

# Sophia Foster

 By [Martin Myers](#)

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The Artscape Arena Theatre will host to the empowerment initiative *Fostering Fever* on 20-21 July 2018. The initiative will showcase 12 young artists, accompanied by an equally young and talented seven-piece band, each presenting their creative journey against incredibly challenging odds.

Each show will include the first-hand retelling of real-life stories and the life situations of each of these artists, depicting what happens in their neighbourhoods.

Mentored by one of South Africa's premier entertainment pioneers Sophia Foster, the cast will present two performances supported and guided by both Foster and the highly respected artist and musical director Celeste Williams.

I spoke to her ahead of the event, last week.



## ■ ***When are you happiest?***

When I am cooking up a storm in my kitchen knowing we have guests for dinner.

## ■ ***What does music mean to you?***

A safe way for me to share my feelings and share my message with my audience.

## ■ ***What is the most enjoyable aspect of your work?***

Being in the energy of creativity, working with incredibly gifted and talented artists and musicians, seeing the joy on peoples faces knowing I have touched them in some meaningful way.

## ■ ***What drives you: ego or humility?***

Humility always. In the form of gratitude and appreciation for others.

▣ ***Any funny moments on stage?***

At one of my shows, I had a quick change and the zipper of my dress was not pulled all the way up. During this really powerful ballad I lifted up my arms for a dramatic ending and one of my breasts decided to say hello to the audience. All I could hear was the audience shout for more. Not sure what they wanted more of?

▣ ***Your heroes?***

My heroes are all people who overcome adversity and prejudice through self-believe courage and commitment to making a difference and being the change they want to see.

▣ ***Which living person do you admire most and why?***

I admire anyone who has the courage to live life from the heart and forgive those that disappoint you. Pieter-Dirk Uys, who introduced us to politics through satire. He has the ability to bring laughter to serious issues he has always been one of my favourite artists.

▣ ***What is your most treasured possession?***

Two sequin gowns I purchased in Las Vegas, they were equivalent to two years' salary back in the day. But a girl's got to do what a girl's got to do.

▣ ***It's your round, what are you drinking?***

My favourite drink is a cola tonic and lemonade. But a good Merlot is always welcomed.

▣ ***What makes you stand out?***

An image of sophistication and class; I've always been known for my gowns and quick costume changes.

▣ ***Nicknames?***

I have a few, Fluffy, Phia, miss SOF, Phisy, and mommy dearness for my OCD with cleaning house.



■ ***If you were not a musician, what would you do?***

Trauma counselling, I find my compassion for people who need help and guidance through a difficult time something that I am compelled to show support and assistance. There is so much that people have to deal within on a day to day basis that others are not aware of.

■ ***Pick five words to describe yourself?***

Generous, loyal, honest, committed, and crazy.

■ ***What song changed your life?***

*Let's Just Kiss and Say Goodbye*, it gave me the courage to end a relationship, allowing me to find my Mr Right.

■ ***What is your favourite word?***

Really. It's my car's registration.

■ ***Favourite fashion garment?***

Where do I start? I have one for every occasion. And on some occasions two or three. If any woman can answer this question she doesn't go out shopping enough. I have a wardrobe of favourites screaming at me every time I open it.

■ ***Give us some real proper slang and what it means?***

I am a *gail* queen. *Gail* is a language on its own; it's a code that uses woman's names to express you.

Bula - beautiful  
Reva - revolting  
Debra – depress  
Sylvia – something smells

Basically one name for every letter of the alphabet, there's a whole dictionary out there.

■ ***What do you complain about most often?***

Having dinner ready and my husband coming home late. A woman's work is never done.

■ ***What is your fear?***

Running out of airtime, not finding Wi-Fi while travelling abroad, receiving a cellphone bill after leaving call and data roaming on while overseas.

■ ***On stage, I tend to?***

Lose all my inhibitions and become larger than life.

■ ***Where would you like to be right now?***

Wherever I am may I be there to the fullest. I always try and keep my head and my body in the same place. I've realised that if you can't accept where you are now, you won't be able to plan for your journey ahead.

■ ***Wishes and dreams for 2018?***

To grow my foundation and to gain support and commitment from all those that have the opportunity to assist me in sharing my experiences, understandings, and knowledge with our talented youth.

## ABOUT MARTIN MYERS

Co-owner at Triple M Entertainment, founder Music Exchange, manager Sipho Hotstix Mabuse

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