

Kas'lam [] No:1 Entertainment & Lifestyle Magazine

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MAY 2018

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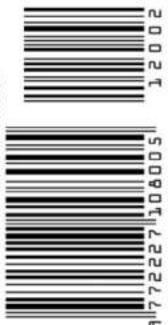
T A D O W

MIASEGO



#FASHION #ENTREPRENEURSHIP #MUSIC #FOOD #BEAUTY #CARS #MOVIES

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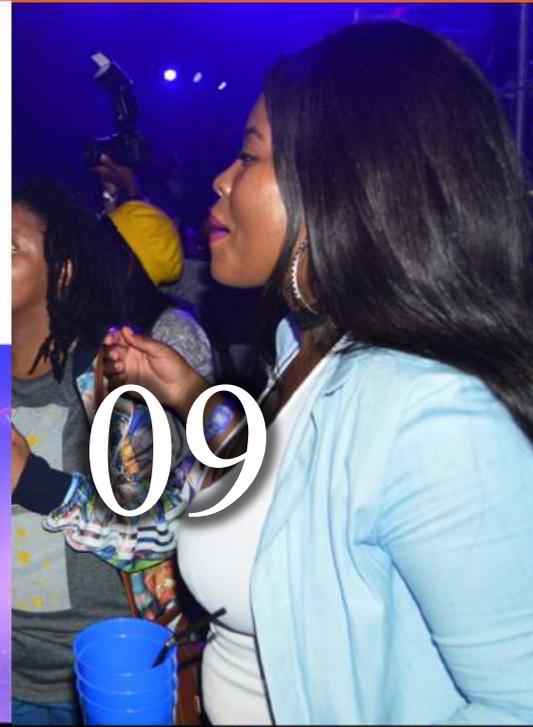
Click Or Tap to Skip to page



17

Cover: Masego is one rare talent who has changed the way millennials view contemporary jaz. a musical genius who is taking on the world. (Page 17)

One Source Live
2018
(08;09)



09

08



His goal is to change people's lives and lead by example –VUYO

13

We bid farewell to one of South Africa's Entertainment prodigies



36



11

FASHION

Check out the coolest way to liberate your wardrobe by RuffCart

25

I honestly feel like our country is doomed because we are the future but most of the youth is just ignorant and clueless about a lot of things
Kelebogile... (12)



28

MOVIE OF THE MONTH

HOW TO MAKE A LONG DISTANCE RELATIONSHIP WORK (22)

FOOD AND **34**
Wine

Benefits of biltong



Surprise dream location

32

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MAY HIGHLIGHTS

AKHUMZI LEAVES FANS AND LOVED ONES IN TEARS

Former YoTV presenter Akhumzi Jezile has died, the former YoTV and Tempy Pushas star was apparently killed in a car accident on Saturday (28 Saturday) morning near Queenstown. Family members of singer Siyasanga Kobese and actor Thobani Mseleni also have confirmed to TshisaLIVE the two died in the car crash that claimed the lives of five people, including former YoTV presenter Akhumzi Jezile. Police have confirmed that a case of culpable homicide has been opened. It's understood there was a head-on collision on the N6 near Queenstown. All five people, including Kobese, Mseleni and Jezile died. The people in the other car were unscathed.

"I went to the scene yesterday but I couldn't stay there for an hour. It was bad. All of them had injuries on their heads. All of them. I saw my daughter's feet. She is my child. I recognised her by her feet. This is bad. This is bad," said Pastor Norman Kobese about his daughter Siyasanga. Mkhize said Jezile was on his way to attend his grandmother's funeral and it's believed the two other personalities were in the car to get a lift to visit family for the long weekend.



RIKY RICK NOT IN THE RIGHT PLACE MENTALLY

After performing at Back to the City this past weekend, Riky took to social media to announce the performance would be his last for a while.

"Friends and family, I apologize sincerely to everybody who will be effected but I am not in the right place mentally to continue doing shows or anything that involves leaving my children. I am taking time to find my faith before I lose the connection with the people I love the most," he wrote. Being a "celebrity" its difficult to tell people I aint feeling well. Its difficult to take time away because people expect you to be superhuman. I am not superhuman. Im just another human being who wants to find some sort of peace and happiness in life. Im sorry. — #StayShining (@rikyrickworld) April 28, 2018

POKING FUN AT SOMIZI

We attended the Comedy Central Roast of Somizi at The Lyric Theatre at Gold Reef City on Thursday night and, boy, was it lit. The roasters went in hard, poking fun at Somizi and his relationship with bae, Mohale Motaung.

Somizi was called a cradle-snatcher and was asked if he was going to buy Mohale a car...seat. SomGaga got his chance to retaliate and said he didn't care much for the criticism because he makes more money than anyone on the panel and he loves Mohale.

Over the weekend, he posted a picture of bae along with a message about their relationship.

"It's evident that I'm in love. But one thing I'm def sure of is that this one right here Loves me just as much. Has my back. Supports me all the way. Takes all the bullets for me. He cud have chosen a simple easy life but he chose me and stuck with me. Most were not man enough to stand the heat of dating me or even being associated with me.



#KanyeWest followers went from 27M to 18M real quick, after he posted of himself wearing a #donaldTrump signed "Make America Great" hat. #MAGA pic. www.twitter.com/cTuOyuvgyW

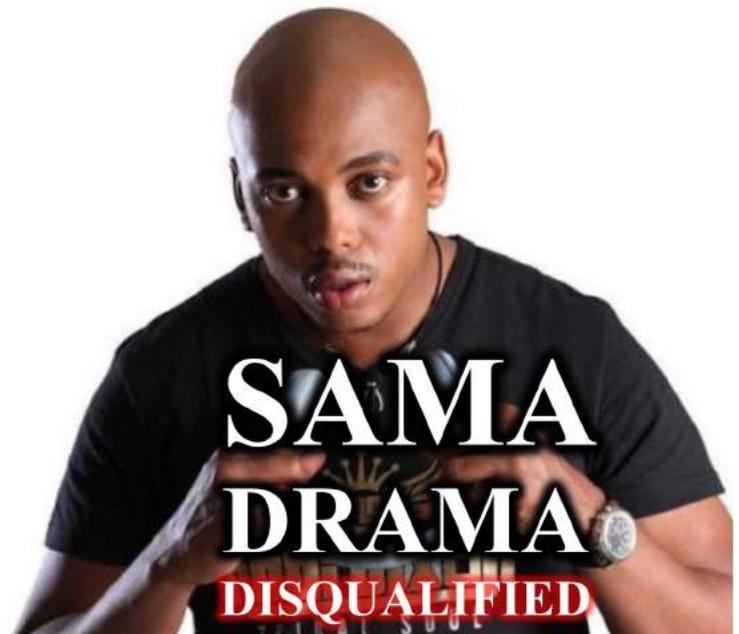
Kanye West has become a daily subject since his return on Twitter. West is much admired for speaking his mind while ranting about life, his career and music. But on Wednesday evening things took a turn for Ye when he decided to show support to Donald Trump. "You don't have to agree with trump but the mob can't make me not love him. We are both dragon energy. He is my brother. I love everyone. I don't agree with everything anyone does. That's what makes us individuals. And we have the right to independent thought," he tweeted. Trump responded to his tweet with "Thank you Kanye, very cool!." After that his Twitter account @kanyewest lost over 9 million followers from 27 million. The account is currently on 18.8 million followers (at time of publishing). Celebrities like Justin Bieber, The Weekend, Rihanna, Ariana Grande, Nicki Minaj, and Kendrick Lamar are among those who decided to unfollow West.

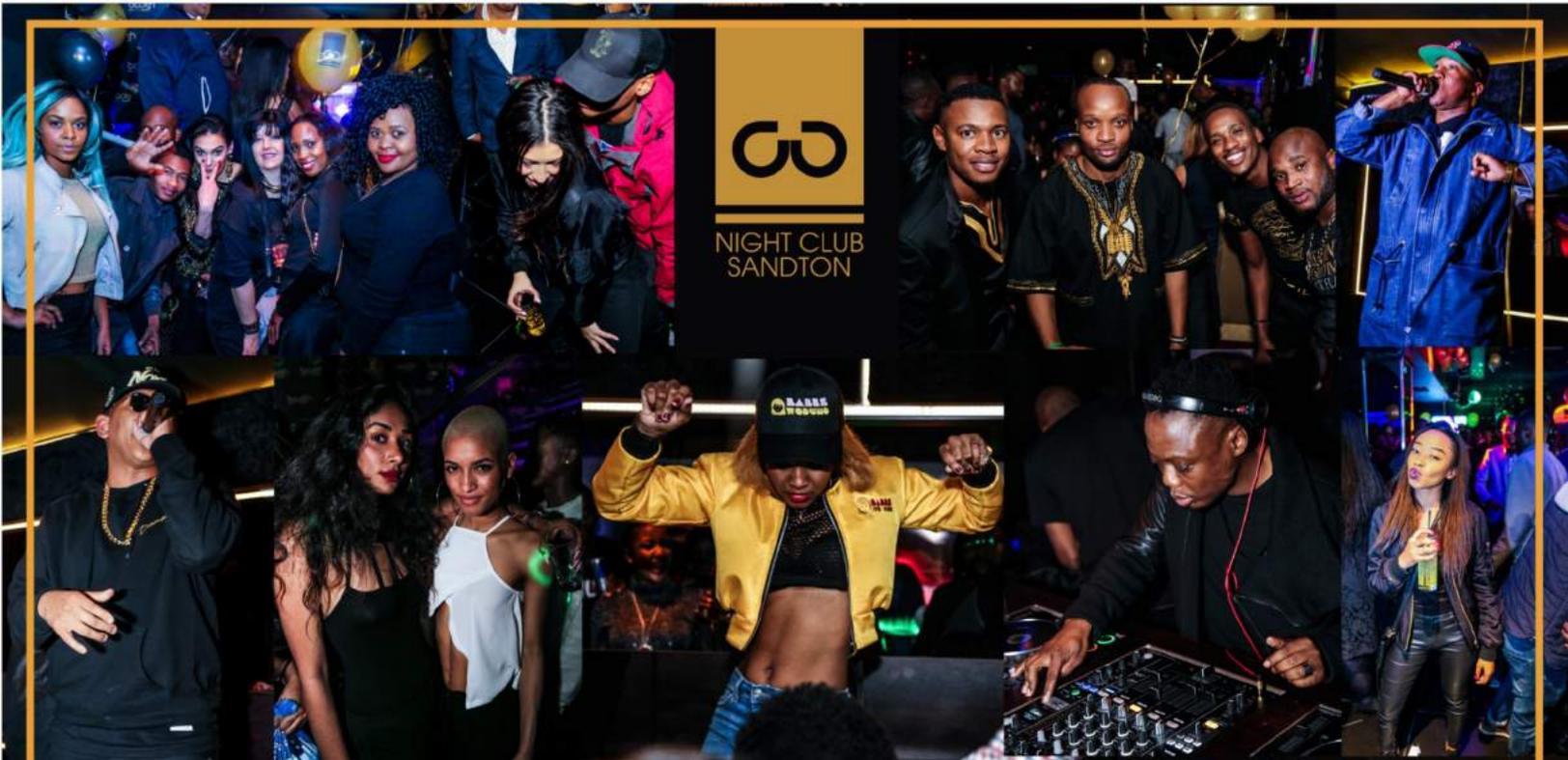
Sands and Mobi Dixon got disqualified from SAMA24
Sands and Mobi Dixon both got disqualified from the upcoming SAMA24.

The nominations were announced last week and saw Mafikizolo, Mi Casa and Kwesta lead with multiple nods. RiSA and the SAMA office announced that Tigi by Sands which was nominated in the Record of the Year category and Lake by the Ocean by Mobi Dixon which was up for Best Remix have been struck off the nominees list.

Sands is a citizen of eSwatini (formerly Swaziland) and as such is excluded from being considered for a SAMA in the Record of the Year category. Mobi Dixon's Lake by the Ocean is a remix of an international song which is in contravention of the SAMA rules.

Tigi by Sands has been replaced by Love Me In The Dark by Sketchy Bongo featuring Kaien Cruz. In the place of Lake by the Ocean by Mobi Dixon is Mwanagu by Jackie Queens and VeneiGrette remixed by Enoo Napa.





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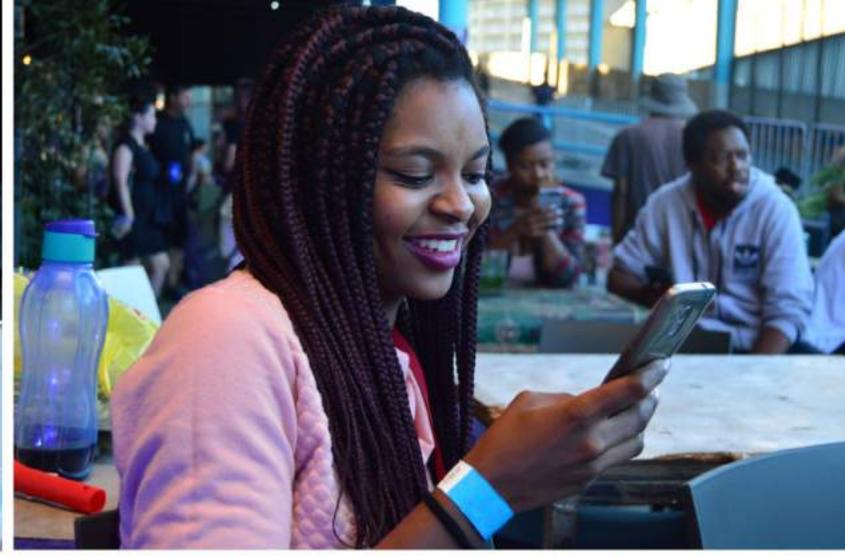




JOHANNESBURG

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Kelebogile

I'm Kelebogile Mandisa Mabula, 19 years of age, born on the 11th of October, currently studying education at Unisa. I'm from Johannesburg, I'm a model and an upcoming actress and aspiring tv presenter.

I feel like I didn't choose this career but it chose me because it's who I am. Growing up I'd play dress up and apply my mom's makeup (we used to fight over that lol) then I'd stand in front of a mirror and talk to myself.

Well, I've been modelling since I was in grade 11, so it's been four years now so it hasn't really been that long.

My inspiration comes from my background, I look at how I grew up and how my mom struggled to raise me and my siblings on her own and that on its own inspires me to want a better future, not only for me but for my family as well.. Women like Thando Thabethe also inspire me because I believe that if she can do it then so can I.

I've worked for the Fergusons and for Mandla N (but as an extra) and worked with people like Nolo Phiri and it's been nothing but a blessing because not only have I met amazing people but I've also learned a lot.

Well, I don't have a child but I am seeing someone at the moment. I've done trampoline jumping, caving (but for a few days) and rock climbing. I don't know if that's considered "daring" but it's some of the stuff that freaks most people out.

I honestly feel like our country is doomed because we are the future but most of the youth is just ignorant and clueless about a lot of things, instead they are more concerned about things that have nothing to do with their future or our country for that matter.

Well, I also have a passion for teaching hence I'm studying that, so I might decide to actually teach ... but I'll see.

My IG handle is Kelebogile_Mabula and my Facebook name is Mandisa Keleigh Mabula, my Email address is KeleighMabula@gmail.com and I'm not on twitter.



My name is Vuyo Shongwe (21 years old) currently studying towards an LLB degree (3rd year) at the University of Johannesburg. I was born in Mahikeng and raised by the tenacity of a single mother in a humble village called Atamelang in the North West.

Upon completing my matric, I elected to enroll for an LLB at the University of Johannesburg (UJ). I also play for the UJ rugby First Team. I'm also an online wellness coach and independent herbalife distributor

I wanted to see a difference in the environment (people) around me and in myself.

I've been single for a while now. Protecting myself but there is a special lady I might risk my heart for.

I'm releasing my own gym programs so you guys can visit my website.

My views on SA: Can't get any worse than it is right now so from here on SA is going to need a new breed of leaders to come through and make a difference. A

lot has been going on in our country and that has caused a lot of negativity around the country,

but the aim is to remain positive and not forget about the problems but come

up with solutions which will benefit the country in the long term. South

Africa has a lot of intelligent people.

We will need their revolutionary thinking to lead us into a country

where people's thoughts aren't processed to "take" but to give

back. Imagine me helping a young guy change his life and then him giving advice to another and so forth, there'll

be a new way of thinking in South Africa hopefully making us better citizens.

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POLOKWANE

DA CAPO

CHASING LEGENDARY STATUS

There are quite a few people that need very little introductions and Da Capo is one of them. His name carries so much weight and respect that he can never be forgotten nor can he be side-lined. We had the honour of chatting to this legend in the making who not only came into the industry with the bang, but his name still resonates with the House masses even years later.

Let's start with where you come from and how was it like growing up eKasi?

I'm from a small township called Sishawo, closer to Polokwane in Limpopo. Growing up it was like all the other Kasi's where people would either conform to do good or bad things, but I had a dream that was bigger than the present moment and a much bigger dream for the future.

We know that you are a self-taught DJ, how is it different from back in then and nowadays?

Back in the days we didn't have smartphones whereby now it's much easier to go online and google a video to learn from. I had a friend who had a computer when I didn't have one, I would go over to his house every day to learn the software. Each time I came back home I would draw a pattern or a certain element that I learned. As to how to compose the song and what elements am I going to put in the song.

How is the process like when it comes to making music now compared to back then?

Now it's different, back then music was about the love and passion whereby one could make 10 tracks in a day through hard work and determination. Quality wasn't a factor that much but now it's about investing in the quality. Whereby its quality over quantity, everything now is bigger. Now it's much harder to complete a track in one day, you need just a week to complete the track to get the track right.

How did you break into the game and how different is it now compared to when you started?

When I came in, it was the tribal era which was played by the likes of Culoe De Song, Infinite boys and so forth. It was the tribal season basically. Then came deep-tech house which as you know that music evolves and every genre takes a life of its own. Some stuck with it and follow suit and some evolved with the music. I, myself have evolved within the music because I'm one person who doesn't play just one genre of music.

Let's talk about your collaboration with "Goodluck".

Us working together was in the bases of having a good relationship from the first song we did together that hasn't been released as yet. One of the guys from soulistic suggested that I should listen to a track by Goodluck and I happened to like their music because they have an international feel with their sound. With this track we did together, I just made the beats and sent it over to them, they sent back the lyrics to the track and everything was approved that same day. That was how good it was over the beat the same day.

What can we expect from you 2018?

2018 is a year of re- building and re-branding Da Capo, we start with "Indigo Child Album" which is doing pretty good. The main reason why we released the album first is because we wanted to give back to the people. We'll be shooting music videos to the tracks and there'll be Indigo Child nation tour. In future we are hoping to take the tour to the rest of Africa, Europe and the USA. I'm currently working on the Indigo Child part 2 which will be released after we finish pushing the current album.

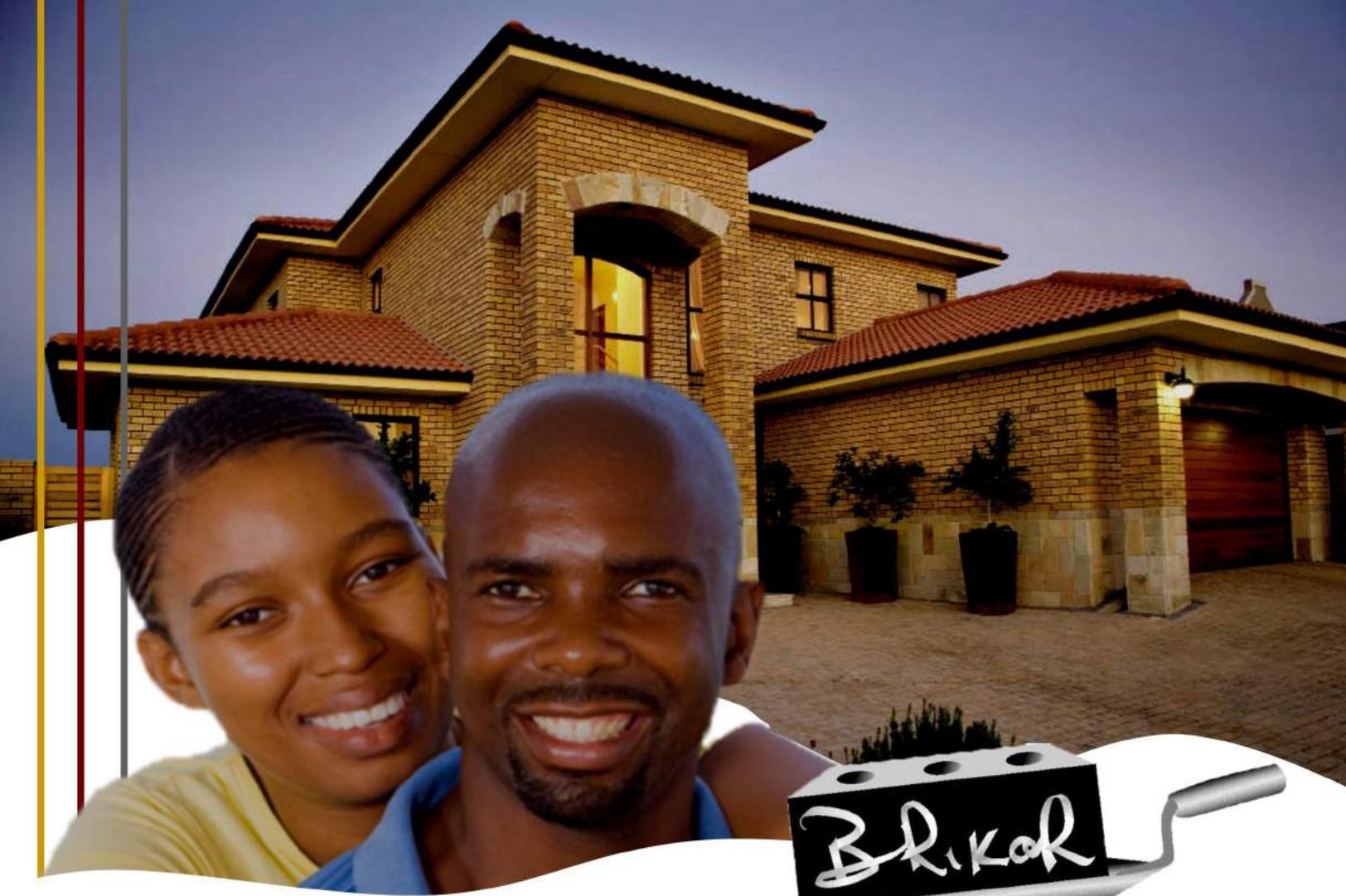
Where can one get a hold of you?

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#MASEGO

Africa has plenty to offer when it comes to talent. However, one rarely comes across such incredible talent on our soil. A genius with every instrument he touches and a golden natural voice that awakens the child within you that will have you mesmerised for days.

With his "Tadow" Youtube video peaking over 25 million views, there can be no doubt Masego is a legend in the making and an icon in his own right.

We caught up with this free spirited young Genius a day after his guest performance at the Cape Town international Jaz festival to talk about his music "Trap House Jaz", his name and his journey thus far.

Knowing that you grew up in so many different places, which place/hood do you feel shaped the kind of artist/person you've become?

Virginia, USA, I just had a strong desire to leave. It wasn't a conducive place to make music, although there was a lot of beauty tucked into it as well as my charisma and slang is influenced by the uncles from there, plus it's rich in culture.

Could you tell us how you got to be "Masego"?

Haha... In high school I found out I had roots tracing back to South Africa and I decided to do an in-depth research about my ancestry, while I was on the site the name popped up. Whereas when I was still a kid I used to be called "Young Blessing" at church. And here was this name that means "Blessing and Prosperity" so they both aligned and I decided to go with it as my stage name.

When was that one moment you realized that you could make music as your career?

It was when I got paid for the first time, because I used to do free shows at the roof top in New York until someone invited me to come perform for them. Which led to more invitations of paid performances for about a year.

You have played the saxophone from the age of 8 years; how long does it take you to learn one instrument?

It's all about putting time into it, I think that the 10 000 hours' rule is real. If you put 10 000hrs in to anything it's almost impossible not to be good at it because you really dedicated all those hours. So, I feel like I hit that mark with live loop, I know that thing like back and forth and I purchased very loop paddle on the planet.

Your music is called "Trap-House-Jazz" now how did that come about?

I used to have jam sessions at my house and there would 5,6 different artists and a dj coming over, they'd be playing some music from sound cloud and YouTube music. The dj would switch in-between genres while we were listening and that was fascinating and we called it Trap-house-jazz. But nowadays we just go with the notion of it. We trying to stretch it and to just go with what I like as a person because with music you can basically do anything.

When it comes to collaborations in the States, who would like to collaborate with?

I would love to collaborate with Lianne La Havas and Esperanza Spalding. I'm trying not say Rihanna because she's mainly beautiful hahaha.





Coming in here I saw you jamming to Micasa, in terms of South Africa have you identified who you'd like to work with?

I heard of Heavy K and AKA, but I've been shazaaming some music for my playlist to listen to in the airplane. But now I would like to listen to the jam sessions around here and see where it leads.

What should we expect from you in terms of your music this year?

Happy-sadness songs, the feel of it will be dancey and joyful but the message behind it will be more serious and heavy hearted so to balance things out.

Will you be recording any music in S.A?

Well I'd love to. Although I have a studio session tonight, maybe I'll just surprise you.

How was the Cape Town Experience for you?

I was nervous because it was a seated event and when I came in everyone stood up so it was like a normal concert... They showed me a lot of love, they knew my old songs and the lyrics to the songs, and they sang along to my songs so, it was an amazing experience. Although I'm a bit bias, because I love Johannesburg. For it to be a jazz festival they really turned up so it was cool and I really enjoyed it.

To all your South African fans; what would you like to say to them?

Thank you for the love and keep listening to my music.

@masego

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LONG DISTANCE LOVE

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Many people believe that long distance relationships are never going to work out. Your family may discourage it, and some of your best friends may advise you not to take it too seriously, in case you get your heart broken. Nobody says it is going to be easy — the extra distance makes many things unachievable. Things could get complicated, and you could get sad and lonely at times. However, the extra distance also makes the simplest things the sweetest, being able to hold the other person's hand, eating together at the same table, feeling each other's touch, taking a walk together, smelling each other's hair... these small wishes could suddenly mean so much more in a long distance relationship.

ARTICLE VIDEO SUMMARY

Scroll down to continue reading article

Long distance relationships may be tough but they have their own surprises too. To keep your love alive and strong, here are 18 tips to make your long distance relationship work:

Avoid excessive communication

It is unwise to be overly “sticky” and possessive. You two don't really have to communicate 12 hours a day to keep the relationship going. Many couples think that they need to compensate for the distance by doing more. This is not true. And it might only make things worse. Soon you would get tired of “loving.” Remember: Less is more. It is not about spamming — you are only going to exhaust yourselves. It's really about teasing at the right moments and tugging at the right spots.

See it as an opportunity.

“If you want to live together, you first need to learn how to live apart.” – Anonymous

View it as a learning journey for the both of you. See it as a test of your love for each other. As the Chinese saying goes, “Real gold is not afraid of the test of fire.” Instead of thinking that this long distance relationship is pulling you two apart, you should believe that through this experience, the both of you will be bound together even stronger.

As Emma says it to Will in season four of Glee,

“I would rather be here, far from you, but feeling really close, rather than close to you but feeling really far away.” – Emma, Glee Season 4

Set some ground rules to manage your expectations.

Both of you need to be clear with what you expect of each other during this long distance relationship. Set some ground rules so that none of you will do things that will take the other party by surprise. For instance, are you two exclusive? Is it alright for the other person to go on dates? What is your commitment level? It's better to be open with each other about all these things.

Try to communicate regularly, and creatively.

Greet each other “good morning” and “good night” every day — this is a must. On top of that, try to update your partner on your life and its happenings, however mundane some of the things may seem. To up the game, send each other pictures, audio clips and short videos from time to time. By putting in this kind of effort, you make the other person feel loved and attended to.

Talk dirty with each other.

Sexual tension is undoubtedly one of the most important things between couples. Sexual desire is like a glue that keeps both parties from drifting apart. Not only is sex a biological need, it is an emotional one as well. Keep the flames burning by sending each other teasing texts filled with sexual innuendos and provocative descriptions. Sexy puns work pretty well too.

Avoid “dangerous” situations.

If you already know that going to the club or going drinking with your group of friends late at night will displease your partner, then you should either 1. Not do it or 2. Tell your partner beforehand so as to reassure him/her. Don't be careless about this sort of matter because your partner is only going to be extra worried or extra suspicious, and of course, very upset, because you are putting him/her in a position where he/she feels powerless or lacking in control.

Also, It could be easy for you to fall into the trap which you, unconsciously or not, set up for yourself by “hanging out” with your office eye-candy after work, or going out with a girl or guy from your past who has been flirting with you. You need to recognize the dangers before entering into the situation. Don't just listen to your heart. Listen to your mind too.

Do things together.

Play an online game together. Watch a documentary on YouTube or Vimeo at the same time. Sing to each other on Skype while one of you plays the guitar. “Take a walk together” outside while video-calling each other. Go online-shopping together — and buy each other gifts (See #13). You really have to be creative and spontaneous about it.

Do similar things.

Recommend books, TV shows, movies, music, news and etc. to each other. When you read, watch and listen to the same things, you get to have more topics in common to talk about. This is a good to create some shared experiences even though you are living apart.

Make visits to each other.

Visits are the highlight of every long distance relationship. After all the waiting and yearning and abstinence, you finally get to meet each other to fulfill all the little things like kissing, holding hands, etc. which are all common to other couples but so very special and extra intimate for people in long distance relationships. It will be like fireworks, glitter bombs, confetti, rainbows and butterflies everywhere.

Have a goal in mind.

“What do we want to achieve at the end of the day?” “How long are we going to be apart?” “What about the future?” These are the questions you two need to ask yourselves. The truth is, no couple can be in a long distance relationship for forever. Eventually we all need to settle down.

So make a plan with each other. Do up a timeline, marking down the estimated times apart and times together, and draw an end goal. It is important that you two are on the same page and have the same goals. So that even if you are not living in the same space and the same timezone, both of you are still working together in the same direction towards a future that includes one another.

Enjoy your alone time and your time with your friends and family.

You are alone but you are not lonely, unless you choose to feel like it. You don't have to let your world revolve around your partner — you still have you, your friends and your family. Take this time apart to do more with your friends and family. Go to the gym more often. Get a new hobby. Binge-watch shows. There are plenty of things for you to do that doesn't involve your partner.

Stay honest with each other.

Talk about your feelings of fear, insecurity, jealousy, apathy, whatsoever. If you try to hide anything from your partner, that secret will sooner or later swallow you up from inside out. Don't try to deal with things all by yourself. Be open and honest with each other. Let your partner help you and give you the support you need. It's better to look at the problem during its initial stage than to only disclose it when it's all too late.

Know each other's schedules.

It's helpful to know when the other person is busy and when he/she is free, so that you can drop a text or make a call at the right time. You wouldn't want to disturb your partner when he/she is in the middle of class or halfway through a business meeting. Know the small and big events that are taking place or will take place in each other's life e.g. college mid-terms and exams, important business trips and meetings, job interviews and etc. This is especially essential when the both of you are living in different time zones.

Keep track of each other's social media activities.

Like each other's photos on Facebook and Instagram. Tweet each other. Tag each other. Share things on each other's walls. Show that you care. Be cool about stalking each other.

Stay positive.

You need to be constantly injecting positive energy into the long distance relationship to keep it alive. Yes, the waiting can be painful and you can sometimes feel lonely but you need to remind yourself that the fruits at the end will be sweet as heaven. One good trick to staying positive is to be grateful all the time. Be thankful that you have someone to love — someone who also loves you back. Be thankful for the little things, like the hand-made letter that arrived safely in your mailbox the other day. Be thankful for each other's health and safety.



HOW TO TURN HEADS

Precious Make up tips

Makeup has that undeniable power to turn people's heads. Whether it's applied properly or badly, people will still stare at you, hence why I always tell people that you should be your own judge before leaving your home whenever you put makeup on.

Many ladies struggle with finding the right colour of Foundation for their skin colour. There are few ways one can choose from in order to deal with this issue. Firstly, when purchasing make up, it's always important to test the foundation before you leave the shop. One sometimes finds that the foundation you frequently and constantly buy is no longer the same as before when applied to your skin, I've experienced this where I had to change my foundations.

Again, you might not find your exact match but get the one closest to your skin tone, could either be darker or lighter. In a case where by you've had a professional makeup artist apply your makeup, be sure to take note of the foundation they use on your face. It always helps to remember.

Lastly, makeup products complement each other, learn to blend them. I find it hard not to apply powder after applying foundation but others don't. If you remember in my previous article I spoke about powder, get a matching powder to complement your foundation, look perfect and turn those heads. Thank you

If you need Makeup Tutorials or wanna book me for your special Occasion you can find me on 0766920290



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A new world of fashion



Finding personal fashion style

Let me begin by saying that finding your personal fashion style is about getting to know yourself. It's about being connected with the very essence of who YOU are - and be confident about it!

So, WHAT exactly is the YOU and what does it have to do with fashion?

Imagine a world (call it "Sameville") where everybody wore the same clothes. A place where they had the same style and liked the same things. Now that wouldn't exactly be the most colourful and stimulating world... would it? But the sad reality is - the majority of people tend to go this route when it comes to clothes! So, this is where developing your style comes into the picture. Dare to be yourself and wear the clothes that express the unique and fabulous person you are! Colour this life with shapes, colours and styles - and be the shining example of the beauty of diversity :-). Creating your own personal style is the art of combining an outfit, or an image if you will, based on the various aspects of your personality and lifestyle, which consists of: Your taste, interests, desires, inspirations, aspirations and history. You bring a couple (or all) of them together and let it shine in the way you dress. But of course, only the aspects you want to express and show to the world!

Why Is It Important to Develop a Personal Fashion Style?

Oh, the reasons are many but it's mainly to feel and look good! Creating your unique style helps you achieve a sense of *confidence and comfort in how you put together an outfit*. This sets you apart from the rest - the awkward-looking fashion victims you see out there on the street and in the cookie-cutter media.



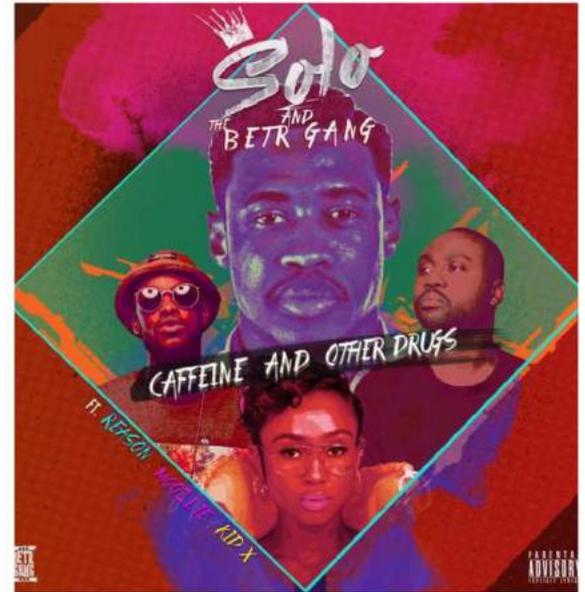
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Music

SOLO SWITCHES IT UP

Solo might have scored the biggest buzz of the season with a monster new offering that he titles “Caffeine And Other Drugs.” On this masterpiece, he calls on the feature of heavyweight Eastern rappers, Reason, Kid X and Moozlie. This is the first single taken off of the “Tour Dates” album by Solo and the BETR Gang. Away from all the Trap stuff, Solo has been consistent with his contribution to the game and his lyrical fierce is really something that’s worthy of a documentary. He has proven this feat with such records as “Jubilee No’ Ligamo,” “Napa Valley” and even the recently released “30 000 Feet.” He takes the initiative with the lead verse on “Caffeine And Other Drugs,” and again, he holds it down well enough with those stunning lyrical grind and abilities that sets him apart. However, the song really sparks to life when Reason steps on it with the second verse. Bad girl Moozlie doesn’t disappoint either coming out fierce and fiery on the last verse alongside Kid X.



DremamTeam Sosha (Remix) ft. Emtee & Reason. Following the apparent departure of Dash from the DreamTeam, the remaining duo Trey and Saso have released a remix for Sosha, taken off the Level Up project released last year. Sosha remix brings in Trapstar Emtee and Super Lyricist Reason into the booth to give us a definite smash. Without a doubt, “Sosha” threatens to dominate the trends, airwaves, charts and social gigs. However, they simply breath new life into an already blazing effort with “Sosha Remix” and it is not even surprising considering the clout and status of the acts they bring on board its re-engineering. Emtee does make magic with bars and he isn’t regarded as the SA King of Trap for no reason. He brings that same breezy and dreamy finesse to match on “Sosha Remix;” fusing seamlessly with the equally anthem-like delivery of song’s original version that will just get you to bop along.

BLACK MOTION DRUM ON

Famed Afro House playmakers and “Imali” hitmakers, Black Motion returns after a long hiatus with a doped out deep house piece of music titled “Anyway.” On this debut single of 2018, they feature Xoli M and Ali Keys. It might have taken Black Motion a while to move on from the success of their highly-successful, “Ya Badimo” album. In fact, “Lalela” off that project of musical art and which featured Celempilo was their last official commission with a music video to match. However, the Deep House sensation that the uber-talented drummers make of “Anyway” does make the wait worth it.

Now, we can be rest-assured it is the season of Black Motion and one of groove moving forward. Reason is simple, Black Motion brings the roll of drum beats which fuses seamlessly and perfectly with the stunning instrumentals, making for an overall superb production. The rout is completed with the support of Xoli M and Ali Keys and it is all about the golden vocals as well as Caribbean flavours that makes “Anyway” such a steamy and sunny affair.




 MOVIE OF THE MONTH

Avengers: Infinity War

Sure you know from this Month you will hear more about Marvel Studios' Avengers: Infinity War.

To begin with, the film came out with an estimated global opening of \$630 million— setting a new record. Avengers: Infinity War now becomes the highest global opening weekend of all time, taking over from The Fate of the Furious (\$541.9 million).

The international opening of \$380 million represents the second-highest international opening weekend ever after only The Fate of the Furious' \$443 million, which included \$185 million from China. Avengers: Infinity War posted the highest opening weekend in industry history in Korea, India (western), Philippines, Thailand, Indonesia, Malaysia, Mexico, Brazil, Central America, Peru, Chile, Ecuador, Venezuela, Bolivia, South Africa, Turkey (non-local), UAE and West Africa.

Its been rated as the By far the greatest Marvel movie yet

Plot

Having previously acquired the Power Stone from the planet Xandar, Thanos and his henchmen—Cull Obsidian, Ebony Maw, Proxima Midnight and Corvus Glaive—intercept the ship carrying the survivors of Asgard's destruction.[N 1] Thor, Loki, Heimdall and Hulk are powerless to prevent them from extracting the Space Stone from the Tesseract, as Thor is imprisoned, Loki is killed and Hulk is overpowered by Thanos. Heimdall sends Hulk to Earth using the Bifröst before being killed. Thanos then departs with his children and obliterates the ship.

Hulk crash-lands at the Sanctum Sanctorum in New York City, reverting to Bruce Banner. He warns Stephen Strange and Wong about Thanos' plan to kill half of all life in the universe. In response, Strange recruits Tony Stark. Maw and Obsidian arrive to retrieve the Time Stone from Strange. After a battle including Peter Parker, Maw captures Strange; Stark and Parker pursue Maw's spaceship while Banner contacts Steve Rogers.





Whether you're just a little health-conscious, a complete fitness fanatic or simply looking for something to aid you getting back in shape, I've put together a list of my favorite health-related gadgets to help you get there and feel your best for the year ahead. Here are the best health tech gadgets for 2018, in no particular order...

01 PowerDot

Using electrical muscle stimulation (EMS) to activate your muscle fibers so you can get stronger and recover faster, the PowerDot works via a simple app on your phone, which lets you control your workouts. You select the muscle groups you want to target and an impulse is sent to the pods that causes your muscles to activate.



02 Fitbit Ionic

The Ionic is Fitbit's strongest smartwatch yet and fitness fanatics are bound to love it's list of features, and so it's definitely got the potential to take on the smartwatch market. Its ability to track whatever workouts you can throw at it, with ease, all with a beautiful yet comfortable design that I'm sure will get heads turning at the gym, but for all the right reasons. The perfect smartwatch goft for those serious about fitness

03 Rechargeable electric protein shaker

For all those protein shake addicts in your life: buy them a protein mixer that doesn't require any manual shaking. I mean, they've already worked hard enough in the gym, right? Push a button and the shaker itself with do it for you. Kinda turns the whole idea of a protein "shaker" on its head, and I like it. It'll require a charge every now and again, but it means that your powdered drinks are mixed properly with less chance of chomping on those surprise lumps half way through your post-workout fix. The ProMiXX's detachable motor also means it's super easy to clean and there's also a separate compartment for your power so you can mix right after your workout to keep it as fresh as poss.

04 Nuraphones

The Nuraphones by Nura are a revolutionary kind of headphone and probably the most innovative on the market right now. They offer something no other headphones do: a personalized sound that automatically learns and adapts to your unique hearing, making them perfect for your hearing health, too.

05 Oral B Genius 9000S electric toothbrush

As any decent dentist will tell you, electric toothbrushes are the best for keeping your nashes in good tick. But what's the best toothbrush out there for the job, because let's face it, there's a lot. One of my favorites, mainly due to the pure innovation involved. The Oral-B Genius 9000S is a bit different to your average because it connects to the Oral-B app on your phone via Bluetooth and guides you through an "intelligent brushing system" to help you clean your teeth like your dentist would want you to.



06 Avance centrifugal Juicer

Fiber is one of the most important nutrients in helping us prevent heart disease, diabetes, weight gain, and other chronic health conditions. However, many people don't get enough fiber. One way of ensuring you do is with a simple to use juicer such as Philips' Avance. The juicer has FiberBoost technology, which enables you to choose the texture of juice you prefer, selecting with the switch of a button from a refreshing clear juice to a more creamy juice with up to 50% more fiber.



It's a Bentley Continental GT... but not as we know it.

It wears the badge, it's got the doe-eyed headlights and a W12... but that's about it. This is Conti V2.0 and it is pretty much all-new.

Based on the same platform as the Panamera (Porsche's 'MSB'), new Continental gets a mixed-materials skeleton (mainly aluminium and steel) clothed in big sheets of more aluminium. In fact, it's all aluminium, apart from the bootlid, which is only composite because that's where all the aerials and receiverware sits, and most things like that don't like to be sheathed in metal.

It looks svelte this time around...

The previous-gen Continental was a handsome enough bus, but it was a bit of a brick: the new one is lower, more muscular, neater and less bulky. More fitness model than weightlifter. The panels are 'superformed' - a process where aluminium sheets are heated to 500-degrees and then formed over a buck using pressurised gas rather than a stamp - and the results are spectacular.

Just look at those side creases. In fact, one of the big joys of the GT is the rear haunch line, because it undercuts slightly and is nicely razored: it flicks light like there's no tomorrow. Sculptural stuff. Just don't mention the panel beating cost if you reverse it into something.

It's a tiny bit lighter than before, but to be honest, it's not that big a deal in percentage terms; there's a lot of stuff gone back into the architecture after the initial hardware weightloss.

It's still got a daft W12 though?

Yes, and ...er... no. There's still a W-shaped 12-cylinder up front (like a pair of V6s canted together), but the engine has

been severely reworked. It's now got twin-injection (separate systems for both high and low-pressure - good for particulate management, power delivery, refinement and the pension funds of injector manufacturers), twin-scroll turbos, variable displacement (shutting down one side of the engine in gears 3 to 8 below 3,000rpm), start-stop, and active engine mounts. All that means more mpg (and a respectable 278g/km), Euro 6 compliance (US LEV-3) and better refinement.

What it means to us, is 626bhp (up 7.5 percent) and a whopping 25 per cent more torque, available in less than a third of the time versus the old engine. This is all excellent news. Because it means that the GT now hits - in 'standard' form, don't forget - 0-62mph in 3.7s and 207mph, with in-gear acceleration that'll push your eyebrows past your hairline. I'm also of the opinion that there's a fair amount of headroom in this architecture - 850bhp SuperSport in a couple of years, anyone?

But it's still a front-engined W12. So that's hello to nose-led handling again,



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TANZANIA



D R E A M L O C A T I O N O F T H E M O N T H

This month we take an in-depth look at Tanzania



Tanzania is home to some of Africa's most famous national parks and the majestic Mount Kilimanjaro rising above the Serengeti. Most visitors will find themselves passing through Dar es Salaam and heading out on safaris and various wildlife viewing adventures. For those who want to take a break and spend some time soaking up the sun, the beautiful beaches of Zanzibar beckon. Off Pemba and Mafia islands is a whole other kind of natural wonder, one most appreciated by the scuba divers and snorkelers who come here from around the world to experience the coral gardens, colorful fish, and crystal clear waters.

Tanzania borders Kenya and Uganda to the north; Rwanda, Burundi, and the Democratic Republic of the Congo to the west; Zambia, Malawi, and Mozambique to the south; and the Indian Ocean to the east. Mount Kilimanjaro, Africa's highest mountain, is in north-eastern Tanzania



WHY BILTONG IS THE BEST

Biltong is a South African classic. It is an air cured meat marinated in vinegar and spices. Many different types of meat are used ranging from beef through game meats and ostrich.

Is Biltong good for Athletes?

Just like sports vehicles, athletes need to be fuelled to reach peak performance. The better the quality of fuel, the more conditioned they are to perform at their optimum levels. Healthy biltong snacks are packed with nutrition that supplies athletes with all the energy required for their demanding physical lifestyles.

The demand for quality health foods has seen a massive increase in the production of engineered supplements, however, many cannot compete with the natural health benefits of biltong.

The reason for this is because so many of these so-called health foods are packed with preservatives and colourants.

Other natural health foods like fruits and vegetables are inconvenient to carry around and tend to go off quickly. Yet, biltong and other dried meats like droë wors keep their nutrition and remain tasty whether eaten dry or wet, hot or cold.

Unlike beef jerky, which contains excessive amounts of preservatives, biltong is naturally cured in vinegar and salts.

Natural creatine content

One of the best health benefits of biltong is the high natural creatine content. Bodybuilders and professional athletes that need to bulk up on muscle will know the importance of this organic acid that feeds energy to the body's cells.

Biltong is not only a great source of protein, it is also packed with vital vitamins and minerals:

Vitamin B12 – helps the body produce red blood cells and keep the nervous system healthy.

Iron – important in the development of red blood cells as well as muscle health and growth.

Zinc – known for immune boosting qualities as well as increasing athletic performance.

Make your own Biltong

Ingredients

- 2 kg meat
- 100 ml brown sugar
- 30 ml coarse salt
- 15ml bicarbonate soda (this softens the meat)
- 125ml crushed coriander seeds
- 125 ml red wine vinegar
- 1 tbsp cracked black pepper
- 1 tbles paprika or chilli flakes

Instructions

- Use a good quality meat like silverside or topside
- Slice the meat, with the grain into 1cm thick x 2cm wide strips and about 20cm in length and rub thoroughly with the vinegar.
- Mix the salt, sugar, crushed coriander seeds, bicarbonate of soda, black pepper and paprika together in a bowl to form a rubbing mixture.
- Rub the spice mixture into the pieces of meat.
- Take a glass or stainless steel container and layer the meat, making sure the thicker pieces are at the bottom.
- Cover the container with cling film and refrigerate for about 12 hrs mixing every couple of hours so that the meat flavours evenly.
- Hang up to dry in a well ventilated spot.
- Biltong Machines for home use work very well.
- Drying time is about 4-5 days, depending on the weather, and your personal preference.



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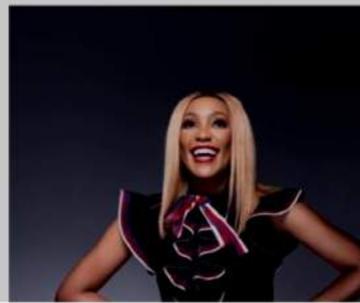
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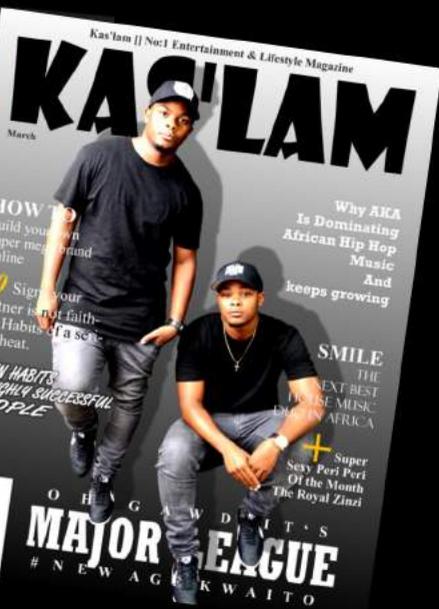
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