# ISUE 4, NOVEMBER, 2024

### **VANESSA GRAY**

A VOICE LIKE NO OTHER!

DANCING THROUGH LIFE & SWEETENING IT UP

A LOOK INTO THE LIFE OF OUR NEWEST

MEMBER

### **GLOW UP IN 2025**

LITTLE MORE INFORMATION ON OUR FITNESS CHALLENGE

## ITS THE SEASON

OF GIVING

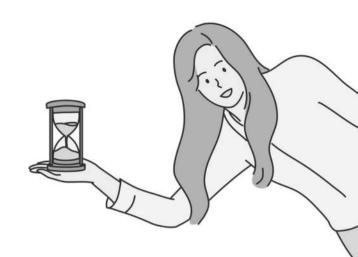
discount on membership fees for december only

### LET'S TALK MIRACLES

A story showcasting strength, renewal and God's Grace

UCA unitedchicks association





JOIN US FOR OUR FIRST IN-PERSON WOMEN'S EVENT

### who should attend?

- · Current & Aspiring:
  - Female Entrepreneurs
  - Small Business Owners
- Females wanting to support females!

### what you can expect

- Dynamic Networking Opportunities
- · Inspirational Speakers
- Fun Activities
- · Giveaways and Surprises

### why attend?

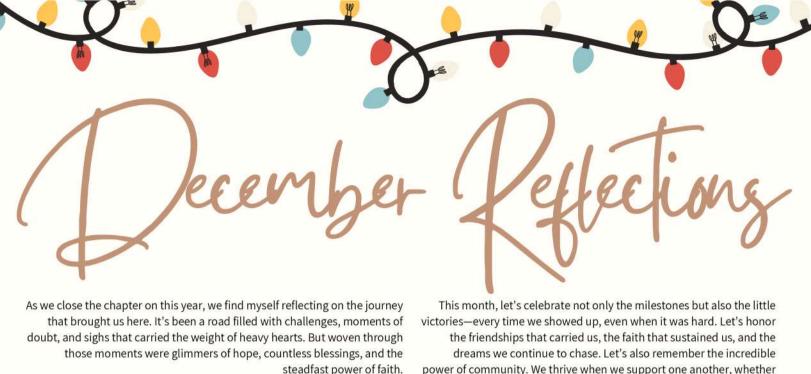
- This is more than just an event—it's a celebration of our community, our dreams, and our shared vision for the future.
- It's an opportunity to connect, learn, and grow together, making meaningful connections that will support you on your journey.

### want more information?

More information on ticket sales, venue & full agenda will be released in due time, however if you are interested on understanding more about UCA, the event, or opportunities for your business, contact us on info@ucassociation.org

H

unitedchicks association



steadfast power of faith.

December is often a time of celebration—a season of joy, family, and togetherness—but it's also a moment to pause, to honor how far we've come. Every step, even the hesitant ones, contributes to the stories we're building. The world often applauds the end result, the shining victories, but it's in the quiet, messy middle that we discover who we truly are. As women, we hold a profound, unshakable power: the power to create, to nurture, to build, and to lead. It's a strength that carries us through our darkest days and propels us toward brighter ones. It's the courage to say, "I may not have all the answers, but I'll keep going.'

power of community. We thrive when we support one another, whether by offering a kind word, an open ear, or a simple reminder that none of us are walking this journey alone.

As you read this month's edition of The Femme Fatale, may it inspire you to reflect on your own blessings, rekindle your hopes, and embrace the strength within you. Let it be a reminder of the remarkable force you are—and the extraordinary impact you have on the world around you.

> Here's to a season filled with faith, love, and the unyielding belief that 2025 holds even greater things for us all. Together,

> > With love and light from the UCA Founder & Direcors!



As the festive season fills our hearts with joy and gratitude, let's take a moment to share the magic of giving. Femme Fatale is calling on YOU to help us make a difference, one small act of kindness at a time.

For just R20, you can be part of something truly special. Every little bit adds up, and together we can empower women, support dreams, and create opportunities that change lives.

### **WHY R20?**

It's less than the price of your holiday cappuccino or a quick snack, but its impact? Priceless! When we all chip in, the ripple effect can reach far beyond what we imagine.

Your donation will go directly toward our BackaBuddy campaign, funding female entrepreneur educational sponsorships and empowering the next generation of changemakers.

### HERE'S HOW YOU CAN HELP:

- Visit our campaign page and donate your R20.
- Share this post with friends and family to amplify the impact.

Let's make this season a time of giving, hope, and empowerment. Together, we can light up lives—one small donation at a time.

Support, Promote & Donate. Because giving is the greatest gift.



life changing moments busy loading....

R 1 120









of R 25 000 goal



R 550 Offline donations



THE FEMME FETALE | UNITED CHICKS ASSOCIATION | DECEMBER 2024





7 midi Reindeer poop cookies

R96 per set

Reindeer Poop



3 or 6 Blank
Large cookies to
decorate
yourself includes icing,
transfers &
instructions

Christmas DIY Kit

R8C



3 Large cookies individually wrapped in a box - ideal for that cheeky Secret Santa!

Christmas Hap-PENIS! R96 per set





### A LIFE AND HOPE RESTORED BY HIS GRACE

by Lisa Fraser

It was Monday the 5th of April 2021 and a glorious morning in the alluring Waterberg in Limpopo. It was just two days after celebrating my fifty-first birthday, and knowing that we might soon emigrate to Ireland for a new adventure and leave this wonderful continent of Africa, my daughters and I set off on a horseback ride into the nature reserve to experience "walking" with giraffes and other wildlife.

During the outride I needed to change horses, but little did I know that this would change my life forever. The second horse decided to bolt uncontrollably and eventually I was thrown off. My head hit a rock, causing a severe concussion which was ultimately diagnosed as Traumatic Brain Injury (TBI). Because of the extent of my injuries, I had to be airlifted back to Johannesburg from Polokwane.

For the first week in ICU and High Care, I drifted in and out of consciousness with vague memory flashes. My sight was impaired as everything was in pyramid vision, where I saw people in multiples and diagonally. Eventually I was transferred to the general ward but still under twenty-four-hour monitoring. From there I was moved to a specialised rehabilitation centre in Sandton. My days were filled with multiple sessions with the neuropsychologist, physiotherapist, as well as speech and occupational therapists. I struggled learning to walk again, to regain full functionality of my sight, to read and to write again. COVID made things even more difficult as the facility was locked down, preventing me from seeing my family.

Part of my TBI was the impact damage to key parts of my brain, being the frontal and temporal lobes. This resulted in daily struggles with, amongst other things, short-term memory loss, anxiety and ultimately depression, to the point of suicidal thoughts, for which I was admitted to a wellness rehabilitation centre in October of last year. This was extremely traumatic for both me and my family.



During those dark days I felt all alone but I needed to realise that I was not actually alone, for GOD was always with me. When I felt lost and with no purpose in life, God sent me a friend to remind me of my love for Him. She reminded me how I had inspired her to walk with Jesus and how my love for Him had led me to start studying Theology prior to my accident. God sent people to encourage me and I was also able to tell others of God's love for them – from a nurse who had lost her sister moments before her marriage and was still angered at God, to a fellow patient who was a young student who had not yet known that much about God.

During my recovery, when I felt helpless and deserted, my husband reached out to the Rivers Church leadership for encouragement and support, and the power of their prayers were felt constantly. I continue to heal from my injuries and it is a daily struggle, but every day I see God's hopes and dreams for my life. Just days after celebrating my fifty second birthday and one year on from my accident, I am in a good space. I am enjoying my life once again and all God has for me, from the little things like appreciating food, as my taste buds are being restored, to being able to enjoy art classes. I was also able to resume my studies recently and I have received good grades. So I sit here writing this article in total awe of all of God's miracles and providence in my life. Despite my challenges, I will continue to lean on His promises as reflected in His Word.

"For I know the plans I have for You," declares the LORD, "plans to prosper you and not harm you, plans to give you hope and a future." Jeremiah 29:11 (NIV)

"...renew my life, for this was your promise..."
Psalm 119: 41 (TLB)

Our Lord God is omnipotent. I know that His grace has and will continue to bless me and my family despite any challenges that come our way. I know that God is the God of restoration and that He is busy restoring my life and using my experience for His glory and splendour! And by God's grace, my husband got a great job offer here in South Africa. So we get to remain in our beautiful country where we can continue enjoying our walks among the wildlife!



# +27 78 995 8444 THE FEMME FETALE | UNITED CHICKS ASSOCIATION | DECEMBER 2024



Hello, I'm Mellissa, the creative force behind "Blomme Meisie". With a lifelong passion for crafting and making things from scratch, I discovered my talent for creating beautiful flowers for my own home. As friends and family admired and requested my creations, I decided to turn my hobby into a business.

I've always believed in the importance of doing what you love, and for me, that means bringing joy and beauty to others through my handmade flowers.

**#FABULOUSFINDS** 

### **ADVERTISE WITH US**

www.ucassociation.org | info@ucassociation.org | +27 64 559 4330

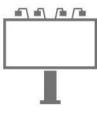




### **ONCE OFF**

CURE D'AUTOM











L'IVROGNERIE MORUBILINE

ROSEMIN

NFAN

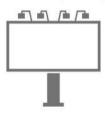
FULL PAGE R100 "BILLBOARD"

R50

BANNER R35 QUARTER PAGE R 25

### 3-MONTH PACKAGE











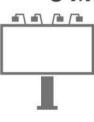
FULL PAGE R250 "BILLBOARD"
R180

HALF PAGE R130 BANNER R90

QUARTER PAGE R60

### **6-MONTH PACKAGE**











FULL PAGE R450 "BILLBOARD" R360 HALF PAGE R240 R180

QUARTER PAGE R120

### **ANNUAL PACKAGE**









FULL PAGE R800 "BILLBOARD"

HALF PAGE R400 BANNER R300

QUARTER PAGE R200

# A NEW MONTH, A NEW CHALLENGE!

UCA, in partnership with Phoenix Fitness, is here to help you get summer ready!





Summer is around the corner, and UCA has partnered with Phoenix Fitness to bring you the 31-Day Glow-Up Challenge! It's the perfect chance for all our already fabulous chicks across South Africa to feel even stronger, more confident, and ready to shine in the summer sun!

From 1 to 31 January, participants will take on an exciting challenge led by IBFF Fitness model and personal trainer Truzaan Berowsky. Expect fun and effective workouts, fitness tips, and the support of a powerful tribe of women cheering you on every step of the way! We'll track your progress, celebrate your victories, and keep the energy high with weekly mini-challenges, giveaways, and tons of motivation.

### WHAT'S THE DEAL THOUGH?

At UCA, we're all about empowering women—mind, body, and spirit! And what better way to do it than by getting stronger together? This challenge is designed for ALL fitness levels—whether you're just starting out or ready to take your fitness to the next level, it's going to give you that extra boost!

When you registered, we asked for a "before" photo, and we're excited to see your "after" shot at the end. The participant with the most impressive transformation will win a month of free online coaching with Truzaan, valued at R1,000! You'll also be featured on our socials, and (yes, you guessed it) in the February 2025 issue of Femme Fatale!

Keep an eye on our socials and follow the #UCAPhoenixGlowUp challenge all through January! To all our amazing Femme Fatales who've signed up—KUDOS to you, and GOOD LUCK! You've got this!

#UCAPHOENIXGLOWUP



# DANCING THROUGH LIFE & SWEETENING IT UP

### The journey of Tiffany

by Tiffany Wiese



Meet Tiffany Wiese, a dynamic and multifaceted individual who has effortlessly blended her passion for dance with her love for baking, creating a unique path that is as inspiring as it is delicious.

### A STEP INTO DANCE

From the age of 13, Tiffany found solace and expression in the world of dance. Her journey began with Belly Dancing, where she quickly stood out for her dedication and natural talent. Over the years, Tiffany has graced numerous stages, captivating audiences with her grace, precision, and heartfelt performances. She has trained in various styles, including Ballroom & Latin American, and earned the title of WDC World Amatuer Belly Dancing Champion in 2011, 2012 & 2014.

### SWEET BEGINNINGS

While dance has always been a core part of her life, Tiffany discovered another passion that would soon become a significant part of her identity - creating Royal Icing Cookies. Inspired by pictures of her great Gran's cake decorating, she began experimenting in the kitchen, turning simple ingredients into delightful treats. This hobby quickly transformed into a thriving business, and thus, Just T Goodies was born in 2022.



### JUST T GOODIES

What started as a small home-based venture has now blossomed into a beloved local brand. Tiffany's cookie business specializes in beautifully decorated royal icing cookies. Each creation is a work of art, meticulously crafted and decorated with intricate designs that delight both the eyes and the taste buds. Her commitment to quality and her unique artistic touch have made her cookies a staple at events and celebrations throughout her community.

### **BALANCING ACTS**

Balancing a career in dance with running a successful cookie business is no small feat, but Tiffany approaches it with the same passion and determination that have driven her throughout her life. In addition to her dancing and baking, she is also involved in day trading, which adds another layer of excitement and challenge to her daily routine. She currently teaches dance classes, sharing her love for the art with her students and inspiring the next generation of dancers. Her days are a whirlwind of baking sessions, trading, and teaching, yet she thrives on the energy and joy that all these pursuits bring.

### LOOKING FORWARD

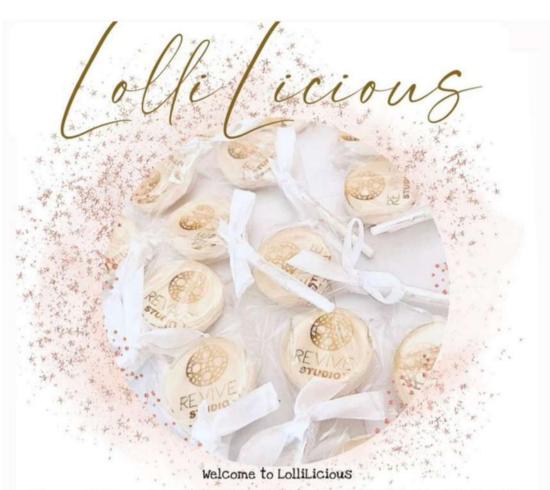
As she continues to pursue her dual passions, Tiffany remains committed to growing her cookie business while inspiring others through her dance. She dreams of expanding Just T Goodies to reach a wider audience and maybe even teaching dance on a larger scale.

In her journey, Tiffany embodies the spirit of a true Femme Fatale - strong, passionate, and endlessly creative. She is a testament to the power of following one's heart and creating a life that is uniquely fulfilling.

### CONTACT

For more information about Tiffany's dance journey and her delicious cookie creations, visit justtgoodiesza.co.za or follow her cookie journey @justtgoodies & dance classes @tiffanydanceza.





My name is Amor Barnard and I am the owner and founder of LolliLicious SA.

Our journey began in June 2023. After thinking and brainstorming what can I do as a hobby that is different, creative and unique and something I can turn into a small business. The dream of starting a small business that became my pride and joy.

Initially, my vision was to only create and play around with simple lollipop designs and flavours and I started with a few flavours and testing it out and tasting it.

Finally I started my own Facebook and Instagram page LolliLicious, where I made samples for schools and businesses with their logos on for them to see and taste the lollies. Our very first order that we have received was from Kiyana Sailing in Mossel Bay and they ordered 140x lollies and from there our small business just kept on growing day by day.

We are happy to say that we have just launched our brand new range which is a glitter lollipop. I just love a bit of a bling and bringing a bit of sparkles in our lollies just makes it more beautiful and enjoyable.

To all those who have joined us on this journey, we extend our heartfelt gratitude. Without your support, we wouldn't have been where we are today. We're excited to continue making beautiful, unique lollies for you to admire and adore just as we do with every order that we get.

Many blessings

Amòr Xox





# VANESSA GRAY

A SOULFUL JOURNEY OF RESILIENCE, REINVENTION, AND RISING STARDOM

Vanessa Gray is a name that echoes with resilience, talent, and an unyielding passion for music and life. A seasoned musician with over two decades of experience, Vanessa's voice is unlike any other—a mesmerizing fusion of Cher's deep, powerful timbre, Alannah Myles' sultry smokiness, and her own undeniable uniqueness. Her performances are not just about entertainment; they are soulful experiences that captivate audiences, whether at intimate private parties, bustling pubs, or grand events...

Vanessa has graced some of South Africa's most prestigious stages, including Carnival City, showcasing her immense talent and versatility. However, her journey hasn't been without its struggles. During a significant chapter of her life, her then-husband managed her career, but the relationship was toxic and stifled her growth both personally and professionally. Despite the challenges, Vanessa's resilience carried her through, and she emerged stronger, ready to reclaim her voice and forge her own path.

Her story is a testament to her unwavering spirit. During the COVID-19 pandemic, when live performances came to a halt, Vanessa didn't let adversity stop her creativity. Instead, she explored new horizons and discovered a deep love for herbology. This journey led her to appreciate the incredible benefits of roses—a flower she describes as nature's embodiment of resilience, beauty, and healing. Out of this passion, Red Feather Infusion was born. This luxurious line of rose-infused bath products is a perfect blend of indulgence and wellness, offering a moment of relaxation and self-care in a hectic world.

Vanessa is more than just a performer; she is a giver. She consistently donates her time and energy to meaningful causes and is actively involved as a director of several NGOs, including the United Chicks Association (UCA). Through her leadership, she empowers women, fosters growth, and creates opportunities for others to rise. Her dedication to community upliftment is as inspiring as her music, making her a beacon of hope and positivity in the lives she touches.



# Nuwe Kinder Storieboek!!!

### **16 DESEMBER 2024**



# Did you know that 70% of your health is determined by your gut?



### DETOXIFY WITH HERBAL FIBERBLEND

- · Helps maintain digestive health
- · Helps maintain regular bowel movements
- · Detoxifies removes toxins from the body
- Reduces transit time provides more thorough evacutation of waste
- Water-soluble fiver helps maintain healthy cholesterol & blood sugar
- Contains Payllium and cleansing herbs
- Contains 5 grtams of fiber per 7g serving

### FloraFood

Single - R429,00

60 vegan capsules



- Supports the body's microbiome
- Maintaints digestive health
- · Supplements good bacteria
- · Balances intestinal PH
- Helps produce vitamins, especially B vitamins
- MMayhelp maintain helathy cholesterol levels
- 3 Billion live cells per capsle guaranteed at the time of expiration

Your digestive system depends on digestive enzymes: proteins that break down food into nutrients and energy. Undigested food can cause a variety of health problems, including bloating, constipation, gas, headaches and toxin & waste build up in the colon.

Single - R364.00



+27 79 697 4790



FIX YOUR GUT = FEEL BETTER





Specialising in Caricature Portraits and Caricature Live Events, Amani Caricatures brings a unique blend of artistry and entertainment to any occasion. Whether you're looking to capture memorable moments with a fun twist or add a lively and creative element to your event, Amani Caricatures' work is sure to impress. Their talent for turning faces into charming, exaggerated art pieces will leave you and your quests with unforgettable keepsakes. Perfect for corporate functions, weddings, or any gathering where laughter and creativity are welcome.







From corporate events to intimate gatherings, Elfin Event Dynamics delivers exceptional service and creativity to every project. We offer incentive travel, unique corporate gifts, and have worked with clients from charities to major brands like Salesforce and ABSA. We're proud to have organised the launch of Mandela's 46664 campaign. Let us bring your next event to life!

www.elfinevents.co.za





Bushveld Street Eats brings the vibrant flavors of South Africa's street food to life! Inspired by the rustic charm and rich culture of the bushveld, they celebrate local ingredients and time-honored recipes. With every bite, experience a taste of the outdoors and the rich culinary traditions of our beautiful land.

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Specialising in unique designs for t-shirts and personalised keychains, Chosen Vinyl Custom Printing brings a fresh perspective to the world of custom merchandise.







A passionate graphic designer and artist dedicated to bringing your visual ideas to life. With a keen eye for detail and a creative flair, I offer bespoke graphic design solutions and unique art creations that captivate and inspire. Whether you're seeking compelling designs for your brand or one-of-a-kind art pieces, my mission is to deliver exceptional quality and creativity tailored to your needs.



+27 64 559 4330



Boksburg



Your place to get delicious & beautiful handmade royal iced cookies, handbags & zipper pouches. Look out for collaborations with other local small businesses.



justtgoodies.co.za



Boksburg







Discover timeless craftsmanship with Lady Rischmuller Handmade, where every piece is uniquely designed and carefully handcrafted. From luxurious leather goods to beautifully curated accessories, Lady Rischmuller adds a touch of elegance and style to your everyday life. Proudly South African, their products celebrate quality, creativity, and attention to detail. Explore their stunning collections and indulge in the artistry of handmade excellence.

elady\_rischmuller\_handmade\_

Nelspruit

At Ozone & Health Hub, we combine the revitalizing benefits of ozone therapy with a range of nutritious wholefood products to promote holistic wellness. Our female-led business is dedicated to helping you achieve optimal health, offering treatments that boost immunity and enhance vitality. Experience the difference with Ozone & Health Hub, where wellbeing and empowerment go hand in hand.

( +27 79 697 4790

Pretoria

At Red Feather, we're passionate about elevating your bath experience with our organic, rose-infused bath salts, body scrubs, and bath oils. Each product is crafted with care to provide a luxurious and rejuvenating experience, helping you unwind and pamper yourself naturally. Treat yourself to the soothing and aromatic delights of Red Feather, and transform your bath time into a serene retreat.

+27 66 055 7677

Tarlton







At Ribbon Your Hair it is our passion to accessorise your children's hair for any occasion (school, formal & fun). Contact us for your custom made bows & ribbons today!

+27 66 058 6236

Alberton

Since branding is a service based business – SA Attitude focuses on personalised customer service and support. They are an owner managed, family business, with a vision is to be your first call for branding expertise, and be your branding advisor and labelling consultant. Their mission is to put the personal touch back in customer service while branding your company and creating logo visibility that you can be proud of. SA Attitude makes it happen for you – just the way you imagined it. And yes, they do have an attitude! #SAAttitude

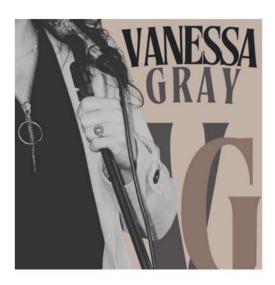
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Experience the natural healing of sports massage and holistic health services for your physical, mental, and spiritual well-being. Let expert care rejuvenate and restore your body and mind.

@taylorlovingcare\_

Benoni



Vanessa Gray is a versatile vocalist who brings her musical talent to restaurants, year-end events, birthdays, pubs, private gigs, and weddings. In addition to performing, she offers voice and singing coaching to help others find their unique sound. Whether you're looking for live entitled. wanting to improve your vocal skills, Vanessa Gray delivers with passion and expertise.



+27 66 055 7677



Tarlton

## MEMBERSHIPS

now until 31 Dec 2024



- Access to the UCA Network: Connect with like-minded women and entrepreneurs for collaboration and support.
- Monthly Online Networking Sessions: Participate in virtual networking events to expand your professional circle.
- WhatsApp Group Marketing: Share your business promotions within the UCA community once a month (either at the beginning or end of the month).
- Femme Fatale Magazine Advertisement: Get one free advertisement and publish one article per year to showcase your expertise.

# Princess R100pm

- Access to the UCA Network: Connect with like-minded women and entrepreneurs for collaboration and support.
- Monthly Online Networking Sessions: Participate in virtual networking events to expand your professional circle.
- WhatsApp Group Marketing: Promote your business twice a month (beginning and end), receiving additional promotional support within the group.
- Femme Fatale Magazine Advertisement: Four free advertisements and four articles per year to maximize your visibility.
- Discounted entry to UCA hosted Events, Workshops & Seminars: Get exclusive invitations to UCA members-only workshops and seminars at reduced rates.
- Member Spotlight: Be featured on UCA's social media platforms to promote your personal or business brand.
- Priority Support: Access faster and more personalised assistance from the UCA team.
- One-on-One Business Coaching: Gain access to personalised business advice through one-on-one coaching sessions (if required / requested).
- Opportunities to Host Webinars & Workshops: Share your knowledge and skills by leading events within the UCA community.
- UCA Branded Denim Jacket: Enjoy discounted rates on the exclusive UCA-branded denim jacket after completing 12 months of membership.

### Conneys R50pm

- Access to the UCA Network: Connect with like-minded women and entrepreneurs for collaboration and support.
- Monthly Online Networking Sessions: Participate in virtual networking events to expand your professional circle.
- WhatsApp Group Marketing: Share your business promotions once a month (either at the beginning or end of the month) with an additional promotion boost through priority placement.
- Femme Fatale Magazine Advertisement: Two free advertisements and two articles per year to promote your business or achievements.
- Discounted Workshops & Seminars: Get exclusive invitations to UCA members-only workshops and seminars at reduced rates.
- **Member Spotlight:** Be featured on UCA's social media platforms to promote your personal or business brand.
- Priority Support: Access faster and more personalised assistance from the UCA team.



- Access to the UCA Network: Connect with like-minded women and entrepreneurs for collaboration and support.
- Monthly Online Networking Sessions: Participate in virtual networking events to expand your professional circle.
- WhatsApp Group Marketing: Enjoy unlimited WhatsApp marketing posts, giving you the most visibility and reach within the UCA community.
- Femme Fatale Magazine Advertisement: Unlimited advertisements and article submissions, ensuring constant exposure for your business.
- Free Entry to UCA hosted events, Workshops & Seminars: Attend exclusive workshops & seminars without paying extra.
- Featured Guest at Events: Be spotlighted as a key UCA member during select events.
- Member Spotlight: Be featured on UCA's social media platforms to promote your personal or business brand.
- Priority Support: Access faster and more personalised assistance from the UCA team.
- One-on-One Business Coaching: Gain access to personalised business advice through one-on-one coaching sessions (if required / requested).
- Opportunities to Host Webinars & Workshops: Share your knowledge and skills by leading events within the UCA community.
- Free UCA Branded Denim Jacket: Receive a free denim jacket after 12 months of membership, a token of appreciation for your commitment.



29th Nov - 4th Dec Time Square Menlyn Pretoria 5pm - 10pm

16th Dec / 21st Dec Hazelfood Market Pretoria high school Old boys club 8:00am - 2:00pm

@amani.caricatures



**link to our website here** designed by www.gritt.co.za



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