

Perfect Weekend

PERFECT WEEKEND SHOWCASES 52 SOUTH AFRICAN NEWSMAKERS IN AN UNCONVENTIONAL WAY BY REVEALING HOW THEY SPEND THEIR DOWNTIME. IN THE EXTRACT BELOW, SUCCESSFUL MODEL LYNDALL JARVIS, AND PROFESSIONAL FOOTBALLERS TEKO MODISE AND SIPHIWE TSHABALALA TELL US HOW THEY RELAX AND HAVE FUN.

LYNDALL JARVIS

This blonde bombshell blazed her way from twelfth place in 2008 to first place in 2009 in the *FHM* magazine's 100 Sexiest Women in the World contest, as voted for by South African men. She has also shot her first *Sports Illustrated* swimwear shoot, which in swimwear modelling terms means you've arrived. Jarvis was scouted at 14, started modelling at 15 and lived in LA for two and a half years before returning to her hometown.

The weekends are very precious to me because my boyfriend works really hard, so I don't get to see him much in the week. On Saturday we lie in bed until at least 1, or we get on to the couch and watch movies and we have tea, and we sometimes go get the paper. Afterwards, we often go to The Biscuit Mill in Woodstock. I love going there and trying all the foods and drinking the wines and sitting on the haystacks.

One of my best friends owns a restaurant in Mouille Point – Bravo – so we often all meet up there or we'll go to somebody's house for a braai. I have an amazing, big group of friends and we have a lot of fun together. We're all in completely different industries. Saturday night we go to a bar. We like Caprice a lot, and if rugby's on then you definitely find my boyfriend and I at a pub somewhere drinking beer – that's our favourite thing to do. The dodgier the better, so Fireman's, Mitchell's in the Waterfront, Foresters in Newlands. And then a little bit of a razzle on Saturday night most of the time.

Sunday morning is as relaxing as

possible. I like to go to yoga. Sunday there's a really nice class at Virgin Active in the mornings. I'm active but I'm not a very sporty person. He's a gym bunny and, for my job, maintaining the outside of my body and maintaining the inside is also very important, so we like to be as healthy as possible. We like to eat as healthily as possible.

My boyfriend is the breakfast guru. We do big fry-ups on Sundays. So Sunday is cheat day. We often go and visit his sister and brother-in-law and little nephew. We spend a lot of time with them. Our families both have smallholdings pretty much within a half an hour of each other outside of Cape Town, so we go out there quite a bit.

We often go to the beach. We play beach bats. He likes to call it 'fetch', because I'm terrible. He loves to surf. I walk on the beach and I do my own thing. I love movies. Reading is one of my favourite things to do. I've got a huge book collection at home. I learned to read quite young. The newspaper is the only thing I don't read. I think I'm more of a book person.

«We play beach bats. He likes to call it "fetch", because I'm terrible»



Bravo, 121 Beach Road, Mouille Point, Cape Town (021-439-5260). Café Caprice, 37 Victoria Road, Camps Bay, Cape Town (021-438-8315). Fireman's Arms Pub, corner Buitengragt and Mechau Streets, Cape Town (021-419-1513). Foresters Arms, 52 Newlands Avenue, Newlands, Cape Town (021-689-5949). Mitchell's Waterfront Brewery, corner East Pier and Dock Road, Victoria & Alfred Waterfront, Cape Town (021-419-5074). Neighbourgoods Market at The Old Biscuit Mill, 373-375 Albert Road, Woodstock, Cape Town (021-448-1438 Tues-Fri). Virgin Active, Wembley Square North, corner Wembley and McKenzie Streets, Gardens, Cape Town (021-462-6239).

SIPHIWE TSHABALALA

Tshabalala is a midfielder for Kaizer Chiefs in the Premier Soccer League. Eight months into his professional career he received a call-up for the national team, Bafana Bafana, and is among the select group of players touted as South Africa's 'dream team' for the 2010 FIFA World Cup. Tshabalala cleaned up at his club's end-of-season awards ceremony in 2009, taking home six prizes in recognition of his consistently good performance despite a generally disappointing season for the team.

I'm an indoor person, so when I'm free, I'll just sit in the house with my friend or my cousin. There's three of us in the house. But, if they're at work, I go home and see my family in Soweto. I'll just relax with them. I start at my grandparents' house – that's where I grew up – and then later go to my parents' house, and go see them and my little sister. After that I'll just go straight home because I don't usually go out to the clubs, partying – that's not my thing. I'll probably watch TV or a movie or something, but at home. On the weekends, it's *Animal Planet* on the Discovery Channel because I love animals, especially wild animals. Just to have knowledge about them.

We listen to music or play pool. R&B, kwaito, any genre: as long as it's good to my ears then I don't have a problem with it. If it's hot, then we swim. We play table tennis, sometimes the PlayStation games. I stay not far from the mall. I go to The Meat Co for lunch but sometimes I also go for dinner. That's the one I like because it's not far from my house and the food is nice as well. I order a burger. I know it's junk, but I don't do it all the time.

Sunday is the same as Saturday. I'll probably wake up at maybe 10 o' clock. Then I relax a bit, take a shower, then go home to Soweto. I usually ask my cousin to cook something nice for me and then I go there and have lunch. They call it seven

colours because there's a lot of colours: they have rice, salads, maybe beef stew or chicken stew. I don't cook when I'm at my place so I can't miss that opportunity to have a decent meal. The latest would be 6, 7 o' clock when I get home. I'll change into a short or PJs and slippers. Have some coffee or tea and watch TV. I usually go to sleep around 11 o' clock, half past 11.

TEKO MODISE

This South African footballer plays as a midfielder for Orlando Pirates in the Premier Soccer League and for South Africa's national team, Bafana Bafana. He is also known as 'the Ace' or 'the General' for his domination of the middle of the pitch. In 2008 and 2009 he became the inaugural Premier Soccer League Footballer of the Year. He was appointed ambassador by global company McDonald's for the 2010 FIFA World Cup, as well as the ambassador for Coca-Cola, Nike, Telkom and Samsung.

I'm a family orientated guy. Normally when I'm not working, I go check up on my mom. If not, I've got a fiancée so I try to spend as much time as I can with her. We like doing simple stuff. So we normally go out, maybe shopping because we love shopping. Sandton City is where we normally go shopping. I think that's where you get everything that you want. I love clothes. I try to buy clothes as much as possible but I've got responsibilities. I'm the breadwinner at home. My mom stays with my brother and my brother's not working. And my fiancée is pregnant. We can't wait, we're excited.

If it's not shopping, then maybe we go to check out movies. I enjoy comedies. I always want to laugh because with the job that I'm doing, it's so stressful. When we go to movies, we just try to go to the nearest mall because we enjoy watching movies late, so we don't want to drive too long when we come back home at night. But sometimes it becomes difficult for me

to walk around in the mall because people come and greet you and all that. When I'm alone, it's OK, I understand that, but my fiancée's pregnant and some people, they don't understand. They just come and grab me, they don't respect that I'm with her, so sometimes it's not nice.

I've never had a weekend off in three years. With the schedule that I have, there's always something that has to be done. I'm fortunate that being the person that she is, my fiancée's very understanding. I think I'm lucky to have her because she understands my job and she never complains about anything.

Probably after the movie we grab supper there at the mall. With the fame that I have right now, it makes it difficult for me just to sit down in a restaurant to eat. So we like buying takeaways or we cook together. Or sometimes we invite a couple of our friends to come and maybe have lunch with us. With football, I'm always in camp, I'm always eating this healthy food, so sometimes I just want to eat something different. I enjoy this African food. We have pap, intestines from the cow, it's very nice. I know whenever I want to eat that, I need to go home and see my mom. My family stays in Soweto. That's where I grew up. At home we're three. I've got a big brother and a sister and I'm the last one.

I never thought this fame would happen to me. Even though I always wanted to be a football star in South Africa, I just wanted to be a normal football star. Wherever I go I've got all these youngsters looking up to me so it makes me wake up in the morning wanting to do more. With the standard that I set for myself, there's one thing that I've realised: it's easy to become a sort of star in South Africa but it's very difficult to maintain that. I want to show these kids that it doesn't matter where you come from. My background is so poor. If I tell you my background, you won't believe. So I just want to show the kids that, irrespective of your background, you can always be somebody if you want to. 🍆

‘I'm an indoor person, so when I'm free, I'll just sit in the house’
Siphiwe Tshabalala

‘I know whenever I want to eat that, I need to go home and see my mom’
Teko Modise

Sandton City, Rivonia Road, Sandton, Johannesburg (011-217-6000). The Meat Co, Clearwater Mall, corner Hendrik Potgieter and Christiaan De Wet Roads, Strubens Valley, Roodepoort, Johannesburg (011-675-4431).

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