



1000



Young South Africans



you must take to lunch



2 100 Young South Africans you must take to lunch



PHOTOGRAPH: ELLEN ELMENDORP



LUNCH SPOT

Shayona,
Mayfair

FERIAL HAFFAJEE

(too old to feature but getting in by the back door)

Now here's a publication to warm our mid-winter hearts. Here are 100-and-something young South Africans you have to take to lunch. And if not to lunch, certainly to have in your sights and on your Rolodexes.

This is the second year of our publication and it grows from strength to strength. We easily could have accommodated 300 and more young South Africans like these in a book and we hope to do so next year. Across the economy, in civil society, the arts and other sectors, these are our choices of tomorrow's people — young leaders who exemplify the dreams of June 16 1976, when a previous generation took to the streets to demand a better future. These young people are living that dream.

Of course, there are too many more who are not living that dream. But, on every anniversary of June 16, I think we spend too much time defining our youth in terms of their problems. We lament them and don't celebrate enough. We will never lose sight of unemployment and poverty, but to focus only on the challenges, year in and year out, is to forget that the sacrifices of 1976 have not been in vain. This is why we choose to do this publication, so that we may celebrate the rich talents and abundant leadership of this next generation. And we hope that their stories will inspire those who have not reaped the fruits of freedom.

As usual, there is no particular science in how we choose our 100-odd. They are people we have written about in the past year and people who have won awards or otherwise made their mark. No doubt, there are areas in which there is talent, but where we couldn't find young people quickly enough. I am quite sure, for example, that the unions are still doing what they have always done well and that is to grow young leaders themselves. If you think there are young people who should be in here, drop a line to project manager Stefane Potas on stefanep@mg.co.za.

This book has been written and edited by a Mail & Guardian team featuring:

- Stefane Potas, who just about makes the cut-off age of 35. Her favourite lunch spot is the Blue Marlin in Boksburg.
- Kelly Fletcher, the design maestro and sub-editor who turned the idea for this publication into a thing of beauty. Her favourite lunch spot is Babylon Again in Randburg.
- Matthew Krouse is young at heart and loves eating anything that's low GI.
- Yolandi Groenewald is our environmental reporter and profiled all the young green leaders, plus others. Her favourite lunch spot is Soi in Melville.
- David Macfarlane is evergreen and loves eating at Gema in Kensington.
- Nicole Johnston, our office Red and redhead, enjoys lunch from Rohini, who cooks good-energy vegetarian food and is available on 083 381 1159.
- Jocelyn Newmarch wrote most of the business profiles. She is our office Woolies queen, but also is addicted to the food served at Karma in Greenside.

FROM THE EDITOR

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**DO YOUR CURIOUS
 MIND A FAVOUR...**



GIVEN NKOSI

New opera star on the block is tenor Given Nkosi. He started singing at school and in youth choirs, participating in various competitions. In 2001 and 2002, he was chosen as the Tirisano School Choral Eisteddfod national champion and, in 2003 and 2004, was national champion of the Post Office Eisteddfod. Nkosi has appeared in numerous opera productions and concert performances, among others as soloist with the Cape Philharmonic Orchestra. In 2005, he won first prize in the Schock competition at the University of Cape Town. He is currently studying towards a performer's diploma at the university under the direction of Professor Angelo Gobbato and Professor Brad Liebl. Last year, he made his mark at the Miagi festival of classical music, devoted to the life and works of Wolfgang Amadeus Mozart, and performed with the Tirisano National Youth Choir at the Choir Olympics in Bremen. He has recently performed in *Così fan Tutte* at Artscape, as well as *Handel's Messiah*, Mozart's *Solemn Vespers*, Vivaldi's *Magnificat* and Mendelssohn's *Elijah*. Earlier this year, he went to Verona, Italy, for the Monteverdi competition, where he made it to the second level.



LUNCH SPOT

Primi Piatti, Claremont



LOUW VENTER

Louw Venter is a 31-year-old writer, director and performer. He hails from the West Rand of Johannesburg and now lives in Cape Town. Since completing his schooling at the National School of the Arts in 1993, he has worked as a designer, writer, actor and clown, to mention but a few of his ventures. Venter's most notable achievements include his role as co-creator of *The Most Amazing Show* starring Corne and Twakkie, various film roles opposite the likes of Juliette Binoche in *In My Country* and, more recently, in *Bunny Chow: Know Thyself* and two original and critically acclaimed plays. He has won several awards, including a bronze medal at the New York Festival.



LUNCH SPOT

The Olive Station, Muizenberg

FANNEY TSIMONG

Fanney Tsimong, a gay filmmaker, has brought to life issues confronting youngsters in the townships. His eight-minute film *Mountain Shade* sensitively traces the journey of an urban youth — who goes to a rural area to be circumcised — as he tries to make sense of the values of his family. Tsimong began working as a dancer at the age of 15 and later acted as choreographer and event manager for the late pop star Brenda Fassie. He received the 2003 Vuka award for raw talent and studied at Afda, the film and drama academy. He conceived and directed the talkshow series *Intimate Connectionz* for SABC1 in 2005, hosted by celebrity Somizi Mhlongo. *Mountain Shade* was screened at the Out in Africa Gay and Lesbian Film festival in 2006. In the same year, Tsimong joined supergroup Malaika as choreographer and stylist, and contributed his creative talents to the television miniseries *After 9*. This year, he served at the Berlinale Film festival as a jury member.



LUNCH SPOT

Ocean Basket, Rosebank



GABEBA BADEROON

Born in Port Elizabeth, Gabeba Baderoon grew up in Cape Town. She uses her poetry to comment on the life journeys of women in South Africa and received the prestigious DaimlerChrysler award for poetry in 2005. Her latest volume, *A Hundred Silences*, explores love and loss; her previous collection, *The Dream in the Next Body*, traces her five-year odyssey from Cape Town to Sheffield in the United Kingdom — where she studied — to Pennsylvania in the United States. Her work appeared in the UK anthology *Worldscapes* in 2005 and translations of some works have been published in Sweden, Spain and Germany. Baderoon has delivered readings of her poetry at festivals in Bremen, Berlin, Stockholm and Durban and, last year, she appeared in Rotterdam, Bristol and London. She is also a literature and media scholar and holds a PhD in English from the University of Cape Town.



LUNCH SPOT

Perima's, Claremont; Saigon, Bukhara, Cape Town



FOKOFPOLISIEKAR

Cape Town's radical rockers Fokofpolisiekar came together in 2003, resolving to produce new music "their own way". Francois van Coke, Hunter Kennedy, Johnny de Ridder, Wynand Myburgh and Jaco Venter, as Fokofpolisiekar, are a household name — not only because of the outrageous name of their act, but also because their songs speak to the feelings of post-apartheid Afrikaans youth. The band has played at just about every major music festival in the country, as well as the Pukkelpop festival in Belgium in 2004. To date, Fokofpolisiekar has released five albums, won numerous awards, including *Blunt* magazine's rock act of the year in 2004 and best album in 2006. They have appeared in a number of music magazines, including the alternative British publication *Dazed and Confused*.



LUNCH SPOT

Royale, Cape Town



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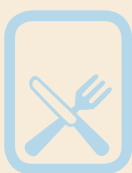
4 100 Young South Africans you must take to lunch

ARTS



JEREMY ARRIES

Jeremy grew up on Kanonkop Wine Estate and always wanted to become a winemaker. In 1998, with assistance from Kanonkop, he became the first African to matriculate from the acclaimed Boland Agricultural High School near Paarl. Soon afterwards he joined Kanonkop and, in 2003, won the Patrick Grubb Bursary, which gives people from previously disadvantaged communities a chance to gain international experience in some of the finest wineries in the world. For nearly six months he visited Quinta Nova de Nossa Senhora do Carmo in the Douro valley of Portugal, where port wines under the renowned Burmester label are made. Arries has since finished three diploma courses in senior cellar management and various courses in viticulture. He is currently taking maths classes to enable him to enrol at the University of Stellenbosch for a BSc degree in viticulture and oenology. Arries is the assistant winemaker at Kanonkop, but hopes one day to produce wine himself that can hold its own against the big five of France.



LUNCH SPOT

The Red Leaf, Beyerskloof, Stellenbosch

LEBOGANG MASHILE

Lebo Mashile is poetry's hottest property. This spoken-word artist and television presenter, in her late twenties, was born and raised in Providence, Rhode Island, in the United States, where her parents were in exile at the time. Since the family's return to South Africa, Mashile has established the Feela Sistah Spoken Word Collective, acted in the international feature *Hotel Rwanda*, published the book *In a Ribbon of Rhythm* and launched a CD of live poetry mixed with beats called *Lebo Mashile Live*. She is also the executive producer and host of SABC1's travel series *L'atitude*. In 2004, Mashile was nominated for the prestigious DaimlerChrysler award for poetry. She holds a degree in law and international relations from the University of the Witwatersrand. Her first collection of poetry, *In a Ribbon of Rhythm*, won her the 2006 Noma award for publishing in Africa. Her CD was released on her independent label, Mashile Productions.



LUNCH SPOT

Bismillah, Fordsburg; Nambithas, Orlando West; Gramadoelas, Newtown



MAYA PRASS

Inspired by life, Maya Prass provides beautiful, feminine and wearable clothing that is designed with love. Colour and print are her favorite tools and each collection features exclusive, hand-drawn prints in an array of seasonal colours. All prints are designed in collaboration with a local textile artist or designer and hand-printed locally. Each collection is themed, with extensive research undertaken and completed before the collection is conceptualised. The theme is then interpreted in terms of shape, colour, print and accessories to create the "final look". Maya lives and works in Cape Town, where she runs two clothing lines: her signature range, Maya Prass Clothing, and a diffusion range in collaboration with Woolworths.



LUNCH SPOT

Olympia Cafe, Kalk Bay



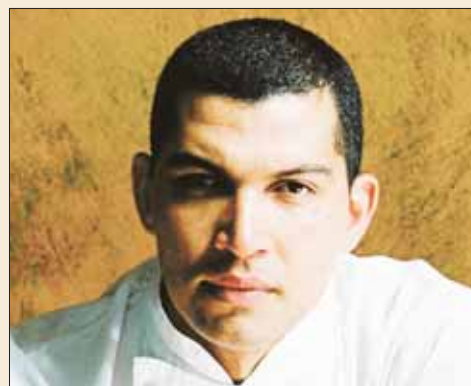
PATRICK NGAMANE

Patrick Ngamane was born in the Transkei in 1972. In 1980, his family moved to the Western Cape where his father worked at Backsberg Wines. He attended classes at the farm's primary school and later at the secondary school, Bernadino Heights, in Scottsdene. After matriculating in 1994, Ngamane worked for several years at an advertising agency, but then received a scholarship from Backsberg Wines to study agriculture at Elsenburg Agricultural College in Stellenbosch. He graduated in 2000 and worked at Backsberg for two years, after which he went to Thelema Mountain Vineyards. He joined Hartenberg Wine Estate in 2002, where he is currently an assistant winemaker. Ngamane clocked up valuable experience in Bordeaux, France, when he had a stint at Chateau d'Angludet in the Margaux appellation in 2003. He is a steering committee member of the Cape Winemakers Guild's protégé selection programme, which recruits young, innovative, previously disadvantaged students for the wine industry.



LUNCH SPOT

Morton's on the Wharf, V&A Waterfront, Cape Town



LUNCH SPOT

95 Keerom, Cape Town

REUBEN RIFFEL

Despite a lack of formal training, Reuben Riffel has matured into one of South Africa's premier chefs. His restaurant, Reuben's, scooped top honours at the 2004 Eat Out Johnnie Walker restaurant awards, winning both chef of the year and restaurant of the year. His first opportunity to run his own kitchen came when he was in his early twenties. He helped to establish the Monneaux restaurant as one of the top 10 restaurants in South Africa. After three years at Monneaux he moved to Cambridge, England, to run another award-winning restaurant before returning to South Africa to start his own restaurant with partners. Riffel's cuisine is eclectic, with a focus on the best local and seasonal produce available. His philosophy is simple: create extraordinary food with familiar ingredients that people know and love.



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SANDILE SANZA TSHABALALA-FAKUDZE

Sanza "da fanatic" Tshabalala (31) is a Johannesburg street poet, a Soweto-born son, a Yeoville denizen, a Rosebank worker bee and an activist who is also a vegetarian chef with roots in Swaziland. He has recently been promoted to co-host of Yfm's flagship breakfast show, *Kamakazi*, with Rudeboy Paul. Tshabalala is an inspiration to Gauteng's young listeners with his sport, arts, culture and politics features on the radio. He is also a self-taught cook — as celebrity chef-caterer at the Spaza Art Gallery in Troyeville — who specialises in vegetarian dishes and desserts. The Spaza Art Collective, together with Tshabalala, has just launched an *Underground Jozi* map of Soweto and the inner city, which will be sold at leading bookshops, boutiques, arts institutions and cultural gatherings. Refusing to be categorised as a "celebrity", Tshabalala travels on public transport or on a scooter. He is working on a cookbook/novella, *The Pan-African Male Vegetarian*, about South African township cuisine, in which poetry and short stories will be included. Tshabalala is in the process of finalising a deal for a BBC Food pilot called *Sanzalicious*.



LUNCH SPOT

Sanza-Delish Sunday Art Lunch at Spaza Art Gallery, Troyeville



JUSTIN NURSE

Justin Nurse (29) was born in Cape Town and studied journalism and politics at Rhodes University. While still a student, Nurse began producing satirical T-shirts that spoofed famous brands, an enterprise that soon resulted in the formation of Laugh It Off. The company hit national headlines in 2001 when SABMiller brought a lawsuit against it, claiming that Laugh It Off's parody of its Black Label beer brand constituted an infringement of its trademark. Nurse has forged a career as an independent publisher, with Laugh It Off having thus far published a collection of poetry by Kgafela oa Magogodi, various zines as well as the popular *Laugh It Off Annuals*. Laugh It Off has recently started a "religion" called Humourology — with laughter as its god — and the recently published third annual features the basic religious text alongside 100 creative contributions from around the world. Nurse runs Laugh It Off from a place called The Snakehouse on a game reserve somewhere near the tip of the Cape Peninsula. Here he tries to stay out of trouble and in touch with global youth culture while busying himself with publishing projects, freelance writing and brand consultancy.



LUNCH SPOT

Cafe Roux, Noordhoek



THORISO MAGONGWA



LUNCH SPOT

The Butcher Shop & Grill, Sandton; Villamora, Sandton



Thoriso Magongwa is South Africa's fastest-rising ballet star. The boyish principal dancer of Ballet Theatre Afrikan has been praised by critics for his "bravura and lightness of movement". Indeed, Magongwa can fly like a butterfly, which experts attribute to the combination of a classical training with township roots. He reached the semifinals of the Prix de Lausanne in 2000, was nominated for an FNB Dance Umbrella award for most outstanding male dancer in 2003, and reached the finals of the Helsinki International Ballet Competition in 2005. The young Sowetan has been dancing since the age of 13. Today he is principal dancer and choreographer-in-residence of the professional repertory company Ballet Theatre Afrikan.

KOPANO MATLWA

Kopano Matlwa is a winner of the European Union Literary award for her first novel, *Coconut* (Jacana Media, 2007). Matlwa describes herself as "a restless soul". She was head girl of St Peter's College in Johannesburg, where she matriculated in 2003 with distinctions in all subjects. In 2005, she was honoured for academic excellence and leadership potential as one of eight South African Goldman Sachs Global Leaders. As a result, she represented South Africa at the 2005 Goldman Sachs Global Leadership Institute in New York City. She is a founding member and chairperson of the non-profit health promotion organisation, Waiting Room Education by Medical Students, and co-owner of Forest Hill Residence Tuckshop, a growing business that employs a staff of 10 UCT students.



LUNCH SPOT

Poncho's, Kloof Street



MUSTAFA MALUKA

Mustafa Maluka studied graphic design at the Peninsula Technikon. He has held eight solo exhibitions, the first at the young age of 19, and was included in numerous group shows in the late 1990s in Cape Town. He moved to Amsterdam towards the end of 1998 and completed a residency at the Thami Mnyele Foundation. Maluka later studied at De Ateliers and enrolled as a PhD candidate at the Amsterdam school for cultural analysis, which falls under the faculty of humanities at the University of Amsterdam. He returned to South Africa in mid-2004 and, in the same year, won the Tollman Award for the Visual Arts. In July 2005, he attended a residency programme at Art Omi in New York and in May 2007 at Glenfiddich in Scotland. Group exhibitions last year included *Nie Meer* at De Warande in Turnhout, Belgium, and *New Painting*, which showed at the KwaZulu-Natal Society of Arts gallery, the Unisa Art Gallery and the Johannesburg Art Gallery. Maluka is the founder and editor of Africanhiphop.com and Africanhiphopradio.com. Since his return from Amsterdam, he has been responsible for an upsurge in releases by numerous Cape Town-based rappers through his non-profit Aevenger Camp label. Artists released through the label include Driemanskap, Terror MC, Ill-Literate-Skill, Ben Sharpa and Archetypes.



LUNCH SPOT

Frangipani's, Woodstock



CHOOSE BETWEEN 3G,
HSDPA OR IBURST...



PIETER HUGO



LUNCH SPOT

The Nelson's Eye, Gardens

Although he has no formal photographic training, Pieter Hugo has proven his talent by producing visual essays for print publications such as *Adbusters*, *Colors*, *Dazed & Confused*, *The New Yorker* and the *Sunday Times* in London. His images document the many and varied global social issues that plague African and developing nations. He was awarded the 2007 Standard Bank Young Artist award in the visual art category and describes his work as documentary photography. "My reasons for working in this medium are personal, not political — photography enables me to engage with things that interest me and provides me with a means to explore it. I am concerned with the peripheral in society, particularly in Africa, and I negotiate contexts where the cultural nuances of our time are amplified." Hugo has received many accolades, including first prize in the portraits section of the 2006 World Press Photo competition. His next task will be to create an exhibition for the 2007 National Arts Festival. "It will be a body of work and a book about a small town in South Africa," he says.



LUNCH SPOT

Soi, Melville

NAPO MASHEANE

Playwright, performer and social activist Napo Masheane was born in Soweto but grew up in the Free State. She is a well-trained stage practitioner, having obtained a speech and drama diploma from the Fuba School of Dramatic Arts and paying her dues as a stage manager and lighting technician at Johannesburg's premiere Market Theatre. She has benefitted from cultural exchange programmes that have taken her to Sweden, the United States, Germany, the United Kingdom and the Netherlands. But it is for her recent play, *My Bum is Genetic, Deal With It*, that she won widespread acclaim. The work, directed by *Mail & Guardian* columnist John Matshikiza, was an appeal for tolerance of cultural diversity. Masheane was a finalist in the DaimlerChrysler award for poetry in 2005. Her spoken-word adventures have taken her to venues abroad and in Southern Africa.

MARIA MCCLOY AND KUTLOANO SKOSANA



LUNCH SPOT

Maria: The Loft, Melville; Kutloano: Fuel Cafe, Newtown

Maria McCloy (29) and Kutloano Skosana (30) started their multimedia company, Black Rage Productions, with their partner Dzino when they were journalism students at Rhodes University in 1996. Since then, Black Rage Productions has become a leading force in documenting and defining South African urban culture. McCloy, who has contributed to local and international magazines such as *Trace* in NY, edits their groundbreaking website www.rage.co.za and handles content on their SABC 1 show, *Street Journal*. Skosana, who is a radio presenter on SAFM, has worked at Metro FM and Kaya FM. The company creates documentaries and produces content for television and has a record label, Outrageous Records, which is home to musicians H20, Zubz, Pebbles, Proverb and Optical Illusion.



NASHEN MOODLEY

A graduate of the University of Natal, Nashen Moodley won the *Mail & Guardian/SL* Student Journalist of the Year award in 1998. Since then, he has written on film and culture for the *M&G*, *The Sunday Independent*, *GQ*, *Daily News*, *The Mercury*, *The Star*, *The Independent on Saturday*, and *Cape Argus*. He is the film critic for *Sunday Tribune* and contributes to several other newspapers and magazines. Moodley is currently the manager and head programmer of the Durban International Film Festival, South Africa's longest-running film festival and, since 2005, he has been a programming consultant for the Dubai International Film Festival. He is also an international advisor to Cinema Festa Internazionale di Roma, and in December 2006 he programmed the first South African Film Festival in Tehran.



LUNCH SPOT

Cafe 1999, Durban

KHALO MATABANE

His movies have been described as "intimate, political and dead smart". Fiercely independent filmmaker Khalo Matabane blends documentary and drama in his personal vision of post-apartheid South African life. In the first decade of his career, Matabane directed a series of documentaries, including *Poetic Conversations*, a profile of Black Consciousness poet Ingoapele Mandingoane (1996); *Two Decades Still* (1996), a look at the country 20 years after the 1976 Soweto uprisings; *Young Lions* (1999), a narrative about former youth freedom fighters; *Love in a Time of Sickness* (2001), a personal Aids awareness documentary; and *Conversations on a Sunday Afternoon* (2005), which explores the lives of immigrant communities in Johannesburg. Matabane's work has been screened at the Toronto and Berlin international film festivals.



LUNCH SPOT

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LUNCH SPOT

Picnic in the Swiss Alps

GERHARD MARX

Gerhard Marx is an artist, theatre practitioner and filmmaker. He received his MA (FA) from Wits University's School of Arts in 2004. His theatre collaborations have included works with the internationally recognised Handspring Puppet Company and premier director Lara Foot-Newton. Together they created the internationally acclaimed play *Tshepang*, an exploration of child rape that was seen at major venues worldwide. Marx has received Naledi awards for best set design for two consecutive years. In 2004, he was awarded the Ampersand Fellowship, a two-month-long artist's residency in the Ampersand apartment, New York. He is the creator, with Foot-Newton, of the animated short film *And There in the Dust*. The work enjoyed numerous screenings at film festivals across the globe and won numerous awards, including best animated film and best international short film at the Bird's Eye Festival (London, 2007), best short film at the Latin, African and Asian Film Festival (Milan, 2006) and three awards at the South African Film Awards (2006). In 2007, the collaborators received a Sundance Fellowship to participate in the Sundance Film Festival's screenwriter's laboratory. Marx has also screened his work at three solo exhibitions.

AKIN OMOTOSO

Akin Omotoso, the Nigerian-born actor, director and producer, is the winner of the 2007 Standard Bank Young Artist award for film. His family moved to South Africa in 1992 and shortly after Omotoso enrolled for a performers' diploma in speech and drama, the only course at UCT that did not require a matric exemption. In 1995, Omotoso won the Fleur du Cap award for most promising student for his role in *Sunjata*, a play directed by Mark Fleishman. Using the money he made from acting to subsidise his directorial dreams, he completed three short films. In 1999, he wrote his first feature, *God is African*, and soon after started a production company called T.O.M Pictures with two other partners. Their first project was producing Craig Freimond's *Gums and Noses*, which won Best South African Film at the New York Independent Film Festival in 2004. He has since directed a short film called *Rifle Road*, which was screened at the Cannes Film Festival in 2005, and his documentary in tribute to his mother, *Gathering the Scattered Cousins*, was selected for screening at the prestigious Toronto Film Festival in 2006. Locally, Omotoso has starred in *Isidingo*, *Generations* and *Big Okes*. He also played opposite Nicolas Cage in *Lord of War* and will soon appear in the role of Paul Kagame in *Shake Hands with the Devil*.


LUNCH SPOT

Jummy's Kitchen, Corlett Drive

KIM ENGELBRECHT

Kim Engelbrecht is a household face and name. The 25-year-old Capetonian hails from the rich culture of the Cape Flats and is one of four children of a retired widow. Engelbrecht got her big break in 1993 at the tender age of 12, when she landed the lead role of Sarah in the film *Sarahsara*, an Italian production directed by Renzo Martinelli in conjunction with Milan-based Martinelli Productions. Shortly after that, she was snatched up by the SABC to host the flagship educational show *Take Five*. In 2000, she relocated to Johannesburg and was awarded the prestigious Duku Duku award for best female presenter in local broadcasting. Engelbrecht then decided to venture into the world of acting, joining the cast of *Isidingo*, where she moulded the character of Lolly. In 2007, she played the lead in the cult drama *Popcorn* at the Civic Theatre in Johannesburg. Engelbrecht is a multitasking ball of enthusiasm, who loves exploring her God-given talents.


LUNCH SPOT

Soi, Melville



JACKIE CAMERON

At 24, whizz-kid Jacqueline Cameron is a beacon of promise in KwaZulu-Natal's ever-burgeoning hospitality industry. After attending the Christina Martin School of Food and Wine, she began her career at the Mount Grace Country House and Spa in the Magaliesberg in 2002. Shortly afterwards, she took up residence at the multi-award-winning Hartford House, where she is head chef today. The hotel has been recognised by *Wine*, *Condé Nast* and *Style* magazines as one of the country's finest and is the only one of its kind situated next to a world-class racecourse. Her work has taken her to the food capitals of the world, where she has represented her country at culinary events. These include The South African cooking week in Germany (2003), the decade of democracy celebration in Berne, Switzerland (2004), South African month in Bremen, Germany (2006), and a South African celebration in Prague, Czechoslovakia (2006). She has also worked for venues in France and Australia.


LUNCH SPOT

9th Avenue Bistro, Durban

DAVID KIBUUKA

The Ugandan-born and Krugersdorp-raised David Kibuuka's stature as a comedian and actor has been raised considerably by his recent role in *Bunny Chow: Know Thyself*. As its primary writer and main protagonist, he provided the film with its emotional core and was, along with director John Barker, its main creative force. Like most of the members of the team responsible for the influential TV programme *Pure Monate Show*, Kibuuka cut his teeth as a stand-up comic. He has performed with all the local scene's major players on all its major platforms. His thoughtful, intelligent brand of humour has proved popular with audiences. Kibuuka will continue to perform and write scripts and has also recently been rehearsing with a band. He has an honours degree in finance from Wits University, but he shows no signs of giving up comedy to take up a more lucrative, "respectable" profession.


LUNCH SPOT

Mezza Luna, Melville



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ARTS



ABIGAIL BETZ

Abigail Betz heads up the Abigail Betz House of Couture, one of South Africa's most successful clothing labels. This young designer has been forging her way through the South African fashion industry since she graduated from Natal Technikon in 1995. After moving to Cape Town, Betz began her first label, dubbed Juniper, at the Young Designer's Emporium. Today, Betz's solo range is sold at Rosebank Mall's The Space and she has her studio in her hometown of Parys. It is here, too, that she launched her spa, Salon De Beauté La Femme Yolé, and showroom in early 2007. Betz has graced the front covers of publications such as *Elle*, *De Kat*, *Sarie* and *Pursuit* and has been featured in international design magazine *Wallpaper*. She is a regular at Sanlam SA Fashion Week. Betz believes that you must be the best at whatever you do, regardless of the field in which you work. She says that a key to her success has been to focus on client service, ensuring each customer feels cherished and special.

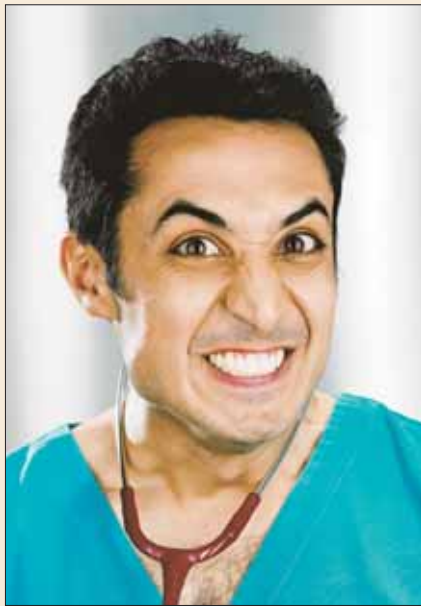


LUNCH SPOT

Seafood picnic on any beach along the Garden Route

RIAAD MOOSA

Comedian Riaad Moosa, known as the "comedy doctor", is a silver medallion graduate of the College of Magic in Cape Town. He started doing stand-up comedy while still studying at the University of Cape Town's medical school. He has appeared on just about every major comedy stage in the country, receiving excellent reviews from his parents and critics alike. In 2002, he was part of the largest stand-up show in the history of South African television, *Laugh out Loud*, and in 2003 he performed at the Edinburgh Fringe festival. For film and television, he has written for the cult programme, the *Pure Monate Show*, and he had one line in the movie *Crazy Monkey — Straight outta Benoni*. In 2006, Riaad had a hit with his first one-man show, *Strictly Halaal*. Riaad's humour is based on his experiences as a young Muslim relating to post-9/11 Islamaphobia and growing up in Cape Town. The comedy doctor says he will "split your sides and keep you in stitches at the same time".



LUNCH SPOT

Auntie Nisa's house after mosque on Fridays



DAVID TLALE

Since launching the David Tlale brand in 2002, this young designer has continued to woo local fashion followers with his ingenuity. The Vaal University of Technology graduate has received numerous accolades, including winning the 2003 SA Fashion Week Elle New Talent competition. That same year, he was also nominated as the best designer of 2003 by the *Sunday Times*. In 2005, Tlale was approached by fashion house Carducci to design a women's range for the label. He was nominated for the Marie Claire Prix D'Excellence De La Mode award in 2006. Earlier this year, he was selected to showcase his work at the Paris Couture Fashion Week exhibition, along with three other young designers. Tlale's garments are a favourite with SA celebrities and he has dressed personalities such as international gospel singer Yolanda Adams.



LUNCH SPOT

The Twelve Apostles, Cape Town

ACTY TANG

Acty Tang performs and choreographs some of the most provocative and cerebral work in the country today. Born in Hong Kong, Tang completed his master's degree in drama at Rhodes University, where he now lectures. His connection with Japan, where he went on a school-exchange programme, continues as his work resonates with *butoh*, the avant-garde performance art that first scandalised the public in post-WWII Japan. The sense of never really belonging, yet attempting to make a kind of emotional home on foreign soil, is strong in Tang's creative psyche. From 1999, he performed with the First Physical Theatre Company and in 2003 he was a finalist for a Daimler-Chrysler award. That same year, he suffered an injury and was forced to focus on choreography and directing. He believes the injury was partly psychosomatic and related to his issues with personal identity. Significantly healed, he returned to the performance space during the National Arts Festival in 2005 and, as a Standard Bank Young Artist award-winner, he will create and perform a celebratory piece for the 2007 festival.



LUNCH SPOT

A dim sum restaurant overlooking Victoria Harbour, Hong Kong



PALESA MOKUBUNG

After starting out at the tender age of 19 with renowned SA design house Stoned Cherry in 2000, Palesa Mokubung created Manstho, her solo label, in 2004. Since then, this graduate from Vanderbijlpark Technical College has gone from strength to strength. Mokubung's earthy, vibrant garments are sold by national retailer Edgars and have been showcased numerous times at both the Sanlam SA Fashion Week and the Design Indaba. She was named one of South Africa's top 30 women by *Cosmopolitan* magazine last year. But, despite her remarkable success, there is much Mokubung still wants to achieve. "I have accomplished a lot of my dreams, but I need new ones," she says. She believes that a key to success is the confidence to convey "who you are and what you think" to the world. "There is no need to be anything but yourself," she confidently states.



LUNCH SPOT

My home near the Vaal, with a chef on hand to cook whatever my guests desire



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MARKLYN GOVENDER AND CLINT SINGH

Marklyn Govender and Clint Singh are Durban's sought-after "leading Indian bridal stylists". After leaving an events-management business three years ago, the pair launched a career in visual art, working under the mentorship of senior artist Andrew Verster. As a result, they have now exhibited at all major contemporary galleries in KwaZulu-Natal. This year, they were invited to exhibit at the National Arts Festival in Grahamstown. Each has studied beauty and styling abroad, in London and India. They won a prize position when asked to create a three-storey-high mural for the Raphael hotel in Sandton. The two are also well-known personalities in the media and on television. Future projects include the launch of a private and exclusive collection of men's fashion clothing. They recently exhibited a joint artwork at the Mahatma Gandhi centenary both in South Africa and in Delhi, India. Their work has been featured in local glossy magazines, including *Plascon Colour* magazine. They are highly regarded stylists and have designed their own magnificent pieces of jewellery and accessories for distinguished brides.



LUNCH SPOT

Spiga'dora, Durban; Cape Town Fish Market

KAGISO LEDIGA

Armed with a distinctive, dry wit, Kagiso Lediga first started honing his comedy skills as a stand-up comedian and then on television, writing and appearing on *The Phat Joe Show*. But Lediga dreamed of a show in which the comedians would be in control and, working with a host of other influential comedians, became a producer and one of the head writers on the groundbreaking *Pure Monate Show* in 2003. Since then, Lediga has become one of South Africa's most sought-after comedians, appearing in the local films *Bunny Chow: Know Thyself* and *Crazy Monkey — Straight Outta Benoni*. Fortunately, the real-life Lediga is a far nicer person than the egotistical big shots he played in both these roles. Coming up for Lediga will be two new features: the new *Crazy Monkey* film, *Footskating 101*, and *Big Fellas*. Lediga also co-owns the production company Dog Pack Films with John Barker.



LUNCH SPOT

Ginja, Cape Town



JOHN BARKER

John Barker is one of South Africa's foremost directorial talents. First noticed for his hilarious mockumentary about a hopeless South African rock band, *Blu Cheez*, Barker is best known for helming the critically acclaimed feature film *Bunny Chow: Know Thyself*. He produced the film along with Kagiso Lediga — an unenviable task because its funders pulled out and, according to Lediga, the pair were forced to "max out [Barker's] wife's credit card" to make the film. Barker has numerous television writing, directing and production credits, most notably on the *Pure Monate Show* and *Laugh Out Loud*. He has also directed several short films. Future projects for Barker will include *The Umbrella Man*, a feature film which he is currently writing about the Cape Malay minstrel carnival, and *The Dictator*, which Barker will co-write and direct. The film will be produced by Dog Pack Films, the production company co-owned by Barker and Lediga.



LUNCH SPOT

The Loft, Melville

JOEY RASDIEN

Joey Rasdien's stage persona is so quirky and absurd that you would never guess he once worked at a prominent consulting firm in high-level fund management. Starting out on the stand-up comedy circuit as part of Whacked Management's Comedy Underground, Rasdien has since been involved with the *Pure Monate Show* as well as various comedy collectives such as Munt Comedy, the Parker Leisure Comedy circuit and Nu Breed Comedy. Rasdien's first lead role in a feature film was for Donovan Marsh's acclaimed *Dollars and White Pipes* in 2005. He also starred in *Running Riot* with Bill Flynn and was lauded for his turn in John Barker's short film, *The Last Days of Anna van Storm*. His latest film role was an hilarious appearance in *Bunny Chow: Know Thyself*, the highlight of which involved him unwittingly taking LSD. Rasdien is one of the presenters of M-Net's *Laugh Out Loud* and he will continue to hone his unique, highly physical comedy style on every available local and international platform.



LUNCH SPOT

Bismillah, Fordsburg



SOLANI NGOBENI

Solani Ngobeni holds a master's degree in publishing studies from the University of the Witwatersrand as well as an advanced management programme certificate from Wits Business School. After graduating, he joined the Institute for Global Dialogue in Midrand as a publications and projects co-ordinator. He later joined Juta & Co as a higher education publisher specialising in psychology, political science and education and built a formidable psychology list under the University of Cape Town's Press Imprint. In 2004, Solani was appointed managing director of Juta Learning. After resigning in February 2007, Solani established S & S Publishing, a social sciences and humanities publisher. He was subsequently chosen as the South African finalist for the 2007 Young International Publisher of the Year award. Solani has written and published on issues such as publishing management, the lack of book reading and buying as the Achilles heel of African publishing, and the impact of the dominance of knowledge produced in developed countries on viable publishing in the southern hemisphere. He has also written about the dearth of knowledge production by black academics in South Africa, the fact that 98% of South African knowledge is produced predominantly by white males and the slow pace of transformation in the South African publishing industry.



LUNCH SPOT

L'Auberge du Paysan, Stellenbosch



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BUSINESS



LUNCH SPOT

Langafire Community Restaurant, Wild Coast

RÉJANE WOODROFFE

Prior to joining Metropolitan Asset Managers (Metam), Réjane Woodroffe spent four years at Merrill Lynch as an economist and on the fixed-interest sales trading desk. She was appointed to Metam in January 2002, primarily to strengthen the international team, but has extended her reach to incorporate full responsibility for local and global economic research. She returned to South Africa after completing her master's in economics at the University of Sussex in 2005. Woodroffe has since significantly expanded the Metam international offering and brought much of it in-house. In August last year, Woodroffe won the Association of Black Securities and Investment Professionals Top Economist of the Year award for producing insightful, thought-provoking research in her field as well as for her contribution to policy debate in South Africa. She was also singled out by the president for her contribution in this regard. Woodroffe is Metam's chief economist and heads up the international investment team.

BATLHAKO NTSIME

Bathako Ntsime was appointed CEO of FNB Cash in September last year. He joined FNB in 2000 as part of a group of new recruits participating in an exclusive development programme. His responsibilities ranged from a product specialist, COO responsible for FNB corporate electronic banking, product development and research, and COO of FNB Online overseeing product operations, compliance, audit and risk. He was appointed as an attorney in 1999 after obtaining his LLB at the University of the Witwatersrand. Ntsime grew up in Rustenburg and also matriculated there. His busy schedule also has to allow for speaking at numerous forums and conferences as well as writing articles, one of which, *Relentless Focus on Execution*, was used as a contribution to the book *Boosting Your Career: Tips from Top Executives* by Estienne de Beer. Watching sport over the weekends helps him to relax and so does spending time with his family. His favourite sports to watch are a good game of soccer, a cricket match or the Formula One Grand Prix.



LUNCH SPOT

Rio de Sol, Grayston Shopping Centre



CHIA-CHAO WU



Chia-Chao Wu is the son of Taiwanese entrepreneurs. In 2002, he co-founded Empowerdex with Vuyo Jack and steered the organisation into the sphere of BEE research with the release of South Africa's first empowerment-based survey, better known today as the *Empowerdex Top Empowerment Companies* survey. In addition to being a chartered accountant, Wu is a chartered financial analyst with a master's degree in commerce. He spent four years lecturing finance and investment at post-graduate level at the University of the Witwatersrand on a part-time basis while completing his articles. Wu is currently the MD of Empowerdex. In January this year, he was appointed as a visiting professor by the University of the Free State's school of management. He also researched and co-authored Empowerdex's first book, *Trailblazers: South Africa's Champions of Change*, which documents the lives of the 50 most powerful black directors on the JSE. Recently, Wu founded the Taiwanese Youth Economic Forum to promote co-operation between Taiwanese and South African companies.



LUNCH SPOT

Japa, Rivonia

CIKO THOMAS

Ciko Thomas wears many hats, but he is best-known as Mr BMW and, lately, as Mr Volkswagen. Together with his business partners, Thomas owns the first fully black-owned BMW dealerships in central Johannesburg. They have recently become the first black owners of a Volkswagen franchise, also in the inner city. Thomas also fronts a national advertising campaign for FNB, which financed their purchase. Multi-skilled, Thomas's CV says he is a marketer with special skills in brand management, trade and sales operations, innovation and new product development. He has worked at M-Net, South African Breweries and ABSA bank. He sits on the Sunday Times Marketing Excellence committee; serves on the board of the Communication and Advertising Forum for Empowerment and guest-lectures at two business schools. He is also a director of IT company Faritec Holdings. Thomas was Black Business Quarterly's 2005 emerging entrepreneur and he won the same accolade from the Black Management Forum this year. A BSc graduate from UCT, he also has an MBA from Wits.



LUNCH SPOT

Koi Restaurant

THEBE IKALAFENG

Thebe Ikalafeng was ranked one of the country's top 10 thinkers in marketing in an independent survey by the *Sunday Times* and Markinor, and "Mr Brand" by the *Mail & Guardian*. He is an award-winning and recognised branding leader, author and business person; founder of The Brand Leadership Group, a multi-disciplinary group of companies in strategy, design and public relations; founder of www.leadingbrands.org, a forum for sharing thought leadership and best practices on building brands in Africa; a non-executive director of Mercantile Bank Holdings and Foodcorp; and a member of the Vega School of Brand Communications's governing body. He has advised many of Southern Africa's leading brands and taught at Wits University and Unisa's schools of business leadership. He has held marketing leadership positions in South Africa and the United States, has published widely and addressed diverse audiences across the continent, including the Cabinet of South Africa, Design Indaba and the Nigerian Association of Advertising Agencies, on all aspects of leading brands.



LUNCH SPOT

Back of the Moon, Soweto; Pallazzo, Montecasino, Fourways



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MNCEDISI MAYEKISO

Mncedisi Mayekiso is a co-founder and non-executive director of Canal Square Investments, an investment holdings company with interests in the information technology and motor industry sectors. A respected business IT expert, he joined Faritec Holdings last year as group marketing director responsible for brand, customer and solutions marketing. Mncedisi co-founded Joburg City Auto in 2003, South Africa's first black-owned BMW franchise, where he still serves as non-executive director. He has more than 11 years of experience in the ICT sector. He worked in marketing and sales for Delta Motor Corp and has worked for IBM and Microsoft. From 1993 until 1996, he served as executive director at Enterprise Connection until it was acquired by Faritec. He holds a social science and humanities degree, a postgraduate diploma in management from the University of Cape Town and an MBA from City University Business School in London.



LUNCH SPOT

Cite, Dunkeld



DENZIL FILLIS

Denzil Fillis has more than 10 years' experience in the IT industry, in particular in software development. During this time, he held various positions spanning the software development spectrum, including the highly technical role of enterprise architect at a leading financial services institution. His entrepreneurial spirit led him to found Mpilo Software Solutions, a software development company that focuses on providing leading-edge enterprise software solutions and services. He is the CEO and is also involved in a project to translate literary masterpieces such as *The Alchemist* into indigenous South African languages, beginning with isiXhosa. He also established The Alchemist Foundation, a non-profit organisation that provides assistance to the youth, including mentorship and entrepreneurship. His interests range from sports to travelling, with a particular interest in mathematics in the field of abstract algebra, an area in which he excelled during his university years when he obtained a BSc in mathematics and computer science.



LUNCH SPOT

Montego Bay, Nelson Mandela Square, Sandton

VUSI MAHLANGU

Vusi Mahlangu is the chief executive officer of one of the youngest executive teams on the JSE, Makalani Holdings. The company, a BEE mezzanine finance company formed by Rand Merchant Bank to mobilise capital for BEE and development investments, was listed in the investment companies sector of the JSE in 2005. Until January that year, Mahlangu was head of public sector finance at Investec Bank, a division set up by him in 2001. The division is involved in all aspects of providing debt products to state-owned companies, municipalities, water boards and other government-owned entities. His investment banking experience and responsibilities at Investec over the past six years involved funding management buyout transactions and asset finance involving aircraft and other assets. Before he joined Investec, he worked for African Oxygen Limited (Afrox), first as a process engineer designing gas separation plants and later as a production manager for its then biggest air-separations plant. Mahlangu also holds a directorship at the Tamela Group. His qualifications include a BSc in chemical engineering and an MBA from Harvard.



LUNCH SPOT

The Grillhouse, Rosebank



LUNCH SPOT

Just Friends, Hatfield

LEBO MADIBA

Lebo Madiba is business unit director for Redline JHB, the public relations division of the country's biggest advertising agency, FCB South Africa. She is responsible for managing the existing portfolios of clients and driving new business opportunities. With a career spanning more than eight years, Lebo has overseen and implemented PR strategies for South African blue-chip companies such as First National Bank, Exel Petroleum, Gauteng Online and IBM South Africa. An international communications graduate, her career started with an NGO focusing on youth development, which later landed her on the task team that organised the first Gauteng Young Women's Parliament in 1999 with the Gauteng legislature. In 2002, she was part of the team that launched the Gauteng department of education's Gauteng Online project. She has held various positions in the communications industry, including that of communication and public relations specialist at FNB Internet Banking.

DONALD KAU

Donald Kau is a communications strategist by profession. He is currently a director and shareholder at Meropa Communications, responsible for strategic counselling to clients in government and the emerging-entrepreneur business arena. In his 14-year career, Donald has worked in most aspects of the communications field, having started at a public relations consultancy before moving on to the corporate side and, most recently, back into the consultancy arena. He was responsible for the management of media and stakeholder relations in the Transnet Group for five years, served as head of communications at Marine Data Systems and was the national spokesperson for the National Ports Authority of South Africa. The 33-year-old has qualifications in public relations from the University of Johannesburg, further studies in media management as well as graphic design from the AAA School of Advertising, and he has completed his management advancement programme through the University of Pretoria and the Gordon Institute of Business. He was part of the Communication and Advertising Forum for Empowerment, an industry body that looks after the interests of the advertising industry's empowerment agenda.



LUNCH SPOT

Suite 16, Sandton



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BUSINESS



NANO MOTHIBI-GASENEWE

Former assistant editor of *Soul Magazine* Nano Mothibi-Gaseneuwe is the founder and managing director of Dukari, a black and female-owned business communications and content management consultancy that is regarded as one of the most promising young female-owned companies in South Africa. She is also the co-author of annual publications *Top ITCe companies in South Africa* and *Best Employers South Africa*. Mothibi-Gaseneuwe has a journalism background, having worked and freelanced for media publications such as *The Star*, African Eye News Agency, *City Press* and *Tribute* magazine as a social, business and ICT journalist. During the same period, she was briefly involved in broadcasting, having initiated and co-produced a documentary called *Sabela* for SABC. Mothibi-Gaseneuwe completed her BA degree at the University of the Witwatersrand and, after a short stint as a climatology intern at the South African Weather Bureau, returned to Wits to pursue her honours in media studies.



LUNCH SPOT

Any picnic spot around the country

KEVIN MABANGA

Kevin Mabanga is the 24-year-old founder of Mabco Holdings, a company that has its roots in security services. Mabco Holdings has grown to incorporate property investments and empowerment equity investments. The company also outsource management services such as recruitment solutions, cleaning and other related services. After completing his school education at Durban High School, he graduated from the Institute of Marketing Management. Mabanga describes himself as a "thoroughbred entrepreneur" who, since the age of nine, has had a passion for sport, especially basketball. Last year, he turned this passion into a business opportunity when his company bought an equity stake in a professional basketball outfit, the Pietermaritzburg Tuckers. Mabanga says he strives to live every day by his motto: "There's a time for everything; if we can't find one, we shall make one."



LUNCH SPOT

Cafe Fish, Durban



LUNCH SPOT

Cornuti, Illovo Square, or any Vida e Caffe

YASHIVAN GOVENDER

Yashivan Govender is the managing director of FirstStep.co.za, South Africa's first online youth consultancy. The pizza-crazy 25-year-old developed the business in his final year of university in 2004 by launching an information portal. Since then, the website has made huge waves in the South African market. FirstStep.co.za provides information on companies, higher education, gap years and careers, and expounds the overall idea of making serious life decisions a bit more fun. After finishing his bachelor's degree in marketing and management at UKZN, Govender moved from the east coast of Durban to Johannesburg in 2005 to enable the company's growth. "I believe in taking risks at a young age and when I see something I go for it," he says, adding that leading a balanced life and learning new lessons every day is central to his views on business.

NKAXA NKUNA



Nkaxa Nkuna has wings ... chicken wings. He is the owner of Chicken Kwasa, a successful new fried-chicken franchise that is challenging old-timers Chicken Licken and Kentucky. There are now six Chicken Kwasa outlets, which employ 70 young people. An entrepreneur by nature, Nkaxa worked at Telkom for five years before starting Chicken Kwasa for his unemployed siblings. He is a Wits commerce graduate and was also a member of the AAA School of Advertising's internship programme. He hails from Pretoria and won *Black Business Quarterly's* new and innovative business of the year award for 2005.



LUNCH SPOT

Chicken Kwasa, Sunnyside; Cynthia's, Pretoria

NAZMEERA MOOLA

Nazmeera Moola is the South African economist for investment bank Merrill Lynch. She researches and comments on the South African economy. Her work includes studies on the growing black middle class, the impact of government's proposed R372-billion infrastructure spending on companies and the likely result of the government's current drive to curb import parity pricing. She was awarded the Reuter's Economist of the Year award in October 2005. Moola was rated the top analyst in South Africa by the Extel survey of European emerging-market fund managers. She was also ranked second in the *Financial Mail* analysts' survey in 2004 and 2005. In 2004, she was rated the top South African economist by the Association of Black Securities and Investment Professionals. Prior to August 2003, Moola worked in Merrill Lynch's London office, covering global emerging markets' strategy. She was recently appointed to the board of DaimlerChrysler South Africa.



LUNCH SPOT

Olympia Cafe, Kalk Bay

VUYO JACK

Vuyo Jack founded Empowerdex with Chia-Chao Wu in June 2001. The company conducts economic empowerment ratings and economic empowerment research for companies across all sectors. Jack qualified as a chartered accountant at the end of 2000 after completing his articles with PricewaterhouseCoopers. In May 2000, he started a non-profit organisation, Bonngoe Foundation, which runs motivational workshops for university students and trainee accountants. In March 2003, he was appointed to the BEE task team to advise the minister of trade and industry on legislation and guidelines to help companies implement BEE in a sustainable manner. He also compiled a 10-year review of BEE for the office of the president in a publication called *Ten Year Review of Democracy*. He currently lectures and chairs the NGO Children of Fire, which focuses on fire prevention in squatter camps.



LUNCH SPOT

Primi Piatti, Rosebank



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THULI KHUMALO

Thuli Khumalo, a manager at Standard Corporate & Investment Banking, won the Association of Black Securities and Investment Professionals' 2006

award for the Top Structured Finance Professional. She joined Standard Bank at the beginning of 2002 as a manager in the structured finance division. Prior to the bank, she was a manager at Sithole AB&T, a medium-sized black-owned audit firm. She currently serves as an investment committee member of the African Women Chartered Accountants' Forum and also serves on Standard Bank's women's forum and the structured finance division's transformation forum. In her spare time, she enjoys dancing.



LUNCH SPOT

The Grace, Rosebank

CORA FERNANDEZ

Cora Fernandez was named the Association of Black Securities and Investment Professionals' Top Private Equity Professional last year. She is the deputy chief executive for Sanlam Private Equity. Her interests include travelling and reading economics and business literature.



LUNCH SPOT

Wombles, La Campagnola, Bryanston



MUNEER ISMAIL

Muneer Ismail won the Association of Black Securities and Investment Professionals' 2006 award for Top Stockbroking Analyst. He works as a gold analyst at Deutsche Bank Securities. His hobbies are cricket, rugby and soccer.



LUNCH SPOT

Bukhara, Cape Town

SAMUEL MOKOROSI

Samuel Mkorosi is the head of the corporate advisory division of Africa Vukani Investment Management Services. He won the Association of Black Securities and Investment Professionals' 2006 award for the Top Corporate Finance Professional. At Africa Vukani, he has been involved in several large projects and transactions. Prior to Africa Vukani, he worked as a corporate bond analyst for Standard Corporate and Merchant Bank, where he analysed issuers' credit-worthiness and made recommendations to investors. He has completed level one of the chartered financial analyst qualification and holds a BCom honours in economics from Rhodes University. Mkorosi enjoys listening to gospel and jazz music and is interested in travel and nation building.



LUNCH SPOT

JB's Corner, Melrose Arch



ULEESHA HARRICHAND

Uleesha Harrichand is a private banker for Absa Private Bank and was named the Association of Black Securities and Investment Professionals' Top Private Banker last year. Her responsibilities include introducing new clients to the bank, retaining and servicing the existing client base, assisting clients to acquire assets and providing holistic wealth solutions to clients. Prior to joining Absa last year, she worked for Rand Merchant Bank as a client services consultant and, from 2004, as a structured lending specialist for Rand Merchant Private Bank. Harrichand holds a BCom honours degree in finance from the University of Natal, Durban. She enjoys reading on religion, traveling and astronomy and spending time with family.



LUNCH SPOT

Vilamoura



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BUSINESS



FEROZ BASA

Feroz Basa, an equity analyst at Old Mutual, won the Association of Black Securities and Investment Professionals' 2006 Young Talent Development Award. After completing his honours degree in finance, he joined Fairbairn Capital, one of Old Mutual's divisions, as a pricing specialist. He then moved to Old Mutual Asset Managers for six months and from there joined the company's asset management academy, a year-long training programme. For the last two years, he has been part of Old Mutual's team of industrial analysts.



LUNCH SPOT

Baia, V&A Waterfront, Cape Town

NOTHANDO NDEBELE

Nothando Ndebele received the Association of Black Securities and Investment Professionals' 2006 Woman in Focus award. She is the head of research at Renaissance Asset Management and one of the firm's founding partners. Previously, she was portfolio manager of the Africa portfolios and an investment analyst at Investec Asset Management. Prior to Investec, Ndebele worked for four years at Goldman Sachs Asset Management in the United Kingdom, where she was an executive director on the pan-European equities portfolio management team. Nothando is also a director of The Business Place, a non-profit organisation based in Phillipi, Cape Town. Its primary activity is to create new businesses and jobs by nurturing an entrepreneurial culture within the local community. She holds a BA in economics and women's studies from Harvard University. She was named a Rhodes scholar in 1998 and obtained an MBA and a master's degree in social anthropology from Oxford University. Ndebele enjoys reading and travelling.



LUNCH SPOT

Ginja, Cape Town



MONALE RATSOMA



Monale Ratsoma tied for the Association of Black Securities and Investment Professionals' 2006 award for Top Economist with Rejane Woodroffe. He is an economist at Absa Capital. He enjoys playing and watching soccer, motorsports and travelling.



LUNCH SPOT

Suite Sixteen

SIYABULELA PASCH DAYLIE



Siyabulela Daylie, a student at Nelson Mandela Metropolitan University, Port Elizabeth, was named the Association of Black Securities and Investment Professionals' Top Commerce Student for 2006. He enjoys movies, listening to music, spending time with friends and playing computer games. He is also interested in rugby, cricket, soccer and tennis.



LUNCH SPOT

Morton's on the Wharf, V&A Waterfront, Cape Town; Spur



VUSI MHLANZI

Vusi Mhlanzi, Investec's head of debt origination, was named the Association of Black Securities and Investment Professionals' 2006 Top Professional in Debt Capital Markets. He joined African Harvest Finance in 1997 as a junior analyst. Two years later, he joined Royal Bank of Canada Dominion Securities, where he was involved in assisting state-owned entities in South Africa to raise debt in the offshore market. From there, he joined Rand Merchant Bank's debt origination team in 2001, where he was responsible for the structuring, issue and placement of commercial paper and bonds. He continued his focus on debt markets when he joined Investec in 2002. His responsibilities included managing and structuring bond, commercial paper and securitisation issues and facilitating the placement of such issues in the market. After a stint at Andisa Capital between 2004 and 2006, focusing on the Botswana market, he rejoined Investec. Vusi enjoys going to gym, playing and watching soccer and socialising with friends.



LUNCH SPOT

Pigalle



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FIKILE MBALULA

Mbalula cut his teeth in ANC politics at the tender age of 13 and rose to the ANC Youth League presidency. Those around him describe him as a revolutionary impatient for change, and also a firm internationalist. During the 1980s, he was an influential leader in the Congress of South African Students. His struggle credentials were further established when he served as an area member of the United Democratic Front. His activism as an internationalist saw him elected for two consecutive terms as vice-president and later president of the International Union of Socialist Youth, an affiliate organisation of the Socialist International, which represents more than 145 countries. After 1994, he was elected to the national executive committee of the ANC Youth League, where he served as the secretary for political education. After serving as provincial secretary of the Free State, he was elected national secretary general for two terms. He was elected as the president of the ANC Youth League in 2004, making him a member of both the ANC national working committee and national executive committee.

LUNCH SPOT
Nambitha, Orlando West, Soweto

CARRIE SHELVER

Carrie Shelver is a feminist and gender activist who has worked in the violence against women and human rights sector. She is currently working for People Opposing Women Abuse as the training and public awareness manager. She has been actively involved in the One in Nine campaign, which was launched in March last year to provide support to and solidarity with survivors of sexual violence. Prior to working in the women's sector, Shelver was involved in the lesbian and gay sector. Her academic background is in adult education, politics and applied linguistics. She is committed to the transformation of society, which will result in the realisation of constitutional rights and guarantees.

LUNCH SPOT
Sai Thai, Cyrildene



DIRK HERMANN

Dirk Hermann is the deputy general secretary of trade union Solidarity. He is regularly quoted in the South African media concerning labour-related matters and is the author of numerous published articles. He is the author of two books about the South African policy of affirmative action and South African tertiary institutions respectively. A third book on affirmative action will be published later this year. In 1993, Hermann obtained a degree in law, after which he obtained three post-graduate qualifications in industrial psychology, industrial sociology and labour law. He received his master's degree cum laude and was awarded best master's degree student in labour relations. Hermann has addressed three international academic conferences on affirmative action and trade unionism in the new economy. He was chairperson of the student council of Potchefstroom University in 1995 and 1996 and led the transformation process on behalf of the students. He was also a member of the minister of education's task team on the transformation of tertiary institutions as well as a member of the South African Students' Council. In 1996, he was awarded the council medal of Potchefstroom University for academic achievement and community development. During that same year, he received the sought-after Abe Bailey travel bursary to England for leadership and academic development, and underwent a six-month in-service training programme in the United States in the field of labour relations.

LUNCH SPOT
Die Werf, Pretoria

ELIZABETH O'LEARY

Elizabeth O'Leary is the executive director of Women for Housing, a Section 21 company that facilitates opportunities for women in the housing and construction sectors. O'Leary has lived in South Africa for most of the past 12 years and is proud to be part of a vibrant and changing industry. Women for Housing is developing programmes and services that support the implementation of the construction charter and BEE codes at all levels. A women's investment fund that focuses on the construction and property sectors will be launched later this year. The fund will be one of a number of new avenues of growth for the organisation, which received a Govan Mbeki Housing Award in October last year in acknowledgement of its contribution to the sector. O'Leary has a master's degree in international relations from Boston University in the United States. She has a long-standing love of the industry and is encouraged to see that more women are entering and succeeding in the sector.



LUNCH SPOT
Gogo's House, Diepkloof; Hillfield, Goshen, Connecticut; my garden



FATIMA HASSAN

Fatima Hassan is a commander in the battle against HIV and Aids. An attorney and former deputy head of the Aids Law Project, she remains an activist and is now committed to fighting for the rights of people infected and affected by HIV and Aids. She has been attorney of record in several key cases against government, big business and pharmaceutical companies that involved non-discrimination as well as access to treatment. Currently the coordinator of the Treatment Action Campaign's treatment monitoring programme (jointly run with the Aids Law Project), she remains a committed grassroots activist, too. Hassan graduated from the University of the Witwatersrand in 1994, completed an LLM at Duke University and was awarded the Franklin Thomas Fellowship by the Constitutional Court. In 2004, she was one of the *Mail & Guardian's* top 20 under 40s. Hassan features in the *Financial Mail Little Black Book* as well as the *M&G's The Book of South African Women*.

LUNCH SPOT
Birds Restaurant, Cape Town; Soi, Johannesburg

CIVIL SOCIETY



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JUDITH FEBRUARY

Judith February is a lawyer and head of the Institute for Democracy in South Africa's (Idasa) governance programme, the Political Information and Monitoring Service. February studied law at the University of Cape Town where she obtained her BA (Law) and her LLB degrees in 1991 and 1993 respectively. She was admitted as an attorney in 1996 and practised law in Cape Town until 2000, when she obtained her LLM in commercial law from the same university. February has been at Idasa since June 2000 and has worked extensively on issues of good governance, transparency and accountability in the South African context. She is particularly interested in law as a tool for advocacy, the intersection between law and politics, and the development and interpretation of socio-economic rights jurisprudence in the country. February is a regular contributor on local political issues in the media and has been listed in the *Financial Mail Little Black Book* of 300 black professionals for 2006 and is also listed in the *Mail & Guardian's The Book of South African Women*, released in December last year. She is the chair of the Goedgedacht Forum for Social Reflection and has a fortnightly column, *Between the Lines*, in the *Cape Times*.



LUNCH SPOT

Caveau, Cape Town; Tokara, Stellenbosch; Rick's Café, Cape Town

RUTH HALL

Ruth Hall researches and engages in policymaking regarding land redistribution, land restitution, farm dwellers' tenure rights and integrated-development planning at the University of the Western Cape. She is a pundit on land redistribution policy and practice and her research on the subject is underpinned by gender rights and farm-dweller tenure. Hall cut her teeth on agricultural rights working for the Centre for Rural Legal Studies, an NGO based in Stellenbosch, where she worked on farm workers' labour and tenure rights, including farm worker minimum wage regulations. She hails from the Eastern Cape, where she developed her love for land issues. She is currently reading for her doctorate in the faculty of politics at the University of Oxford and working on a dissertation on the politics of land reform in post-apartheid South Africa, 1990 to 2004. Hall has acted as an adviser to the department of land affairs. She has authored or co-authored 28 publications, mainly about the socio-political impact of land reform in South Africa. Her first book, *The Land Question in South Africa*, co-edited with Lungisile Ntsebeza, will be published later this year.



LUNCH SPOT

Don Pedro's, Woodstock



SILUMKO RADEBE

Born, bred and living in Soweto, Silumko Khetokuhle Einstein Radebe-Mabona has taken up those issues that have the biggest impact on his community. He currently lives in Pimville, where he mobilises and organises actions by communities to improve basic service delivery by the government. The Anti-Privatisation Forum (APF) is a social movement that fights against any form of privatisation of state assets by the government. The 22 communities with which the APF works are mainly poor and semi-developed and they resist the implementation of what they call the "micro-neo-liberal policy of the government that has led to a further collapse in the provision of basic service delivery". He says working for the private sector until 2003 gave him a chance to learn what it meant to be exploited. He decided to become involved in community struggles instead and wants to motivate the youth to become involved in community issues.



LUNCH SPOT

Mnandis, Noordhoek; Backroom, Pimville, Soweto

TSHEPISO RALETSEMO

Tshepiso Raletsemo is the chairperson of Women for Housing, an organisation that facilitates opportunities for women involved in the housing sector and empowers them through advocacy, training and support. Raletsemo is the managing director of Inkanyeli Projects, a 100% black-owned professional construction company. In 1998, Raletsemo joined international construction company Turner and Townsend Africa as a trainee quantity surveyor on scholarship. She qualified as a quantity surveyor at the University of the Witwatersrand in 2001 and joined Turner and Townsend on a full-time basis in December 2002. Two years later, Raletsemo and her partners started Inkanyeli Projects, which is involved in general building works and mentorship for emerging contractors. Raletsemo is also an accredited mentor with the University of the Free State. She is currently studying towards a master's in property development and management through Wits. Raletsemo also sits on the councils of the South African Federation of Civil Engineering Contractors and Construction South Africa. Her dream is to see South African women becoming self-sufficient and financially independent.



LUNCH SPOT

Zahava, Norwood



iBURST IS THE IDEAL REPLACEMENT FOR DIAL-UP..





STUART WILSON

Born near Manchester in the United Kingdom, Stuart Wilson was educated at Oxford University. He worked as a policy adviser at the UK government's home office and immigrated to South Africa in 2002. He is currently a researcher at the Centre for Applied Legal Studies, the Wits University-based human rights institute. Wilson has been involved in a series of successful human rights cases in the fields of education and housing. He has assisted parents of children who were unlawfully refused access to public schools, schools facing unlawful closure by the provincial governments, and informal settlers seeking to hold state officials in contempt for failure to deliver on legal undertakings to build low-cost housing and provide basic services. Wilson is part of the legal team that represents the residents of two inner-city buildings who are challenging the City of Johannesburg's attempt to evict them as part of its urban renewal strategy. He writes regularly for scholarly journals and news publications. His published academic research spans the fields of education policy, transitional justice and the right to housing.



LUNCH SPOT

Bar Six,
Melville;
Moyo, Zoo
Lake



LUNCH SPOT

Dros; Nino's

ZANDILE MCIZA

Zandile Mciza's was born in Durban but grew up in King William's Town in the Eastern Cape, where she encountered many instances of health afflictions such as hypertension and diabetes. Finding solutions to some of these chronic diseases motivated her to become a general practitioner.

She completed a BSc to qualify for enrolment at the University of Cape Town's (UCT) medical school, but later decided to become a dietician instead. She obtained her BSc in dietetics at the University of the Western Cape in 2000, did an MSc in medical nutrition and dietetics at UCT, finished two chapters in 2003 and converted to a PhD. She is currently working full-time on her PhD, which analyses the social, cultural, environmental and familial factors that contribute to obesity. A registered dietician, she is a part-time sports dietician at the Sports Science Institute of South Africa.

KARIN JACOBS

A senior lecturer in the department of microbiology at Stellenbosch University, Karin Jacobs obtained her PhD from the University of Pretoria in 2000. Jacobs received several bursaries and awards during her studies, including a prestigious fellowship for doctoral studies and a post-doctoral fellowship. She received the AECI award for her honours study as well as the Andries Brink Sasol prize, dean's medal, senate's medal and S2A3 Gencor bronze medal for her master's dissertation. In 2003, Jacobs was awarded the L'Oreal-Unesco international fellowship for young women in science and, in 2005, the L'Oreal department of science and technology award for most promising young female scientist. Jacobs has published 26 papers in peer-reviewed journals as well as a book. Her research has been presented at local and international conferences and involves the taxonomy of several economically important fungal genera as well as the fungal ecology of fynbos soil.



LUNCH SPOT

Cognito,
Stellenbosch



LUNCH SPOT

The Yellow Piano,
Grahamstown



MAMOKGETHI SETATI



Professor Mamokgethi Setati holds a PhD in mathematics education from the University of the Witwatersrand. She is the director of the Marang Wits centre for maths and science education and an associate professor of mathematics education at the university. In addition, she is professor extraordinaire at the Tshwane University of Technology. Setati is a National Research Foundation-rated researcher and has published more than 30 reviewed articles in international journals, conference proceedings and book chapters. She is the managing editor of an accredited mathematics education journal, *Pythagoras*, and serves as a reviewer for several national and international journals. Setati has won several awards for her community and research work, including a national science and technology award for the most outstanding South African young female black researcher in 2004. She is the deputy chairperson of the South African committee for the International Mathematics Union and the South African representative to the International Commission for Mathematical Instruction.



LUNCH SPOT

Orient, Melrose Arch

CAROL SIMON

Currently the holder of a National Research Foundation Innovations post-doctoral fellowship, Carol Simon spends much of her time inspecting worms at the department of zoology and entomology at Rhodes University. In particular, her research focuses on the biology, reproduction and taxonomy of polychaete worms that are pests to cultured abalone. She has been investigating the reproductive cycles of the worms as well as describing the developmental mode of their larvae, as this information has important implications for implementing effective treatment methods on farms. She is now preparing the first taxonomic description of a species that occurs along the south coast of South Africa, which is new to science. The best thing about her work, she says, is that it is the perfect marriage of fundamental and applied research that employs a range of different techniques, so she is constantly learning. This work also enables her to collaborate with researchers in South Africa, the United Kingdom and the United States.



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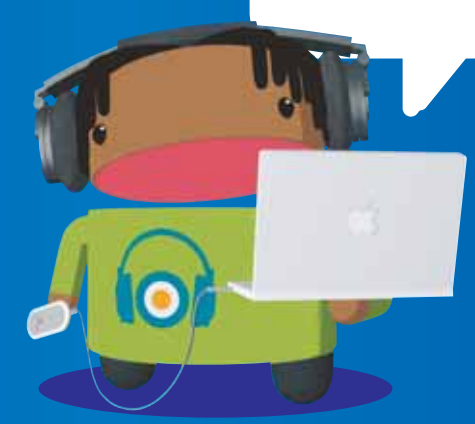
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RAENETTE TALJAARD



When Raenette Taljaard entered Parliament as a Democratic Alliance MP in 1999, she was — at 25 — the youngest woman ever elected to the South African National Assembly. She served as shadow minister of finance from 2002 and was a member of Parliament's portfolio committee on finance. She also served on numerous other parliamentary committees, including the standing committee on public accounts during the arms deal investigation. She resigned from Parliament in 2005 to join the academic world. Taljaard is a Yale World Fellow, a Fellow of the Emerging Leaders Programme of the Centre for Leadership and Public Values and a Young Global Leader of the World Economic Forum. She holds an MA in political science from Rand Afrikaans University. She also has an MSc in public administration and public policy from the London School of Economics. Taljaard is currently the director of The Helen Suzman Foundation and lectures part-time at Wits's Graduate School of Public and Development Management in areas ranging from public finance to regulation and peace-keeping.



LUNCH SPOT
Magica Roma, Pinelands

TSHILIDZI MARWALA



A recipient of more than 35 awards, including the Order of Mapungubwe from President Thabo Mbeki, Tshilidzi Marwala is currently the Carl and Emily Fuchs professor of systems and control engineering and head of the control and systems group in Wits University's school of electrical and information engineering. He sits on various boards, including City Power Johannesburg and the South African Council of Natural Scientific Professions. He is also a Fellow of the CSIR. An accomplished and prolific academic, Marwala has made contributions to more than 100 journals, proceedings and books. Before taking up his post at Wits, he was an executive assistant to the technical director at South African Breweries. Born in Venda in 1971, Marwala matriculated from Mbilwi Secondary School in Sibasa. He has a bachelor of mechanical engineering (magna cum laude) degree from Case Western Reserve University in Cleveland, Ohio in the US, a master's in engineering from the University of Pretoria and a PhD in computational intelligence from Cambridge University. Marwala's areas of expertise are the theory and application of artificial intelligence to engineering, computer science, finance, social science and medicine. He supports Moroka Swallows, loves Indian food and plays golf.



LUNCH SPOT
Barrington's, Killarney

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NICHOLAS M MOSIKIDI



Nick Mosikidi, a founding member and majority shareholder of Legents Hair & Grooming Lounge, was born and bred in Katlehong, Gauteng. As the general manager, he is involved on a full-time basis. Mosikidi believes his business needs continuous supervision to ensure that it survives its infancy stage and proceeds to achieve the vision of its core team. After matriculating in 1996, he studied at the Institute of Marketing Management. He then conceptualised the idea for a grooming establishment aimed at black business executives and looked for partners with insight and experience in the hair and beauty industry. He has worked for a wide range of companies in various industries including retail, media, advertising and the ICT sector. Outside the business world, Mosikidi enjoys listening to and collecting music, playing golf and soccer, and he admits to having a weakness for clothes' shopping.



LUNCH SPOT

Gloria Jeans Cafe, Sandton



LUNCH SPOT

Villamoura, Sandton

CHENE MOLOTSI

Chene Molotsi is the owner of Alu-Absolut, which manufactures and installs a wide range of aluminium products. She has owned several informal businesses at various times and created employment for a number of people. An established businessperson, Molotsi has been involved in the development and growth of several ventures, which she later sold at a profit. She has held senior managerial positions in business banking and the financial services industry in companies such as the former People's Bank, where she specialised in the financing and development of small and medium enterprises. Her business ventures included a shoe retailing business that sold designer women's shoes to a select client base. Molotsi has also been involved in the distribution of gas stoves and pots. She holds a BCom from the University of Natal, Durban, and a BCom (Honours) from Rand Afrikaans University.

TEBOGO LEHUTSO

Stylist and assistant manager at the Legents Hair & Grooming Lounge, the 31-year-old Tebogo Lehutso was born, bred and schooled in Soweto. He obtained a national diploma in hairdressing at Border Technikon in the Cape. After working at several hair salons around South Africa, he joined a cruise ship as a senior stylist and gained experience in different disciplines of hair styling. Upon his return to South Africa, he worked for various companies, specialising in the technical aspect of hair and beauty products, and also opened his own hair salon in Soweto. Thereafter he joined Hair Images in Sandton on a permanent basis as a senior stylist. His career in the hair and beauty industry spans more than nine years and he has gained extensive experience and knowledge, which he is now applying to the running of Legents as a partner with a shareholding stake.



LUNCH SPOT

Gloria Jeans Cafe, Sandton



LUNCH SPOT

My kitchen

RONALD MOYO

Ronald Moyo is a qualified chartered accountant and founder and managing partner of Simama Chartered Accountants, a 100% black-owned professional-services firm established and managed by five qualified chartered accountants. The company is based in Johannesburg and provides consulting services, accounting and company secretarial services to both the public and private sectors. The firm is registered with the Independent Regulatory Board of Auditors (IRBA) and is involved in identifying, recruiting and training young BCom students aspiring to qualify as chartered accountants. To date, the firm has signed up a good mix of audit clients, who are rich enough to expose its trainees to challenging training and development aspects relevant for the successful completion of the final qualifying exams, the most critical requirement towards becoming a chartered accountant.

SIZWE SITHOLE

At 35, Sizwe Sithole is operations manager and a senior stylist at Legents Hair & Grooming Lounge, where he is also a partner with a shareholding stake. He has been in the industry for eleven years and has a wealth of styling experience. Sithole was born in Mozambique and moved to South Africa while at primary school. After completing his schooling in Soweto, he obtained qualifications in hair and beauty technology, which kick-started a very rewarding career. He worked for the prominent Alex Hair Salon in Soweto before becoming a sales representative, selling hair and beauty products. Hungry for more, he decided to further his studies to understand the technical aspect of hair and beauty products. He then joined the Hair Images chain and worked his way up to become one of the most well-known and respected senior stylists in Gauteng. For relaxation, he usually watches TV and, when his busy schedule permits, enjoys spending time with his son.

ZIBUSISO MKHWANAZI

The 23-year-old Zibusiso Mkhwanazi chairs Crazyboyz Digital, a multimillion-rand IT firm and one of South Africa's largest digital agencies. Its clients include Canal Walk, Cardies, the Development Bank of Southern Africa, Foschini, the Pan African Parliament, Tshwane Metro and the UK lottery. In 2001, he and Neo Mothlabane formed Csonke.com with R2 000 seed capital, designing websites for SMMEs at R20 000 each. By 2004, the two friends had increased their turnover by over 1 000%. He also developed an Africa business strategy for Csonke that gave the company a presence in Botswana. He led Csonke's BEE acquisition of Crazyboyz shares and later led a merger with Csonke.com. Mkhwanazi attributes his success at such a young age to taking the road less travelled. He says his philosophy in all strategies is that "plans are not for planning, they are for achieving results."



LUNCH SPOT

Moyo, Melrose Arch



LUNCH SPOT

Gloria Jeans Cafe, Sandton

ENTREPRENEURS



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ENTREPRENEURS



NTHABISENG THABETHE

Nthabiseng Thabethe is only 30 years old, but she knows the rough side of business. Thabethe says she cut her teeth in small business when she realised what it is like to pay rent for three months with no income. She needed a massage and spa pampering after this induction, and is now reaping the benefits as owner of the Chi Spa. Chi has picked up a steady client base and her business is supported by the Umsobomvu Youth Fund. She is from the Mogoba people in Ventersdorp, who were forcefully removed under apartheid and were among the first recipients of land restitution. She counts the receipt of their title deeds as a seminal moment. Thabethe has worked for a number of companies, including FNB, Transnet, RMB, Anglo-Platinum and Vodacom. The spa keeps her busy for six days a week, but she spends her spare time with her child. She also enjoys reading, horseriding, movies and entertaining.



LUNCH SPOT

Soi, Melville

PSYCHOLOGY CEBEKHULU



Psychology Cebekhulu calls himself "the very definition of the South African, young black success story". He certainly does not lack confidence. Cebekhulu's success stems from South Africa's love of a party and its penchant for turning every occasion into an event. He is the founder of Soundrite, a company supplying sound, staging and lighting equipment, video screens, marquees and the like to the events industry. Cebekhulu is a beneficiary of government's targeted plans to provide contracts to black entrepreneurs — his biggest events have been state funerals and the presidential imbizo. He loves water sports and music and also dabbles in real estate.



LUNCH SPOT

Piatto, Gateway; Spiga Dora, Florida Road



LUNCH SPOT

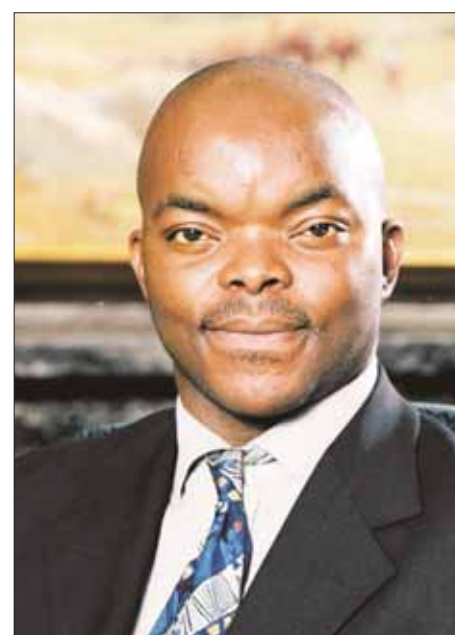
Joe's Butchery, Alexandra; Mamakhura, Polokwane

DAVID MASONDO

David Masondo was not recruited to the struggle. Instead, the conditions of rural poverty and apartheid, undemocratic traditional leadership and institutions mended by "chiefs" sparked his political activism. He started the struggle with his peers through community self-organisation and mobilisation against corrupt chiefs who embezzled money that was meant to be used to build schools. These struggles evolved organically with the formation of the Mbokota Youth Congress in 1989. Since then, he has played a major role in re-establishing the ANC Youth League in villages in his area. He joined the SACP in 1993 and is currently the national chairperson of the Young Communist League. During his studies at Giyane College of Education, Masondo led the South African Student Congress and was also elected as president of the student representative council (SRC) at the college. In 1996, he was elected as Northern Transvaal provincial chairperson of the South African Student Congress, and a year later he became its national deputy president. In 1998, he was elected as SRC president at the University of the Witwatersrand and, in 1999, he was appointed the national youth commissioner. When his term expired, he was appointed as SACP national political education coordinator and youth desk coordinator. He served as the chairperson of the ANC Youth League in Limpopo province between 2003 and 2005 and is currently a political studies lecturer at Wits, where he is also studying to obtain his PhD. Masondo has published and presented a number of academic and SACP papers.

PHAKAMANI HADEBE

Though soccer is his life, Phakamani Hadebe grew into one of South Africa's most astute economists, plying his trade at the National Treasury. Hadebe, who grew up in Wembezi, Estcourt, in KwaZulu-Natal, has been the deputy director general of asset and liability management since 2004. He joined the National Treasury in 1996, when he was appointed deputy director in the Southern African Development Community finance and investment sector coordinating unit. In 1999, he was promoted to director of domestic debt management, where he was tasked to reduce government debt costs and to develop the domestic capital market. In 2001, he became the chief director of liability management, a position in which he specialised in coordinating government activities in borrowing funds in the domestic and international capital markets, as well as actively managing the government's debt portfolio. His responsibilities at the Treasury include the financial oversight and restructuring of state-owned entities. Furthermore, he is responsible for government's financial operations, debt and strategy, and risk management.



LUNCH SPOT

Pride of India, Pretoria

THULASIZWE BUTHELEZI

Though he is not related to Inkatha Freedom Party leader Mangosuthu Buthelezi, Thulasizwe Buthelezi is a mover and shaker in the party. At 26, it is clear that he is among the successor candidates to the octogenarian who has always led the IFP. The younger Buthelezi styles himself as a moderniser. His CV lists as a high point the hosting of the Inkatha Youth Brigade conference in Durban and not its Ulundi stronghold in December last year. He is the brigade's national chairperson and the founder of the IFP Youth Desk at the University of Cape Town. Since 2006, he has served as a member of the KwaZulu-Natal provincial legislature. "I am an outspoken proponent of getting rid of the ageing deadwood and infusing new blood into IFP structures in Parliament and at all levels," says Buthelezi. Though he is bent on yanking the IFP from Ulundi into the mainstream, he is a director of Malizwe Trading, a company building a R50-million property trading in Ulundi.



LUNCH SPOT

Spiga Doro, Durban



POLITICS



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BELINDA REYERS

Dr Belinda Reyers received her PhD in zoology from the University of Pretoria in 2001 at the age of 26. She spent the next four years lecturing there and at the University of Stellenbosch, where she led the biocomplexity research group. She moved to the Council for Scientific and Industrial Research (CSIR) in Stellenbosch in 2004, where she heads up the biodiversity and ecosystem services research group. Reyers is a fellow of the Zoological Society of London and of the CSIR, and sits on the South African national biodiversity institute's scientific programmes advisory committee and the editorial board of the journal *Animal Conservation*. She has had more than 30 articles in scientific journals, chapters in books and conference proceedings published. In 2002, Reyers won the University of Pretoria's exceptional young researcher award and, last year, she was awarded the department of science and technology's award for the best emerging woman in science, as well as the CSIR's most promising young researcher award.



LUNCH SPOT

Tokara, Stellenbosch; Pafuri picnic site, Kruger Park

KERRY SINK

Dr Kerry Sink is a marine ecologist with a passion for conservation. She is currently developing a new working group with the Endangered Wildlife Trust to implement conservation methods in marine and coastal ecosystems. She is the chairperson of the Southern African Sustainable Seafood Initiative and is involved in several other marine science and conservation projects. Sink is a research associate of Ezemvelo KZN Wildlife, where she has been working for 10 years. Her research interests range from rocky shores to offshore habitats and biodiversity. She worked for three years on the African coelacanth ecosystem programme. Aged 33, Sink has a PhD from the University of Cape Town. She believes that conservation is really about people, personal relationships with the environment, awareness and everyday actions. She is interested in involving marine and coastal resource users in monitoring and management, and encouraging children and young adults to get involved as custodians of the oceans.



LUNCH SPOT

Tamboti Coffee Shop, Sodwana Bay; under the flatcrown tree at the NSA Gallery, Durban



YOLAN FRIEDMANN

Yolan Friedmann is the first female CEO of the Endangered Wildlife Trust. She has worked for the trust since 1995 as a volunteer, veterinary assistant, programme manager and conservation coordinator. She is completing an MSc in environmental management through the University of the Witwatersrand. Friedmann began her career as a lecturer in animal health and veterinary technology at an agricultural college in former Lebowa, where she ran a community service veterinary clinic. Her career highlights include establishing the regional network of the conservation breeding specialist group for the World Conservation Union (IUCN) in Southern Africa. Friedmann is also the project manager and editor of the *Red Data Book of the Mammals of South Africa* (2004). She has chaired the IUCN South African national members' committee and the regional advisory committee of the IUCN's regional office for Southern Africa for two terms.



LUNCH SPOT

Picnic at Lethabo Estate, Lanseria

MELISSA FOURIE

Melissa Fourie is an environmental lawyer employed as the director of enforcement at the department of environmental affairs and tourism. In this capacity, she heads up the enforcement section of the industrial branch of the environmental management inspectorate, also known as the Green Scorpions. Fourie holds an LLB degree from the University of Stellenbosch, a master's degree in environment and development from the London School of Economics and a certificate in environmental law from the University of the Witwatersrand.



LUNCH SPOT

xx

KERRY MORRISON

Born in Johannesburg in 1972, Kerry Morrison's life revolves around birds, specifically cranes. Her vision is to have healthy wetlands for the coexistence of cranes and people in Africa. She obtained a BSc in zoology and botany before getting her honours degree at the University of Pretoria's centre for wildlife management. Morrison joined the Endangered Wildlife Trust (EWT) in 1995 while still busy with her master's — and some of her master's recommendations were adopted, in particular with regard to water and wetlands issues. In 2000, she took over the co-management of the EWT's South African crane working group. In August 2004, Morrison moved across to the EWT's ground hornbill working group and the African wattled crane programme. Here she established a formal partnership between the International Crane Foundation and EWT and was appointed the Africa programme head.



LUNCH SPOT

Anywhere in Dullstroom



WANDA MKUTSHULWA

Wanda Mkutshulwa is the head of communications at South African National Parks (SANParks). She joined SANParks at the beginning of 2003 and deals with the challenges of communicating the vision and mission of South Africa's premier conservation organisation to stakeholders and building its reputation. Mkutshulwa worked briefly in media, print and broadcasting before joining the Commission on Restitution of Land Rights in 1999. Here she headed communications in the Eastern Cape and eventually became national communications coordinator in the office of the chief land claims commissioner. Mkutshulwa completed her BA in journalism and media studies and a post-graduate diploma and honours in international relations at Rhodes University.



LUNCH SPOT

Taste, Pretoria; my kitchen or garden

ENVIRONMENT

24 100 Young South Africans you must take to lunch

TLHABELI RALEBITSO

Tlhabeli Ralebitso, better known to his colleagues as TC, is the managing director of Vodacom Ventures, a subsidiary of the Vodacom Group. He serves as non-executive director of various companies representing Vodacom. Prior to joining Vodacom, Ralebitso was director of DSI Capital, an investment holding company he co-founded in 2001, which concluded key transactions in sectors including financial services, manufacturing and logistics. Ralebitso spent two years in strategy consulting with Letsema Consulting and the United States-based Mercer Management Consulting, where he provided advisory services for early-stage and industry-leading companies in South Africa and the US. He started his career as an engineer in 1993, doing research and development of energy-related industrial applications at AT&T Bell Laboratories in New Jersey. Thereafter he joined Eskom Enterprises, followed by a stint at South African Breweries. Ralebitso holds a bachelor of engineering degree in mechanical engineering.



LUNCH SPOT

La Cucina de Ciro, Parktown North

GODFREY MBINGO

Godfrey Nkosingiphile Mbingo (34) currently heads up Vodacom Lesotho operations as managing director, having joined Vodacom in 2005 as executive head of brand marketing. Mbingo has a strong analytical business mind and a passion for brands and people, and he is an advocate for diversity and transformation. His talents came to the fore while leading marketing campaigns such as "Yebo Gogo", "Vodacom meerkat" and "Greatest supporter of South African supporters", to mention but a few. Mbingo started his career as a marketing assistant and soon proved that he is a force to be reckoned with in the marketing industry when he became senior brand manager for Kellogg's Corn Flakes. He later continued his excellence at Coca-Cola. Mbingo holds bachelor of commerce and master of business administration degrees.



LUNCH SPOT

Nando's

IT

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26 100 Young South Africans you must take to lunch

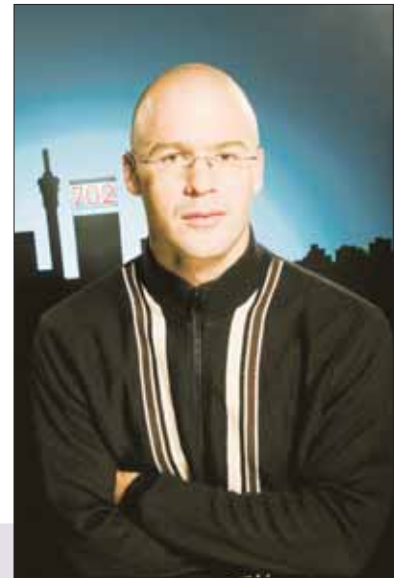


NIKIWE BIKITSHA

Nikiwe Bikitsha's foray into journalism began in 1997 as junior reporter at a Cape Town radio station. It was a turbulent time and Bikitsha, a quick learner, soon made a name for herself covering an array of news and political stories. As one of the first journalists on the scene at the Planet Hollywood bombing, Bikitsha covered the story for international networks such as BBC and CNN. In 2000, she arrived in Johannesburg and worked her way through the ranks at a commercial radio station, becoming a news editor and hosting talk and current affairs shows. She covered local, national and international elections and secured an exclusive interview with Winnie Madikizela-Mandela. In 2004, she followed President Thabo Mbeki around the country during the South African elections. In the same year, she joined SAfm as co-anchor with John Perlman of the highly regarded current affairs programme *AM Live*, broadcast from 5.30am to 9am. Bikitsha also began presenting SABC3's *Interface*. Recent highlights have included the Shabir Shaik judgement, an interview with Deputy President Phumzile Mlambo-Ngcuka and coverage of the Jacob Zuma rape trial. Bikitsha has such a demanding work life that she spends any spare time — a rarity — with her family. She is an avid reader and relishes the opportunity to read for her own enjoyment as opposed to always being swamped with research reading for work purposes. She says that, when you have to wake up at 4am every morning, sleep is a rare commodity, so whenever the chance presents itself she enjoys nothing better than a good snooze.



LUNCH SPOT
Allora, Sandton



LUNCH SPOT

Rainbow Sushi, Norwood

REGAN THAW

Though he dreamed of becoming a firefighter-ninja-mercenary-rock star-cosmonaut with great hair and a sharp wit while growing up in Kimberley, Regan Thaw grew up to be a radio journalist at Talk Radio 702. He started his career at Rhodes University, where he worked at Rhodes Music Radio during the National Arts Festival. After completing his degree at Rhodes, Thaw joined Johannesburg-based radio station Talk Radio 702, where he has worked for well over six years. He has become an expert in conflict reporting and investigative journalism in radio and has covered natural disasters in Sri Lanka, India and Pakistan, and human disasters in Sudan. Thaw also covered elections in Zimbabwe and he has reported on miscellaneous events in Mozambique and Lesotho. He has also done reporting for other Primedia — owner of Talk Radio 702 — companies such as 94.7 Highveld Stereo, CapeTalk and Kfm. Thaw is a freelance music writer for youth magazine *SL* and contributes to a popular BBC programme called *The World in Your Ears*.

BONGANI B NXUMALO



Bongani B Nxumalo has won the heart of Jo'burg with his quirky traffic updates on 94.7 Highveld Stereo, but his true appeal lies in his husky voice. Listeners got a taste of his musical talents on the station's morning drive show with the toothbrush tune, but Nxumalo had already taken the rest of the world by storm. He performed in Disney's acclaimed musical, *The Lion King*, in Los Angeles for more than three years. He then swapped California for Hamburg, Germany, where he spent a year performing in the Dutch version of *The Lion King*, *Der Koenig der Loewen*. While in Los Angeles, Nxumalo shared the stage with acclaimed musicians such as Hugh Masekela, Jonathan Butler, Lebo M, Kirk Franklin and Donnie McClurkin. He moved back to South Africa to realise his dream of recording an album.



LUNCH SPOT
Jonathan's, Buccleuch; Doppio Zero, Bedfordview

MANDY WIENER

Following up on her dreams to be the next MacGyver, Mandy Wiener works as a news reporter for Talk Radio 702. She cut her teeth on university radio at the former Rand Afrikaans University before joining Primedia at the end of 2004. Her first job in radio was writing the traffic for Highveld Stereo and her favourite music is the 702 news jingle. Wiener made the shortlist for this year's Vodacom Journalist of the Year for her reporting on the deaths of toddlers Khensani Mitileni and Makgabo Matlala. She lists the highlights of her career so far as being in the Johannesburg High Court when Jacob Zuma was acquitted of rape and in the Pietermaritzburg High Court when the corruption case against him was struck from the roll. She also names spending several weeks in the volatile township of Khutsong as exhilarating, while the death of Matlala is a story she will not forget. Wiener was one of the first reporters on the scene when Mitileni was shot and killed during a cash-in-transit robbery.



LUNCH SPOT
Rainbow Sushi, Norwood



UVEKA RANGAPPA



Uveka Rangappa is an afternoon-drive news anchor on Alex Jay's show on 94.7 Highveld Stereo. She started her career at the SABC in 1996 and worked at the broadcaster for almost five years before moving on to anchor the morning news programme *Newsbreak* on Lotus FM until 2001. During this time, she also wrote a column for community newspaper *Third Eye*. In May 2001, Rangappa joined the East Coast Radio team in Durban. She served as morning anchor on Daryll Illbury's breakfast show until March 2002. She also hosted a current affairs programme called *Newswatch in Focus*. After a year at East Coast Radio, she joined Talk Radio 702 as the drive-time news anchor on *The David O'Sullivan Show*. She also anchored breakfast news during the week on the morning show hosted by John Robbie. Among the stories she covered were features on post-war Iraq. Apart from her job at Highveld, she hosts *Rights and Recourse*, a live paralegal talk show with viewer interaction on SABC3.



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NONTYATYAMBO PETROS

Nontyatyambo Petros is a commissioning editor at the *Financial Mail*. People often call her Ntyaty, a tongue-saving trick she does not mind. She has an interesting pedigree: a black woman who went to the exclusive Mary Waters High School in Grahamstown before graduating in 1996 from Rhodes University with a joint honours degree in journalism and media studies and industrial sociology. She took a career detour after university, starting out as a copywriter with an advertising agency, followed by a stint at the National Research Foundation before entering the field of journalism. Petros joined *Business Day* in 2000 as an online news editor, then became a media reporter and finally a labour correspondent. She has presented papers at local and international conferences and, in 2002, took part in a United Nations Fellowship in New York. In 2004, she returned to Grahamstown to edit *Grocott's Mail*, becoming one of the first women editors of a newspaper in South Africa. After two years, Petros was back in Johannesburg, as projects editor at *Financial Mail*, before taking up her current position. She loves reading and travelling.



LUNCH SPOT

Tsunami Seafood Emporium, Rosebank



KOKETSO SACHANE

Koketso Sachane is a presenter with Heart 104.9FM in the Western Cape, but the popular radio personality started out as a volunteer on Bush Radio.

An interest in current affairs and local history led him to producing discussion programmes. In June 2000, he moved to P4 Radio (now Heart 104.9FM) as a news anchor. He presented the evening talk show *People of the Light* before moving to the 12pm to 3pm slot. He is well liked for his strong views and outspokenness on radio. The proud father of a five-year-old is a firm believer that young South Africans should grab all the opportunities available and not rely on the government to provide. His ambition is to establish himself in business endeavours in which his diplomas in public relations, business management and journalism will come in handy.



LUNCH SPOT

Ocean Basket, Kloof Street



LUNCH SPOT

Linger Longer, Sandton



REDI DIREKO

Redi Direko is the presenter of *The Redi Direko Show*, broadcast on Talk Radio 702 in Johannesburg and 567 Cape Talk in Cape Town. She conducts in-depth interviews with newsmakers and provides live analysis and discussion on a range of socio-economic issues that are making news. She promotes and stimulates public debate, engages listeners and interviewees and guides the tone and content of the show. Direko is passionate about the evolution of South African society and relishes any opportunity to interact with South Africans from all walks of life. Born in 1978 in Orlando East, Soweto, Direko started out at Network Radio News in 1997 before moving to Kaya FM in 1998 as a news anchor. She joined the SABC in 2000, where she worked for four years on programmes such as *Interface*. In 2004, Direko tried her hand at government communication for a year before returning to the private sector. Last year, she was the presenter and producer of the show, *Rights and Recourse*, and currently she pens a regular column for *City Press*.

UNATHI BATYASHE-FILLIS

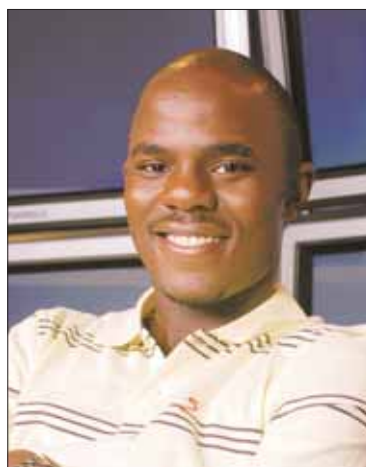
Unathi Batyashe-Fillis is a Kimberlite who swapped her hometown for Johannesburg a few years ago — and how she has sparkled. She is currently a journalist at Highveld Stereo, but also reports for stablemate 702's *Eyewitness News*. Before that, she was the co-anchor of a national government programme featuring the country's ministers and leading politicians, during the opening of Parliament in 2005. Batyashe-Fillis, who began her career at the *Diamond Fields Advertiser*, presents and co-produces *PSL Kings* and is the voice behind SuperSport's soccer programme, *Up the Bucs*. Together with her husband, Denzil Fillis, she is involved in translating the works of Brazilian writer Paulo Coelho into Xhosa and Zulu. The couple has a five-month-old daughter, Khanyi.



LUNCH SPOT

Moyo's, Melrose Arch; Nambitha, Soweto

THOMAS SIPHO MLAMBO



LUNCH SPOT

Yum, Greenside

Because of his accent, many people have trouble believing this SuperSport presenter was born at the Chris Hani Hospital in Soweto. He was informally adopted by his mother's boss and grew up in Greenside as part of a big, multi-coloured family — and he only learned to speak Zulu at the age of 10. He started off studying law, but then answered an ad for a sports presenter in 1998. Bitten instantly by the television bug, he became SuperSport's first black on-air presenter, working the graveyard shift. In 2000, Mlambo became the studio anchor for SuperSport's coverage of the African Nations Cup. Since then, he has been the main anchor for all SuperSport's football properties. He was also involved in the 2010 bid campaign and has interviewed most of world football's major officials, stars and political leaders such as Sepp Blatter, the president of Fifa. He is the joint owner of production house Wildcam T&R and produces shows such as *Up the Bucs*, the official Orlando Pirates football club television show.

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SIKI MGABADELE

Siki Mgabadele is passionate about economics. She anchors *Business @10*, *Interface* and *In the Public Interest* on SABC 3. On radio, she anchors SAfm's daily business programme *Market Update* and the Saturday edition of *Weekend AM Live*. After studying at Rhodes, she started her career in 2001 at the satellite business channel Summit TV as a reporter and part-time presenter. She left Summit TV to join the SABC as a producer and anchor on the public broadcaster's evening business programme, *Business Beat*. Mgabadele left the SABC to join eTV as their morning news anchor on *Morning Edition*. She moved back to the SABC to sub-anchor the financial markets slot on *Business Update*. In April 2006, Mgabadele was awarded the Telkom ICT Journalist of the Year award in the television category. She also received the Sanlam Financial Journalist of the Year in the television category in the same year.



LUNCH SPOT
Circle, Greenside



AFRICA MELANE

Africa Melane has been setting two alarm clocks for the past six months. That's when he became a producer on 567 Cape Talk's prime *Breakfast Show*. Despite having to forsake a little of his social life to hit the sack early, Melane keeps in touch and up to date. The young accountant-turned-media-personality will take you on about any topic, from rugby to Tantric breathing to the best home-cooked lamb shanks. Oh, and he has not forgotten how to juggle balance sheets either. Despite all this, the Gugulethu-born Leo remains modest. It will take some prying before he admits to having featured in Leon Schuster's blockbuster *Mama Jack*. From celluloid to the airwaves, Melane has also charmed the old school during the *Solid Gold* afternoons, simulcast on 567 Cape Talk and Talk Radio 702. This social butterfly is also a social activist with a passion for HIV/Aids awareness education. For two and a half years, Melane held compulsory workshops for the University of Cape Town's first-year health sciences students. He took the programme into local township communities at the request of youth groups and various churches. Lavish breakfasts are off the agenda, given his working hours, but food is still a priority. From cooking at home for friends and family to checking out the latest among Cape Town's eateries, Melane likes to dig in.



LUNCH SPOT
Madame Zingara's, Cape Town

TSEPISO MAKWETLA

Tsepiso Makwetla is a co-anchor of SAfm's *AM Live* flagship current affairs programme together with Jeremy Maggs. She presents the Sunday edition of *Weekend AM Live*, which includes in its three hours the popular *Editors* programme. The 30-year-old has almost 13 years of experience in broadcasting. She began her career in 1995 with a stint on community radio at Cani FM. She studied computer programming at Witwatersrand Technikon while receiving broadcast training at Talk Radio 702, and was approached by 94.7 Highveld Stereo in 1996 to work as a trainee reporter. She changed gear in 2001 and joined SABC3 TV news, co-hosted SABC Africa's evening flagship current-affairs programme *60 Minutes Live in Africa* before returning to SAfm. She is an ambassador for the Differently Abled, an organisation that raises funds for those with different abilities.



LUNCH SPOT
Kai Thai; The Meat Co; Trade Winds at the Hilton in Sandton



DAMON STAPLETON



LUNCH SPOT
Overflow, Greenside

Damon Stapleton is executive creative director at TBWA Hunt Lascaris and was formerly creative director at TBWA Gavin Reddy. He has a string of awards to his name, including the D&AD Yellow Pencil, One Show Pencils, Cannes Gold Lions, Pendering Grand Prix, a Loerie Gold and the Loerie Grand Prix. He has worked on accounts such as Heineken, Nissan, Exclusive Books, Yfm, Jameson, BMW and the Apartheid Museum. Before joining TBWA Gavin Reddy, he spent six years as a photographer for publications such as *British Vogue*, *The Face*, *Marie Claire* and *Elle*. In addition to his photographic achievements, he has published short stories and magazine articles. Stapleton studied photography at Natal Technikon and film directing at Afda. Before all this, he attended about 15 schools around the world and is proud that he was only expelled twice.

GRANT NASH

Grant Nash is a presenter at 94.7 Highveld Stereo. He started his career at the University of Pretoria campus radio station Tuksfm, where he worked until 2006. He was the co-presenter and producer of a talk show called *Flush* and also presented the sports programme, *The Touchline*. He then became a presenter and producer on *The Rock 'n' Roll Morning Show* on Tuesdays as well as the *Drive Show* in the afternoons. On Saturdays, he produced and presented the *Tuksfm Top 40*. In 2006, Nash moved to 94.7 Highveld Stereo and became a co-presenter and producer in the 7pm to 10pm slot, which is focused on the youth market. He also presents the *Top8 @8*. Nash was once embarrassed by his domestic worker on radio and considers himself a killer Tetris player. When he is not appearing on radio, he lectures on radio broadcasting at the Boston Media House. He holds a bachelors degree in language from the University of Pretoria.



LUNCH SPOT
Tashas, Atholl Square, Sandton



MEDIA & ADVERTISING



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WARREN GOLDSTEIN

Dr Warren Goldstein is the chief rabbi of South Africa and is believed to be the youngest chief rabbi in the world. He has a BALLB from Unisa and a PhD from the University of the Witwatersrand law school. He has been admitted as an advocate of the High Court of South Africa and has published a number of legal academic articles. Goldstein is a member of the executive of the National Religious Leaders' Forum (NRLF). He co-authored *African Soul Talk: When Politics is Not Enough* (Jacana Media) with Dumani Mandela, former president Nelson Mandela's grandson. The book comprises the published account of email correspondence between the authors as they build a common vision by two South Africans from very different backgrounds. In his inaugural address, Goldstein called for a Bill of Morals for South Africa. He is currently working with the NRLF and the Moral Regeneration Movement on this project to provide a document that would be recognised officially as containing the common moral principles of the vast majority of South Africans.



LUNCH SPOT

Any kosher restaurant



LEIGH MEINERT



LUNCH SPOT

Mimi's, Observatory

Leigh Meinert is a member of the Unitarian congregation in Cape Town, where she serves on the church council. She is co-founder and executive director of the Tertiary School in Business Administration (TSiBA), which offers a free course that culminates in a bachelor of business administration degree conferred by Unisa. "Our students don't pay back," she says. "They pay forward through the transfer of the skills they have learned, through civic engagement and through social responsibility." She was instrumental in founding TSiBA as a non-profit facility in 2004 and it opened its doors to students the following year. Meinert has a bachelor's degree in value and policy studies. She says that, with the help of the University of Cape Town's deputy vice-chancellor, Professor Martin Hall, who is the chair of TSiBA's Academic Advisory Council, she and her colleagues have also designed a relevant curriculum for subjects including entrepreneurship, self-development and leadership. TSiBA is funded by private-sector corporate partners and lecturers provide their services for free. Books and study materials for the students are largely sponsored.

UPKAAR MUNGAR

Upkaar Mungar was born in Durban into a family strongly committed to the reformed tradition within Hinduism. He explains that the reform movement in Hinduism is comparable to the Reformation brought about by Martin Luther in Christianity — a reversion to the sacred texts and the first principles of the religion. A victim of forced resettlement, Mungar grew up in Chatsworth under the shadow of apartheid, but it was a bracing experience that indelibly stamped him with the desire to implement his faith in practical ways. "I follow the Hindu principles described by the words *Arya Samaj*, which mean 'noble society'." Among other things, this calls on the individual to subordinate him or herself to the well-being of society. Mungar graduated in law from the University of Durban-Westville and then won a scholarship that allowed him to study for a master's degree in international relations in India. On his return to South Africa, he joined the Lawyers for Human Rights group and worked specifically on the rights of refugees in South Africa. He is currently the attorney for the Centre for Child Law, an NGO housed at the University of Pretoria. Mungar is dedicated to promoting the rights and interests of South African children.



LUNCH SPOT

Cafe 41, Groenkloof

NATALIE SIMONS



At 29, Natalie Simons is the youngest female priest in the Church of the Province of Southern Africa, which spreads over six Southern African countries. She serves in the St Andrew's Anglican church in Newlands, Cape Town. Simons has a master's degree in theology from Stellenbosch, where she specialised in pastoral care and counselling. Her particular passion is for interfaith dialogue and she participates in an interfaith group with Jews and Muslims. Simons is the coordinator of a programme responsible for sending 12 young South Africans to a two-week interfaith camp in New York once a year. In Cape Town, she helps to run meetings of up to 50 senior schoolchildren at a time, the purpose of which is to help them "learn to live together with difference". She also helps to run Hope Africa, the developmental arm of the Cape Town diocese that exists to alleviate poverty, educate and train, and help create self-sustaining communities.



LUNCH SPOT

Chai-Yo, Cape Town

ODWA GONYA

Odwa Gonya is a young man from Butterworth in the Eastern Cape who is making a big contribution to youth leadership within the Anglican Church. Gonya studied human resource management at Pentech and now works for the church full-time in Cape Town. He has served for three consecutive years on the executive of the Anglican Students' Federation (ASF), including two years as chair of its Western Cape region. Currently, he is the coordinator of the affairs of the ASF for the Church of the Province of Southern Africa. Besides South Africa, it covers five other regional countries and has a membership of about 2 500 students. His vision? "To fight poverty and unemployment by ensuring that everyone with skills or experience transfers them to the unskilled and the inexperienced." His current challenge is to organise this year's ASF congress and his goal is "to challenge students to move out of their comfort zones and begin addressing the needs on the ground of fellow South Africans who need help".



LUNCH SPOT

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SPIRIT



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30 100 Young South Africans you must take to lunch



PIETIE COETZEE

Pietie Coetzee became the youngest player to be selected for the South African women's hockey team at the age of 16 and has established herself as one of the best strikers in world hockey. Born in Bloemfontein in 1978, she attended Oranje Meisieskool and later completed a degree in psychology at the University of Johannesburg. Fast approaching the 200-cap mark, Coetzee has represented South Africa at two Olympic Games (2000 and 2004), two World Cups (1998 and 2002), two Commonwealth Games (1998 and 2002) and three All Africa Games (1995, 1999 and 2003). Renowned for her lethal drag flick, she has scored an impressive 193 goals in her 194 games for the national side. Coetzee missed the Commonwealth Games in March because of a knee injury, but she is sure to add many more goals to her total at this year's World Cup in Spain at the end of September. Among her accomplishments is twice finishing as top goal scorer in the Dutch Hockey League, where she played for three seasons. Coetzee currently works as head hockey coach at the University of Johannesburg.



LUNCH SPOT

Yum, Greenside

MAKHAYA NTINI

Makhaya Ntini may have had a disappointing ICC World Cup in the West Indies, but he remains one of South Africa's best-loved sportsmen. His emergence as the first black player to represent South Africa at international level has seen the profile of cricket being raised immeasurably in what is chiefly a soccer-mad country. Hailing from the Eastern Cape village of Mdingi, Ntini developed his cricket talent while on a scholarship at Dale College in King William's Town. He was selected for the national squad to tour Australia in 1997 and made his international debut early in 1998, also making his Test debut later that same year. In 2003, images of Ntini kissing the pitch were beamed around the world after he became the first South African to take 10 wickets in a Test at Lord's, a feat achieved by just nine other bowlers in cricket history. He topped that with 13 wickets for 132 runs against the West Indies in Trinidad in 2005, the best figures to date by a South African bowler in a Test match. Since then, the 29-year-old has passed many other milestones, one of which was becoming only the third South African to take 300 Test wickets, when he dismissed Pakistan's Mohammed Sami earlier this year.



LUNCH SPOT

Mugg & Bean, Vincent Park



SCHALK BURGER JNR

With his unmistakable shaggy blond hair, Schalk Burger is one of the most recognisable players in world rugby, especially after scooping up the coveted IRB Player of the Year award in 2004. Burger was born in Port Elizabeth in 1983 and is the son of former Springbok player Schalk Burger Snr. The Stormers flank made his Springbok debut against Georgia in 2003 and since then he has notched up a total of 25 caps. Just 24 years old, Burger is undoubtedly a player with a big future ahead of him.

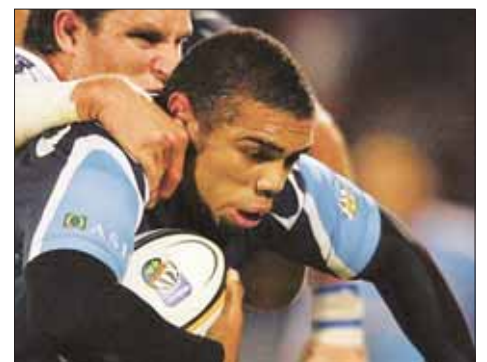


LUNCH SPOT

Cafe Caprice, Camps Bay

BRYAN HABANA

A measure of the talent Bryan Habana possesses is that, after his debut season with the Bulls in 2005, the Johannesburg-born wing was handed the SA Rugby Player of the Year, SA Super 12 Player of the Year and Try of the Year awards. Born in 1983, Habana attended King Edward VII School in Johannesburg and represented the Lions at under-16, under-19 and under-20 level. He also played in the SA Sevens side and the SA under-21 side, before making his debut for the Springboks in November 2004 at Twickenham, where he scored a try. Known for his incredible speed, Habana was recruited by the Bulls in 2005 and has continued to impress as an excellent reader of the game. His ability to be in the right place at the right time has seen him developing into one of the country's most promising talents.



LUNCH SPOT

Pachas, Pretoria

ROLAND SCHOEMAN

Never far from the spotlight, whether it is for his ongoing battles with Swimming South Africa, turning down multimillion-dollar deals to change nationality or for becoming the fastest man on the planet in the water, Roland Schoeman's is a name that South Africans have come to know well in the three years since he brought home gold, silver and bronze from the Athens Olympics in 2004. Born in Pretoria but based in Arizona, Schoeman took up swimming at the age of 16 to impress a girl. Much has happened since then, with the 26-year-old boasting three Olympic medals, three World Championship titles and multiple national, continental and world records. Schoeman still holds the short-course 50m and 100m freestyle world records (the latter shared with Ian Crocker) and long-course 50m butterfly world record. After a somewhat disappointing performance at the World Championships in Melbourne earlier this year (one gold in the 50m butterfly as opposed to two golds, a silver and two world records at the last World Championships in 2005), he is eager to get back on to the top of the podium in Beijing next year.



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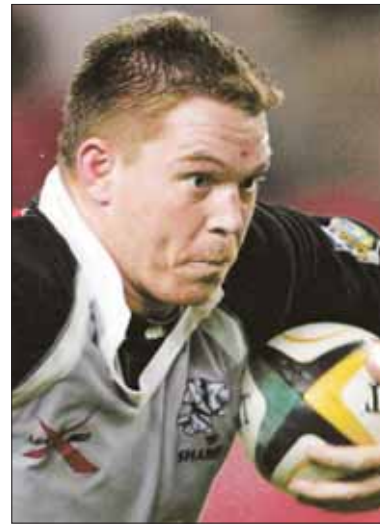
CHARL SCHWARTZEL

South Africa has certainly had no shortage of top-notch golfers over the years. Yet another to have joined those ranks in recent years is Vereeniging-born Charl Schwartzel. The 22-year-old claimed one of his most significant victories to date by winning the Spanish Open in April after carding a final round of 67 (thanks to a 15-foot putt for an eagle at the 16th hole) to edge out Jyoti Randhawa by one stroke. After an impressive amateur career, Schwartzel became the second youngest South African (after Dale Hayes) to turn professional, at the age of 18. The 2004/05 season saw him winning the Dunhill Championship in South Africa and earning himself top spot on the Sunshine Tour's Order of Merit, a feat he repeated in the following two seasons. Having won last year's Vodacom Tour Championship, the promising young player moved into the top 100 of the official world golf rankings, where he has steadily been working his way upwards and towards a top-40 placing. With yet another top spot in the Sunshine Tour Order of Merit this year, Schwartzel moved on to his successful campaign at the Spanish Open.



LUNCH SPOT

Any good restaurant



JOHN SMIT

In 2004, John Smit became the 51st man to captain the Springboks, having made his debut in the side two years earlier. Born in Polokwane in 1978, he attended Pretoria Boys High, where he was head boy and achieved rugby success from a young age. Smit rose steadily through the ranks, representing Northern Transvaal at Craven Week in 1995/96, South African schools in 1996, South Africa under-21s from 1997 to 1999 and then, eventually, the national team. Since then he has emerged as one of the more successful Springbok captains, managing to win 22 of the 35 games he has played as captain. In 2004, Smit led the side to their first Tri-Nations victory since 1998 and has also enjoyed success captaining the Sharks side. The Durban-based hooker is married with two children and is known for superstitiously wearing only black underwear during matches. Smit has signed with French club Clarmont, a position he will take up after the 2007 World Cup.



LUNCH SPOT

Europ, Umhlanga



LOOTS BOSMAN

Probably best known for his exploits in Twenty20 cricket, Loots Bosman could be the man to watch when the inaugural World Championship in the shorter form of the game takes place on home soil later this year. Born in Kimberley, Bosman is renowned for his flamboyant batting style, which is ideal for packing on the runs early in a game. He has had a few chances in one-day internationals (having been included in the South African squad for the Champions Trophy and the World Cup, but not being used in the team on a regular basis), but it is as an opener for his franchise side in Twenty20 games that he has really shone. Bosman made his debut for Griqualand West in 1997 and later moved to the Free State Eagles. It was for the Eagles that he scored the fastest 50 (off 22 balls) in the Standard Bank Pro20 series against the Highveld Lions last year. He was named player of the series that same year after also becoming the first batsman to score a century in the series, off just 43 balls.



LUNCH SPOT

Anywhere that serves good food

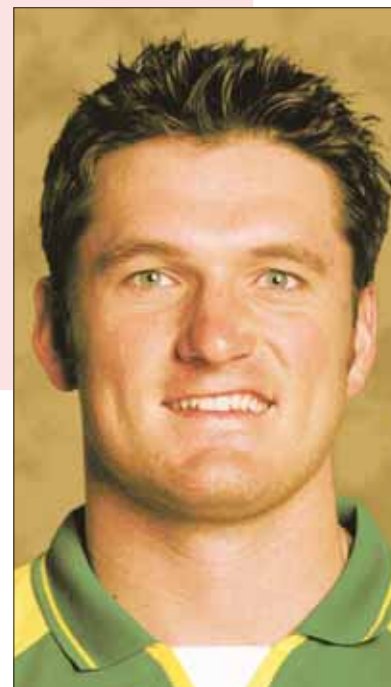
LIEZEL HUBER

In a sport that has produced many a champion for South Africa in the past but has gone quiet of late, Liezel Huber remains one of the few to fly the South African flag at the top of the world's tennis rankings. Born in Durban in 1976, Huber is based in the United States, where she lives with her husband and coach, Tony. She started playing tennis at the age of five and enjoyed much success at a local and national level. She has since excelled in the professional doubles circuit, teaming up with Zimbabwe's Cara Black to win the women's doubles title at Wimbledon in 2005. Later that year, she was named as the South African Sportswoman of the Year. A career-threatening knee injury picked up just five days after her Wimbledon victory ruled her out of competitive tennis for several months, but a remarkable recovery saw her once again joining Black on the court to take the Australian Open doubles title earlier this year — the pair's 19th major victory to date. Huber represented South Africa in the Federation Cup in 2003 and at the Olympic Games in 2000. In 2005, she set up a foundation called Liezel's Cause to raise funds for the victims of hurricane Katrina.



LUNCH SPOT

Anywhere serving Mexican food



GRAEME SMITH

It has been an up-and-down few years for Graeme Smith and, following a rather shaky World Cup campaign and that embarrassing semifinal disintegration, there have been calls for his resignation. But that should not detract from the Johannesburg-born left-hander's exploits with the bat since his Test debut back in 2002. Having had the captaincy of the team thrust upon him in 2003 at the age of 22, Smith took the massive responsibility in his stride, scoring double centuries in consecutive Tests during South Africa's tour to England. In 2004, he was named Wisden Cricketer of the Year. But perhaps the innings for which he is best remembered is his 90 off 55 balls (in a partnership of 187 with Herschelle Gibbs), which set the platform for South Africa's memorable 438-run chase to defeat Australia 3-2 in a one-day international series in March last year. Smith is known for his frosty relationships and verbal exchanges with several international players, but many put this down to his passionate determination to succeed. Despite his team's pitiful exit from the recent ICC World Cup semifinal, Smith would not be too disappointed with his performance at the tournament, having scored four consecutive half-centuries at the start of the competition.



LUNCH SPOT

Pigalle, Greenpoint

SPORT





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GERHARD ZANDBERG

It was as a plucky 20-year-old that Gerhard Zandberg first made headlines as the only South African to bring home a medal from the 2003 World Swimming Championships in Barcelona — he took the bronze in the 50m backstroke. Since then he has had to stand back to the likes of bigger stars such as Roland Schoeman and Ryk Neethling. But in April this year he was back on the podium and this time he was on top, claiming the 50m backstroke gold at the World Championships in Melbourne. Melbourne's pools have been a happy hunting ground for the Pretoria resident who, just a year ago, joined Schoeman, Neethling and Lyndon Ferns to win gold for South Africa in the 4 x 100m freestyle relay at the Commonwealth Games. He also claimed a bronze medal in the individual 50m backstroke in the same competition and holds the South African and African records in the 50m and 100m backstroke events. Zandberg trains under national coach Dirk Lange at the High Performance Centre in Pretoria and acts as coach and mentor to several younger swimmers. Only 24 years old, it seems there is plenty still to come from the national, continental and now world champion.



LUNCH SPOT

Indigo Mood,
Pretoria



SUZAAN VAN BILJON

After women's swimming in South Africa experienced a bit of a dry spell since the glory days of Penny Heyns, it came as a pleasant surprise to see another promising breaststroker on the horizon. Suzaan van Biljon generally does not like to be compared to the double Olympic gold medalist but, considering that she swims the same events, the comparisons are inevitable. At the age of 19, Van Biljon has yet to compete at the Olympic Games, but she earned her place in Swimming South Africa's elite squad by reaching the finals of the 100m and 200m breaststroke at the 2005 World Championships. Two years later, at the World Championships in Melbourne, she reached the final of the 200m breaststroke once again and just missed out on a medal, finishing in fourth place. Medal rostrums are not unfamiliar to the Pretoria teenager, however, having picked up three medals at the Commonwealth Youth Games in 2004, a bronze medal at the Commonwealth Games last year and a gold at the Pan-Pacific Championships later that same year.



LUNCH SPOT

Ocean Basket;
Cappachinos

NATALIE DU TOIT

Natalie du Toit needs little introduction. The number of accolades she has accumulated continues to mount and yet she is still tirelessly in pursuit of the one that has thus far eluded her: representing South Africa against able-bodied swimmers at the Olympic Games. After representing the country at the Commonwealth Games in Kuala Lumpur at the age of 14, Du Toit lost her leg after a motorbike accident on her way back from training in 2001. Determined not to let anything get in her way, the Capetonian was back in the water competing just 124 days later. The following year, she was back in South African colours, winning two golds in disabled events and reaching the able-bodied final of the 800m freestyle at the Commonwealth Games in Manchester. Since then she has collected five Paralympic golds and a silver medal and has racked up so many world records she must have lost count by now. Du Toit spends her spare time travelling the country as a motivational speaker and recently published her autobiography, *Tumble Turn*. She received the first-ever David Dixon Award in 2002 — presented to the most outstanding athlete at the Commonwealth Games — and has been nominated for the Laureus World Sportsman of the Year award for athletes with a disability.



LUNCH SPOT

Primi Piatti,
Constantia
Village

MAHLATSE "CHILIBOY" RALEPELLE

Mahlatshe "Chiliboy" Ralepelle made history last year by becoming the first black player to captain the Springboks. The fact that it was for an irrelevant match against the World XV was somewhat disappointing, but the Bulls hooker made the most of the opportunity. The 20-year-old Ralepelle is certainly no stranger to captaincy, having led the South African under-19 side to victory in the 2005 IRB U19 World Championship and the South African under-21-side to the final of last year's IRB U21 World Championship. He had previously played in the South African Schools side at the age of 16 and made his senior provincial debut for the Bulls in 2005. Despite his obvious potential, Ralepelle has spent a significant amount of time on the bench since being chosen for the Springbok squad for last year's Tri-Nations. He eventually made his first appearance in the series in his native Pretoria. He was included in the end-of-year Northern Hemisphere tour and played in the second Test against England before being named captain for the final match.



LUNCH SPOT

Any place
serving
good pasta
and a juicy
steak



BABALWA NDLELENI-RAMATLAPO

When the South African Weightlifting Federation visited young Babalwa Ndleleni's school in Crossroads, they could surely not have known they were introducing a medalist in the making to the sport that would eventually see her named South African Sportsman of the Year in 2006. After taking up the sport at high school and excelling in national competitions, Ndleleni-Ramatlapo took part in her first Commonwealth Games last year, ranked 16th and 22nd in her respective categories. She left Melbourne with a bronze medal, becoming the first black South African woman to win a medal in weightlifting. This achievement, which saw her lifting 78kg in the snatch and 104kg in the clean and jerk, catapulted the Gugulethu nursery school teacher into the limelight. As she strives towards qualification for next year's Olympic Games, she hopes to inspire other women in her area to take up the sport. On her return from the Melbourne Games, Ndleleni-Ramatlapo was awarded a high-performance scholarship programme by the Western Cape minister for cultural affairs and sport.



LUNCH SPOT

Nando's





LUNCH SPOT

Panarotti's

JUSTINE ROBBESON

Justine Robbeson first appeared on the international stage as a heptathlete, winning gold in that event at the World Junior Championships in Grosseto, Italy, in 2004. Since then, the Benoni-born athlete has decided to specialise in the javelin. Robbeson eclipsed Sunette Viljoen's African record with a throw of 62,8m in June last year and was later named as South Africa's female athlete of the year for 2006, having thrown further than 60m five times in the European season, winning the African Championships in Mauritius and then going on to represent the continent at the World Cup in Greece. She came home from that event with a bronze medal. This year has also been a good one for the 22-year-old North West University student, who has exceeded the 60m mark in every competition so far, including the South African Championships and the South African Student Championships. Her next aim is the 2007 World Championships in Japan, where she may be on target for a top-five finish if the previous World Championship results, in 2005, are anything to go by.

MARSHA MARESCIA

She may be only 24 years old, but with more than 100 caps to her name, the captain of the South African women's hockey team is one of the most experienced players in the side. Those who do not follow women's hockey too closely may recognise her name from when she graced the pages of *SA Sports Illustrated* a few years back, but it is her exploits in the midfield for which she deserves recognition. Being a player of colour, Marescia's mother was never afforded the opportunity to represent South Africa. But the young player was determined to make it, having started playing hockey at the age of nine. She rose steadily through the ranks, first making it into the Natal team (she played softball at provincial level in primary school) and then the South African under-20 side for the junior World Cup. In 2001, Marescia was selected for the senior national side and has now represented the country at two World Cups, two Commonwealth Games and the Olympics. She took over as captain last year after Lindsey Carlisle retired and will lead the side in this month's four-nations tournament against Ireland, Scotland and Germany in Dublin.



LUNCH SPOT

Any good pizza spot



KABAMBA FLOORS

He has played only one Test for the Springboks, but thanks to his impressive form for Free State and the Cheetahs (and a mop of peroxided hair), Kabamba Floors has become one of the most recognisable faces in South African rugby. Born in Oudtshoorn in 1980, Floors's regular position is as a loose forward. He has represented and captained the South African team in Rugby Sevens. At the end of last year, the speedy Floors received what many described as a belated Springbok call-up and made his debut in the Springbok's 25-14 victory over England at Twickenham. He then flew straight to Dubai where he was co-captain of the South African side that won the first tournament in the IRB Rugby Sevens series — the South Africans came back from 0-12 down at half-time to defeat New Zealand 31-12. Ever the popular player on the field, Floors was the Currie Cup Players' Player of the Year in 2006.



LUNCH SPOT

No restaurant beats braaivleis

MBULAENI MULAUDZI

A consistent top-five finisher in the world 800m rankings, this athlete from Limpopo has plenty of accolades to show for his efforts. In 2002, he took Commonwealth Games gold in Manchester and left the World Championships in Paris the following year with a bronze medal. That was also the year he set his personal best time of 1 minute 42,89 seconds, just 0,2 of a second off Hezekiel Sepeng's national record set in 1999. But it was 2004 that produced the highlight of Mulaudzi's career to date. He produced a gold medal-winning performance at the World Indoor Championships in Hungary and then, despite being hampered by illness and injury in the build-up to the 2004 Olympics, claimed a silver medal in Athens after a thrilling duel with Russia's Yuriy Borzakovskiy in the finishing straight. Last year, the 26-year-old star successfully defended his World Indoor Championships title, but an injury ruled him out of doing the same at the Commonwealth Games a few weeks later.



LUNCH SPOT

Nando's



FRANCOIS STEYN

It took Francois Steyn just 10 matches in a Sharks jersey to catch the eye of Springbok coach Jake White, who included him in the South African squad to tour Europe at the end of last year. Born in Aliwal North, Steyn played for the Free State under 18s in Craven Week before heading to the Sharks Academy. He captained the South African under-19 side at the IRB World Championship and was later named South African under-19 player of the year. After being handed the Springbok jersey last year, the young flyhalf, who has just turned 20, scored during his debut game. Playing on the left wing, he scored a try against Ireland and was then moved to fullback for the next match against England, where he scored a long-range drop goal. With the World Cup in France looming, opposing sides are sure to see plenty more of the promising youngster.



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LUNCH SPOT

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OSCAR PISTORIUS

Dubbed "the fastest thing on no legs", Oscar Pistorius is to athletics what Natalie du Toit has been to swimming. But unlike Du Toit, Pistorius has never known what it was like to have two legs. He was born without fibulas and had both legs amputated before his first birthday. Determined that this wouldn't stand in his way, Pistorius went about life as normal and played rugby, water polo and tennis at Pretoria Boys High. It was a knee injury sustained during a rugby game that led him to the athletics track, where he would go on to break an incredible 26 world records. He was the first athlete with a disability to be invited, in 2005, to a Grand Prix meeting in Helsinki to compete against able-bodied athletes. His desire to compete at the Olympic Games against able-bodied athletes was boosted when he won a silver medal in the 400m at the South African National Championships earlier this year.



LUNCH SPOT

The Famous Butcher's Grill

JACQUES KALLIS

Jacques Kallis's performances at the recent ICC World Cup are testament to his pedigree. There is good reason the right-handed batsman from Cape Town is rated as the world's top all-rounder in Test cricket. His figures are hugely impressive. Kallis made his Test debut in December 1995 and his one-day international debut the following month, soon securing the crucial number three spot in the batting line-up and doing some serious damage with his right-arm, fast-medium bowling. With his methodical batting and deceptive bowling, Kallis became the only cricketer to date to have scored 8 000 runs and taken 200 wickets in one-day internationals and Test cricket. In 2005, he was named ICC Test Player of the Year and ICC Player of the Year (an award he shared with England's Andrew Flintoff) after becoming the third man in history, along with Donald Bradman and Mohammad Yousuf, to score five centuries in consecutive Test matches.

SHAUN RUBENSTEIN



LUNCH SPOT

Spaghetti bolognese at home

Born in 1983, Shaun Rubenstein was South African age group champion in both judo and triathlon while growing up. But once he had tried his hand at canoeing, there was no going back. The Johannesburg paddler has competed in all forms of the sport and is now focusing on representing South Africa in sprint canoeing at next year's Olympic Games in Beijing. He has dominated at a national level, winning all the K1 sprint races except the 200m at this year's sprint championships at Nagle Dam. But his greatest achievement to date has been winning the World Marathon Championships in September last year in the K1 category — and then going on to take silver at the same competition in the K2 with partner Shaun Biggs. Rubenstein had also previously paddled his way to a bronze medal at the World Marathon Championships in 2001. Last year, he made it into the highly competitive 1 000m K1 final, where he finished eighth overall.



LUNCH SPOT

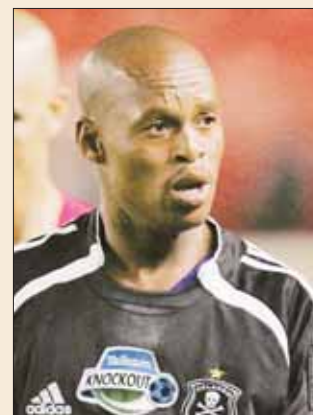
Ciao Baby Cucina

ODETTE RICHARD

Odette Richard has risen to claim the title of national champion in rhythmic gymnastics on several occasions. In a sport relatively new to South Africa, the young gymnast was crowned junior national champion in 2001 and then again in 2002, when she also became African champion. She was competing on the world stage by 2003, having been selected to represent South Africa at the World Championships. The following year she collected one silver and five gold medals at the African Championships. She went on to take three silvers and a bronze at the junior Commonwealth Games. In 2005, the national champion was put forward as a finalist for the SABC's South African Sportswoman of the Year award. Richard retained both her national and continental titles in 2006 and travelled with the South African team to Melbourne to compete at the Commonwealth Games. She is currently training to qualify for the 2008 Olympic Games in Beijing.

JABU MAHLANGU

Love him or hate him, there is no denying Jabu Mahlangu (formerly Pule) has heaps of talent. Born in Daveyton in 1980, Mahlangu represented his country at the Olympic Games in 2000 and at the 2002 World Cup. His contract with Kaizer Chiefs was not renewed in 2004 and Austrian club SV Mattersburg also soon lost patience with Mahlangu after he crashed his car while drunk. It was a similar story at Supersport United, before the hugely talented midfielder found a place with Orlando Pirates last year. He also changed his name from Pule to Mahlangu, the name of his late father, during this time and he seems to be back on the straight and narrow. Many now tip the 26-year-old to make a reappearance in national colours, should he manage to impress new national coach Carlos Parreira.



LUNCH SPOT

Anywhere the food is good



MICHAEL MBANJWA

Michael Mbanjwa's life course changed when he stopped on his way to a soccer game to watch the paddlers on Nagle Dam. Before long, he had been invited by legendary development canoeing coach Robert Lembethe to join his group for training. Within 10 years, he became the first black paddler to win a stage of the Dusi Canoe Marathon and finished in second spot overall. Born in Cato Ridge in 1983, Mbanjwa moved to Gauteng a few years ago to coach canoeing and focus on the sport full time. Known for his phenomenal running speed, the first day of the gruelling Dusi course is one that suits him well. It seems to be just a matter of time before he reaches his ultimate goal of finishing on top of the podium for the three-day race, a position he found himself in earlier this year with Martin Dreyer after they won the Non-Stop Dusi in a K2 boat.



LUNCH SPOT

Anywhere with good food

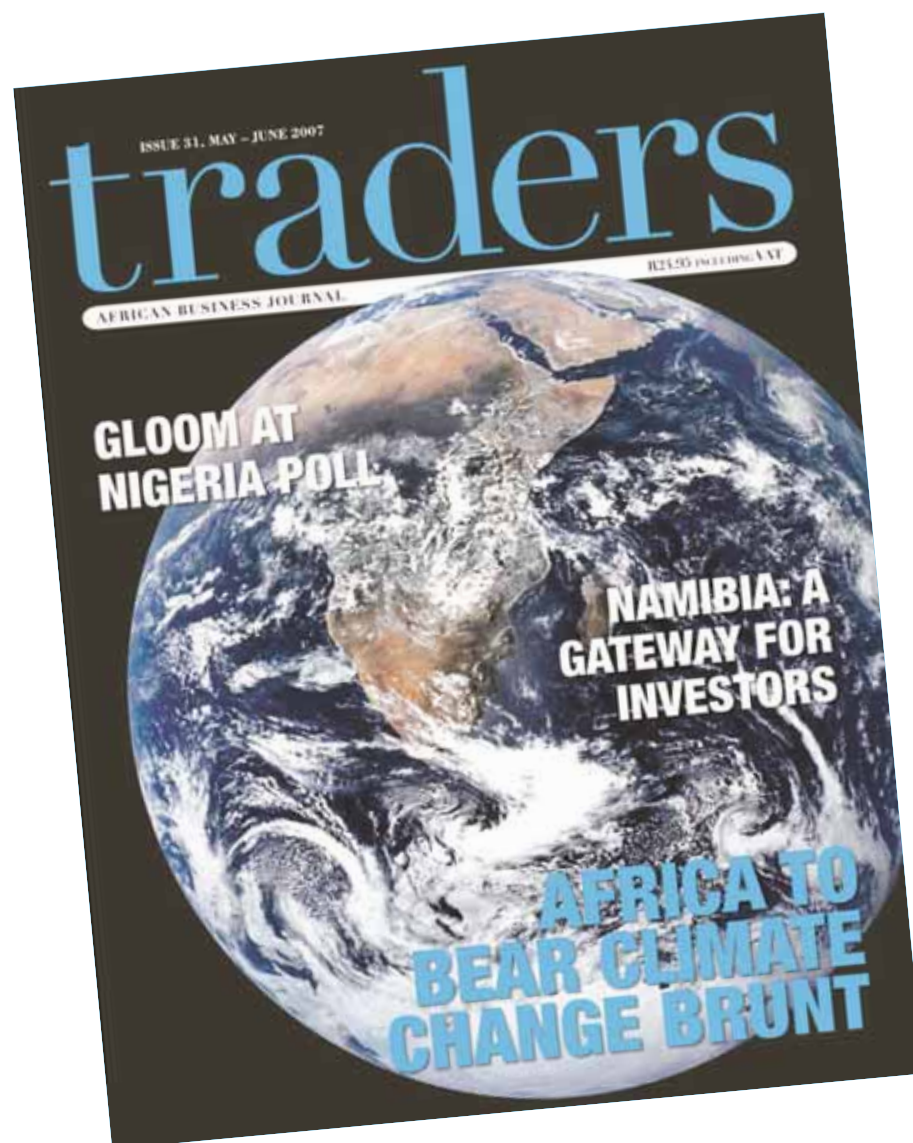
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