

YOUNG & CAPABLE

MAGAZINE



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"I'm grooming the best, young & capable models of all times"

● PRETTY MQOLWENI

Pretty realizes that events like hers tend to make young susceptible to exploitation and also, that they lead to them being insecure if they are thought not to meet "the required beauty standards".

In that case she has taken it upon herself to make preparations by means of workshops prior to the actual competitions that prioritize the emotional stability of all models.

That is not to teach them how to walk, or even be able to answer the Q and As after the events take place, but to help them to understand that being a part of the whole course is for them to learn and harness their social skills, and also for goal-setting, to draw inspiration as well as to improve the parts of themselves they feel need to be made better.

She helps them to understand that winning is not only about taking the crown home or who is physically better than who. When the girls do actually go up the stage, they go there knowing that they have already achieved what they came for the self-belief, confidence and their individual growth as well.

After the show, she still encourages keeping the communication going

to offer mental support for those who would be reacting like any normal person would to disappointments as this helps them recover early and also serves to show them that having not won in that moment in time does not mean they will not win, thus giving them the encouragement to keep on trying.

"Pageantry or modelling is a personal journey. I believe in prioritising availability and support when it comes to my contestants. And also encouraging them to try opening other doors because even though they might not fit the requirements". Stated miss Mqolweni.

"Do what you can to promote modeling"

● MIHLALI MYALENI

Mihlali Myaleni is an Animal Science graduate from the University of Fort Hare, currently working as an education assistant. She is also a self-taught designer, specialising in tailor-made clothing, for both men and women, as well as a sponsor.

She is of the notion that being a part of the team that encourages young women to do great and become the best versions of themselves is the greatest achievement, and every course that gets girls to take up space is a course worth noting. She has sponsored events, including Miss Empower Eastern Cape, a Pageantry event, hosted by miss Pretty Mqolweni, alongside Modern Traditional wear, which fitted on the theme of the event which was African original.

"What drove me to sponsor Miss Empower Eastern Cape is the purpose behind the event itself- which is to empower young women from different backgrounds that want to make a difference in our community". Stated Mihlali



She could not help but take it upon herself to see to it that she supported the event because she believes that in as much as it is what she does, Miss Mqolweni was more than deserving of the support as a young woman who is empowered, and who is working to empower other young women as well. Miss Myaleni believes that empowered women empower others.

She advises people to partake in sponsoring because it means being a part of building our communities, depending on the business one is sponsoring, but on the bright side, it can be agreed that there is always a good purpose behind everything and anything that needs sponsoring

It is also beneficial in a sense that you will always be counted as a part of a particular project that changed lives for the better, which brings about a good image and recognition for you.

Sponsoring Miss Empower Eastern Cape is notable proof because it gave her the satisfaction to know that she impacted lives positively in as much as it improved marketing her work in Pageantry

Miss Myeleni says that for those who would like to venture into providing sponsorships should know that being a sponsor means supporting an event by providing the product you promised. Not only that, but also delivering on time and making sure that your services are up to standard. You have to know that falling short on what you promised may inconvenience someone's event and affect a lot of people in a negative way.



**ANYTHING YOU CAN
IMAGINE
YOU CAN
CREATE**

OPRAH WINFREY

"Children should follow their passions"

● DUMILE THAMI

MRS Dumile Thami is miss Zezakhe`s mother, one of the young ladies partaking in Pageantry. She resides in East London, and is a supporting figure for all the girls who participate in pageants.

"As a mother, Mrs Dumile believes in the goodness of letting children enhance and follow their passions and doing what they love"

She stated that the Miss Empower Eastern Cape event was brilliant in all respects! Not only worth the time and effort, but inspirational as well that even she was left in awe and empowered.

It is in confidence that it can be said that everyone else who attended the event can agree with her. "Miss Mqolweni groomed the young girls very well. They are representative, confident, compassionate, and capable. "Vouched Mrs Dumile.

During the speech rentals, the girls made mention of their communities and the positive changes they want to bring in them, which is giving back, and looking for many possible ways they could make a difference. Mrs Dumile's daughter, Zezakhe, is living proof to her mother that pageantry is worth it. It has taught her how to represent herself as an individual, how to stand up for herself, and what she believes in. Given all this, Mrs Dumile not only sees the beauty in supporting her daughter, and the other young ladies partaking in Pageantry, but she also urges other parents to be pillars in their children`s life endeavours- modelling in this case. And also to protect them because this industry makes them prone to exploitation

She would appreciate it if more and more girls could follow this career path and she assures that it is in no way meant to objectify them. It grooms them, builds their self-confidence, self-esteem, and gets them involved in the community and to give back



"Be authentic & chase dreams"

THEMBELIHLE QINA

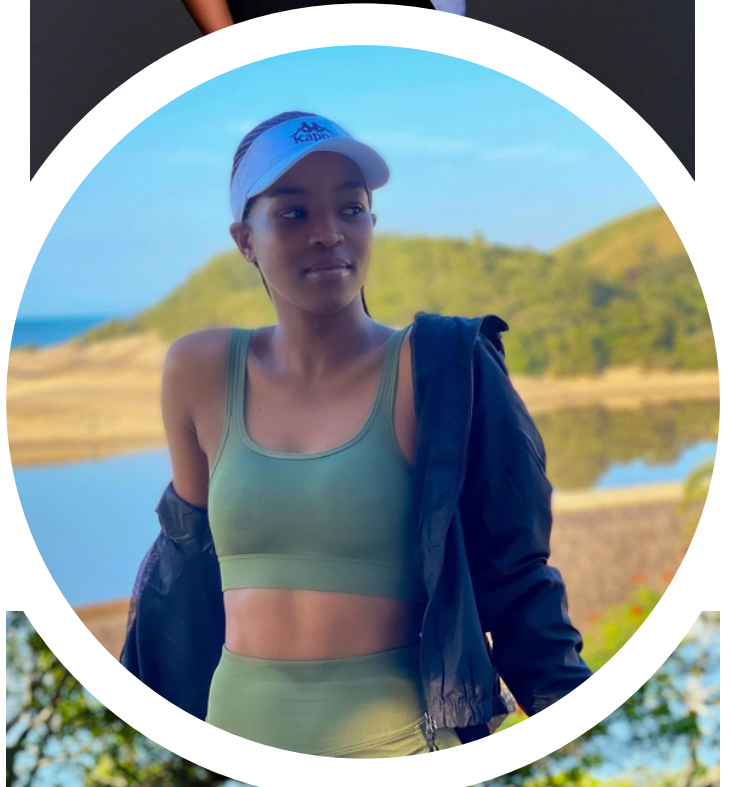
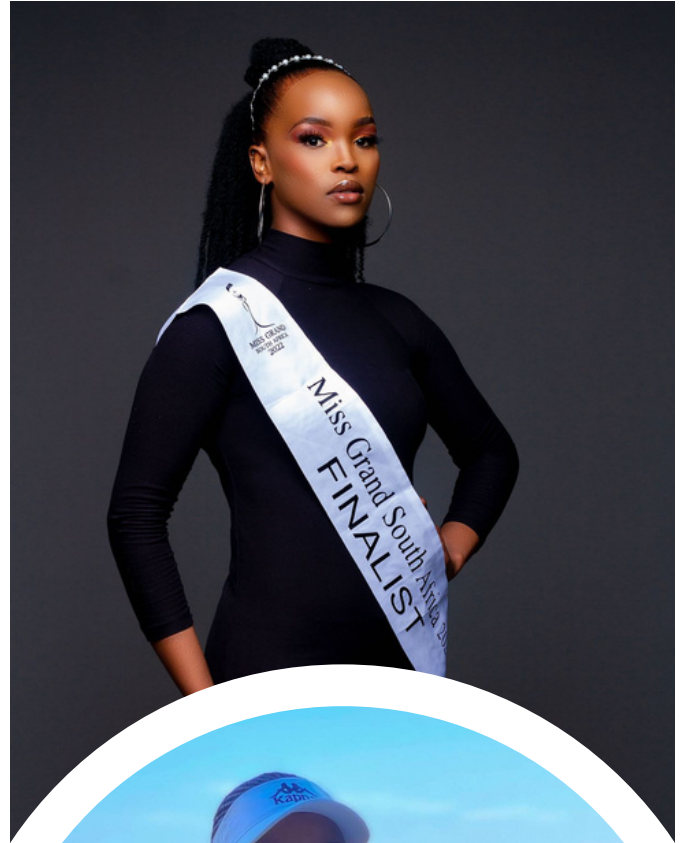
Thembelihle Qina is a young educator by profession. She studied Bachelor of Education at Walter Sisulu University and now works as a teacher. She graced Miss Empower EC 2022 with her presence as one of the judges.

A judge with great modeling career. She is a model, founder and director of Bright Stars Modeling Academy, a modeling coach, pageant judge, a ballroom, Latin dancer. Last but not least, she is a motivational speaker, a jack of all trades!

Ms Qina started her modeling career back in 2016 when she was a student at WSU. She participated in several pageants and fashion shows. From then, Ms Qina didn't look back. Currently, she is running for Miss Grand SA.

"It was a great experience, a great show but we had a hard time choosing the winner as all participants were bringing something different on the table. It was indeed a tough competition which made it hard for judges to make decisions", said Ms Qina.

Always be authentic, chase dreams and don't limit yourself to anything because you are Young and Capable.



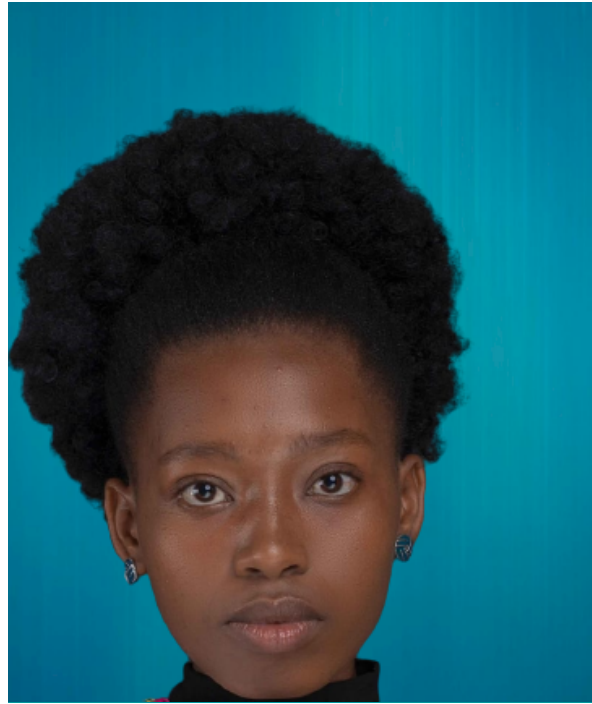
"Everything is possible if you put your mind to it"

MASILUVE NGUBEZULU

Masiluve is a graduate from University of Fort Hare in Public Administration is the title holder of Miss Empower Eastern 2022. She was born and raised in rural areas of Mqanduli where most people have very little understanding about modelling.

She chose modelling because she wanted something to keep her going and motivate her every day. She first took modelling as a hobby and later learnt that it is way deeper than that, it is an educational and a personal journey that she embraced. She then decided to focus on modelling with the aim of being an inspiration to the young girls living in rural areas. Masiluve wants them to feel represented in the modelling industry and remember that if she can do it, they can also do it

She is currently a job seeker. As the winner of Miss Empower Eastern 2022, she is going to start an agricultural project in her community. The aim for this agricultural project is to educate the youth and the elderly on how to sustain a healthy living while contributing to the economy and growing entrepreneurship in rural areas



"If it happens that I don't get enough funds for this agricultural project, I will just offer people from her community vegetable crops and let them plant on their own as they usually do that after harvesting maize on their gardens each year", said Masiluve

Lastly, she made a call to all people especially the youth as they are the future leaders, to stop abusing alcohol, and work on their dreams consistently. They must remember that *"ubumnandi abupheli buyayibamba impumelelo yakho"*. People may get defensive when it comes to alcohol related topics but, we have seen the damages that alcohol has done to the youth. They must not forget that they are young and capable. They are the future leaders.



She believes that she is a confident, smart, goal-oriented young fighter, who fights for and goes after her dreams and what she believes in. she perceives failure as a climbing ladder to success. My mantra is the quote that says, "Do something today that even your future self will be proud of, hence I took modelling as her career." Highlighted Asanda

To her, the modelling journey has been one that has taught her to remain being herself no matter how hard it gets because, factually, it does get hard and giving up is just not an option.

"There was a time when I used to be body-shammed because I am not slim, but I still remained in myself because I believe that this career focuses on one's heart and not one's beauty or body"

"Do something today that even your future self will be proud of"

● Asanda Mngcutsha

Asanda Mngcutsha is a 2nd year B-Com law student from Qumbu, in the Eastern Cape. She is the Miss Empower Eastern Cape 2022 1st Princess, accompanied by Miss Mhlontlo Teen Ambassador 2016, Miss Commonwealth SA finalist 2017 and Miss Municipalities SA Semi-finalist 2022.

The Miss Empower Eastern Cape Pageantry is all about Empowerment-empowering the youth to be the best possible versions of themselves despite all the negativity they get from our communities, so it takes courage, self-belief and power to bring about change, and to be Miss Empower Eastern Cape eventually.

That is what it took Miss Mngcutsha to be where she is today. In as much as she got negative comments before and during the competition, and getting looked down on because of her physical appearance,

She believes that she maneuvered through it all and she is now a mirror for other young girls who may not be confident enough to believe in themselves, to reflect on whenever they do not feel good enough about themselves, and to know that they are more than enough and have what it takes to go out there and take up space!

She has even proved those who did not believe that she could do it wrong, so for her, it's a win in all ways. Working with and under Miss Mqolweni has also boosted her self-confidence as she looks up to her, and wishes to be half as good as she is, if not completely. It has also refurbished her social skills as she used to find it daunting to interact with people in the past.

Moreover, it has made her realize that people's unsolicited opinions will always be there, and one can only use them as fuel to go even farther in life.

She found the event to be very stressful because even though she knew she has it in her, it was still a competition after all, and she was up against other females who brought their A-game into the competition.

It was having her family there; cheering her up by calling her name and number that gave her the courage to go through and get through the whole event.

Miss Mngcutsha informs other young girls who would like to pursue modelling to never wait for any approval from friends, family or even the community because they might end up not doing what they desire. She advises them to fight for what they want and to never allow anyone's negativity to get the best of them.

You might never know how good you are until you take that life changing risk. It all begins with you.





Anathi Gwiliza is a 20-year-old young lady, who was born and bred in Mthatha. She is currently doing her final year in a National Diploma in Accounting at Walter Sisulu University. She is the Miss Empower Eastern Cape 2nd Princess.

Miss Gwiliza's low self-esteem was primarily the reason why she wanted to participate in pageants- one has to face one's fears in order to overcome them! The journey has impacted and changed her life and the way she sees herself for the better. Being a charitable person also added onto her desire to be a part of the course because Miss Empower Eastern Cape deals with a lot of charity. It provided her the platform to overcome her insecurities whilst helping her fulfil her purpose.

She encourages other young girls out there to stand up for themselves and be daring to show their capabilities to the world. To know that they are the most powerful human beings and that their voices matter.

"I am capable & powerful"

● ANATHI GWELIZA

"Miss Empower Eastern Cape has helped me grow as a person and to see that I am capable of helping those who are in need, and also, to realize my strengths and the power to walk this journey". Anathi expressed herself.

Girls should love themselves and each other fiercely, especially in a world where society makes that impossible!

She found the event to be exceptionally good and everything about it perfect. It was the kindness and approachability of the people working with Miss Mqolweni that made the day a success for her.

Being a finalist and owning a crown has helped her to prove herself to herself- that she is capable and powerful enough to be the person she wants to be. It is an indication to her that she has had what it takes all this time, she just needed the opportunity to realize it and the Miss Empower Eastern Cape has given that to her.

"I don't want to be a supermodel - I want to be a role model"

HLUMELO FRANS

Hlumelo Frans is one of many young girls who are inspiring South Africans. Born in the year 2004 in the township, Queenstown, Eastern Cape & matriculated in the year 2021.

Growing up, she had issues with her body which resulted her not to believe in her-self and had low self-esteem. Despite this, Hlumelo worked hard to regain her self-esteem by embracing everything she was insecure about and choose modeling. It all worked out for her, through modeling, now she can share issues faced by the youth and how they can be rectified. Now she can stand in front of large audience and speak healing because being a model and modeling is more than just walking on stage wearing glamorous outfits.



"I am one person who is aspiring to be something big in the media industry, as a result I am an inspiring presenter and a dancer too", said Hlumelo

She defied all odds and now holds 13 titles, namely Miss Ndlovukazi 2020, Miss Ndlovukazi Viewers Choice 2020, Miss Schools Eastern Cape Finalist 2020, Miss Schools Eastern Cape Viewers Choice 2020, Miss Teen Queenstown 1st Princess 2021, Miss Buhle Bendalo Queenstown Finalist 2021, Miss Ilinge 2021, Miss Schools Eastern Cape Finalist 2021/22, Miss Schools Eastern Cape 1st Princess 2021/22, Mr & Miss Youth Impact Eastern Cape Finalist 2022, Mr & Miss Youth Impact Eastern Cape 1st Princess 2022, Miss Empower Eastern Cape Finalist 2022 & Teen Miss Empower Eastern Cape 2022.

“In whatever you decide to do, perseverance, hardwork, dedication and having a teachable spirit will definitely get you where you want to be”, said Hlumelo.

She believes in giving back to the community and hence she is currently working on hosting her own first pageant, Miss Resilience Queenstown which will be deeply rooted in what it means being a woman in South Africa and incidents women go through.

As Miss Teen Empower Cape, she will be embarking on breaking poverty chain for young girls with the aim of battering their lives.

She believes in giving back to the community and hence she is currently working on hosting her own first pageant, Miss Resilience Queenstown which will be deeply rooted in what it means being a woman in South Africa and incidents women go through.

There are many girls out there who have low self-esteem due to different reasons, Humelo wants all young girls to look at her & see their faces reflected in her and start believing that it is possible to be whatever they set their minds on, despite where they come from because one's background can never determine their future.

Break the odds and work towards achieving your goals. You can achieve anything because you are Young & Capable.

"If your dream doesn't scare you, it's not big enough"

● TANDILE ZELE

Tandile Zele is a young talented woman who is goal driven and looking very deep into the future from Nqamakwe, Eastern Cape. She is currently 15 years old and doing her 10th grade.

She specialises in fashion, pageantry, and photography modelling not only that, but she is also a dancer.

She holds 13 titles. To name a few she is the queen of Miss Youth Butterworth, a finalist of Miss black diamond ambassador, A finalist in Miss summer EL etc. Ever since she started modelling, she has never lost a pageant.

She chose modelling because of the positive outcomes modelling have such as self-confidence and self-discipline. Before she started modelling, she had a low self-esteem, and she was body shamed. Despite all of that she started modelling as a way of her loving and accepting all her flaws and imperfections. She is inspired and looks up to Zozibini Tunzi who is the former Miss South Africa and Miss Universe of 2019.



Tandile Zele wants to specialise in the psychology field, and she has already started as most of her peers always come to her for personal advice and picking up her brains of certain topics.

She dreams of opening her platform that will focus on improving self-esteems of young people.

"Keep going no matter what and know that your background does not determine your future", said Tandile.

If your dream doesn't scare, you then it's not big enough. Dream big and work hard towards achieving your dreams. You can achieve anything because you are Young and Capable.

"In a world with different kinds of beauty, be your own kind of beauty"

● SIBAHLE MTSOTSO

Miss Sibahle Mtsotso is a 18-year-old young lady, born and bred in Ngqeleni. She is currently doing her 2nd year in Marketing Management at Walter Sisulu University. She is Teen Miss Empower Eastern Cape 2nd Princess.

She started having passion for modeling in 2020 and participated for the first time earlier this year. Her vision of being a model and what she stands for prepared for pageants. Woman around her who were doing modeling inspired her and saw that it is possible

"I wanted to take a step in creating and changing my community through education and educating about social ills that affect women in my community", said Sibahle

She has seen women using the pageant platform to do what they are passionate about which positively impacted other people's lives. If they, did it, what can stop me? asked Sibahle.

She spends most of her time with her family and friends and enjoys their company as they always root for her and have a positive impact on her life

Ms Sibahle is currently working on a project which will benefit many young people in her community and believes that it will be a great initiative. She is working with Miss Empower Eastern Cape organization to make her project a success.

To all young girls, you are beautiful, you are enough, and you can do anything. You just must take the first step and learn from your mistakes. You do not have to figure everything now as you still have time, emphasized Sibahle.

"No matter where you start, the possibilities of your future are limited only by the depth of your own imagination", those are the words for you to keep going said Sibahle.

You can do and its possible because you are Young & Capable.

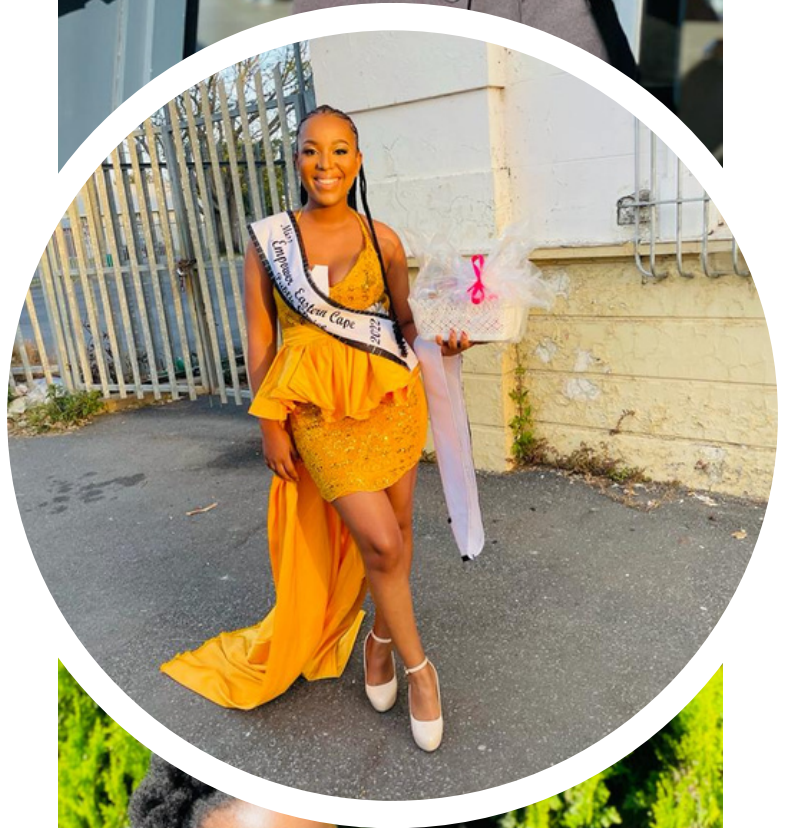
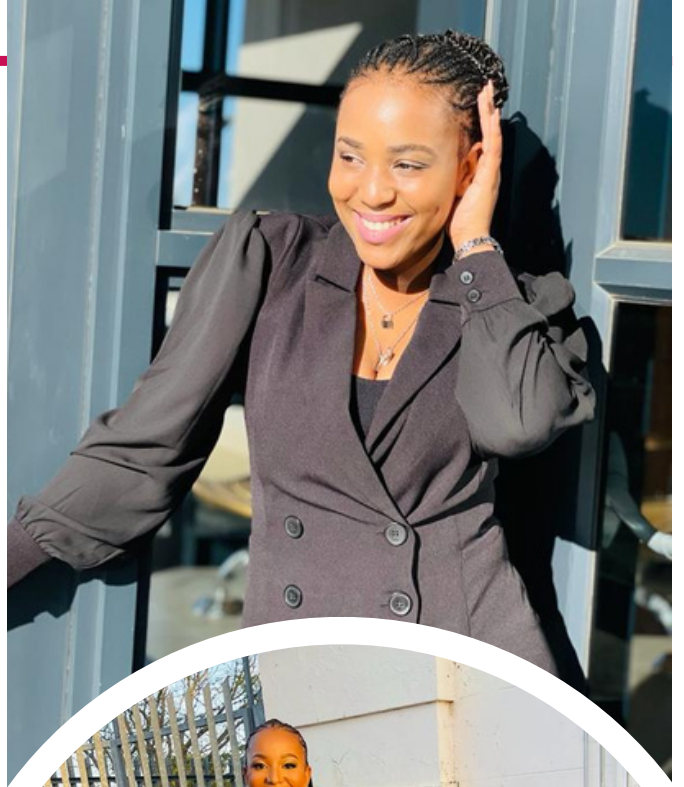
"Self-love and self-appreciation are the foundation of healthy mind and body"

● PHUMEZA ZULU

Phumeza Zulu is 23 years old young woman from uMzimkhulu, but she is currently located in Mount Ayliff. She completed her diploma in Nursing Science and First aid course at Lilitha College of Nursing. She is now practicing as a professional nurse at Mount Ayliff hospital.

She does modelling as a hobby but she has a strong passion for it. She currently has 4 titles namely Miss township South Africa brand ambassador, Miss Public choice 2021, The face of Sindoncedo 2022 queen and currently the finalist of miss national South Africa 2022. She has done numerous health awareness mostly in schools.

So far, she has done cancer awareness, self-love & appreciation awareness. Not only that but she also has done a pad drive in schools and orphanages fighting against menstruation stigma and period poverty. She also has a project with Nolitha special school students where they are planting vegetables and taking care of chickens. The aim is to uplift their entrepreneurship skills even though they are disabled.



She encourages the youth to be real. We are known as a "sad generation with happy pictures and fake standards of living". Not meeting these high standards that were sold to us by social media drives us depression.

She believes that self-love, self-care, self-control, and self-appreciation are the foundation of healthy mind and body. She also advises the youth to never compare their life's journey with anyone's else.

Your journey is not a competition and do not envy all these things you see from social media because some of them are not real. She encourages the youth to be goal directed and make history that the next generation will look up to

As a professional nurse and a role model to many younger girls she ended up saying that queens don't fail, they might fall from time to time but they always rise stronger. You are young and capable no matter what.



