# FROM ENTER PARTY MAGAZINE

## Palesa Moloto

" I descoverd I love modelling when I was really young TRASHY FASH CLOTHING BRAND<sub>1</sub>

> DOING THE MOST

HEAT EXHAUSTION AND HEAT STROKE LETANG TLOME I GREW UP WITH MUSICAL PARENTS

What is body shaming?

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UBUNTU SANITARYAND TOILETRY DRIVE REPORT

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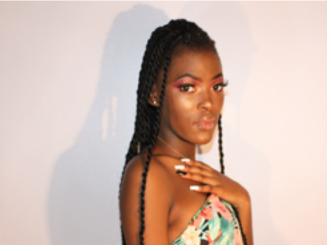
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# FRONT ENTER HOUSE MAGAZINE

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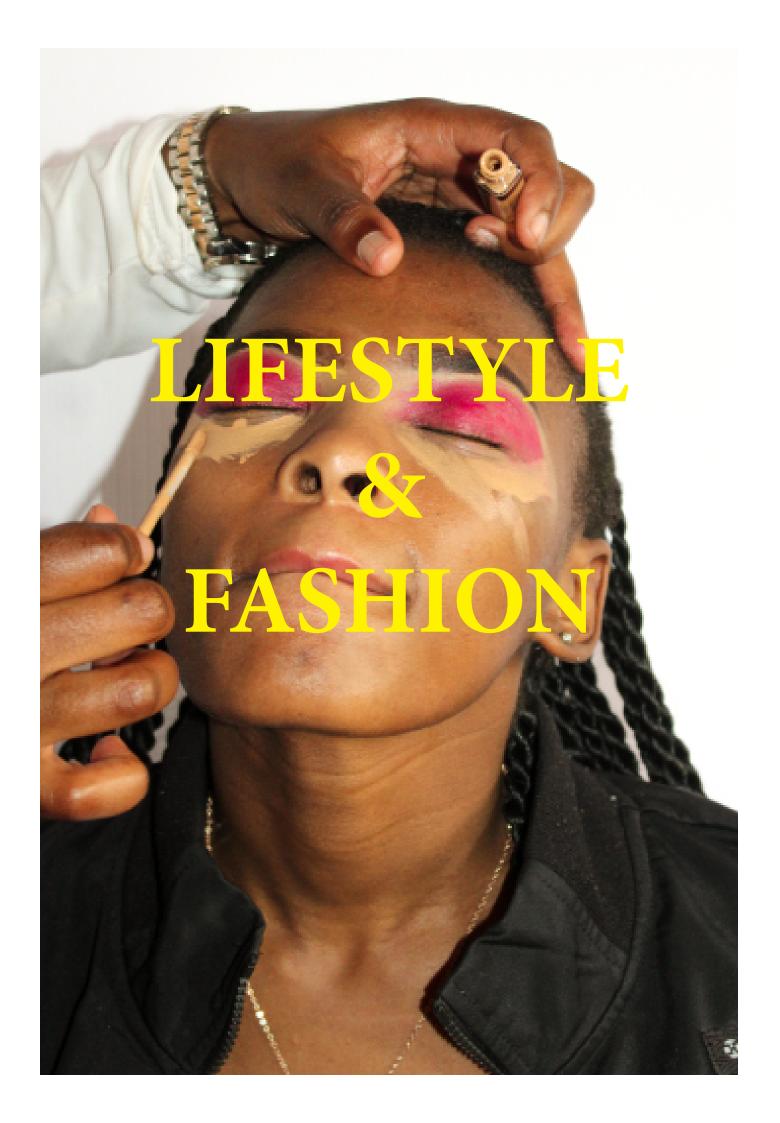
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ON THE COVER Palesa Moloto





FRONT ENTER BOOSE MAGAZINE

## FRONT ENTER HOUSE MAGAZINE

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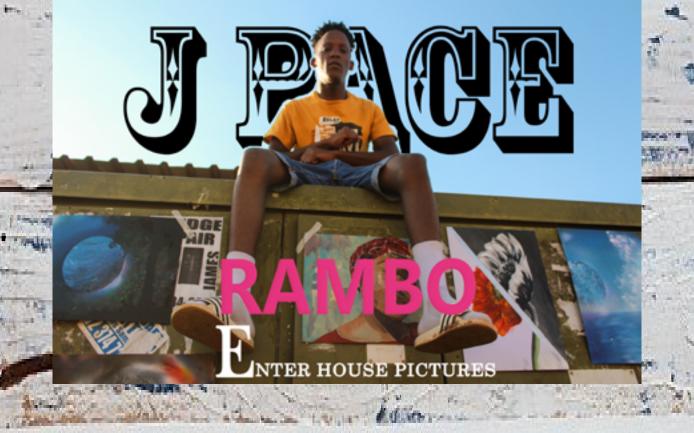
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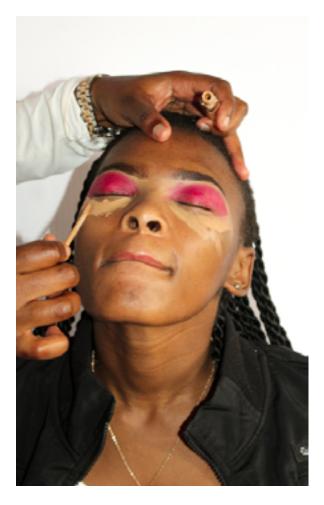


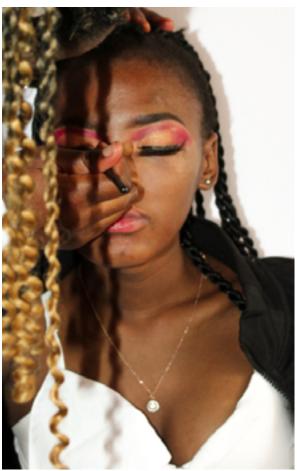
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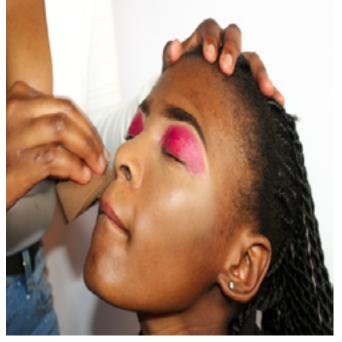
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# MAKE-UP

## LIFESTYLE&FASHION



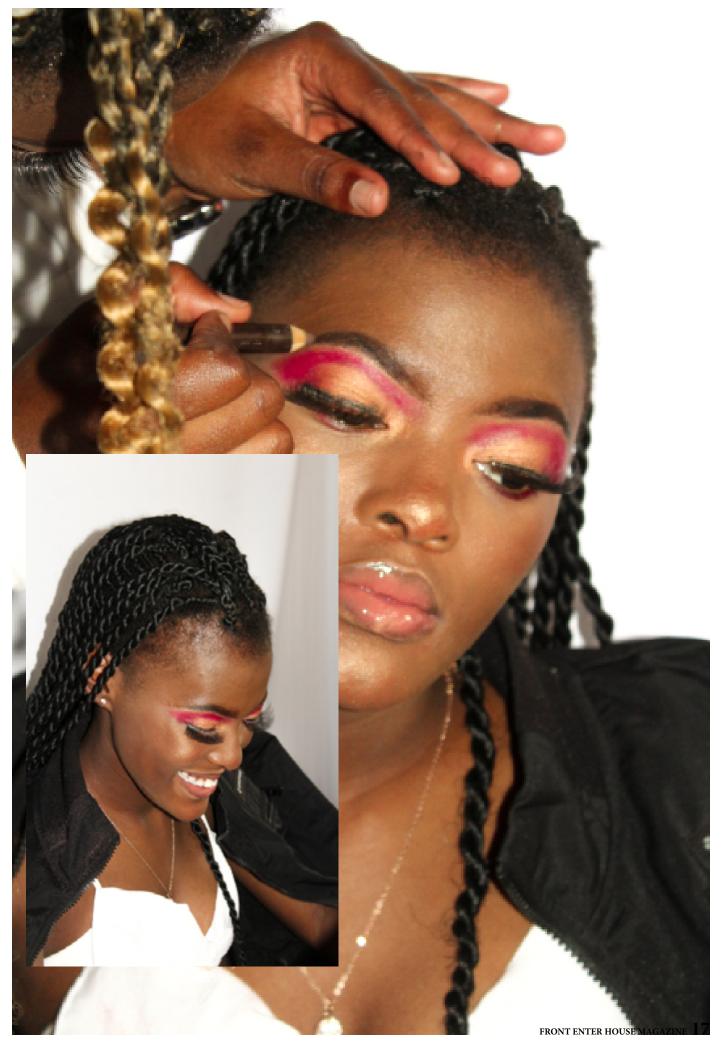








## LIFESTYLE&FASHION





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# PALESA MOLOTO

I descoverd I love modelling when I was really young. I used to walk in my mom's heels everyday and I used to practice my walk every day, but I was discouraged into thinking that modelling is not for the short and skinny people and I didn't have the courage until this year because I saw that I have passion for modelling.

What keeps me motivated is the negativity I get from people. Each and every single day you get people who like to discourage and put people down but personally I believe that your mind is the only thing that can discourage you.

So in conclusion I get my motivation from negative people and also Zozibine Tunzi because she broke all chains society had put and set her own standards that people love.

I have passion for singing and also law. These are the things I'd like to achieve me as Palesa Moloto to be in the future. I'd like to tell the young girls who wants to walk in my footsteps that any insecurities they have they should disappear because insecurities and "What will people say" will always get in the way of what they could achieve. They can achieve greater success if they put their mind to.

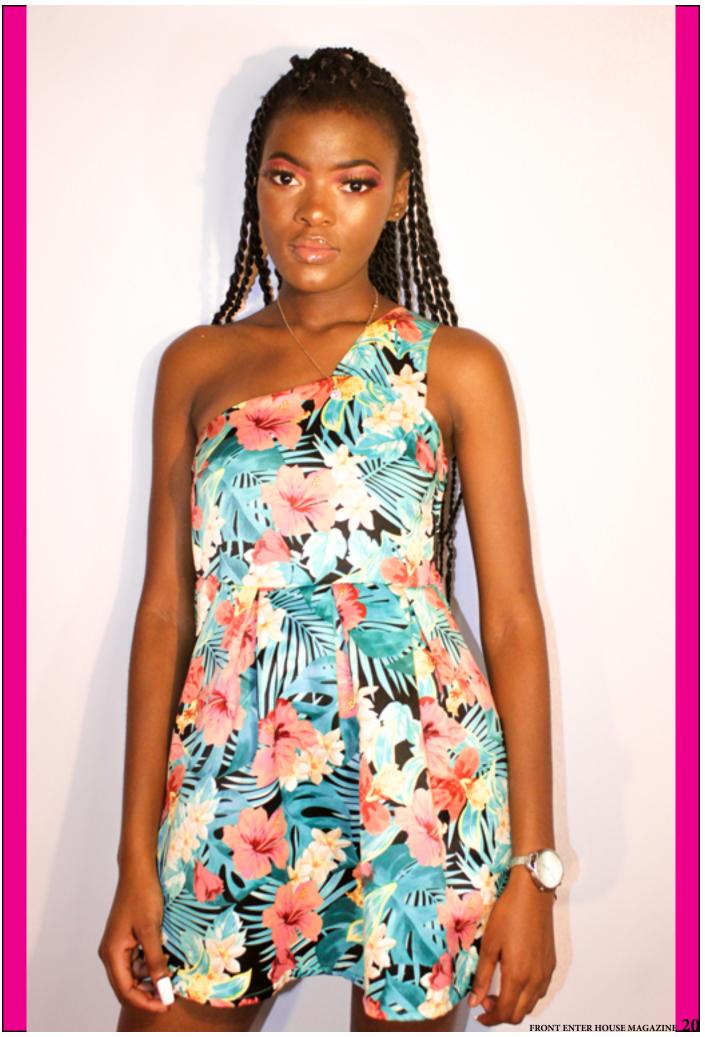
The abuse around women and children is one sad and disappointing issue. Women do not feel safe anymore because wherever we go, we are scared because of certain violence perpetrated.

As we stand, South Africa holds the most country with violence and I would like the government to have training classes that help women defend themselves

To make more effort in handling this issue. If it may be that the death penalty should come back, should because women are dying each and every day. please dont forget to vote for her.

https://pageantvote.es/pageants/3076/contestants/19362

## JOURNEY



## JOURNEY



## HEALTH

# HEAT EXHAUSTION AND HEAT STROKE

eat exhaustion usually occurs when you are sweating a lot and do not drink enough to replace the lost fluids. It generally develops when you are working or exercising in hot weather.

## Symptoms include

- Sweating a lot
- Fatigue, weakness, headache, dizziness or nausea.
- Skin that is cool, moist, pale, or flashed.

Heat exhaustion can sometimes lead to heat stroke, Which requires emergency treatment. Heat stroke happens when your body fails to regulate its own temperature and your body fails to regulate its own temperature and your body temperature continues to rise, often to 40.5oc or higher. You have heat stroke. **Symptoms of heat stroke include** 

- Confusion, delirium, or unconsciousness
- Skin that is read , hot and dry , even in the armpits

## PREVENTION

- Drink 8 t0 10 glasses of water per day. Drink even more if you are working or exercising in hot weather.
- Avoid strenuous physical activity outdoors during the hottest part of the day (10 a.m to 4 p.m).
- Wear light –coloured, loose –fitting clothing and a hat with brim to reflect the sun.
- Avoid sudden change of temperature. Air out a hot car before getting into it. Never leave a child or an animal in a hot car.
- If you take diuretics (water pills) ask your doctor about taking a lower dose during hot car.
- If you exercise strenuously in hot weather, drink more liquid than your thirsty seems to require. Drink a cup of water of more 10 to 15 minutes before you start exercising and another cup of water every 20 to 30 minutes.

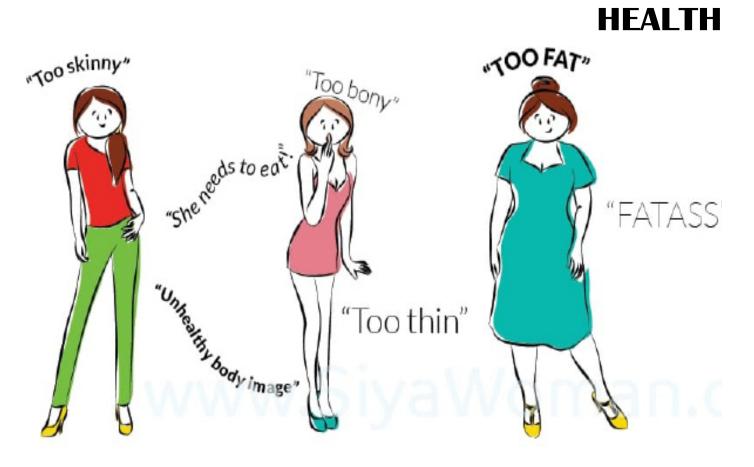
## HEALTH



## HOME TREATMENT

- Stop your activity. Get out of the sun to a cool spot, and drink lots of cool water, a little at a time. If you are nauseated or dizzy, lie down.
- If a person's temperature exceeds 39oc, call for immediate help and try to lower the temperature as quickly as possible.
- Remove unnecessary clothing.
- Apply cool (not cold) water to the person's whole body; then fan the person. Apply ice packs to the groin, neck and armpits. Do not immerse the person in ice water.
- If you can get the person's temperature bellow 39oc, take care to avoid overcooling. Stop cooling the person once his or her temperature is lowered to 37oc.
- Do not give aspirin or paracetamol to reduce the temperature.
- Watch the signs of heat stroke (confusion or unconsciousness; red, hot, dry skin)
- If the person stops breathing start breathing.

## Sources Healthwise



## WHAT IS BODY SHAMING?

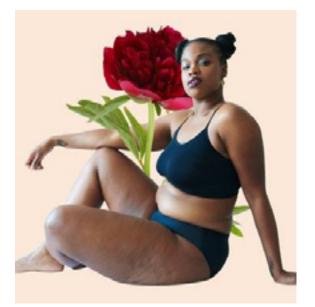
Could be constructed as actionable form of discrimination in the workplace. Body shaming is defined as inappropriate negative statement and attitude towards another person's weight or size. It can also reach into the discrimination against individual who may be overweight. In particular, there are negative attitude in the media and elsewhere about celebrities who are "too fat" or who have not gotten rid of "baby weight" in an appropriate amount of time . A backlash against body shaming has resulted in the coining of the term itself and attempts to bring a more positive attitude towards divers' body sizes and style.

From a human resource stand point, body shaming in the workplace could lead to a lawsuit. From a parenting stand point, it is important to be sure that your children are not being victimized for being a few pounds overweight. Children who are cyber bullied may be too embarrassed to tell their parents, and can be ridiculed in social networks, body shaming, fat shaming and other bullying can create negative self images, and if your kid turns out to be the bully you could end up on the wrong end of a lawsuit.

Special note : basically you have to watch what you say everywhere or else today's tweet or post is going to come back to haunt you when you run for president.

Did you ever stop and think about how often we are told to change our appearance? Magazine constantly offer tips about how to lose weight "in days, "appear slimmer "instantly" and hide our "imperfections" without actually knowing anything about us, much less appearance. This is one examples of body – shaming, and it is everywhere. Sitcoms frequently use over weight characters' bodies as the basis of many of the shows 'jokes.

## HEALTH



It has become the norm to criticize aspects of our bodies as some type of bonding experience with friends – if we all hate our bodies; It somehow makes us feel connected and united. Body-shaming (criticizing yourself or other s because of some aspects of physical appearance) can lead to a vicious cycle of judgement and criticism. Massages from the media and from each other often lead imply that we should want to change, that we should care about looking slimmer, smaller, and tanner. And if we don't want, we worry that we are at risk of being the target of someone else's body-shaming comments.

## **BODY-SHAMING MANIFEST IN MANY WAYS:**

- 1) Criticizing your own appearance, through judgment or comparison to another person (i.e.: I'm so ugly compared to her ." look at how broad my shoulders are )
- 2) Criticizing another's appearance in front of them, (I.e.:"with those things, you're never going to find a date)
- 3) Criticizing another's appearance without their knowledge. (i.e.: Did you see what she's wearing today? Not flattering. "At least you don't look like her!") No matter how this manifests, it often leads to comparison and shame, and perpetuates the idea that people should be judged mainly for their physical features.

## BY WOMEN OF STRENGTH ORGANIZATION



## UBUNTU SANITARY AND TOILETRY DRIVE REPORT

BUNTU SANITARY AND TOILETRY

## BY STAND FOR ONE

Stand for one organization was founded by Ms Shantel Chinherera and Mr Corban Tshabangu On the 18th on of June 2020, is an organization that seeks to unite all human race globally which is aimed at creating diverse environment of strong independent individuals empowering one another to value and see their self-worth and becoming the mouth piece of the voiceless. The founders and members believe in supporting one another despite where we come from. The organization is created for every man, woman, boy and girl child worldwide."We believe in equality as the world is a beautiful place because of its diverseness therefore we do not criticise nor discriminate due to race, culture, gender or religion. We are one, we believe in living a meaningful life of love, respect and integrity as the world would be a non-isolated area irrespective of the natural or political borders separating people indifferent parts of the world" Says the founders.



Stand for one understands that the programme rules and regulations are important for health and safety of all members, professional meeting to meet the aim of the programme. In addition to the maintenance and enforcements to the policies and safety measures, the organization complies with all applicable national and local rules and regulations concerning all members' rights and obligations.

Stand for one have only few months been established but it has already done a good initiative to a community but running the program of UBUNTU Sanitary And Toiletry Drive that took place on the 3rd of October 2020 at the community of Stoffel Park, Mamelodi East. The UBUNTUDRIVE was established to promote the act of giving in the communities; they were able to ensure that the UBUNTU drive is a success while following theCOVID-19 government regulations.

## **"STAND FOR ONE"**



Stand for one have only few months been established but it has already done a good initiative to a community but running the program of UBUNTU Sanitary And Toiletry Drive that took place on the 3rd of October 2020 at the community of Stoffel Park, Mamelodi East. The UBUNTUDRIVE was established to promote the act of giving in the communities; they were able to ensure that the UBUNTU drive is a success while following theCOVID-19 government regulations. The program was proudly sponsored by The Pad princess, The paper packaging place, Green world Africa and The ADCHINSHoldings (AMBS).

Through the UBUNTU Sanitary and Toiletry Drive they managed to donate 17 packs of toiletries to men and boys as well as 244 packs of pads to women and girls in the community of Stoffel Park with the aim of enhancing the positive human sentiment and equality amongst members of the community. Each single donation of hope has positively impacted the life of a member of the community. Using our environmental awareness skills.

"As the Chair lady of the Stand for one organization I would like to send our appreciation to the sponsors, donors, volunteers, members of the media, The stand for one team, members of the community as well as every person that has availed themselves making the event a success. It would not have been possible without your help

"says ShantelChinherera

For more inquiries about donations please contact:

Shantel Chinherera [Founder of The Stand for one organization]: 0813167496 Corban Tshabangu [Co-founder of The Stand For One organization: 0658931230 Email: Standforone186@gmail.com

Facebook: Stand for One Instagram: \_stand41\_foundation

Yours faithfully Founder of stand for one l Head of communications Shantel Chinherera Co-founder of Stand for One l Treasurer Corban Tshabangu

BY Mmaphuthi Cathrine Mosikoa Photographer-Michael Parker





FRONT ENTER HOUSE MAGAZINE 29

# Thato

# Angela Monyana

My name is Thato Angela Monyana i was born and bred on 21 August in Pretoria, Mamelodi. I matriculated at Phateng comprehensive high school in 2019.

Growing up I wasn't exposed to privileges such as modelling, so if I would say I grew up with a passion for modelling that would be a big fat lie. Before I entered into the modelling industry, I just couldn't see it in my plans at first. I understand myself and thought I wasn't worth the picture, as I thought I was incompetent and unconfident.

I fell deeply in love with modelling shortly after my first meeting with designer Leecob, whom noticed the potential I was blind to. Sometimes it felt like he was god-sent as he picked me from the streets and covered me into a model. I got that far as I advertised his clothes earlier this year, with the help of no agency whatsoever. After my encounter with Leecob I started to get recognition, although I was still uncertain with this venture.

Most people think modelling is about flawless beauty but the bitter truth is that it is actually about confidence and authenticity. We've collaborated with the likes of, a big shot well-established designer Thabang Molokomme, and a local musician Chubby Thabz; who had me featured in one of his music videos.

Even though I collaborate with people in higher position of influence. I would be humbled to start advertising for some of the local brands in my hometown, as charity begins t home. The talent here is very admirable. One of the good days I would like to see myself on the billboards advertising for one of the biggest brands in our country, mean while travelling the world expanding my knowledge so that i could be able to help young girls like I, to recognize their talents and unleash their potential. I don't just see myself as a fashionsta and beauty model but I am "THE BREAND" facebook-exotic\_eella instagram-exotic\_eella **Editor-Mapula Carthy Mmatli** 

## MODELING

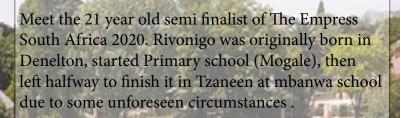








## MODELING



She later attended her secondary at Jacob Magmana and eventually matriculated later in the year 2017. Rivoningo is currently residing in Pretoria is a postgraduate in policing.

Rivoningo Entered for an online beauty with brains and purpose contest called "Empress South Africa.

"Empress South Africa is the first and largest online women empowerment platform in South Africa. It empowers young women to grow and develop themselves, by leading by example and also be good leader to bring a positive impact in their communities.

12123

SOUTH

AFRIC

She said this platform helped her to deal with real life situation, with more dedication, good work ethics, good communication skills, all built up her confidence and interactiveness.

The completion helped her to form a relationship and engage with media

"It gives us the opportunity to get involved in helping out with charity in our communities; those are the words of Rivoningo

Rivoningo's mission is to develop the girls' mindsets, in a way of teaching them to share knowledge and always love and support each other, she wants to achieve all of that by using the platform providing by Empress South Africa.

She advocates for anti-discrimination and also live by the word that, your upbringing doesn't your future. You can vote for her by Smsing Rivoningo to 35334 each sms cost R3.00 free sms do not apply only prepaid smses that apply.

**Editor-Mapula Carthy Mmatli** 

## NEWS ON MUSIC

# LETANG TLOME



## NEWS ON MUSIC



You know when you are doing something you love you fulfill your spirit, that's how I feel when I am on stage I become alive. I came into the industry during coca-cola pop up stars in 2003. I used to be with four other people in the industry and it was really challenging for me to transit and get my sound and feed back as individual.

I have such an amazing family that kept on motivating me whenever I wanted to give up on music. They always make me realize that music is who I am and it fills my heart with joy.

I have released 3 beautiful track in 2019 I was just from Phehlweni. By the way I am a traditional healer Thokozani! I had written a song called Vusani. It was plea and prayer to my Ancestors and to God to actually open up ways for me. I was tired of pushing and not pulling through. I have released 3 beautiful track in 2019 I was just from Phehlweni.

Editor-Masego R Deembule

## MY NAME IS LETANG TLOME I GREW UP WITH MUSICAL PARENTS

I am a musician, I grew up with musical parents, my dad was a choir conductor and I used to go with him to the church practices.

I fell in love with music from a very tender age, also growing up looking up to music stars like the late Brenda Fassie, Ricardo, Mariey Carey and Whitney Houston. I loved singing soo much. My mom used to say I've been singing from the moment I was born. That's when I knew that music was for me.

Entertainment industry itself is quite a complicated industry, I know a lot of people who think it's all glitz and glamorous which it's not the case, It wasn't an easy journey but it was quite fulfilling and amazing.

By the way I am a traditional healer Thokozani! I had written a song called Vusani. It was plea and prayer to my Ancestors and to God to actually open up ways for me. I was tired of pushing and not pulling through.

This was something special to me, the song spoke my truth and told South Africa about who is Latang and where was she all along it gave them an opportunity to know Latang a bit better. My second was single was Daliwami and my third single was Ngifunawena which speaks about love, this woman is just crazy about this guy telling him that I don't want anyone but you.

It's a beautiful song that celebrate love. It's a song that I worked on with Tshegofasto Didibeng,Cosmo Marsiano & Komplexity. I am pretty much excited and it's good to be back in the industry. I also have an EP that I released on the 16th of October 2020 and I was like "finally it's here"

socials @letangtlome bookings @rocaworld.co.za



# TRASHY FASH CLOTHING

TF



The name was inspired by ripped jeans I wore at Hammanskraal. I always struggled with difficult customers and I introducing the idea of people. My brand stands out from other brands by consistency and uniqueness.

I am a very patient creator and a designer from the heart.

I respect my craft and leave a story behide every item I create.

You can find everything on our collection. You can even rock Trashy Fash from head to toe. We are based in mamelodi operating near Denlyn mall by Mabena square. We have twoo other stall in Qwaqwa and Polokwane.

Do follow us on facebook : Trashyfash instagram : Trashyfash Twiter: Trashyfashion whatsapp : 084 358 1429

#### Editor-Masego R Deembule

# FASHION

# I RESPECT MY CRAFT

My name is Tinyiko Brain Maluleke I am the owner of Trashy Fash Clothing Brand, a combination of street ware and a formal ware.

I started this brand because of people were following my trends, I used to sell clothes before plain apparels imported in 2014 as an idea and family execute in 2015.

It started of as Arbone clothing brand I then realized that the name wasn't catchy enough hence Trashy Fash today.









# CLOTHING AND SHOES CUSTOMIZATION



#### Can you please tell us more about your art, how did it find you?

well I'd say I've got it from my grandfather because he was a sculpture and I've been drawing as far as the age of 8 and I enjoy nothing but drawing.

#### What got you inspired to do what you do today? And what connection do you have with your art.

My grandfather's death because I used to see him draw and do sculptures, even time I'd miss him when I do, I take a blank page and a pen I start drawing.

As an artist and an entrepreneur how do you keep up with both of them, that you keep getting *customers?* Because technology has evolved I used Social media to get in touch with my Clint and try as hard as I can to market my work, even though I'm still in need of exposure.

# How long have you been doing this? And how do you manage to overcome challenges that you come across.

It's now 5 years customizing clothing and shoes, even though a lot of people are not aware of my work I'd make it a point that I'd post weekly. But the deepest challenge I have is getting to be seen by the right people, people who appreciate ART jus as much as I do.

# How do you make customers happy with the services you provide for them ,and how do you keep up with creativity and fashion that your work is always outstanding that customers are able to come to you.

I keep my clients by taking out their imagination and pointing it out exactly as they want. And the paint I use in permanent paint, and those 2 are what keeps my clients happy and satisfied.

#### What keeps you going?

What keeps me going is my love for art and the believe I have of changing people's perspective towards ART. Facebook-Moeketsi Maniak kalake, Instagarm-Moeketsi\_Kalake







### **UP COMING EVENTS**



**UP COMING EVENTS** 

Its a date, soulful aspect brings you all white experience on Monday the 21st of December 2020 @mahube Valley Ext 3 (back opposite complex) #Allwhiteexperience21Dec #Rekaofela



# EVENTCOVERAGE

# CLASH OF THE BRANDS SOCIAL MARKET



## EVENTCOVERAGE



Believe was presenting clash of the brands social market

The aim of the event was to gather individuals from brands, artist, local business, etc to come and showcase their own creativity as we have them the platform to do so. The event was a huge success as people from different place came and showcased their skills through, food , music and etc .







## EXIT CONTENT



# Are you doing a giving back to the community ?

Feel free to contact us on our social media platforms

We are willing to help you in teams of photography YOU DONT HAVE TO PAY

> from us to you Enter House Pictures

Less make our community a better place

# EXIT CONTENT



We value our customers putting their needs and interests at the center of everything we do.

# ENTER HOUSE PICTURES