

My biggest accomplishment to date is my life and the blessing in it, to highlight one would be wrong for it's not just your achievements that make you feel accomplished it's that and all the in between moments and experiences that contributes to shaping us that makes me feel accomplished. I am thankful for every opportunity, moment and accolade in my life.







#### 4. What is the largest Challenges you face?

In my line of work you get rejected a lot, not because you're bad but because you don't maybe fit the part or picture of the producers and directors. The biggest challenge was to learn not to take it personally, to learn from the experience and to use it, the next time an opportunity arises. To keep on believing in yourself.

#### 5. Your motto or what you life by?

One of my favourite Directors once told me " Life is short, you might as well be brilliant" A motto I truly try to live by.

#### 6. What advice would you give to people who need to build themselves in their career?

Remember there is only one of you in this world, nobody can fill that potion except you, you are your

***Have a Safe, Blessed,  
Joyous Christmas!***





# Ultimate Magazine

JULY ISSUE

513

VOL. 2

*get featured  
in our*  
Magazine







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## Colour. Melanin

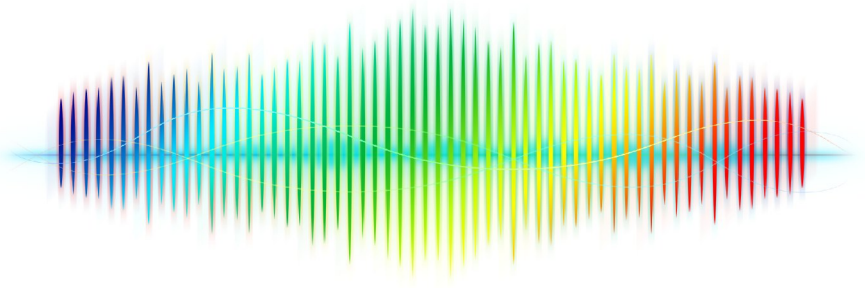
Energy. Dependability. Resilience.

Are you a Melanin person?

---



Karabo Makgopela



*Podcasting*

with

*Karabo*



Melaninial Podcast Host

## Tackling Issues

The first I heard of Karabo was at a friends house, after her daughter had an attempted suicide. Palesa is an 18 year old Sotho girl of my friend, Tanki, whom I met at University in 1993.

The Pastor that visited, told Palesa to start listening to Karabo after he heard her problem. How do you cope as a young African in today's world.

So, I also listened, and I was amazed. How did the world not now more of her?

Karabo is a Christian Podcast host especially tackling the issues of adolescence to adulthood. Where our children hurt most.

Lets meet the Karabo behind the scenes!

- Instagram = karabomakgopela

***"I can do anything  
through Christ  
who strengthens me."***

- @karabomakgopela





*I am talking to you :-)*





# About Karabo!

## 1. About Me

I was born in Nelspruit, Mpumalanga but I was raised in the beautiful capital of South Africa, which is Pretoria. The wonderful thing about growing up in Gauteng, is that I was exposed to a variety of opportunities from a young age. From sports, dancing and now modeling, these have helped me to build up my confidence over the years.

## 2. Tell us what you do - and why you love it!

I am a podcast host, social media influencer and a student at the University of Pretoria. My biggest priority at the moment is using my platform to comment on issues, pertaining the South African youth. This is what inspired my podcast called "The Melaninials' Podcast," which focuses on tackling the transition from adolescence to adulthood. These digital platforms allow me to engage with individuals from all walks of life.

## 3. What is your biggest accomplishments?

My highlights from the past two years include being chosen as a semi-finalist for Miss Mamelodi Sundowns 2021 and being honoured as an award received at the annual "True Shine Awards." I am also currently enrolled in the "Sikelela Scholars" program sponsored by the Michael and Susan Dell Foundation. It is a program that aims at improving the education for academic achievers, living in urban poverty in the United States, South Africa and India.

## 4. What is your biggest Challenge?

The modeling industry has certain standards that it has set over many decades, on what an ideal model looks like, this has caused a variety of models (including myself) to become insecure about their capabilities. Since I am not the tallest model, I used this as motivation to keep on striving and working hard for certain opportunities. This was very hard initially, but it has become better due to a variety of people trying to bring inclusivity to the modeling industry.

**Karabo is much more than  
a Podcast Host.  
She is also a Model  
as well as  
Social Media Influencer**







#### 5. What do you stand for?

I stand for unity. I believe we can make a bigger difference in our communities when we are united. Being united allows us to carry each others' burdens so that one does not fall. It also allows us to have a voice that reaches a variety of people and makes a bigger impact. Whether it is in the modeling industry or the education system, when voices are united to solve one problem, a greater solution can be generated.

#### 6) What is your best advice for young people?

Remain true to who you are and your values. You can only be the best version of yourself and not a replica of someone else. Once you do not compromise on your convictions, you will truly be able to discern between true opportunities and distraction that are disguised as opportunities.

 *Enjoy the Show!* 







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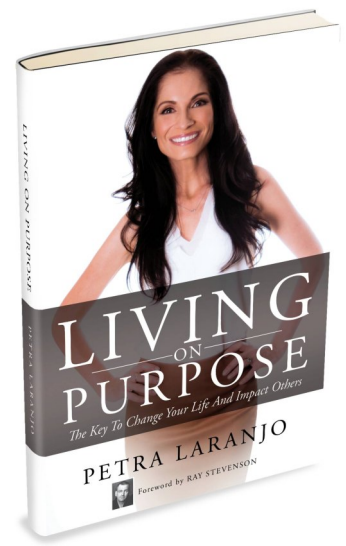


Glow. Let your radiance light the world.



# Living on Purpose

Petra Laranjo



## The Do-Good Platform

“If you do just one thing every day, no matter how seemingly small, to uplift the life of another – human, animal or our planet – you will directly impact the lives of 14 610 beings in just 40 years!” – Petra Laranjo, Living On Purpose book

JustOneThing365 was officially launched on 11 September 2015 with the intention of making ‘doing good’ easy, so that it can become a part of your lifestyle. We believe that #doinggood should be a way of life and together we can change the world and make it a better place for all.

Uplifting people and making a difference... one action a day!

@petralaranjo  
@justonething365


petra@petralaranjo.co.za  
tribe@justonething365.com

***“Small acts, when  
multiplied by  
millions of people,  
can transform  
the world!”***

– @petralaranjo







Our Christmas celebrations are usually quiet and spent with our girls (rescue dogs) and family at home. My favourite part is opening the Christmas presents we exchange, on behalf of our girls. They give the best gifts!



# Being Petra



## 1. About Me

At heart, I'm a right-brained creative, tree-hugging and animal-loving hippie who is happiest when I am in at the coast or walking in a forest and around animals.

I'm also left-handed and ambidextrous – a trait seen by people whose brain hemispheres are mostly symmetrical – albeit that mine nods slightly to the right.

Perhaps an odd FYI but I mention it as the ying to my yang because I'm just as comfortable in a corporate or business setting, which isn't always about sunshine and roses

**PETRA  
LARANJO**



## 2) Why do you love what you do?

Being part of someone's A-HA moment as they shift from feeling stuck, living life on repeat and overwhelmed, to getting clarity for the life they want to create AND how to build towards it, while gaining confidence in their self-worth – THIS makes every experience with my clients worthwhile.

This is part of the work I do as a Clarity & Personal Brand Coach, Workshop facilitator and Keynote Speaker.

The other part to my business is helping organisations align their social impact message with their Marketing strategy by creating memorable and meaningful events, marketing and PR campaigns.

Knowing that I get to work with brands who care, while helping them increase their market-share excited me and makes for a #happysoul. How does it get better than that?

## 3) What were your biggest accomplishments to date?

Professionally, I've achieved many wonderful milestones. Ones that stand out are the day I held the first copy of my published book, 'Living On Purpose. The Key To Change Your Life And Impact Others.' The journey of writing my book was an incredibly rewarding experience as I spent a year speaking with over 50 local and global visionaries about their journey of Purpose and Impact so that I could retell those stories, lessons and insights in my book.

Getting to share my book, at the National Achievers Congress, with an audience of 3000 people was the beginning of many public and corporate keynote talks and workshops around living a fulfilled life of Purpose and Impact, personally and professionally.

In a more personal space, growing my non-profit JustOneThing365 has brought me immense joy and ample growth through lessons learnt. I'm so grateful for the growing impact we've been able to have in the lives of the humans and animals we support. Seeing our beautiful tribe of #dogooders grow every year has been so rewarding.



*"Do the best you can until you know better.  
Then when you know better, do better."*

—Maya Angelou





### 5) What is your Motto or Life Saying?

"Do the best you can until you know better. Then when you know better, do better." —Maya Angelou

### And what do you stand for.

My core values are justice, compassion and peace for all – humans, the animals and the planet. I'm all about 'peace, love and happiness' until I see an injustice done against others which is exactly the reason that I am Vegan. I do not want to be the contribution of pain inflicted on any animal.

### 6) What advice would you give to people who need to build themselves in their career?

Before you do absolutely anything, discover, connect and align who you are, what you stand for and what you believe in with the impact you want to have in the world. Only then set goals that align with your Purpose, Vision and Values.







You may not know why  
all the waves hit you...  
But it all shapes you.



Wishing our beautiful Ambassador Jonanda  
all the best in her new life in the USA!  
Be Blessed and Have Fun!





# Cyber Wellness

Cyber Security Specialist



Rianette Leibowitz



## #cyberprotect

"In today's age, cyber issues can cause a lot of stress... a lot of safety issues. Everywhere online you are open to phishing, scamming and hacking. Especially when you use an open network eg at a Coffee shop.

However, there is a side of Cyber Tech that we as adults may not be so tuned in with... Cyberbullying.

Nowdays most children and adults have a phone of their own, and what can happen on those screens, hidden from others, may be horrific!

Rianette is a very special lady that have started investigating these issues and made it her business to assist others, to educate and teach.

Website: [www.rianette.com](http://www.rianette.com) &  
[www.savetnet.com](http://www.savetnet.com)  
Email: [Hi@Rianette.com](mailto:Hi@Rianette.com)



***"Live your full potential,  
because we  
were all created for  
a purpose and we  
need to fulfil it"***

– @cyberwellness\_with\_rianette





### Apps en hulle riglyne

- Ouderdomsbepelkings
- Digitale handtekening
- "Community Rules"
- Stellings en privaatheid
- Wat is reg en wat is weg

WhatsApp Messenger

Instagram

TikTok - Make Your Day

Snapchat

YouTube Watch, Listen, Screen

#### OUERS ONTHOU

- Hulle het meer as een profiel
- Jy is nie daar om kommentaar te lewer of 'n 'like' te gee nie
- BLY KALM -praat gereeld oor hulle apps, vriende en die 'trends'
- Hou gedrag, gesindheid en toe deure mooi dop...



# Hi Rianette !

## 1) About me:

I absolutely love the African sunrise and sunset and as a South African born and raised daughter, I think we live in a magnificent country. My marriage of 16 years and being a mom are top on my priority list with my relationship with God, being number one. I love fresh flowers and if we go on a hike together, I'll be the one in the back busy taking photos of the hidden beauties most people just walk by without even noticing. Every flower is created with such intricate detail, and each is its own piece of art.

It has always been important to me to live my full potential and to use the gifts and talents I've received to the best of my ability. I work hard to develop these gifts, find ways to use them to add value to someone or something and to ultimately learn from my experiences. I value relationships and acknowledge all the people who have been part of my journey, because none of us can reach new heights on our own. There are always people along the way who lay down steppingstones – whether it is opening a door to introduce us to someone, teaching us a new skill or cheering us on – and this is what I like to do for others I meet on my journey as well.

## 2) Explain to us in your own words what you do, and why you love what you do.

Back in 2014, my heart broke when I heard of the shocking statistics of young people who commit suicide because of cyberbullying. This has led me on a fascinating and scary journey and your cyber wellness and online safety matters to me.

I focus on Cyber Wellness and is on a mission to save lives by taking a more holistic view of our digital habits. I founded SaveTNet Cyber Safety, am a Brand SOUTH AFRICA Play Your Part Ambassador, Author of TV & Podcast Presenter and Digital Parenting Expert. As head of Communications and Business Development for Cyanre the Digital Forensic Lab and LexTrado EDS Litigation Support Services, I stay abreast of the developments within the cyber security landscape.

## 3) What were your biggest accomplishments ?

On a personal level, I would highlight my marriage and I must acknowledge that all the marriage seminars my husband and I attend have definitely played a significant role in our relationship. There have been many ups and downs, but because we have teachable spirits and accept the fact that we don't know it all, we have learnt so much from other people who have been 'doing' marriage for longer than us.

I also need to mention that motherhood is such a huge gift, with loads of sacrifices and challenges, however seeing my child grow and doing my best to set him up for success is so rewarding.

Through my work as cyber safety change agent, I believe the work I have done has created positive ripple effects, however when it comes to accomplishments, I think of all the victims I have personally helped to guide them through their cyber related cases and troubles.

As a speaker I have spoken to global audiences like TEDx, the Global Leadership Summit, Campus Party International and was featured in the international documentary film, "Public Figure".

In my book "Raising a SCREEN SAWY Child", (also available in Afrikaans) I empower families to become responsible digital citizens.

I speak at schools, churches, companies and conferences and have played a significant role in the development of cyber safety toolkits for schools and corporate cyber wellness programmes for companies.

By being part of the Executive Women's Forum based in America and other mentoring and leadership development programmes I grow my international network. I have won numerous awards with the latest being 'Women of Wonder Award 2020' and besides the recognition, these awards create more awareness for the message I share.

Getting to share my book, at the National Achievers Congress, with an audience of 3000 people was the beginning of many public and corporate keynote talks and workshops around living a fulfilled life of Purpose and Impact, personally and professionally.

In a more personal space, growing my non-profit JustOneThing365 has brought me immense joy and ample growth through lessons learnt. I'm so grateful for the growing impact we've been able to have in the lives of the humans and animals we support. Seeing our beautiful tribe of #dogooders grow every year has been so rewarding.

**"Don't use the same Password everywhere!"**



#### 4) What was the hardest part to become where you are now?

When you know what your mission is and you are certain of your calling, then nothing else feels more important and no one else can convince you otherwise. While it is fantastic to know your calling, it is also really hard to start, keep going and persevere when it seems like the effort you put in is not making impact.

So staying the course, finding inner motivation and spending time to plant the seeds were really tough. However, small victories, people who say thank you for helping them through their cyber trouble and having people who believe in me keeps me going. Many of my ideas have failed and I am forever thankful to parents who taught me that when something doesn't work out, then it doesn't make me a failure – the idea failed and I can learn from it, apply these lessons and see better results in future.

Life happens and it can derail you from your mission. From a personal point of view, I had to deal with the devastating loss of two babies. Working through the trauma of first losing our baby boy at five months (pregnancy) and then a year later our baby daughter at the same stage was incredibly hard to accept and make peace with. I'm thankful for my amazing husband and support from loved ones who were there for us as we worked through the different stages of mourning.

#### 5) What is your Motto or Life Saying? And what do you stand for?

Sincerity is really, really important to me. It is the foundation of respect, love and honesty. My motto is to live my full potential, because we were all created for a purpose and we need to fulfil it.

#### 6) What advice would you give to people who need to build themselves in their career?

Don't expect other people to make you happy, plot your course or keep you motivated. It is up to you and you need to do the actual hard (very hard) work to reach your goals. There are many nights where I'm working while others are sleeping. No needs to beg me to do it, I just know that we need to do, what we need to do and sometimes it requires going the extra mile. You might not see immediate results, but believe in yourself, keep faith, let your footsteps be guided by God and be active. Please, we need you to do what you were meant to do so that we can all see a complete puzzle. The role you play is important and no role is insignificant, small or unimportant.

#### 7) What is your Christmas celebrations like?

My Christmas is enjoyed with loved ones. We celebrate the life of Jesus Christ and what He came to do for us out of God's ultimate love for us. We enjoy putting up a Christmas tree, reminisce the memories of the decorations (we buy a new one for each member of our family every year and put the date on it – even "Peanut" our Dachshund has her own). This year, we look forward to hosting our family at our new house and to celebrate together. We have so much to be thankful for!









*Elmarie Berry*  
Food Stylist





# Elmarie Berry

## Food Stylist



### More than Hunger

Food has become one of the most important aspects in any tradition. Enjoying food is so much more than just cooking... Food became an Art.

The presentation of food is just as important as the taste, and many restaurants and other hospitality establishments have made contact with Food Stylists in order to help them plan.

Recipes is just as important as plating. And above all, is the presentation on any advertisement. IF it does not look appealing, it will not sell. One of the very best upcoming artists in this field is Elmarie Berry, who not only take care of the visual aspects, but also do extensive recipe planning.

Elmarie is not only good with food, but is one of the most outstanding UPLIFTMENT warriors that can be found, spreading positivity and wellbeing where she goes!

@elmarieberry  
FB: ElmarieBerryGoodFood



**"I can do ALL THINGS  
THROUGH CHRIST WHO  
STRENGTHENS ME.**

**Finish strong and give  
your very best every day.**

– @elmarieberry



*Elmarie Berry*

Food Stylist







*Elmarie Berry*  
Food Stylist









# Foody Elmarie

## 1. About Me

I am a proud wife and mother of 2. I was born in Bloemfontein. My passion for the kitchen started at home. My mom is an amazing cook and love to entertain. I am the oldest of 3 children.

Since I can remember I was in the kitchen either cooking or baking. My passion is food and I love to be creative in the kitchen. I started attending cooking courses when I was 15 and did about 40 courses before I turned 18. These courses ranged from pasta making, baking breads, baking etc. etc.

In the field I've worked in a lot of hotel kitchens to gain experience before the opportunity fell upon me to cook in a fine dining restaurant for 2 years and I absolutely loved it!!

After that I was running guesthouses and their kitchens for another couple of years.

After I got married, I started my own business catering for weddings, presenting cooking classes and catering in general; all of which led me to this point.

I am a food stylist / recipe developer / food photographer. I am the co-owner of Samesyn (original food photography printed on linen) and Berry Wines. Me and my husband and I own wine labels which include a Stellenbosch Cabernet Sauvignon, Cabernet Franc and a Bordeaux blend.

My recipe book will be out in February 2022 and I can't wait to share that with you.

## 2) Why do you love Food Styling? Explain what you do?

Food Styling is the art of making food look as tempting as possible and contrary to popular belief, it does not have to involve sneaking petroleum jelly, shaving cream or glue into your dish. I personally feel huge satisfaction when I can make real food look irresistible, and in my opinion, with a little bit of imagination, a few simple techniques and some basic food science, it is possible. The Food Styling process begins long before plating up the dish in front of the camera. It all starts with sourcing the best looking ingredients. I love what I am doing because I can let my imagination go, being creative and every day is different and beautiful. The business side of things keeps me on my toes and I love working with people and meeting new friends.

*"Be yourself! You are unique.  
An original is worth  
much more than  
a copy. Be YOU."*







### 3) What is your biggest accomplishments?

My biggest accomplishments to date is having the privilege to have written my own cook book and that a house like Penguin Publishers believed in my concept. The other big accomplishment was when Samesyn was invited to showcase our products in New York February 2021.

### 4) How do you make the best of your challenges?

Believe in yourself and keep going, sometimes you don't know where you are going but keep on pushing and giving your utmost best every day. Constantly reminding you, you can do All things through Christ who strengthens you.

### 5) Advise for young, upcoming professional?

Don't look around you, stay true to yourself, you are here for a specific reason and to stand out. You received an idea for a purpose. Build relationships and learn as much as you can from people in your industry. Improve yourself constantly through courses etc. ask questions, be open to learn and never take something personal, always keep your heart and mind open to learn. Most important of all, enjoy the journey.

*"Food is much more than a meal. What you feed the body will feed the mind. Healthy food = Healthy Mind"*



# Health and fitness

Keeping your Body fit is just as important as  
Keeping your mind fit. Harmony.









# The *Vegan Chef* Gabriel Richter



## Its not so easy

Chef Gabriel is one of the most extraordinary upcoming young chefs in South Africa, and his name is starting to be well know,

Being vegan, it is sometimes hard to cook for a non vegan restaurant, but then, that is part of growth. He respects each person's diet and will never force a perception. "It is your choice. I have made my choice"

Chef Gabriel has perfected many vegan dishes, and has a great knowledge on nutrition in a vegan environment.

His greatest dream is to own his own Vegan Restaurant one day, but for now he is creating strides as Head Chef at a well known restaurant in Gauteng.

Instagram:  
[Vegan\\_chef\\_gabriel](#)  
[Chef\\_gabriel\\_richter](#)  
Facebook page:  
[Gabriel's ready meals](#)



***"Perfection is not  
attainable, but once  
we chase perfection  
we can catch  
excellence"***

– @vegan\_chef\_gabriel







# Meet Gabriel

## 1. About Me

Il was born and raised in Eswatini (Swaziland) and did my high school years in Nelspruit. From a young age I always enjoyed being in the kitchen and regularly helped my mother make dinner. During high school I was very into sports and represented Swaziland in a number of international events including the Youth Olympics and Commonwealth Games. I love animals and through my first 2 pet rabbits that I had, I turned vegan and have been ever since. I put a focus on helping animals and ensure that I help wherever I am able to. Since Covid I've moved to Johannesburg and stay on a nature reserve where I can enjoy the benefits of living close to a city but still have wild animals by my fence.

**I'm the head chef at Blair Athol Golf estate, as well as the floor manager, where we have 3 restaurants on the property.** Being a vegan chef at a meat eating establishment I find it difficult at times to work with meat and my dream is to one day own my own vegan restaurant. My main focus as a vegan chef is to cook dishes that people believe cannot be made vegan and challenge myself to try and make it vegan. So far I've had more success than failure. I also currently own a small business of Vegan readymade meals which people can order and freeze, perfect for the working individuals.

**My biggest accomplishments in my career have been** working for Sir Richard Branson and getting to cook for high profile clients such as the prince of Monaco and Bill Gates, just to name a few. I have also been nominated to take part in the young chefs awards in 2019.

## **The hardest part of becoming a passionate chef**

is the long hard hours, the sacrifices that you have to make with your family and loved ones in order to make a name for yourself. Working over 12 hours a day is the norm in the industry with limited times off, and there is no such things as weekends. I luckily have the support of my partner, Skye, and she is very considerate and helpful towards me and my career and looks after me all the time.







**My motto in life is that Perfection is not attainable,**

but once we chase perfection we can catch excellence. I believe that all animals must be respected and that they are here for a reason. I love rescuing animals where I am able to.

**Remember... When you want to give up, don't, you're**

nearly there and things will always fall into place. Keep your head down and always work harder than anybody else that you're working with, you will get noticed and climb the ladder quicker. A few times I've applied for positions way to advanced for me and must of the time I got no responses, but that one time I did, changed my life and gave me the confidence to become who I am today.

**My Christmas? I hardly ever get Christmas off,**

so usually my celebrations are cooking for people at the restaurant. The years that I do have Christmas, Skye and myself stay at home, have a beautiful Christmas dinner between ourselves, and we give each other our gifts and help our 8 fur babies (2 dogs, 5 rabbits and a Guinea pig) unwrap their presents. Skye loves her Christmas music so it's always a jolly good Christmas and the rest of the night we play card games, share a glass of wine and enjoy each other's company.

***Treasure your loved ones  
this Christmas. Have a  
Joyous, Safe Festive Season!***





EASY to MAKE & AFFORDABLE

# Christmas Decor

































# Build a Chimney!











*D's Kitchen*

# Scrumptious Seaside Recipes

When at the Coast, one always wants... SEAFOOD!!

Some of the Vegetarians will also eat Fish, but here we will share a variety of dishes, even for Vegans.

The interesting thing for people that visit the Southern Cape, is to catch your own fish and harvest your own muscles. This needs to be done with a required permit that you can get at your nearest Post Office and is not expensive. The fine for not having a permit however, is really heavy. Crayfish is only in season in special months, and need extra permits.

However, fish can be bought very fresh from a variety of Seafood shops and at the harbour shops. A fish that was frozen, does not taste the same as a freshly caught fish.

Some of the fish species that we have at the Southern Cape's coast, is Kabeljou, Yellow Bellied Roc Cod, Yellow Tail, Grunter, Red Roman, Cape Hottentot Fish, Steenbras, Galjoen (Seasonal), Mackerel, Hake, Sole, Snoek, Stumpnose, Dorado, and much more!

Oysters are also readily available, with restaurants serving them raw and fresh, or cooked.

We get Black Muscle on most of the rocks, however as it is quite perilous to harvest them, we do advise to buy Fresh Black Muscle from your seafood department. Cleaning newly harvested Muscles is also quite important, as not flushing correctly, will leave you with a mouthful of sand!

Abalone on the other hand, is highly illegal in harvesting, and you will need to sign a form if you do purchase some from an accredited dealer. This is to try curb the Abalone Poaching.

One often finds Ostrich in the shops and on the menus. Ostrich is a dark red meat, very rich in iron and can make a variety of meals. We often use ostrich mince for Home Made Pizza.

Chef Ronald is a retired, highly qualified professional and loves the relaxation of the culinary world.

Chef Derek is the main man from D's Kitchen and loves baking a lot more than cooking. He was raised at the sea and loves the smell and ambiance of seaside cooking.

Gluten, egg and lactose free.







*D's Kitchen*

## *Soda and Raisin Bread*

### **Ingredients**

Nonstick vegetable oil spray  
4 3/4 cups all purpose flour plus extra for sprinkling  
1 1/2 teaspoons baking powder  
1 teaspoon salt  
1/2 teaspoon cream of tartar  
450 ml buttermilk  
2 tablepoon clear honey  
2/3 cup raisins



### **Preparation**

Preheat oven to 200°C (or 180°C with fan). Spray a baking tray with nonstick spray.

Sift the dry ingredients into a mixing bowl.

Make well in center of flour mixture. Add buttermilk and honey as well as raisins, while mixing fast with a broad spatula until the mix forms a soft dough.

Turn onto a floured surface and kneed lightly. Pat or roll out the dough into round shape of about 4 cm thick, and place on the baking tray.

Cut a cross into the top of the dough, stopping about 2 cm from edges.

Bake for about 40 minutes, until golden brown and the base makes a hollow sound when tapped.

Cool on a wire rack, but cover the bread with a clean soft tea towel to keep the crust soft and crunchy.

Chef Derek





## *Chef Francois': Garlic Braai (BBQ) Mussels*

So you harvested some mussels and want to prepare them...

Firstly, we will positively believe that you had the permit.

Take the mussels and put them in a large pot, add seawater or add salt to fresh water, and cook the mussels for about 10 minutes. This will not fully cook the muscle meat, but will open up the mussels. Discard any mussels that did not open, as they are not good.

Now, take the mussels out, break off the top shell, and rinse thoroughly under running water, while taking off the parts that you can see filled with sand. (the muscle's gut). Also remove the muscle's beard.

Rinse a second time through, to ensure that all sand is out. Do the rinsing under slow flowing tap water.



Now that your mussels are clean, lying in one shell, spread them on a baking tin, and add: a dash parsley, finely chopped, garlic to taste, and a few drops of lemon juice to each shell.

Add a dash of butter to each muscle, and put the baking tin onto the fire. When the garlic starts releasing it's aroma, and the butter is bubbling, your mussels is ready to be devoured for starters!

You can alternatively put on some grated cheese, and you can also bake it in the oven for about 10 minutes - or till aromatic and bubbling.

*\*For many years Francois could not go down to the beach and harvest mussels, be it black or white, due to disability. He finally did it, unfortunately it was also his last opportunity, as he passed away after a long illness of Myasthenia Gravis and cancer. This Horse de Oeuvre was his speciality. In remembrance of a very special and strong man. We salute you.*





Served with fresh green salad

## *Chef Ronald: Creamy Bonito Bake* **D's Kitchen**

### **Ingredients**

- 1 cup sour cream
- 3 tablespoons butter
- 3 tablespoons lemon juice
- 1 -1 1/2 kg of firm fish, deboned.
- 1/2 tsp of salt / salt to taste
- pepper to taste
- a pinch of Italian Herb mix,
- a pinch of Cumin (optional)
- 1/2 medium onion,
- 3 potatoes.
- 1 -1 1/2 cup grated cheddar cheese

### **Directions**

Boil the potatoes till semi cooked, and cut into rings.

Preheat oven to 350 degrees.

Cut the onion in fine rings and fry in a bit of oil with a pinch of salt and 1 spoon of Lemon Juice

Melt butter and blend in the lemon juice and sour cream.

Spread the potatoes at the bottom of the bowl, distributing evenly.

Salt and pepper the fish to taste and layer on the potatoes in the casserole dish.

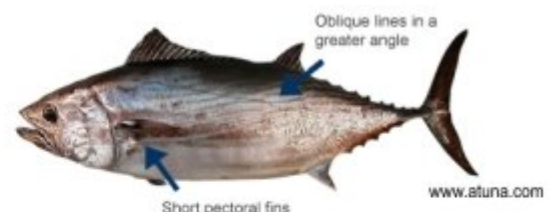
Spread the onion evenly on top, and sprinkle the cumin (seeds or ground) over.

Pour the sour cream mixture over fish, spread evenly and top with the cheese.

Bake for 45 minutes or until fish flakes with a fork.

Bonito fish is part of the Scombridae family that includes mackerel and tuna. Similar to tuna in texture and color, it is often considered less desirable because it is oilier and has a stronger tasting flesh. But bonito tends to be less expensive than bluefin or ahi tuna and is still quite high in protein, low in fat and rich in vitamin D, iron and omega-3 fatty acids. A 4-ounce serving has about 145 calories and 25 grams of protein. The key to creating a tastier piece of bonito is to remove the brown blood line that runs throughout the body. Bonito fish can be prepared in a variety of healthy ways including; grilled, baked, or pan-fried.  
[www.livestrong.com](http://www.livestrong.com)

Atlantic Bonito (Sarda Sarda)





Gluten, egg and lactose free.



*D's Kitchen*

## *Pumpkin Flapafritters\**

### **Ingredients**

2 Cups of Pumpkin, cooked and mashed (Butternut works well too)  
1 Cup of Corn Flour (Maizena)  
2-3 Teaspoons of Baking Powder  
1 Tablespoon of White vinegar  
½ cup lukewarm water.

Cinnamon and Brown Sugar for topping for a sweet flapafritter, or  
Sweet Chili sauce and cottage cheese for a savoury flapafritter.



### **Directions**

Egg substitute is quite easy: Use 1 teaspoon of baking soda mixed with 1 tablespoon of white vinegar per each egg.

So, first make your egg substitute, and mix with the corn flour and mashed pumpkin. Add the lukewarm water and mix thoroughly. The dough needs to be runny, but not watery. If it is too stiff, add tablespoons of lukewarm water at a time, to create the perfect batter. Let the dough sit for an hour at room temperature before baking.

Mix ½ teaspoon of cinnamon with ½ cup of brown sugar for topping.

When you are ready to bake, add the other teaspoon of baking powder to the mix. Heat oil in a saucepan (If you do not use a non-stick pan) and pour dough into the pan in the center, to create the size of flapafritter you need. Bake till the sides make bubbles and the top starts solidifying, and turn.

For thicker fluffier flapafritters, add another heaped teaspoon of baking powder just before baking. When the flapjack is taken from the heat, put on a tray, and sprinkle cinnamon sugar over, if required.

Corn Flour can be substituted with 1 cup of Gluten free Flour, ¾ cup of almond flour or ¾ cup of rice flour.





**D's Kitchen**

## *Chef Derek: Ostrich Mince Pizza - Home made!*

### **Pizza Dough: Ingredients**

- 3/4 cup warm water (105°F to 115°F)
- 1 envelope active dry yeast
- 2 cups (or more) all purpose flour
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 3 tablespoons olive oil

### **Dough Preparation**

Pour 3/4 cup warm water into small bowl; stir in yeast.

Let stand until yeast dissolves, about 5 minutes.

Brush large bowl lightly with olive oil.

Mix 2 cups flour, sugar, and salt in processor. Add yeast mixture and 3 tablespoons oil; process until dough forms a sticky ball. Transfer to lightly floured surface.

KNEAD dough until smooth, adding more flour by tablespoonfuls if dough is very sticky, about 1 minute.

Transfer to prepared bowl; turn dough in bowl to coat with oil.

Cover bowl with plastic wrap and let dough rise in warm draft-free area until doubled in volume, about 1 hour.

PUNCH down dough. Do this at least 2 hours before use.

ROLL out dough according to the needed thickness. (Start in center of dough, working outward toward edges but not rolling over them.)



### **Topping:**

200g Ostrich mince,

1 onion, finely chopped,

Pimento Olives, cut in half,

8 medium sized baby marrow, cut in rings.

2 tomatoes, cut in fine slices.

Feta cheese, Mozerella cheese and cheddar cheese; all grated, - 2 cups in total.

Preheat the oven.

Take 200g of Ostrich Mince, chop one onion finely, and fry in a medium size pan, medium heat.

Add a table spoon of soya sauce, some pepper to taste and some Italian herbs.

Cook partly, and add the cut baby marrow. Turn off the plate and leave open.

Roll out the dough to the desired thickness; and spread tomato sauce or tomato puree thinly over the base.

Add salt and pepper to taste. Now distribute the cooked mixture over the pizza base, make sure all the areas are covered. place the tomato slices and olives all over, and then sprinkle the cheese over.

You can add any toping you want, this is what we used for the Ostrich Mince Pizza.

Bake for 40-50 minutes, till the sides are brown and the cheese thoroughly melted.





*Wishing you a Merry Christmas and a prosperous 2022*