

W FEMME I FET F FETALE

ISSUE 4, NOVEMBER 2024

IT'S A DATE!

OUR FIRST IN-PERSON NETWORKING EVENT
HAS BEEN SET, MARK IT IN YOUR CALENDAR

LADY RISCHMULLER HANDMADE
AN INSPIRING CHICK WITH MULTIPLE TALENTS

A NEW MONTH, A NEW CHALLENGE

ALL ABOUT OUR
#UCAPHOENIXGLOWUP CHALLENGE

PHOENIX FITNESS
An exciting partnership announcement

AND THE WINNER IS...

OUR 31 DAY BUSINESS GROWTH CHALLENGE

UCA
unitedchicks
association



LETTER FROM THE EDITOR

So much excitement all around.....03

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NEED AN ENTERTAINER FOR YOUR
YEAR END FUNCTION?

BOOK NOW!
066 055 7677

VANESSA GRAY

Instagram Facebook Music

When dreams become realities

celebrating three months of impact and support

As a child, I had some unique collections: miniature items (how I wish Checkers had their mini-collections 30-odd years ago!), lighters (for reasons I still can't explain), and quotes. Yes—quotes! One of my favourites was, "If you can dream it, you can achieve it." I'd love to give full credit, but Google claims it's either Zig Ziglar, Walt Disney, or a handful of others. So, whoever said it—thank you! So much of what I've pursued in life has been fuelled by those words.

With that in mind, I can hardly believe it's been only three months since we started UCA! It feels so much longer, especially with all we've accomplished. We grew from just 10 members to launching our first campaign, secured a partnership with an incredibly inspirational woman, and received amazing support through donations.

We're blessed beyond words, and I'm incredibly thankful to God for sending the right people at exactly the right time. Whether through connections, volunteering, or support, each person has added something special to this journey, and I couldn't be more grateful.

Knowing how much we've done in just a few months has me buzzing with excitement for what 2025 holds! And, on that note, I'm thrilled to announce our first in-person UCA gathering. The event will be open to the public, so save the date and bring along as many ladies as you can! We already have some fantastic speakers lined up and prizes up for grabs.

A massive thank you to every member, volunteer, and everyone else spreading the word about UCA. None of this would be possible without each and every one of you!

I'll leave you with another favourite quote of mine:

"Doubt sees the obstacles, faith sees the way. Doubt sees the darkest night, faith sees the day. Doubt dreads to take a step, faith soars on high. Doubt questions 'who believes?', faith answers 'I!'"

PS: again, various authors on this one - all of whom I thank! :)

With so much love and gratitude,



SAVE
15

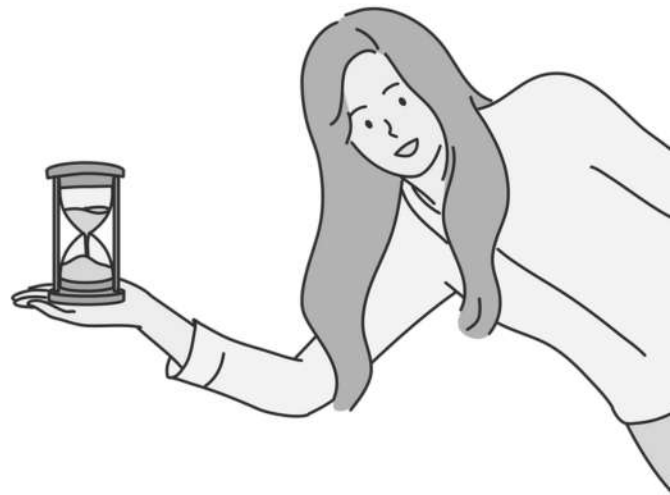
THE

03

DATE

25

UCA
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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

WWW.UCASSOCIATION.ORG | INFO@UCASSOCIATION.ORG



LANIE RISCHMULLER TO LADY RISCHMULLER

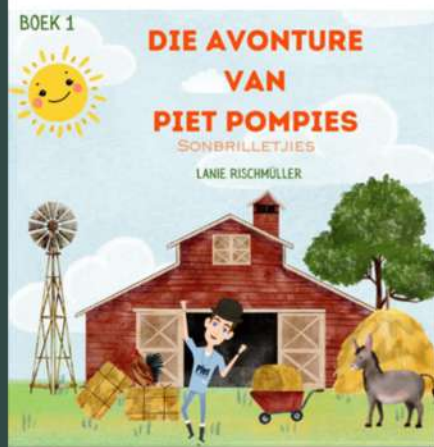
TAKING EVERY OPPORTUNITY BY THE HORNS !

Lanie Rischmüller is a rising country singer from Pretoria, South Africa, whose journey has spanned continents. After working as a flight attendant, she ventured into beauty, graphic design, and art, launching her own online store, Lady Rischmüller Handmade. Her store reflects her love for creating unique, handcrafted pieces, including home décor, organic candles, soaps, leather handbags, and more. Each item is crafted with care and originality.



Beyond her artistry, Lanie is a children's author. Her debut book, *Die Avonture van Piet Pompies: Boek 1*, will be released in December 2024, kicking off an eight-book series filled with imaginative adventures to inspire young readers.

Lanie's love for country music led her to start her singing career in 2024 at age 39. Known initially for her cover songs, she quickly gained thousands of social media followers with her heartfelt performances. Inspired by her husband, country singer-songwriter Pieter Rischmüller, Lanie is now working on her first original album, set for release in 2025.



She's also lent her voice to Netflix productions and Broadway in New York. On 30 October '24 she won Newcomer of the Year at the South African Country Music Awards, Lanie's journey is just beginning.

Her story is one of pursuing dreams and embracing happiness, encouraging others—especially women—to do the same.

Visit her store at www.ladyrischmullerhandmade.co.za to explore her creations.

BackaBuddy^B

getting somewhere slowly....

life changing moments busy loading....



R 1 120

4%

of R 25 000 goal

Donate ♥

Share ↑

R 550

Offline donations

3

Unique donors

...but getting there nonetheless!

UCA
unitedchicks
association

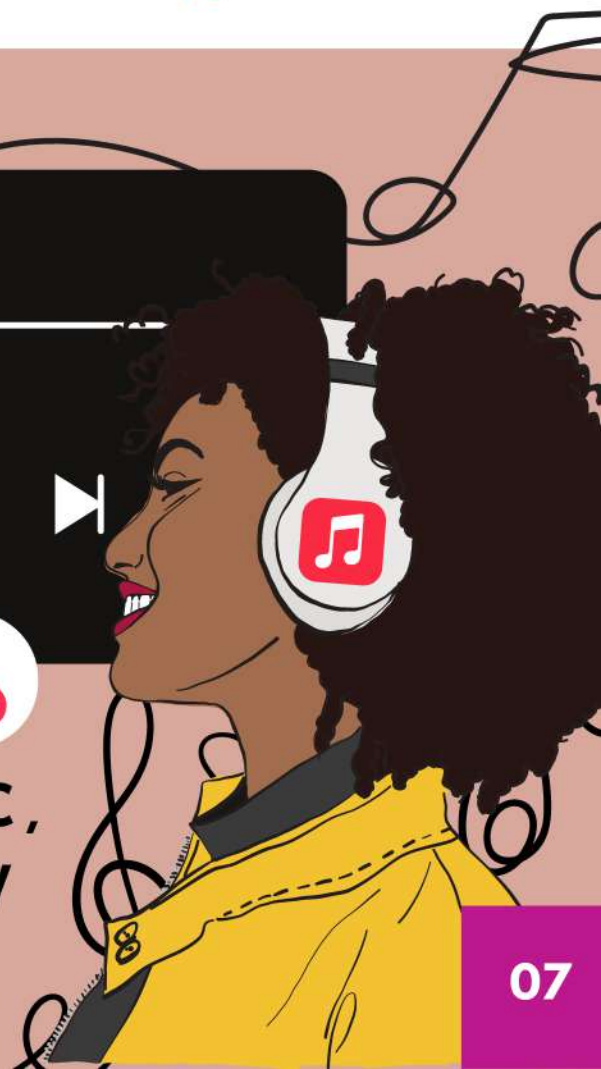
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FOLLOW US



**WE'RE ON APPLE MUSIC,
FEEL FREE TO FOLLOW
OUR PLAYLIST!**





phoenix fitness

A look at the amazing woman behind the brand



rising from the ashes

by Truzaan Berowsky

Phoenix Fitness was born in 2020, founded by Truzaan Berowsky—a dedicated personal trainer, nutritionist, and award-winning fitness athlete passionate about empowering women to achieve their best. Truzaan's journey into the fitness world began in 2015, but her commitment reached a new peak when she took 1st place in the IBFF Universe Competition in October 2024. This accomplishment is the latest milestone in a career defined by resilience and a belief that fitness is about much more than physical transformation; it's about discovering inner strength and rising to meet life's challenges head-on.

As a fitness model athlete for IBFFSA, Truzaan found that bodybuilding is not just a sport but a community—a family where competitors uplift and inspire one another. This sense of camaraderie inspired her to create Phoenix Fitness, an online training platform dedicated to growth, resilience, and empowerment.

Truzaan's own path hasn't been easy. She's faced doubts and times when the future felt uncertain. Yet, every challenge has only strengthened her resolve. "There were moments I wasn't sure of my next step," Truzaan shares, "but each obstacle showed me that I could rise again. Keeping my head up through it all made me who I am today."

Through Phoenix Fitness, Truzaan now channels her experience to inspire women to overcome their own barriers, to see their worth, and to recognize their strength. Her mission is to support women on their journeys, helping them find confidence, resilience, and self-worth. "Like the phoenix," she says, "we all have the power to rise from the ashes, stronger and ready to soar."

Phoenix Fitness isn't just about physical wellness; it's a movement toward self-empowerment. Truzaan's message is clear: whatever the challenges, every woman has the strength to rebuild, redefine, and rise.

A NEW MONTH, A NEW CHALLENGE!

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

Summer is nearly here, and UCA has teamed up with Phoenix Fitness to bring you the 31-Day Glow-Up Challenge! It's the perfect way for our fabulous chicks across South Africa to feel even stronger, more confident, and ready to shine in the summer sun! ✨

From 1 to 31 January 2025, join us for an inspiring challenge led by IBFF fitness model and personal trainer Truzaan Berowsky. Get ready for fun, effective workouts, expert fitness tips, and the support of an empowering community of women cheering you on every step of the way!

We'll track your progress, celebrate victories, and keep the momentum high with weekly mini-challenges, giveaways, and endless motivation.

Don't miss out! Sign up today and invite friends—the more, the merrier!

Email info@ucassociation.org or sign up here: <https://wkf.ms/40fHJoa>





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Founded with a vision to empower entrepreneurs, start-ups, and small businesses, GRIT.T serves as a consulting, coaching, and creative catalyst hub.



Whether you're launching a new venture or seeking to optimize an existing business, GRIT.T is dedicated to fostering innovation and sustainability.

MISSION

At GRIT.T, our mission is to empower entrepreneurs and small businesses through innovative financial consulting, creative design, and impactful coaching. We strive to be the catalyst for our clients' success, helping them to navigate the complexities of their business journeys with confidence and clarity.

AUTHENTICITY

We value authenticity in our relationships and work, ensuring that our services reflect the true essence of our clients' brands.

VALUE

Our focus is on delivering exceptional value to our clients, ensuring that our services contribute meaningfully to their success and growth.

TRANSPARENCY

We believe in open communication and honesty in all our interactions, fostering trust and collaboration with our clients.

INNOVATION

We are committed to finding creative solutions that meet the evolving needs of our clients, embracing new ideas and technologies.

VISION

FINANCIAL CONSULTING

BUSINESS REGISTRATION AT CIPC

We assist in the seamless registration of businesses, ensuring compliance with local regulations and empowering entrepreneurs to establish a solid legal foundation.

TAX-RELATED SERVICES

Our team guides clients through the complexities of tax legislation, helping them maximise their tax efficiency while remaining compliant.

MONTHLY BOOKKEEPING

We provide comprehensive bookkeeping services that allow businesses to track their financial health, enabling informed decision-making and long-term planning.

DESIGN

GRAPHIC DESIGN

Creating visual content that captures the essence of your brand and engages your target audience.

INFORMATIONAL DESIGN

Presenting complex information in a clear, engaging manner that enhances understanding and retention.

ILLUSTRATIVE DESIGN

Crafting unique illustrations that add personality and depth to your brand storytelling.

INFORMATIVE DESIGN

Ensuring your messages are not only visually appealing but also informative and effective.

ANIMATIONS

Developing dynamic animations that bring your ideas to life, perfect for digital marketing and branding.

COACHING & CONSULTING

OPERATIONAL STRATEGY

Analysing current operations and identifying opportunities for efficiency and improvement.

MARKETING STRATEGY

Crafting comprehensive marketing strategies that resonate with your audience and drive growth.

BRAND DEVELOPMENT

Building a strong, recognisable brand that reflects your business's values and vision.

GROWTH CONSULTING

Providing insights and strategies for sustainable growth and scalability.



AND THE WINNER IS...

We are thrilled to share that our **31-Day Business Growth Challenge** was a tremendous success! Not only did it support existing small businesses and entrepreneurs, but it also provided valuable assistance to those looking to start their own ventures.

Throughout the challenge, participants engaged in daily activities and shared their progress on social media using the hashtag #UCAChallenge. The winner stands a chance to win a **6 month free membership with UCA** as well as a **feature in The Femme Fetale** (December edition)

It is with great pride and excitement that we announce the winner of the **2024 UCA 31-Day Business Growth Challenge...**

#DRUMROLL



FILM NEGATIVE

FILM NEGATIVE

FILM NEGATIVE

**TIFFANY
WIESE**

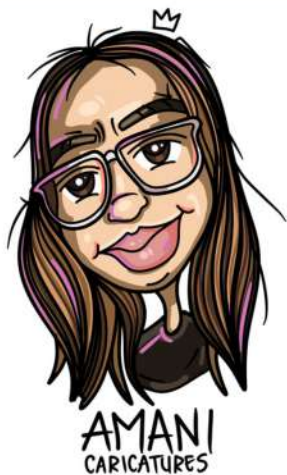
from

*JUST T
GOODIES*

CONGRATULATIONS CHICK AND
WELCOME TO THE COOP!


OUR MEMBERS





Amani Caricatures specializes in Caricature Portraits and Live Events, adding a unique, entertaining flair to any occasion. Perfect for weddings, corporate functions, or any gathering, their charming caricatures capture memorable moments with a fun, artistic twist, leaving guests with unforgettable keepsakes.

 @amani.caricatures

 Pretoria



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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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 Krugersdorp



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 Fourways




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.

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 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.

 @lady_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 well-being and empowerment go hand in hand.

+27 79 697 4790

Pretoria



RED FEATHER

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, we're passionate about creating beautiful hair accessories for children, perfect for every occasion—from school days to formal events and playful moments. Each bow and ribbon is custom-made with care, adding a special touch to every outfit. Contact us today to bring a little extra charm and personality to your child's style!

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Alberton



SA Attitude is an owner-managed, family business specializing in personalized branding services. With a focus on exceptional customer service, they aim to be your go-to branding advisor, delivering logo visibility and branding that reflects your vision. They add a personal touch to every project, making your branding exactly as you imagined. #SAAttitude

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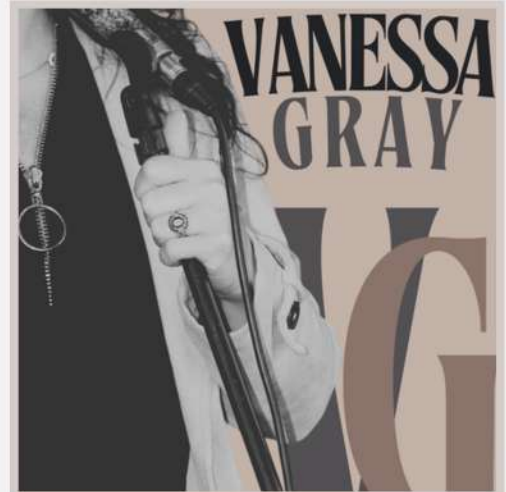
Boksburg



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.

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Benoni



Vanessa Gray is a talented vocalist performing at events like weddings, birthdays, pubs, and private gatherings. She also offers voice and singing coaching, helping others discover their unique sound with passion and expertise.

+27 66 055 7677

Tarlton

MEMBERSHIPS

Duchess ^{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 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.*

Countess ^{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:** 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.

Princess ^{R200pm}

- **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.

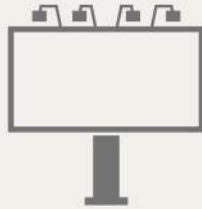
Queen ^{R300pm}

- **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.

ONCE OFF



FULL PAGE
R100



"BILLBOARD"
R75



HALF PAGE
R50



BANNER
R35

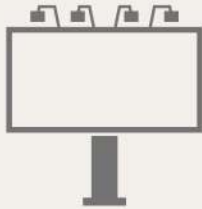


QUARTER PAGE
R 25

3-MONTH PACKAGE



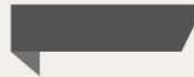
FULL PAGE
R250



"BILLBOARD"
R180



HALF PAGE
R130



BANNER
R90

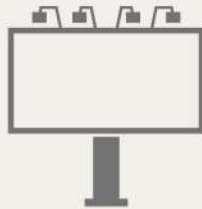


QUARTER PAGE
R60

6-MONTH PACKAGE



FULL PAGE
R450



"BILLBOARD"
R360



HALF PAGE
R240



BANNER
R180



QUARTER PAGE
R120

ANNUAL PACKAGE



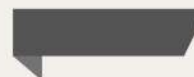
FULL PAGE
R800



"BILLBOARD"
R600



HALF PAGE
R400



BANNER
R300



QUARTER PAGE
R200

MEMBER SPECIALS



@amani.caricatures

1 Person/ Pet

Free changes

~~R250~~
R190
digital

EXTRA
A4 Print + Delivery - R150
A3 Print + Delivery - R220

Dm to place order!
High quality photos are required for accurate drawings.

@amani.caricatures

2 People / Pets

Free changes

~~R400~~
R370
digital

EXTRA
A4 Print + Delivery - R150
A3 Print + Delivery - R220

Dm to place order!
High quality photos are required for accurate drawings.

Caricature

SALE

Nov/Dec

@amani.caricatures

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3-5 People / Pets

Free changes

~~R550~~
R490
digital

EXTRA
A4 Print + Delivery - R150
A3 Print + Delivery - R220

Dm to place order!
High quality photos are required for accurate drawings.

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Add Extra People/Pets

Free changes

~~R120~~
+R90

Dm to place order!
High quality photos are required for accurate drawings.



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Christmas

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Own T-Shirt + Vinyl R100

USA, TikTok, Instagram, Facebook





Gemsbok

- Mince | R100 per kg
- Braai Wors | R100 per kg
- Sosaties | R120 per kg

Eland

- Wors | Double Tangy Cheese | R100 per kg
- Wors | Cheese | R100 per kg
- Wors | Curry Wors | R100 per kg
- Wors | Braai Wors | R100 per kg
- Wors | Kaapse Vrugte | R100 per kg
- Wors | Peppadew & Jalapino Cheese | R100 per kg
- Mince | R100 per kg
- Sosaties | R120 per kg
- Droee Wors | R150 per kg

Blou Wildebees

- Wors | Kaapse vrugte | R100 per kg
- Wors | Double Tangy Cheese | R100 per kg
- Wors | Peppadew & Jalapino Cheese | R100 per kg
- Sosaties | Curry | R120 per kg
- Droee Wors | R150 per kg

Lechwe

- Mince | R100 per kg

PRYSLYS

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werk op 'n eerste-kom-
eerste-bedien-basis.



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uitreik gebaseer op die totale gewig.

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