

PROGRAM DATE: 2014-12-04

PROGRAM NAME: WOMANITY – WOMEN IN UNITY

GUEST NAME: NAMBITHA MPUMLWANA – AWARD WINNING ACTRESS

SPEAKER	TRANSCRIPTION
DR. MALKA	Hello, I'm Dr. Amaleya Goneos-Malka, welcome to 'Womanity – Women in Unity'. The show that celebrates prominent and ordinary African Women's milestone achievements in their struggles for liberation, self-emancipation, human rights, democracy, racism, socio-economic class division and gender based violence.
DR. MALKA	Joining us today in studio is Ms Nambitha Mpumlwana who is an actress by profession, her work has included roles on many of South Africa's drama series, her role as Pearl Luzipo in The Lab I and II earned her the Best Actress in a drama series Golden Horn; her film work includes acting in Oscar award winning Tsotsi as well as Invictus, Beyond Borders, Red Dust but she wears many hats such as business woman, humanitarian, philanthropist and a charity person. Welcome to the show!
MS NAMBITHA MPUMLWANA	How many hats is that?
DR. MALKA	Too many to count.
MS NAMBITHA MPUMLWANA	I was trying to count I'm like I don't have enough fingers. Thank you very much and I'm honoured.
DR. MALKA	It's such a pleasure to have you here....
MS NAMBITHA MPUMLWANA	Thank you.
DR. MALKA	...and as I've briefly introduced your many hats, can you share with us some of the landmarks along your career and what's impacted on you the most?
MS NAMBITHA MPUMLWANA	I think most of my personal landmarks would be for me educational moments, moments of growth and moments of learning. I remember I actually I think I made one of my first big decisions and I didn't really realise that I was making a big decision, I was in university and after my second year I wanted to go into the director's programme and because I wasn't running a....I wasn't gunning for popularity in the school I didn't make it into the director's programme because it was a master class programme and they would only pick ten students from second years to go third year into the programme and I realised that because I wasn't popular and I wasn't hanging out with you know the teachers and doing all of that schmoozing thing, I actually missed out and so I moved to Toronto and I just said fine I'll just go professional instead and so I think for me it was one of those moments of oh well let me chart a different course then. I think another moment for me was when I had been working in Toronto I was doing very, very well I was cast in leads just about every production that I, you know I was cast in I was the lead so I was very, very blessed, but I remember one actor that I was working with, we were doing Beauty and the Beast...
DR. MALKA	...oh lovely....
MS NAMBITHA MPUMLWANA	...and they had written it in such a way that I could be lead so I could play Beauty and so they'd do the whole African thing about it and it was like you know a big head moment for me, it was a big ego boost and I was loving it and I learned in that production from being yelled at just before

	going on stage that I'm not the entire show and the woman who played I thinkmom, it got to the point where I was not paying attention to the supporting cast, I didn't value them enough that she actually had to yell at me and said we don't know what you're going to do next therefore we cannot catch you if you fall. I think that day I mean I cried throughout the whole show and then you know at half time I was like I had to re-apply my make-up and it was terrible but I think for me that was one of the biggest learning moments, it was one of the biggest growth spurts for me that there is no king without subjects; there is no shepherd without sheep.
DR. MALKA	But it also talks back to the whole philosophy of teamwork.
MS NAMBITHA MPUMLWANA	Absolutely, I didn't, I thought I was good, I didn't realise that I was being really horrible and it's not about how well you can act but how well you can be around the people that you work with and what kind of respect you show them and it was one of the...it was a big lesson for me, it was a big lesson for me.
DR. MALKA	I think those are really important learning experiences and so authentic because often we have learning experiences and they tend to be very much on a positive note.....
MS NAMBITHA MPUMLWANAja, ja....
DR. MALKA	...but these are negatives which you've been able to turn around into positives....
MS NAMBITHA MPUMLWANA	...I got slapped down...I got slapped down, ja, ja.
DR. MALKA	But coming out of that you are now an international award winning actress; you've acted alongside celebrated international actors the likes of Morgan Freeman in Invictus; appeared opposite Angelina Jolie in Beyond Borders; in Safe House with Denzel Washington and Ryan Reynolds....
MS NAMBITHA MPUMLWANA	...I know....
DR. MALKARed Dust with Hilary Swank....
MS NAMBITHA MPUMLWANA	...she was fun,as well, she was amazing she used to babysit my son.
DR. MALKA	Can you now take us through some of those moments when all of that hard work has paid off, what you've put into and investing into your career, it finally comes to fruition when you find yourself working alongside these legendary actors?
MS NAMBITHA MPUMLWANA	I actually don't really know my CV until I hear it from other people or if I'm updating it annually you know it's like oh my gosh okay what did I forget, what did I do this year, where was I and it's very strange to hear it back but we have a philosophy in our household that we work for a living so we focus on the living much more than the working itself and anybody who hires me I make that clear to them that whatever time I spend with you is time away from my child so if you're going to ask for extra hours you need to get his permission and you need to have my consent to, between the two of us he and I then we'll agree if we're going to agree to work overtime, what does he need, does he need me more than I need this dollar, that's always been the philosophy but when I'm present I am present, I make a point of that so if I've committed to give you eight hours I make sure that it's eight good hours and then I go home and then I know that I don't regret the time I spent with you because even though it was time away from

	<p>my child it was time well spent, then I don't regret. You know I think a lot of working mothers have that guilt in that you know you're spending all this time in the office but you're thinking about home so you don't give your full, your all into the office and then you go home and wish you had spent you know more time at the office, you know it's just like a moment to moment of regret and guilt but if you actually just commit to that moment and the person who you're contracted to knows that while I'm here I'm all yours, I'll do my best, but when I leave here don't expect that you're going to call me back and go oh one more thing, it's not going to happen, I'm working for a living so you know further to that then what I've done is for example when I was shooting Beyond Borders out in Namibia I spent the first...the rehearsal period on my own and as soon as I started shooting I brought my son in and we organised that he had a tutor in the morning to you know so that he could be studying and in the afternoon he was watching videos, educational videos, he was basically part of my life so that my time away from him is not a country away but it's you know within vicinity, I go home to him.</p>
DR. MALKA	<p>I think what you've mentioned is really important because all working mothers struggle with the juggle of being committed to their work, being able to succeed professionally but rightly so, managing the guilt factor that comes through on not being with their children.</p>
MS NAMBITHA MPUMLWANA	<p>You cannot, you just cannot you cannot 'cause you're going to like wake up at 40 and you've got a full head of grey hair and no joy whatsoever and your children don't remember you.</p>
DR. MALKA	<p>Now we've spoken a bit about the big screen, so you've mentioned coming through to Namibia to do the shoot for Beyond Borders and over the years you've played numerous roles on the small screen in award winning shows so Yizo Yizo; Interrogation Room, Justice for All; Saints; Sinners and Settlers; Sevende Laan and Generations which had an incredible viewership, estimated I think seven million every evening.</p>
MS NAMBITHA MPUMLWANA	<p>...ja...</p>
DR. MALKA	<p>With that I think comes a lot of responsibilities on taking on roles and there're good moments, there're stressful moments but with the strong high viewership that follows you and the TV series that you're playing in.</p>
MS NAMBITHA MPUMLWANA	<p>You know I think the difference, and we just....I just, most recently I finally articulated it for myself what the difference was between you know the other programmes that I was doing and Generations and Generations was habitual viewing so it wasn't how good I am, it was this is what we do at eight o'clock in the evening, we just turn onto this channel, now to maintain that and have people appreciate you beyond that it being habit, that is an accomplishment. When I was doing Yizo Yizo for example or even doing you know The Lab that was selective viewing now they choose to come and watch me, both are a blessing but they are different kinds of blessings.</p>
DR. MALKA	<p>But I think it's very interesting on the dynamics because you say having a selected viewership and having that habitual viewing and how it impacts on the character.</p>
MS NAMBITHA MPUMLWANA	<p>You see...it grows you as a person. When I started working on Generations I actually...we took bets, we took bets on how long I would last and the longest one was three months because I'm way too headstrong for some of this stuff you know, the kind of expectations. I think soapies are notorious for using untrained actors you know model faces and that sort of a thing where they'll just do what you want them to do. The problem with a</p>

	<p>trained actor is that they think and they tell stories, they don't just regurgitate words so that you know that brought a bit of a clash between myself and production but we grew into each other's ways and the result of it was that the viewership now became choice because you know when this person is not on screen the ratings go down, yes we still had the habitual viewing so we'll maintain like say five million but when that person's on screen it peaks you know we started to maintain a 67% you know viewership, like maintain, it became a thing and of course we were challenging each other on set that no man come on, are you seriously going to do it like that.</p>
DR. MALKA	That's great....
MS NAMBITHA MPUMLWANAit's amazing, it's a blessing....
DR. MALKA	..I think that competition drives performance.
MS NAMBITHA MPUMLWANA	We were pushing each other but you're right, there's an incredible responsibility to the people that you represent, to the people that you're speaking to and the people that you're speaking on behalf of and it's important that you value them you know even more than yourself so that then you get out of the way and you actually do a good job.
DR. MALKA	We use television as a medium to perpetuate culture and to feed back on it and given that we have got eleven national languages in the country....
MS NAMBITHA MPUMLWANAeleven national...ja, ja official languages...
DR. MALKAofficial languages, it's so critical that we keep them alive through our performances...
MS NAMBITHA MPUMLWANA	...absolutely and to respect them and to honour them then it's a lot easier o us to relate....
DR. MALKA	We'll be right back after this.
AD BREAK	
DR. MALKA	You are listening to 'Womanity –Women in Unity' on Channel Africa, the voice of the African Renaissance, on frequency 9625 KHz, on the 31 meter band. Today we're talking to Ms Nambitha Mpumlwana, actress, humanitarian and philanthropist. We would love to receive your comments on Twitter@WomanityTalk. Now continuing with our discussion....
DR. MALKA	I was quite touched on reading the Great Granny Revolution Project, a movement that supports AIDS orphans who are raised by their grandmothers and given that you yourself were brought up by your grandparents, can you please share with us some of the issues behind this particular project and the reality of grandparents now slipping in and performing parent's roles, struggling to raise grieving grandchildren following the deaths of their parents and also senior citizens, they receive very little support from society.
MS NAMBITHA MPUMLWANA	They do, they do you know a lot of them they raise these kids on what is it that is it called, pension, it's not really a pension it's that government grant....
DR. MALKA	...it's a social grant...
MS NAMBITHA MPUMLWANA	...there's a social, yes, there's this grant that they get and a lot of people you know think that you know when you've got a child in the household then you get the grant and you're just feeding off the child and what people do forget is that that child is growing up in a society that where inflation is actually working opposite to the salary, the average salary in South Africa and therefore the grant is even lower, be it a pension grant, be it the old age

	grant, be it a child grant. I was humbled to hear one.... I was working on radio hosting a programme with 702 and they were talking about this woman was complaining, talking about the fact that she was earning, they were talking about how you know they'd raised the social grant for senior citizens to R1,250 a month, so now... and we always think it's black people that are going through this and I was so grateful that it was a white woman who was making this complaint, R1,250 per month that is what your grant is, that's how much you're supposed to survive on but she's disabled....
DR. MALKA	...and that's a grant for you to survive as yourself...
MS NAMBITHA MPUMLWANA	...as yourself...
DR. MALKA	...not to look after additional dependents.
MS NAMBITHA MPUMLWANA	Yes. So now this woman, because she's disabled in order to go and pick up that money she has to hire a taxi. It's R200 one way, R200 back so by the time she receives her money and gets back home she's lost R400 of that....
DR. MALKA	...yes so she's left with R850....
MS NAMBITHA MPUMLWANA	...she's left with R850 to survive on for the entire month. What do you do with R850? How, like how quickly do you go through it, just yourself? So now you take that woman and you find now that she is raising two children, two of her grandchildren on that R1,250, these two kids are looking at their peers who have cell phones, we are not talking bread and butter issues here, the list just goes on.
DR. MALKA	Yes it's dealing with all of the social issues that come with it.
MS NAMBITHA MPUMLWANA	It's dealing with all of that. Now I was raised by my grandmother, I was very, very privileged, I grew up in a farm I was herding cattle. In the morning you get up and you go and get eggs from the chicken coop and you get milk, you go and milk the cows and then set them...
DR. MALKA	...so you really had an organic lifestyle....
MS NAMBITHA MPUMLWANA	I was..I was a farm girl.....but you know you get up in the morning you take care of all those things and but you've got all this good food so I was never hungry, I just didn't have extras and what I discovered or what I woke up to was that I had all the basic things but there were just certain things like I grew up to be very, very old fashioned because I was raised by an old fashioned woman and I remember at the age of I think about 14 my grandmother pulled me aside to have a conversation about my period and she gave me this piece of cloth and I'm like what is that for and she said well you're going to need it at certain times of the month, I'm like Ma, no, no cloth, no cloth! But her mindset was of that generation that you know we used cloth in my day and so you're going to need this cloth, I'm like no! So now what I've realised is that the kids, these AIDS orphans are being raised in the same way that I was raised, there's a generation apart so the expectations are a generation apart and the communication becomes difficult and all of these challenges that I experienced...didn't see them as challenges...but that's what they're going through so I try to jump in and bridge that gap and make each of them aware of the challenges that the other is facing, that's my attempt, but more than anything it is on my birthday, it is in February, one of the things that I didn't have as a child, I never had a birthday party. I had a beautiful childhood but I never had a birthday party so what I've done then is every year on my birthday I throw a birthday party and we all celebrate it as our party so each and everyone, the granny and the kids we're all you know honoured guests, we're all VIP's at the birthday party and everybody else serves us.

DR. MALKA	That's a beautiful way of giving back and still being able to celebrate. With your incredibly hectic schedule you still manage to find the time to do a lot of charity work so beyond the Granny Revolution can you take us through some of the other charities that you lend a hand to?
MS NAMBITHA MPUMLWANA	Oh heavens okay, I was involved with cancer, the Cancer Association a little bit but most recently we started the Dlamini Legacy Project which I really, really got angry. I saw that you know there was....you remember the strike in Marikana?
DR. MALKAyes....
MS NAMBITHA MPUMLWANAthe miner's strike which lasted I think about five months. When they started to talk about you know the...what do you call it, the capital that, the casualties of...the war casualties, I forget, there's a term for it, but when the kids started suffering you know because there's no food, there's no groceries so then I remember watching a news programme where they were showing these kids that were being given bread and they were being given milk and you know in the school and I watched these kids coming in one by one tick their name and give them a loaf of bread, tick their name give them this, give them that and half way through and only at the end did I really lose my cool because the last child that they followed as they..at the end of it was a black child and that was the only black child in that entire programme. In a country that is the majority of black people, I personally saw it as normal that all these children that were being fed were white faces, only when they showed that singular black child and showed how happy he was to be receiving bread and running home, that's when I lost it and that's when I got angry with myself, that's when I got angry with the person who was doing the you know, the story and that's when I got angry with us as a society, so I made a point of going out to feed the black children. I again went to Red Farm, Tigerbrand, Ulwazi to get water and all these different people you know we had vegetables, we had lotion you know, shaving cream for the guys and
DR. MALKA	Household essentials and personals....
MS NAMBITHA MPUMLWANAhousehold essentials, yes, and we were just giving away these boxes and I was so sad we didn't have enough, I really...we started out with about 500 boxes but when I left, I actually had to leave while they were still handing things out because I realised I didn't have enough, the truck was full of vegetables. It was so dire the situation there and but that's kind of what we do, we try to get in there and bridge whatever gap we can.
DR.MALKA	That's a really significant element from a community development to help support them.
MS NAMBITHA MPUMLWANA	Ja, that was my grandmother, she didn't ask questions she just went in and you know I was trying so hard to how do I politically not get politically involved in here and at the end of the day it was you know what, you just get in there and you do it and actually it worked out, it worked out very well.
DR. MALKA	Moving on to a different tune but still devoted to development, you mentioned offline that you had another programme, so can you tell us a bit about Diva Nexis?
MS NAMBITHA MPUMLWANA	Divi Nexis.....I have a bit of a reputation of being a perfectionist. I have a bit of a reputation of in fact they call me a diva and I remember the first time that you know the headlines came out in calling me a prima donna I actually quite felt, I was quite hurt I felt really, really bad until I sat down and looked myself in the mirror and I said okay in every snide comment is a little bit of truth, find the truth and celebrate that and I looked back and was like they called me a prima donna. Prima means first and Donna is

	<p>lady so this is not a bad thing, they just called me a first lady so I flooded the social networks with gratitude I was like thank you very much you finally acknowledge me to be a first lady of television, thank you and I started to turn that around for myself and they would call me a diva because I obviously have diva antics, I'm throwing tantrums like it's only a tantrum if you don't understand what's going on so allow me to educate you, let's talk about it then perhaps you might find that you actually need what I'm fighting for. Now part of my background is experiential work shopping we used to...I used to do you know education on multiculturalism and racism and that's where I also learned about you know feminism without burning the bra.</p>
DR. MALKA	<p>Well I think a lot of people don't understand what feminism is and ultimately it's about equality, equal rights for men and women.</p>
MS NAMBITHA MPUMLWANA	<p>But beyond equal it's equity and my son and I were talking about this, about what is the difference between equality and equity, equality is levelling the playing field, everybody plays on the same field, equity is acknowledging the different challenges everybody has within that playing field and accommodating and actually giving everybody equal access as opposed to equal field and women don't have equal access so we don't have equity in the workforce, everywhere. When you speak up you get... a man who speaks up has got bravado, when a woman speaks up she's a bitch and any moment that we can to take a chance to celebrate ourselves and to put ourselves on our own pedestals I think it's a moment worth celebrating so when they try to throw those stones at me I build a house with them and I built the Diva Nexis and I said let me teach you how to celebrate being who you are so that you don't have to hate me celebrating who I am. That's the Diva Nexis.</p>
DR. MALKA	<p>I love the expression of "taking the stones and building your house with them" and it seems to be very empowering for women.</p>
MS NAMBITHA MPUMLWANA	<p>And the Diva Nexis challenges you and teaches...gives you tools to actually embrace that soul and not be so preoccupied about what other people think of you.</p>
DR. MALKA	<p>People expect you to conform to a certain way; they expect you to behave in a certain way and by allowing people to behave in their own way and empowering them with the tools to do it in the right way I think that that is a significant achievement of giving back to others.</p>
MS NAMBITHA MPUMLWANA	<p>Yes. Give it back, hand it back. I always tell people when I speak that I do this for very, very selfish reasons. I want a better world for my child and the woman that he ends up with had better be raised by somebody who loves women and admires women and honours women because that's what I've taught him so can you imagine my child goes out there to find a mate or a partner, be it male or female, and finds a wounded person who was raised by a wounded person so if I can spread that forgiveness, it's a very selfish thing on my part. I'm...my job is to prepare the world for him, not him for the world, it's not...you know it has to be I raise him to bloom and to be the rose that he is but I just make sure that I make the soil fertile for him to grow and you know easier for him to bloom.</p>
DR. MALKA	<p>The right foundation is absolutely critical.</p>
MS NAMBITHA MPUMLWANA	<p>I'm trying, I'm trying.</p>
DR. MALKA	<p>We'll be right back after this.</p>
	<p>AD BREAK</p>

DR. MALKA	You are listening to ‘Womanity – Woman in Unity’ on Channel Africa, the voice of the African Renaissance, on frequency 9625 KHz, on the 31 meter band. Today we are talking to Nambitha Mpumlwana, actress, humanitarian and philanthropist. We would love to receive your comments on Twitter@WomanityTalk.
DR. MALKA	Now in our previous discussion we were talking a lot about the positivity that you’ve generated in terms of being able to turn negatives projected on you, embrace them and identify the positive vantage point and I consider that building female leadership is something which is really important for the future of women, particularly to our country, as a role model in many ways how do you see female leadership in South Africa?
MS NAMBITHA MPUMLWANA	I think one...I remember a quote from years back that any woman who’s aim is to be like a man lacks ambition. We are not men. We are feeling beings, we are giving beings, we are birthing beings and we cannot be testosterone drive beings we’re just not. Everybody has their own role but when we embrace who we are and what we are and use our assets to get ahead and without apologising for having those assets I think it makes a very big difference. Now I think one of the things that we also do ourselves an injustice in and I call it an injustice on ourselves, we do that to ourselves, and that is expect that we are not going to be hurt and when you’re hurt we don’t acknowledge it. I’m sorry but your skin acknowledges when it’s been bruised and it loses colour, it bleeds, you need to bleed otherwise you know that puss that forms when it’s...
DR. MALKA	...it’s an infection....
MS NAMBITHA MPUMLWANA	...it’s an infection, it becomes an infection you need to look at it in those terms that I will fall, when you get up in the morning you prepare yourself at least three or what I always suggest is like you’re going to have three mistakes that you’re going to forgive yourselves for. First thing in the morning you say Nambitha three mistakes today, the fourth one we’ll have a conversation about, the first three we’re going to laugh about and get up and keep going, that’s how we’re going to do today and you get up and you praise yourself, hey way to go girl you actually got up today and that must die you should have washed it off last night you know that right, okay, and we get up and we go and when you do fall you acknowledge I’ve fallen, it hurts, give me a moment everybody I’ll be right with you I’m hurting right now and you close the door and you embrace yourself and you say okay girl, you need to get up. You forgive yourself for the fall, you get up, I promise you when you get up from that moment you are a force to be reckoned with. It’s much more difficult if you don’t allow yourself to stay down. Think of the boxer in the ring, you know that when a boxer has been hit, like has fallen, the referee actually counts you to ten. We as women we don’t even give ourselves a count to two. We expect to get up and go but the law of nature doesn’t work that way, you need to stay down, you need to count your blessings, you need to count the fall, you need to celebrate the fall so that you don’t get back there so I think as women leaders we forget to celebrate ourselves and we forget to be grateful for the fall and be grateful for the darkness ‘cause that’s when we actually shine. When everything is bleak, when everybody else is going home, you’re the last man standing, that’s who we are. When the sun is shining we probably don’t feel it on our faces because we’re busy holding up the pedestal for the person who is...who actually didn’t who hardly did any work. That’s who we are, that’s our strength, we celebrate that and when an award comes we actually are shocked but we know we deserve it, we know we deserve it but you know it becomes even you know bigger for us that when somebody

	actually acknowledges that you're holding up their pedestal, it's far more rewarding but you know that you don't expect the sun to shine on you. You know you're holding up the pedestal.
DR. MALKA	And whilst you're on that point about women and the work that women do, there's a question that I'd like to pose to you that I put all of my guests, every August in South Africa we celebrate women's month....
MS NAMBITHA MPUMLWANA	...irritating
DR. MALKA	I have a different opinion on that....
MS NAMBITHA MPUMLWANA	...it's irritating because all of a sudden it's like there's one month in a year, one month, 30 days out of 365 that men think can justify putting down women for the rest of the year, that's what's irritating about it.
DR.MALKA	I see it as actually quite empowering because I think it's a focal point....
MS NAMBITHA MPUMLWANA	...it is...
DR. MALKA	...and often when you think of any campaign that runs from an advertising point of view things happen so fleetingly but at least this gives a concentrated effort...
MS NAMBITHA MPUMLWANAyes it does....
DR. MALKA	...and I feel that it's a period where we're given an opportunity to hear about and celebrate and acknowledge the struggles that we've had, reflect on the past and also the on the future on what there is to achieve and looking forwards to the future for me is always a really important thing to do. In your opinion what areas do you think we still need to build on the most in the future for women going forwards?
MS NAMBITHA MPUMLWANA	You know I recently got...we're in the middle of 16 days of activism right now against gender violence and violence against women and children and I got really irritated and I got...I felt maligned. Somebody sent their visual on this where underwears with blood on them and keeping the focus on the rape and you know I think because we are emotional beings as women and we're in a patriarchal society they're looking for the blood but we hardly every bleed that way. I think they need to find out from us how we want to be acknowledged, not tell us what they choose to acknowledge in us, we need to be a little bit more vocal about that and I find that in our women's groups and in our women's movements and then these NGO's and we tend to fight each other for the crumbs instead of building, you know baking another cake.
DR. MALKA	So in a way it's about women defining themselves for others.
MS NAMBITHA MPUMLWANA	We need to, we need to stop apologising. I think we allow ourselves to be recipients of this benefactor, this great benefactor, oh this month you will be important, here you go today we're going to talk about your bruises, but they have told us this is how you're going to grieve today and we accept it and we're grateful for it and I think that's wrong so I think going forward we really need to...I want to find a woman who is in the higher echelons of society business, whatever, grabbing somebody else...you know that take a girl child to work is like once a year but I promise you on any given day you're going to find some young man sitting in his daddy's office and it's not take a boy child to work day, it's daddy'stime and teaching his son how to run the office. We need to find our own equity in society and redefine our own equity in society that for me is what angers me. The other bit of business that I'm hoping to put out there is that I'm raising a young

	man and most men are raised by women. Most of the men that are doing all of these things are actually raised by women, that means we have given them permission to put us down.
DR. MALKA	And I find that to be a really strange phenomenon.
MS NAMBITHA MPUMLWANA	We are still apologising for being women, we are. We're apologising for being women, either you or I, it's not a competition but if I stand there and watch you put your best foot forward and I cut you down for it, I'm cutting myself down. Now I'm raising a young man who's now 18, I expect him to open the door for me, I expect him when I go up or down the stairs to put his arm out for me to balance, whether I'm wearing high heels or flats, I tell him that is the measure of the man that I'm raising, I don't want to apologise to any child's mother that you've abused them and not treated them in a way that I would want to be treated. I don't want that, I don't want that guilt, I will turn in my grave if you slap a woman in your life and I will come back and haunt you child, practice now. So I believe that we are cutting ourselves at the ankles by raising chauvinistic men, by raising men that they don't see women or cannot relate to women, I think we're doing it to ourselves so the leadership, in answer to your question, is in every woman that is raising any human being, stop apologising for being who you are.
DR. MALKA	I think that there's so much latency from patriarchy which is being perpetuated in women's mindsets, not just necessarily male mindsets.
MS NAMBITHA MPUMLWANA	It's a self perpetuating virus.
DR. MALKA	It is.
MS NAMBITHA MPUMLWANA	And but I very, very strongly believe that we teach them to abuse us on a daily basis by accepting the abuse.
DR. MALKA	I think it's a really important point that you've raised there.
DR. MALKA	We'll be right back after this.
	AD BREAK
DR. MALKA	You are listening to 'Womanity – Women in Unity' on Channel Africa, the voice of the African Renaissance, on frequency 9625 KHz, on the 31 meter band. Today we are talking to Ms Nambitha Mpumlwana, actress, humanitarian and philanthropist. We would love to receive your comments on Twitter@womanityTalk.
DR. MALKA	Now we're coming to the end of the show...
MS NAMBITHA MPUMLWANA	...yes....
DR. MALKA	...can you please share a few words of inspiration that you'd like to pass on to young girls and women in the rest of Africa who are listening to the programme today?
MS NAMBITHA MPUMLWANA	Okay I'll take a page out of the Diva Nexis. I'll give you three things. One is spend time in front of the mirror and talk to your best friend. If you hear something coming out of your head into your heart that you would not tolerate coming out of anybody else, don't tolerate it from that person. We use so many...we spend so much time putting ourselves down that the abuser doesn't really have much work to do, we've already done the work for them, so when you take that time in the mirror that's your time to say hey girl you're looking hot today. Take the time and ja, appreciate, compliment, you're going to need it. Somebody's standing by to put you down so take the time in front of the mirror, split second it doesn't matter,

	<p>catch yourself you know on a window and wink, hey beautiful how you doing today, check in, check in, love that person in front of the mirror and make sure that any communication you do with that person in the mirror is a positive one. I forgive you, yes you fell I forgive you, this is how we're going to get up, I forgive you, I love you, I love you, I love you. There are people outside waiting for you to fall and to celebrate your fall, be the first one to celebrate it and help yourself get up, so use that mirror, so that's the first thing, that mirror is your best friend and that's the person you should be spending more time on. The second thing that I was going to say is when you do fall stay down. Don't rush to get up it's your time, your 24 hours in that day, your moment of you know, stretch your legs out remember how you fell, you can tell somebody else and help them laugh at you about how you fell but when you get up know that you're not going to fall there again, but if you get up too quickly chances are you're going fall right back there where you fell so you need to take your time in that fall, celebrate it, laugh at yourself, get up and take them down. Okay so the third thing..you know what before I go to that, there's something that somebody years ago, fortunately it was it my early twenty's when I heard this, that a feminist is a woman who gets up from being a doormat to being the door. I'm going to say it again a feminist is the kind of woman who gets up from being a doormat to being the door so you need to start swinging, when you get up in the morning and you just start swinging because that's your moment to make your mark in the world so you get up, you love yourself in the mirror you rub that baby down and you celebrate the fall so that you don't fall again and the third thing is what my mama always said, do it honestly the first time around. I'm not saying doing it right the first time around, I'm saying do it honestly the first time around so if you do it honestly it doesn't matter if you fall or not, you were true to yourself that's how it came out, that's how it came out, you can sleep at night.</p>
DR. MALKA	Thank you so much I'm sure our listeners appreciate you sharing your life experiences with us and for relaying some of that wisdom to our upcoming young ladies on the continent.
MS NAMBITHA MPUMLWANA	Thank you very much for this opportunity I feel like I've just you know stretched my voice throughout Africa, it's quite an honour and I'm really, really grateful for that.
PROGRAMME END	