

AUGUST 2020 | ISSUE 1

TRAVEL | LEISURE | LIFESTYLE

LIMPOPO GUIDE

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Your Ultimate Guide.

**#5WITH5:
Q&A WITH
5 TRAVEL
BLOGGERS**

**PHOTO
GALLERY:
LIMPOPO IN
PICTURES**

**10 HEALTHY
TRAVEL TIPS**

**THINGS
TO DO IN
MAGOEBAKLOOF**

**# LIMPOPO
WILL TRAVEL
AGAIN**



LIMPOPO GUIDE
Your Ultimate Guide.



OPENING

Soon



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OPENING

Soon

Welcome to Limpopo Guide, a new and exciting publication that serves as a travel and leisure portal for visitors and residents who want to explore and learn more about our beautiful province.

Limpopo Guide is an idea that came to life in 2018 when I saw a vacancy for a lifestyle journalist in a Gauteng-based lifestyle publication. As I filled out the online application form, a brain wave hit me before I could press *send*. Why not start one in Limpopo? Fast forward to 2020, my vision of creating an authentic, creative and inspiring magazine has come to life.

Although met with unexpected tides due to the COVID-19 pandemic, I am pleased that we are finally ready to share our maiden issue with you. The pandemic has imposed uncertainty globally and locally: we have to stand and work together to ensure the curve is flattened. Love and light to all the families and businesses that have been impacted by the pandemic. In solidarity with the tourism industry, I supported the SA Tourism campaign through the **#LimpopoWillTravelAgain** hashtag.

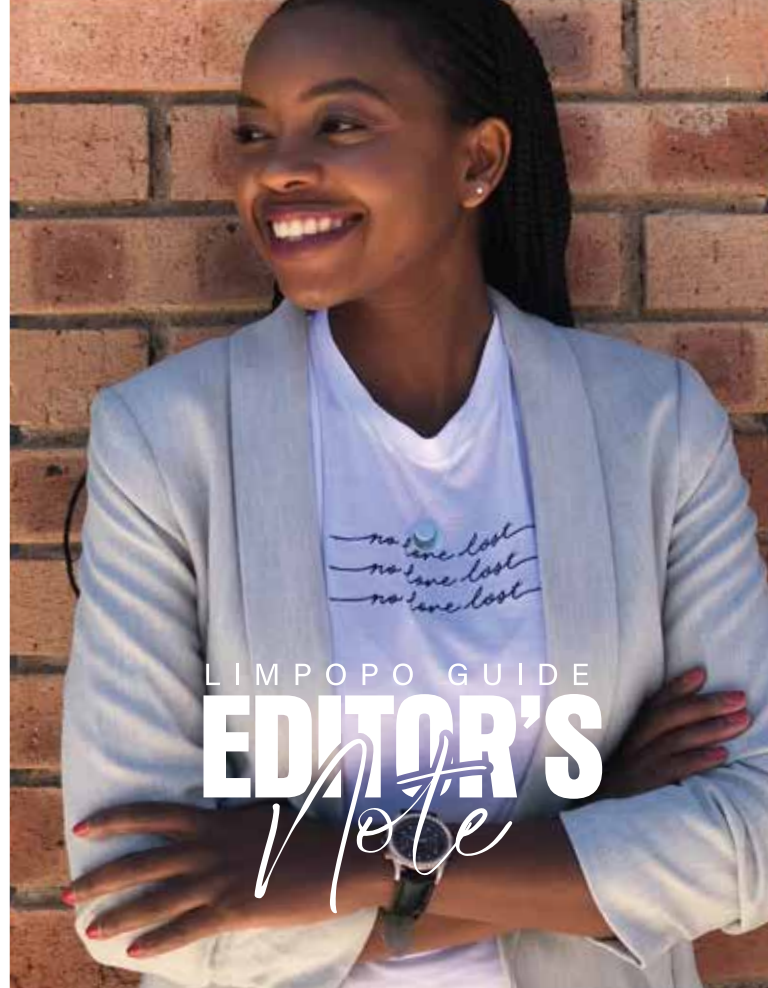
The hashtag was inspired by **#SAWillTravelAgain**, a campaign that was launched by the South African Tourism department to remind the nation that this pandemic will one day come to an end.

We live in the hope that we will explore our beautiful province again soon. For now, curl up and let Limpopo Guide take you on a journey around the province from the comfort of your home. I am thrilled we are finally here. I hope you enjoy the read as much as we had fun putting it together.

Let's make Limpopo GREAT.

Vinolia Masera

Editor



Published by:
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Designed by:
Logic World Print & Media

Editor:
Vinolia Masera

Art Director:
Johnny Tuba

Senior Journalist:
Thabitha Mahlangu

For Marketing & Sales:
info@limpopoguide.co.za | 060 573 8497

For Photo Gallery submissions:
photos@limpopoguide.co.za

 @limpopoguide

 Limpopo Guide

 @limpopoguide

 www.limpopoguide.co.za

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A man in a light-colored t-shirt and dark pants is fishing with a large fish. He is holding a camera on a tripod, which is positioned to capture the scene. The background shows a body of water and distant mountains under a clear sky. The foreground is filled with tall grasses, some of which are out of focus.

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#5WITH5

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In Celebration Of Women's Month

#5 WITH 5

Q&A with Five Travel Bloggers

1. What is the one item you can't travel without?

My cell phone

2. Do you prefer solo travel or with someone else?

With someone

3. The sea - on it, in it or stay on dry land?

Dry land

4. What place is top of your bucket list?

Singapore

5. What's your favourite pizza topping?

Avocado



Duduzile Maputle @plannedbydudu

1. What is the one item you can't travel without?

My camera phone

2. Do you prefer solo travel or with someone else?

Small Group Travels

3. The sea - on it, in it or stay on dry land?

Definitely dry land

4. What place is top of your bucket list?

The Garden Route from Tsitsikama to Cape Town and Overseas - Bora Bora

5. What's your favourite pizza topping?

Mushrooms and extra cheese...Lol



Themba Khoza @adventureseekers_sa

#5 WITH 5

Q&A with Five Travel Bloggers

1. What is the one item you can't travel without?

Sunscreen since I like spending time outside exploring

2. Do you prefer solo travel or with someone else?

Travel with someone else

3. The sea - on it, in it or stay on dry land?

Next to the sea

4. What place is top of your bucket list?

Oribi Gorge

5. What's your favourite pizza topping?

Pepperoni



Sbahle Kgobe @letsgetlostinthewald



1. What is the one item you can't travel without?

My iPhone. I can take pictures and videos and share them instantly to anyone in the world.

2. Do you prefer solo travel or with someone else?

I prefer traveling with someone or a group.

3. The sea - on it, in it or stay on dry land?

All of the above. I like what each offers.

4. What place is top of your bucket list?

In South Africa I'd like to explore Magoebaskloof & Blyde River - Internationally I'd like to visit Hawaii.

5. What's your favourite pizza topping?

Bacon, Feta, Avocado

Richard Haubrich @chasingafica_

#5 WITH 5

Q&A with Five Travel Bloggers

1. What is the one item you can't travel without?

My Camera and Red Lippie

2. Do you prefer solo travel or with someone else?

Someone else - travel adventures are best when with a buddy.

3. The sea - on it, in it or stay on dry land?

On the Sea.

4. What place is top of your bucket list?

Greece, Switzerland and Oribi Gorge.

5. What's your favourite pizza topping?

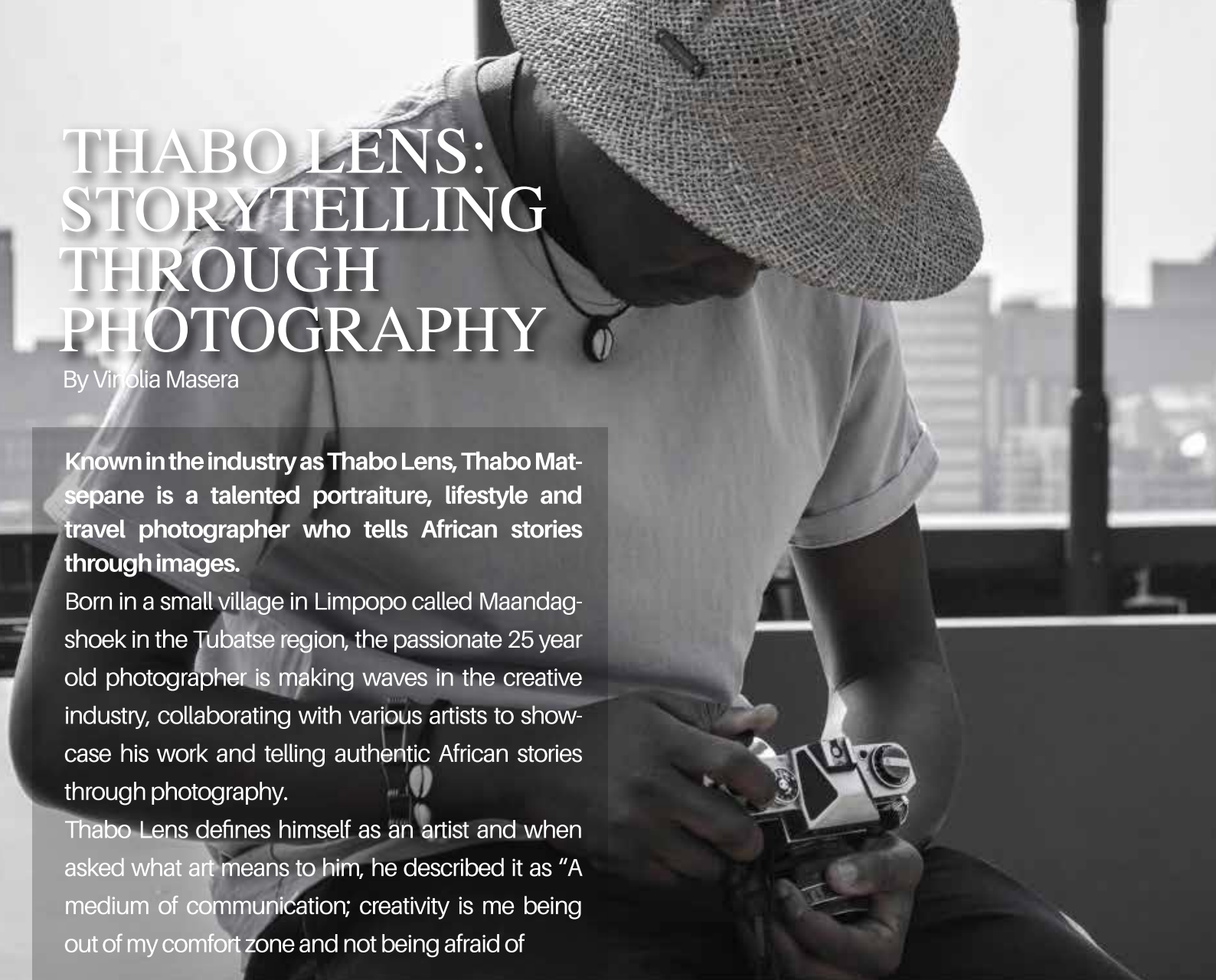
Jalapenos!



Vina Wal @chimocollate

**"LIVE WITH NO EXCUSES AND
TRAVEL WITH NO REGRETS"**

~ OSCAR WILDE



THABO LENS: STORYTELLING THROUGH PHOTOGRAPHY

By Viriolia Masera

Known in the industry as Thabo Lens, Thabo Matsepane is a talented portraiture, lifestyle and travel photographer who tells African stories through images.

Born in a small village in Limpopo called Maandagshoek in the Tubatse region, the passionate 25 year old photographer is making waves in the creative industry, collaborating with various artists to showcase his work and telling authentic African stories through photography.

Thabo Lens defines himself as an artist and when asked what art means to him, he described it as "A medium of communication; creativity is me being out of my comfort zone and not being afraid of

creating what I visualize about the world". Thabo fell in love with photography when he was just 12 years old. "It was on the 20th of March 2007 when I held my first film camera as a birthday present from my Dad; I started as a 12 year old boy telling community stories through images," he explained.

His photography is about fine, contemporary art and a new medium of photography that speaks about an African religion in the 21st century; Love, belief and human consciousness. Thabo draws his inspiration through travel, music, books, nature and having conversations with his community members.

His career took off when he got a scholarship at Cape Town school of photography; this awarded him the opportunity to showcase his first project with Best of Africa online magazine including a

feature in City Buzz magazine. He later got an internship as a photographer and content creator at OWI Media Hub (now called Winning Girls) which is based in London and now expanding into South Africa. Thabo exhibited his artwork called Not For Sale with Best of Africa online magazine and his photographs were featured on World Day against Women Trafficking.

Thabo has collaborated with a few local brands and artists throughout his career. His first collaboration was based on travelling around Johannesburg, KwaZulu-Natal, Free State including Lesotho with SA Suzuki Motors as a vehicle sponsor and Freedom of Movement, a travel fashion brand. He has worked on a concept called "Booming" with an international photographer and Shekinah (A local musician).



Thabo's current projects:

Be The Best You - A talk show hosted by Nancy de Beer and Zinhle Ndaba, directed by himself and Moloko Monareng. The show talks about issues affecting our community and the world at large.

Today - A project open to the public to speak about issues of 'today'.

Fish Your Fish - A concept which lures people to join the creative community and give them exposure.

Thabo believes that the creative market in Limpopo is raw and unique. He also believes that Limpopo based creatives still need a lot of exposure and development needs to start from a young age. In the next 5 - 10 years Thabo sees himself introducing creative art programs for aspiring creatives in our community and expanding these programs both nationally and internationally.

Thabo has also collaborated with Legion Footwear, a local footwear brand. His passion for the creative industry led him to build a community of creatives; this is what he had to say about this community: "How the community was put together is a secret, but through travelling, I have connected with my 'tribe' and connecting with people who share the same views about the universe.

A community of creatives who come together with different mind-sets and knowledge in the art world where we share ideas within our community and assist each other in exposure, learning and knowledge of the arts," he concluded.



MORE THAN JUST A TOURIST ATTRACTION

TSHATSHINGO POTHOLES

BY VINOLIA MASERA

Located in
Thehoyandou Venda
Tshatshingo Potholes
is a sacred site for the
Vha-Venda people.

INTERESTING FACTS:

- In the olden days local witches were drowned here. It is believed that this pothole was being used for ritual purposes and also as a dumping place for people who were against the chief of the village.
- This cultural attraction is owned by the Makani clan, the Makani chief is the ultimate decision maker regarding any aspects related to the use or proposed developments around the pothole.
- Their local soccer team, Tshatshingo Pothole FC is named after this attraction.



Sources: University Of Venda | SA Venues



The much loved stand-up live comedy sensation says it is important for anyone looking to grow as an entrepreneur and artist to never stop learning and looking for opportunities of growth because, "One can never stop learning! I, myself learned and received coaching from some of the finest artists from the province and outside to get to where I am. The likes of **Ronny Lesudi**, **Naphtaly Mabotja** and many others," he added.

His love and passion to perform using his mother tongue has influenced one of his biggest projects thus far called **#ER Comedy What What** where he hosts both established and upcoming comedians to a live comedy night. "I loved how the already established comedians maintained their craftsmanship through performing in the many spoken languages in SA while attending comedy nights, I always thought comedy is only performed in English *chuckles*. Through this platform, upcoming comedians as well as other various artists are given an opportunity to showcase

MAKING PEOPLE LAUGH IS HIS BUSINESS!

By Thabitha Mahlangu

Award winning stand-up comedian Thabang ER caught up with limpopo guide to talk about his career and how he stayed positive business wise amidst covid-19 pandemic.

"It all started when I was in primary school, I was about 7 years old at the time. I started doing poetry and engaging in performing arts as I grew older, from stage performances to school dramas as well as outside school competitions. When I was 9 years old I joined a performing arts group called **ThaCuGro (Thabang le Rena Cultural Group)** founded by **Sebasa Mogale** from Thobela FM where I learned a lot about being a performer and an entrepreneur," Thabang explained.

Thabang Eugene Ramasenya hails from Moletjie, Limpopo and judging by the number of followers, likes and comments on his social media activities; one can tell that he has managed to captivate his audience. His ERPower has manifested not only in his hometown, but across the country.



their talent as well as network. The show is hosted in Pretoria and Polokwane and throughout the years it has grown and attracted a large audience,” said the comedy sensation.

As a philanthropist, Thabang ER plays his role by giving back to the community. Through his company TER Productions, he says they are always keen to help raise awareness and find solutions to some of the issues which break communities. “Whenever we host an event we give a platform to new artists which most took the opportunity and ran with it, they are now household brands. We have empowered communities by creating employment for unemployed youth when we host comedy nights, we donate basic necessities where we can as well as fund small events led by people who have

and share the same vision as we do which is helping to make a difference in other people’s lives,” he added. Amidst economic disruption by Covid-19, Thabang ER says they are learning and adapting to the new ways of living which means no gathering of large crowds. This greatly affects himself and many more artists and businesses alike all over the world. “We are using this time to brainstorm and think of ideas to improve our brand and craft so that we come out ten times better than we were before. Like I said before, learning is a continuous process and when things get back to normal, we will all be laughing our pants off,” he concluded.



THINGS TO DO IN

Magoebaskloof

GRACELAND ECO RETREAT



Enjoy the view! The Retreat overlooks the Kudu River Valley with views all the way to Mooketsi and the mountain range beyond. Guests can enjoy a weekend picnic and hikes as a day activity.

WEGRAAKBOSCH ORGANIC DAIRY AND FARM



Watch life on a farm go by! The farm offers cheesemaking tours, treasure hunts, forest walks, milking tours and a farm stall.



DEBENGENI FALLS



Take a hike! The Debengeni falls are an ideal spot for group hikes and swimming in the summer in the crystal pool, (swimming is at your own risk as there are no lifeguards present). The surrounding area at the foot of the falls is ideal just to spread out your blankets and relax under the trees.

KUHESTAN ORGANIC FARM



Take a stroll! Visitors can take a walk in the gardens and complete their visit with a stop in their tea room on site, where Kuhestan Organic Farm products are also available for purchase.



SEQUOIA GARDEN RETREAT



Cycle away! Enjoy marked walking routes, picnic in the gardens, bring your Mountain bikes to tackle the cycling routes in the area or even throw a rod in the dam (strictly catch and release). The retreat also has two luxury self-catering cottages on the premises, surrounded by the wild and formal gardens.

MAGOEBASKLOOF CANOPY TOUR



Adventure time! The Canopy Tour includes 11 ziplines over 3 majestic waterfalls in the Letaba River Gorge. It takes approximately 2 hours to complete and is a wonderful experience. Guided hiking is also on offer. There are a few different hikes to choose from and include a lovely picnic-style snack pack.

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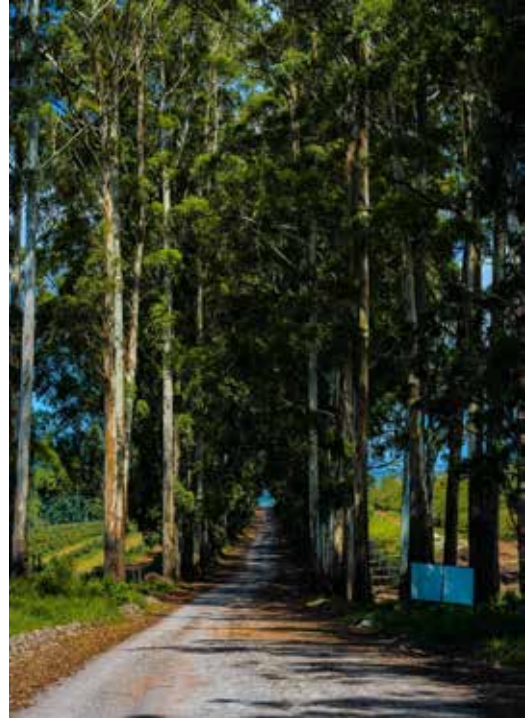
MAGOEBAKLOOFCANOPYTOUR.CO.ZA

PHOTO GALLERY

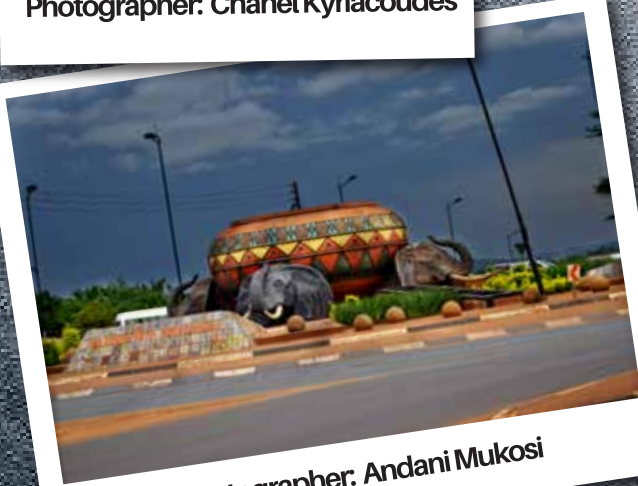
LIMPOPO IN PICTURES



Photographer: Chanel Kyriacoudes



Photographer: Sahl Essa



Photographer: Andani Mukosi



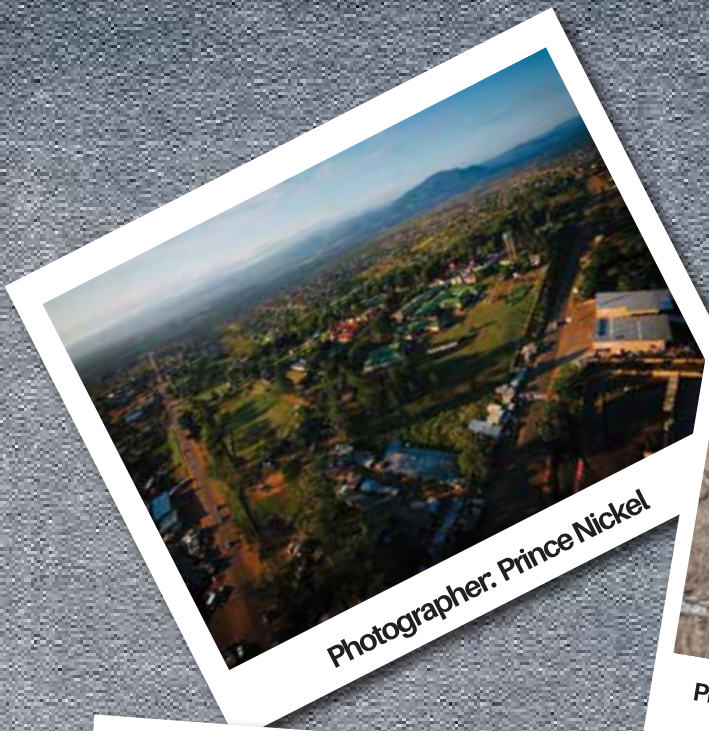
Photographer: Alex Shapiro



Photographer: Alex Shapiro



Photographer: Ndzalo Foundation



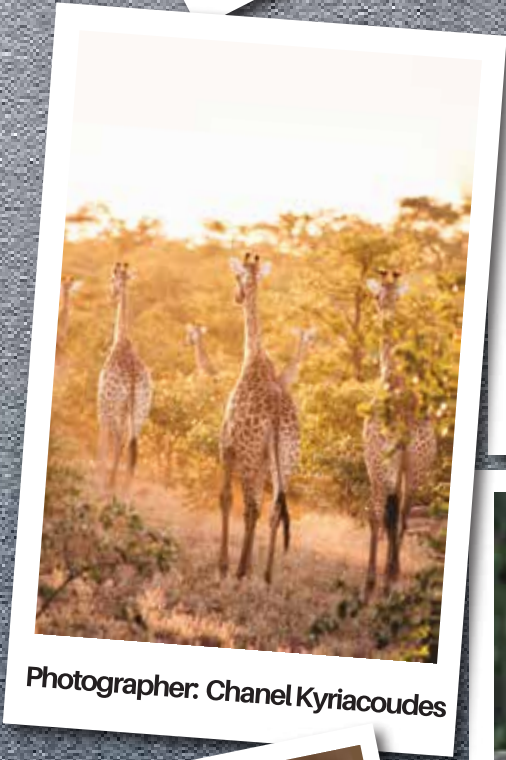
Photographer: Prince Nickel



Photographer: Ndzalo Foundation



Photographer: Thabo Lens



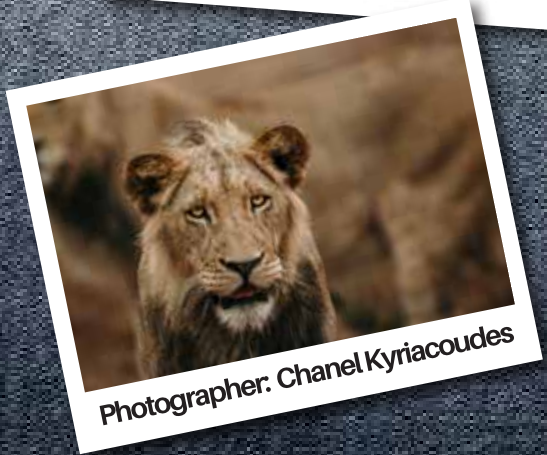
Photographer: Chanel Kyriacoudes



Photographer: Thabo Lens



Photographer: Sahl Essa



Photographer: Chanel Kyriacoudes



Photographer: Prince Nickel

MRS POLOKWANE 2020 ON HER LIFE COACHING JOURNEY

By Thabitha Mahlangu

LIFE coaches are trained to help ordinary people gain confidence so that they may lead successful lives.

Reigning queen, Mrs Polokwane 2020, Mapula Legodi says her job as an image shaper and confidence activator is focused on doing just that. "Confidence is not a privilege but a must for each and every one of us and we all have it," she said. Mapula has always been a passionate speaker of note and easily wins others over with her strong

command and communication strengths. However, the wife and mum of two boys says she never had interest in pageants until year 2019.

"When I heard about the Mrs Polokwane 2020 beauty pageant I started having ideas of how I would have the power to influence and in turn be able to fulfil my dream and goal of being a life coach if I were to win the title. Confident as I was, I went for the big title, worked hard and I won. This was my first time participating in beauty pageants," she explained.

"Participating in beauty pageants needs emotional intelligence as well as strategy more than anything else. I knew what I wanted to achieve beyond the Mrs Polokwane 2020 title and I worked towards that goal from even before I entered for the pageant as I am always out there hosting talk shows as I am a passionate speaker at heart".

Mapula says she also wants to advocate for moms with insecurities that they can still achieve whatever goals they set as well as normalize that a "church girl" like herself can arise and take up any space beyond the pulpit.

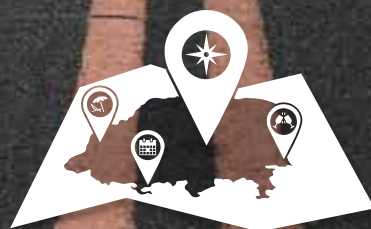
Although most economic activities have been put on hold, some even disrupted as a result of the Covid-19 pandemic, Mapula says she is not discouraged and has continued to serve her community in Polokwane the best way she knows how, through digital platform talks using WhatsApp in a group chat she calls I_aMom Conversations.

Through the social media platform, she gathers women, moms every Tuesday, from all walks of life to converse as well as advise one another on the various issues that they face on a daily basis. She has also managed to collect food parcels to feed families in need around the city and also initiates an online skipping challenge to anyone interested to change their lifestyle for the better.

“

I WOULD RATHER
OWN A LITTLE
AND SEE THE WORLD
THAN OWN THE WORLD
AND SEE A LITTLE OF IT.

—UNKNOWN



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ARTPRENEUR & PROUD

By Thabitha Mahlangu

Using the words creative and passionate to describe herself, Khutso Mmethi from Seshego, Zone 1 is a Fine Arts graduate from Vaal University of Technology (VUT).

The outspoken young, enthusiastic and fairly experienced artist gained enough experience to set herself and her craft apart through the numerous art exhibitions and projects she has been attending over the years. "The knowledge that I have gained from attending art exhibitions has allowed me

to grow as an artist as well as highlight my position as a young growing artist. Art has never appealed to me as a career as it was just a hobby growing up," she explained.



Khutso grew to learn how to draw, paint and make beautiful ornaments including art portraits, photo frames, wall clocks, jewelry etc. using just about anything, from charcoal, beads, card boxes, metals

and wood. She says it is the style and techniques she used while making her artwork that makes it unique, relatable and valuable. One of her artworks was selected as top 100 for the ABSA L'Atelier 2013 and exhibited at the Johannesburg Art Fair in 2018. Khutso says one thing that makes her stand out is her ability to redefine ordinary objects in a more artistic manner which not only makes them aesthetically appealing but usable to the collectors.

“My aim is always to create pieces that can relate to the collector’s sense of style as well as articulate their personalities,” she added. The fine artist says she gets her inspiration from the modern way of life and uses that to create breathtaking art work. Her love for art has pushed her to start a creative art company called KayFirm Collections which she describes as a home for beautiful and unique home-ware interior and exterior art, textile printing, digital art, mural art, wooden jewelry and many other creative artistic services. She also reinvents clothes and biltong snacks which she calls “Mogwapa on

Bites” and sells to make extra cash on the side. To market and promote herself as an artist as well as provide a platform for other emerging artist to grow, Khutso organizes and hosts art exhibitions in and around the city of Polokwane and plans to expand to outside towns soon. She says social media is the way to go for any business to thrive and grow. “I want my artwork to speak globally; I want to be that fine Artist from Limpopo who owns an Art Boutique. I want to be that leader who reigns only positive energy and tile positivity through my work. I am an Artpreneur and proud,” she concluded.



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10 HEALTHY TRAVEL TIPS

1. RESEARCH

What are the dining options near your hotel? Plan ahead by calling the places you'll be visiting and researching the area.

6. PROTECT YOUR SKIN

Protect your skin from being outdoors by wearing sunscreen with minimum SPF 15. Reapply every two hours if you can.

2. PACK A SNACK

Apples, oranges and bananas are the original fast food! Toss a few in your carry-on for a snack.

7. TAKE YOUR VITAMINS

It can be difficult to eat a healthy balanced meal with all the essential vitamins when traveling so take your daily multi-vitamins to supplement your meals.

3. STRETCH IT OUT

Have a full day ahead? Dedicate at least 5-10 minutes every morning to stretch before you start your day of adventure.

8. EAT BREAKFAST

Start your day off by fueling up on a hearty plant-based breakfast. Choose whole grains and foods high in fibre to fill you up and give you energy.

4. HYDRATE

Carry a water bottle with you at all times. Drink enough water even though it may not be convenient to find restrooms on the road. It's the foundation of your livelihood. Your body will thank you.

9. PACE YOURSELF

Don't try to see the entire city in one day. If you plan to do a lot in a big city, consider staying longer to slow down your pace and spread your itinerary.

5. SANITIZE

Pack hand sanitizer or bacteria-killing wipes in case you can't get to a sink to wash your hands before eating.

10. REST WELL

Getting a good night's rest is optimal for long travel days. Being well rested will help your immune system stay at the top of its game.

BRIAN'S TRAVEL & TOUR ASSOCIATE

AIMS TO OFFER THE BEST EXPERIENCE TO TRAVELERS

By Thabitha Mahlangu

"It's always tour time", says the avid traveler and tour guide. Brian Ramokone was born and bred in Ga-Molepo, Limpopo says being an entrepreneur has always been a goal set for him from a young age.

He says the business idea was born in 2015 and was brought to life initially in 2017. "After completing my studies and been unemployed for a while brew up some frustrations as I felt my life was stagnant and I was not progressing anymore, so I decided to give business a try and the turnout was amazing and pushed me to work harder to get the business running," said Brian.

Having hosted over 8000 trips, both air and land, Brian says BTTA wants to ensure that travelers get nothing but the best out of their travelling experience. "Travel is all about the experience," he adds.

Although funding was a glitch for the young entrepreneur, he has learned that investments are crucial to keep any business afloat. His long term goals involve growing big as an enterprise so that he may be able to create more employment for the youth in the province.

He says coming from a small and remote village, his visibly firm and running business now serves as motivation for the young people in Ga-Molepo to dream big and also work hard to achieve those



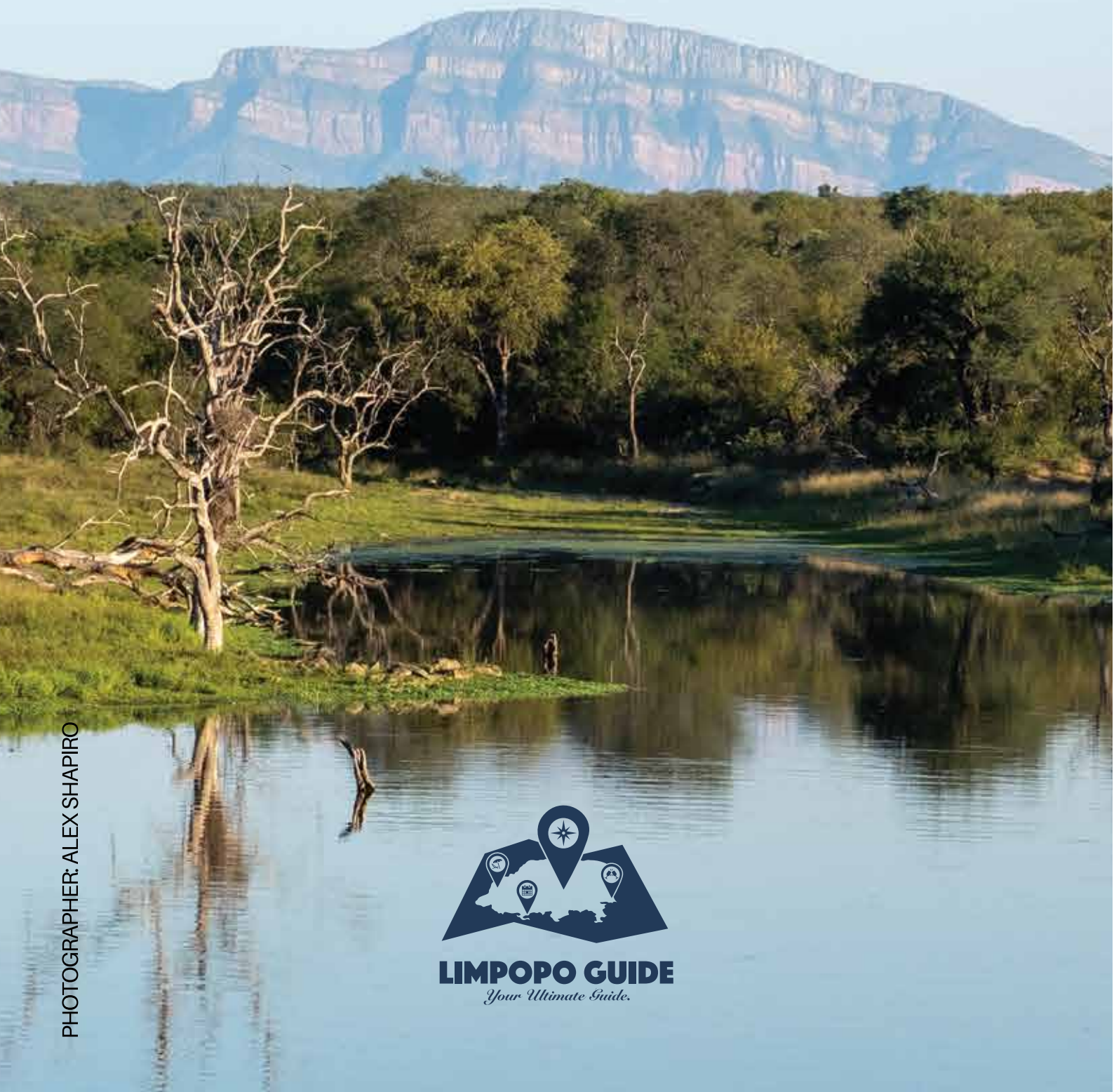
dreams. "It is for this reason that I need to visualize the road ahead as well as lay the ground work so that I can be able to lead those younger than me in the right path as they are in pursuit of whatever goals they have set for themselves.

BTTA has recently donated over 300 facemasks and sanitizers to the elderly to assist in the fight against the Covid-19 pandemic.

Like other businesses, Brian's business was hit hard economically by Covid-19, however, he says he is still very much hopeful that all businesses will pick-up once economic activities go back to normal. "For now all we can do as entrepreneurs is restructure our businesses, find new ideas to implement and most importantly keep in contact with clients virtually so that we may maintain trust and business relationships. We are already planning ahead and are very active on social media to ensure that our clients are kept up to date with our services, we urge clients to do likewise, and plan ahead," he added.

Did you know?

The name "Limpopo" has its etymological origin in the Northern Sotho language word diphororo tša meetse, meaning "strong gushing waterfalls"



PHOTOGRAPHER: ALEX SHAPIRO



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Reuben

STROKES HIS WAY TO THE TOP

By Thabitha Mahlangu

Who runs the fashion and beauty industry in this day and age?

Well, that question can be debated upon with no final verdict. Both males and females have proven their abilities and capabilities to carry out tasks out of their comfort zones, either to make ends meet or simply follow and pursue dreams.

Reuben Mahlakwana from Morapaneng in Burgersfort is now a qualified and practicing beautician. "I started playing with makeup and hairbrushes when I was a little boy. I used to play hairdresser and do my mom's hair and makeup and I always wanted to be the makeup artist when I used to play in the streets with my friends," explained the 27 year old.

The Somatology graduate from Tshwane University of Technology (TUT) says that he then grew to become popular in his village as the boy who does hair and makeup as he always did a sterling job when he was called to work on clients.

He says after being advised and encouraged by most of his clients he then decided to follow and pursue a career in the fashion and makeup industry, he then applied for a Somatology course at TUT.

"The course opened and broadened by mind with regards to business and the profession as a whole. I was taught a lot more than just learning how to apply makeup and doing different hairstyles. I also learned how to grow as an expert in this industry, because building clientele is very crucial for business and growth," he added.

Apart from running his own high class salon one day, Reuben says he dreams of one day owning a cosmetic range as he has learned the chemistry that goes into making beauty skin products through one of his courses during his studies.

He has thus far worked with a few prominent and well known citizens from Limpopo including Nozipho Langa otherwise known as Glenda on the popular soapie/drama on SABC1, Skeem Saam, Cecilia Molokwane, president of Netball South Africa as well as Ntombizodwa Mahlangu (former Joyous Celebration member).

Currently he offers a wide range of beauty therapy treatments from manis and pedis, facials, hair dressing and says soon he will be offering full body treatments and massages.



The Tribuo-fund was started to support artists while the lockdown makes their work difficult or impossible.

Visit tribuo.co.za for more information, and make a donation to keep the arts alive.



Scan to donate



Chef Radi

COOKS TO WARM HEARTS

By Thabita Mahlangu

"Cooking is quite therapeutic, I find comfort in the kitchen," these are the words of avid self-taught chef, Pontsho Radifadi Mamabolo from Mankweng.

Chef Radi, as he is popularly known, grew up in a family of two boys, with him being the last born and granting him an opportunity to spend more time in the kitchen with his mom learning various food recipes and kitchen skills. "My love and passion for cooking started when I was a young boy. I then started watching YouTube channels to enhance my knowledge and learn about the different types of cuisines that exist worldwide, from how to prepare them to how they should be served. I also wanted to be professional chef so I enrolled for a short online course and workshops to learn about culinary art, which is very important in this line of work," he explained.

Chef Radi says he saw a business opportunity brewing while he was still in varsity studying towards his

BSC Geology qualification when he would host friends in his tiny room for scrumptious meal sessions and their feedback was always remarkable and inspiring, he says. He would volunteer to cook during school field excursions and was blown away and happy with how the gents loved and enjoyed his dishes.

He then started hosting friends every Sunday as part of his charity work where he would cook and whoever comes through to enjoy his scrumptious meals was to bring either sanitary towels, food parcels or clothes which he would donate to the less fortunate. The setup "Chef Radi's Cookout" was then birthed from just four friends to now hosting over 40 people under this initiative per meal session and is able to give back to the needy in turn.

He has also hosted one of the most attended charity events in his township called Turfloop Fun Day, which is an annual cook out evening where family come out in large numbers to mingle and eat with one objective which is to have fun as well as raise funds, and donations of any basic necessity to give back to the less fortunate. Beneficiaries (children) on the day get to enjoy a free meal and get to take home special party packs. "I am also working on a recipe book, which I will give 20 % of book sale returns to an identified child headed home," he said.

He is currently running a food blog where he shares his delicious recipes and works on a mobile home call dinner/supper services. "I decided to venture into this type of service because my clients were missing my dishes and services so much as a result of the Covid-19 pandemic, I had to answer to my clients, with all necessary safety measures adhered to of course," he added.

The cookout sessions are growing and now visible in other cities across SA including the Northern Cape and North West province.

Ingredients

Deboned skinless chicken breasts
(**diced into cubes**)
30 ml extra virgin oil
Half a cup of frozen peas
Half a cup of frozen corn
Half a cup of Full Cream or Half a cup of
"half-and-half" cream
2 celery ribs (**chopped**)
2 medium carrots (**chopped**)
1 medium onion (**finely chopped**)
Chopped mushrooms
Asparagus Spears/sticks (**half chopped**)
Baby corns
15 ml cream of mushroom soup
1 chicken bouillon cube (**broth cube**)
5 ml dried dill weed
5 ml dried rosemary
5 ml fennel seed
5 ml yellow mustard seeds
5 ml cayenne pepper
5 ml cumin seeds
*5 ml = 1 Teaspoon
*15 ml = 1 Tablespoon

Method:

Heat olive oil in a pot on low - medium heat. Then add your chopped onions, carrots, celery, mushrooms and dried rosemary. Stir and fry until the onions are translucent and tender.

Then transfer your diced chicken pieces into the mixture and sauté until the chicken is slightly brown (this allows the chicken to suck in the flavour from the veggies).

Then add fennel seeds, mustard seeds, cayenne pepper, cumin, dill, chicken bouillon cube and a cup of water.

Allow to simmer for 20 minutes on low heat and then add your frozen corn and peas, and boil for extra 20 minutes.

Then stir in cream and mushroom soup to the now veggie aromatic soup. Add baby corns and half chopped asparagus spears and cook for further 30 minutes on low to medium heat.

Baby corns and asparagus spears are added last to allow for the crunchy sensation to the creamy soup. Allow the soup to set off the stove for 10 minutes and serve.

Besides using a pot, a slow cooker or an oven can be used to prepare the soup.



**CHEF RADÍ'S CREAMY
VEGETABLE CHICKEN SOUP
TO KEEP YOU WARM AND
HAPPY THROUGH THOSE
CHILLY NIGHTS.**



Pictured: **Pastor Josie Sithole** - Bethsaida Word Centre



Décor and Catering By: **Asha's Lifestyle House**



Pictured (Left): **Mankoko Baby** - Radio Host, Actress and GM Financial Services Ambassador
 Pictured (Right): **Lize de Kock** - Old Mutual Insure Business Development Manager Limpopo

AFTERNOON HIGH TEA IN CELEBRATION OF WOMEN'S MONTH

By Vinolia Masera

GM FINANCIAL SERVICES IN PARTNERSHIP WITH MOMENTUM CONSULT HONOURED WOMEN IN BUSINESS.

The firm recently hosted their 2nd annual high-tea event in Polokwane in celebration of women's month. In partnership with Momentum Consult, George Mahlakgane Financial Services aims to empower women in various businesses through this event and create a networking platform. Although the firm is male owned, George Mahlakgane who is the founder of GM Financial Services is passionate about women empowerment and has only female employees in his firm.

The event was an absolute success with Mankoko Makhari, popularly known as "Mankoko Baby" as the event MC and brand ambassador for GM Financial Services. The attendees were women from different industries such as Construction, Security, Automotive, Property Business, Medical Industry etc. With Old Mutual being the main sponsor, the guests walked away with really delightful goodie bags.

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