Shot on location at 54 ON BATH

FROM LEFT TO RIGHT
Bridgitte Hartley
Chad le Clos
Liezel van der Westhuizen
Lalla Hirayama
Luthwill Rossouw
Nombitha Mpumlwana
Josette Eales

Josette wears an ice-blue satin evening gown (R4 999) from Sposabella, accessorised with a drop necklace (R420) from Attitude and a pearl clutch bag (R400) from Vivrina. All Rosebank Mall. Shot on location at 54 on Bath's piano lounge.

I WAS BLESSED to have two mothers growing up, one my real mother and the other my family's domestic worker. Last year my Xhosa mother passed after losing the battle with breast cancer. Seeing her fight that disease with grace, faith and dignity only re-affirmed my deep love for her and my utmost respect. She has been an inspiration to me my entire life. My real mother has given me the inspiration for following dreams, and her incredibly successful business and love of life are always inspiring.

I GUESS, ON a very basic level, health and wellness mean I might live longer and better. However, in terms of my job and the industry I'm in, it is not enough to just eat healthily and perhaps take a multivitamin. The film and television industry is driven by looks and beauty – we are selling beauty as much as a story.

I'D LOVE TO say that it is all about talent, but, sadly, that is not the case. More and more actors are expected to look like models. Actors are the new cover faces for magazines, and the trend of actresses embracing their curves has sadly died out. Health and wellness, therefore, have become paramount for me in terms of looking a job and keeping it. I try to maintain a good body shape by being on an eating plan and also exercising regularly.

THIS INDUSTRY IS known to be quite cut-throat and it can get to you. For most people, this industry will eat them alive. It requires a very tough skin and a very firm belief in yourself and your ability, but most importantly for me, I believe that you get the roles you're meant to get, and I believe that someone else is entirely in control of my path. This way of thinking frees me from negative thoughts and influences, and allows me to embrace all the possibilities of life.

THIS MAY SOUND pretty "out there", but I've always known that things will just work out, so I guess I've been practising this way of life for a while now. I also believe in having a good laugh, and a naughty joke or two makes any long day seem manageable. I have a terribly rude sense of humour!

MOST ESSENTIAL PRODUCT – POWER RICH
This concentrated treatment helps to reverse the signs of skin aging and photo-damage. The three-phase formula is designed to smooth away fine lines, increase elasticity and maintain moisture balance. With Josette being exposed to the sun for long hours on the set, power rich is the perfect product to reverse skin damage.

South African born Josette Eales moved to Los Angeles in 2013 following a successful career in film and television. She is most noted for her series regular role on South Africa's most critically acclaimed show, THE WILD. Eales is a seasoned theatre actress and spent 8 years working professionally in the theatre industry before beginning in TV and Film. She spent time in the UK with the Royal Shakespeare Company after winning the Brett Goldin Bursary for acting, and has experience in directing and producing theatre, having owned and run her own theatre production company in South Africa. She recently wrapped filming on Adam Sanders' new film BLENDED with Drew Barrymore.

GET ACTING

BUSH BABE

Josette Eales leaves her home in Melrose each morning for her office in the bush! SAMANTHA RICHARDSON chats to her about landing her role in *The Wild*, filming in the gorgeous African bushveld and winning an Oscar one day.

Gazing at the breathtaking panorama of the African wild spread out before her, feeling the tug of the breeze in her hair and the warmth of the early morning sunshine on her shoulders, Josette Eales often feels compelled to pinch herself to make sure she isn't dreaming. 'Every morning on the drive to the set I say a silent thank you ... I truly have the best office in the world.'

As one of the lead actresses on MNETs *The Wild*, Josette is in the prime of her life and is living her dream ... one that she's had since she realised that she wasn't going to be a ballerina. 'Let's face it, I was never going to fit my curvy thighs and butt into a tutu. But in all honesty, there's nothing else in the world that I'd rather do, acting feeds my soul, keeps my mind active and gives me a chance to escape reality and be someone completely different.'

In *The Wild*, Josette plays Sarah Van Reenan, who she describes as 'feisty, stubborn and never afraid to speak her mind. As a landscaper by trade, she's an outdoorsy girl who spends most of her time under the African sun. My fair complexion calls for loads of self-tan so that I look the part. I'm a little like her ... but she is braver than I am and speaks her mind a lot more then I would. She is also less forgiving of people and their situations, where I would try to see someone else's perspective ... she will cast judgment straight away.'

One of the biggest challenges of playing Sarah is that the Van Reenan family is half English and half Afrikaans ... rolling those R's and sounding authentic is no easy feat for an ex- Durbanite who's used to speaking the Queen's English.

'I feel honoured to work with some of South Africa's most talented actors, directors and writers. To have Ian Roberts play my dad in *The Wild* is mind blowing. I watch the episodes and lose myself in them ... it's ground breaking stuff for this country and I feel a huge sense of pride in the product. Even as a cast member you can get lost in the writing and superb acting.

'I think the South African film industry is alive and kicking. It has a sense of humour, which is vital in this country. We have lots to learn from America and other big movie industries around the world but the important thing to remember is that we have stories they don't have ... it's time we believed that again and ride that wave.

All the industry here needs is a little more faith and money.'

Josette has persevered through tough times when work was not constant, going to audition after audition, often with little success. 'This industry is a tough one and you'll spend more time trying to prove yourself than you will working. It sounds bleak but it's the truth. If, however, acting is the only thing in the world that will make you happy, then do it and do it with all your heart and soul, believing that one day someone will give you a chance.'

While Hollywood calls, Josette is content to enjoy the moment and relish her fabulous job. 'I love SA and will only leave when I've learnt all that I can and when I feel the need to explore new challenges. One day I really want to settle down, buy a house and have a family. But first, I want to win an Oscar!'

My first professional acting role was playing Emilie in *Dangerous Liaisons* when I was in my first year at varsity.

I don't have a favourite role ... that would be like having a favourite child.

When I'm not shooting *The Wild* I do voice work – I'm the new prime time voice on Mtlog.

If I could play any character it would be Blanche in *A Streetcar named Desire*, a play by Tennessee Williams.

A highlight in my career was spending a month with the Royal Shakespeare Company in London when I won the Brett Goldin Bursary.

I would love to work with Leonardo DiCaprio. It would be a dream to play opposite him in a Baz Luhrmann version of *Macbeth*.

I really admire Jamie Rumos-Violante, a stage actress from Durban. Abroad, I look up to Dame Judi Dench. They are both phenomenal actresses and role models.

The biggest fallacy about acting is that people think it's all about glamour.

The best movie of all time is *Dirty Dancing*. It's a lasting childhood memory that has left an impression on my heart.

I love Joburg. I live with my husband in Melrose or Birdhaven ... whichever the postman prefers.

The best restaurant is Voodoo Lilly in Birdhaven. It's a gorgeous organic cafe where you can get fabulous food and great wine. I'm a vegetarian and they always make a plan for me. Their tofu Thai green curry is delicious.

When I am not working I live at the movies. I go at least twice a week ... I'm in heaven in a dark cinema.

Photographer: Ilani Verk. Location: Tsama MTN Craftpark Orrelia (083 725 2473). Hair and make-up: Matthew Mansoor and Monique van der Westhuizen of Elgin Boutique Hairdressing. Details: 011 783 9811.

goodbuzz
STAR TALK ON HOME, FAMILY, FASHION

ON OUR RADAR
JUNE

1 *Mcatrax* is a new series starring Sam Neill and Jorge Garcia (Hurley from *Lost*). Three detectives have to track down the 302 inmates who disappeared from the prison in 1963. The series is filled with intrigue and government secrets. Airs on 19 June on M-Net and M-Net HD.

2 Alex and the gang travel through Europe in *Madagascar 3: Europe's Most Wanted* – still en route home to New York's Central Park Zoo. They join a travelling circus and numerous adventures ensue. This is the perfect holiday movie for the kids! It's in 3D and opens on 15 June.

3 *What To Expect When You're Expecting*, which is inspired by the eponymous bestseller, is a must-see. With a lot of laughs and truths, everyone learns to expect the unexpected when expecting! The star-studded cast includes Cameron Diaz, Jennifer Lopez, Chris Rock and Dennis Quaid. Opens on 15 June.

A day in the life

Durban-born Josette Eales isn't just an actress – the pretty blonde star of The Wild is also a voiceover artist and producer. After graduating from the UK's Royal Shakespeare Company, where she was on an acting bursary, she landed the role of the independent and outspoken Sarah van Reenen on the M-Net soapie. We also spotted her in a hilarious turn as Mda's PA in Leon Schuster's Mad Buddies last year, and she's the primetime voice for M-Net. "As an actress, no day is ever the same," says Josette. Let's find out...

05:00 WAKEY WAKEY!
An average day starts at the crack of dawn – I switch on my coffee machine before I open my eyes. Then I get ready to go to set. We shuttle to the Heidelberg farm where The Wild is shot every day.

10:00 TEA TIME
The day usually flies by when we're on set. Here I am with Ian Roberts, who plays my father, Karel van Reenen. Tea time is entertaining, seeing how many lemon creams Ian can put away with his cuppa.

13:00 SKYDIVE FOR RHINOS
The Wild has been involved in various charity projects, and my co-stars (Faye Peters, Michelle Bradshaw, Ty Keogh and Keenan Arrison) joined the fight against rhino poaching.

16:00 PLAYING MODEL
Part of my duties as an actress is to play model in front of the camera. The photos are used as publicity pics or for magazines, and it takes a while to prep. There's hair, there's make-up there's styling and fitting, but once everything's done and the camera clicks... voila!

20:00 AFTER HOURS
It's a return to normality. I love cooking for my hubby and sitting down to a meal and trading stories of the day. Sometimes I have to attend functions with my Wild co-stars. We're all friends off set and usually have a lot of fun at these glam events. Otherwise, it's a long bath, learning lines for the next day and sitting in front of the telly if it's not too late in the night.

BY MARIE ROUX. PHOTOS: JOSETTE EALES & M-NET.

www.facebook.com/tvplus

Eat Right Diet Diary

'What I Ate Today'

Best known for her role as Sarah van Reenen in M-Net soapie *The Wild*, Josette Eales talks about 4am wake-up calls, discovering a passion for running and cutting out processed foods.

JOSETTE SAYS:

CALL TIME
My day begins at 4am with coffee followed by a drive to where we shoot The Wild. Afterwards I head back to town and hit the gym. I began running in January. When I started, I couldn't run 500m. Now I can complete 21km without stopping. I'm addicted

FINDING MY BALANCE
I was raised on cereal, jam sandwiches and large dinners. As a teen, I started to gain weight. But then my passion for dancing in those years drove me to the extreme of eating very little. I'm only now starting to get my diet right.
I eat five small meals a day. Breakfast is oats with honey. Sometimes I'll have an egg-white omelette with baby tomatoes, onions and herbs. A snack will be fruit or nuts and dried fruit. Lunch is salad and a protein like chicken peas. Dinner is usually a lentil curry or soup. And sushi is my favourite restaurant meal

VEGGIE HEAVEN
I cut out meat two years ago and now only eat small portions of fish from time to time. I mainly get my protein from legumes. If I'm trying to lose weight, I have fewer dense carbs like potatoes and eat more watery veg.
My advice is to cut out processed food. But we all have cheats: I can't say no to macaroons. Lindt dark chocolate is also heavenly.

IN JOSETTE'S CUPBOARD
1. **Dried mango** it helps with my sugar cravings.
2. **Tinned chickpeas** if I'm in a hurry, I eat a few spoons.
3. **Sachets of tuna** They're great to throw over a salad.

THE DIETITIAN SAYS:

CLARE JULSING STRYDOM is a Joburg-based dietitian and SHAPE advisory board member.

EGG YOLKS These are often avoided due to their high-cholesterol. But newer research shows that food only contributes five percent to the cholesterol in our blood. This means you don't need to limit these yolks. Eggs are a good source of protein and nutrients like choline, vitamin A, zinc and iron.

SMART REFUELLER
Josette eats regularly which is great – she's keeping her energy up. Skipping meals can negatively impact your blood glucose levels, resulting in dips in energy levels. Don't go for longer than four hours without a snack like a fruit.

SODIUM TRAP
Sashimi, California rolls and fashion sandwiches are popular. Fresh salmon sashimi is great due to the good omega-3 fatty acids in fish, but don't forget the high sodium content of soya sauce. Use the reduced-sodium option.

SWAP SHOP

Instead of this...	Have this!
Honey	Dates are great finely chopped into oats for extra fibre.
Egg whites	Swap egg whites for the entire egg for added nutrient benefits.
Raw tomatoes	Roasted tomatoes in an oven bring up the availability of lycopenes (antioxidants) in these tomatoes when tomato is cooked.

The Wild hosted a glam party at "Dinaledi Lodge" to celebrate their first birthday. The cast were all in high spirits and joked about the dangers of their job. "It's dangerous out here," said Tumisho Masha, who plays Dumisani. "We have blazing fires, wild animals and snakes, so when you head to the loo don't forget to sing – snakes are afraid of the noise."
But just in case they run into any real trouble, the show has their very own game ranger, who's on set at all times. Luckily, no snakes attended the party.

GRAEME WIELDS A HEAVY BAT!

Morgan Smith (aka Mrs Graeme Smith) doesn't mind embarrassing the captain of SA's national test cricket team. As Graeme prepares to lead our side against England in a three-match series, Morgan has drawn our attention to the size of Graeme's package. "Baby @GraemeSmith49 I've got a hold of this book for you, it should solve your problems," tweeted Morgan last week, with a picture of a book entitled How To Live With A Huge Penis. This isn't the first time Morgan has shared more than she should about the Proteas captain. Last year she tweeted, "Sex is good with @GraemeSmith49." You know what they say, Morgan: "Pics! Or it didn't happen!"

STARS SKYDIVE FOR RHINOS!

Stars are planning to jump out of a plane in a bid to raise R10-million for Skydive For Rhinos, an admirable anti-poaching initiative that aims to help protect these majestic creatures. Siddiqo's Chris Beasley and The Wilds Ty Keogh and Josette Eales are just a few names attached to the cause. "I'm going to jump out of a plane at 10 000 feet to raise R30 000 in an attempt to eradicate Rhino poaching," Josette says. "Time to face facts... the rhinos are dying and I'm going to do my bit so future generations will see rhino in the wild, not in history books." Find out how you can join in at heat.co.za!

TRAVOLTA WATCH!

A TELL-ALL BOOK IN THE WORKS...

Although John Travolta's out of hiding, he still hasn't addressed the controversy surrounding him. But that doesn't mean it's going away any time soon. John's alleged lover, Anoud Omeriba, who was also his pilot (yes, he of the infamous kissing photograph), is reportedly releasing a tell-all book about the affair. Will this scandal ever end? Doesn't look like it...

She may have caused controversy back in 2004 when she arrived at the UK *Fhm* Awards with nothing but belts covering her bits, but that was nothing compared to how she looks now! Former glamour girl Jodie Marsh is a professional bodybuilder and has just won the Women's Fit Body competition in the US. Can you tell? The troubled Brit is best known for wanting to kill herself when her stint on *Celebrity Big Brother* ended – as she couldn't face the public humiliation. Fortunately, Jodie discovered body building. "I can't even describe how good it is just to finally feel like I am doing something positive," she says. "I've always wanted to do something good, but people never take me seriously. Now they are. I feel so fit and healthy and ripped and strong. It's so good to put the bad times behind me." We couldn't be happier for Jodie, but we'd still run away if we bumped into her...

DEMI'S NEW TWITTER HANDLE

RIP @MrsKutcher because now it's @justdemi! It's been six months since she broke up with cheating Ashton Kutcher, so her followers were waiting with bated breath to see what Demi would change her handle to. But now, the awkward wait is over. "So hard finding a name that was fun, somewhat playful and available," she said of the name change. It may not be the most original, but the significance of it says she's moving on.

UYANDA'S NIGHT IN THE TJOEKIE

Socialite and businessman Uyanda Mbuli was arrested after she allegedly violated a court order restraining her from contacting her estranged ex hubby, Sisa Mbuli. When most people get arrested, they're allowed one phone call – but Uyanda allegedly got to keep her cellphone. But she says her publicist tweeted on her behalf and this is what was posted: "I can't sleep. I'm in a holding cell and Gard Damn, it's cold sleeping on cement!! LOL!" She then added, "My crime: Marrying the wrong man." But that's not to say it was all bad...

Uyanda made a friend! "I'm sharing the cell with a young lady who says she's my biggest fan. Trust Uyanda to make her stay in jail a social event. Gotta love it."

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CHRIS HEADED FOR A MELTDOWN?

Captain America's Chris Evans has revealed that he needs therapy for anxiety, following his hectic shooting schedule. Friends have come forward expressing their concern, saying he's heading for a nervous breakdown. A close pal says, "Chris is fine when he's working on a movie, but all the other stuff – the meetings, the press interviews, being asked to talk before a group – just cripple him." He's also reportedly left events in a cold sweat, unable to take the attention. While a meltdown is hardly the same as a few panic attacks, Chris' new-found fame, along with the success of *The Avengers* could certainly be taking its toll. We hope he learns how to "woo-sha" in the meantime...