

## **CATHERINE GROENEWALD – CONSTANTIA, CAPE TOWN, WESTERN CAPE**

**Name:** Catherine Groenewald

**Region:** Constantia, Cape Town, Western Cape

**Age:** 23 (June 15, 1998)

**Occupation:**

I'm in my final year of a B Com Visual Communications degree, majoring in graphic design. I'm also a barre fitness instructor and full-time model with Topco Models, and during lockdown I started an online business called Delish Bakery. I plan on creating my own all-female design agency one day.



**Previous beauty competitions or pageants you have entered:**

I entered Miss South Africa in 2019 and made it to the Top 30.

**Why did you decide to enter Miss South Africa 2021 and why do you deserve to win this title?**

I know that I have the ability to help and inspire many women in our country. I genuinely love motivating and supporting people in whatever capacity I can. I've worked extremely hard in the past two years to prepare for Miss South Africa 2021. I am genuine, authentic and unapologetically myself. I cannot wait to speak to people, hug people and inspire people along this journey. I'm strong, confident and willing to work extremely hard to be the best version of myself in order to serve others.

**Tell us about your biggest disappointment and how you bounced back from it.**

Not making it past the Top 30 for Miss South Africa in 2019 was very tough for me. I bounced back from it by realising that I needed to grow more and that I didn't fully know who I was yet. I spent two years learning, growing and understanding who I am.

**What do you think is the biggest problem facing young people today?**

One of the biggest problems facing young people today is the stigma around mental health. Our brains control absolutely everything we do so we need to look after them in order to make the right decisions.

**Who is your role model?**

My father Tim. He had a tough life growing up and his first job after school was to work in the police force. He had no secondary education but still managed to go from being a policeman to owning his own steel company. He is tough and absolutely nothing gets in his way of achieving his goals.

**Tell us a bit more about your family?**

Other than my dad, my mother Helga is an incredibly selfless stay-at-home mom; my older sister Jessica is a very inspiring doctor and my older brother Justin is a chartered accountant.

**What do you do in your spare time?**

I absolutely love baking and hiking and I'm in love with Cape Town. We have so many incredible coffee shops, markets and landscapes. Sometimes I drive around Cape Town and stop at different places, take photos and just enjoy what the city has to offer.

**What is your single biggest achievement?**

I'm so proud of how I've grown since my entry in 2019 I've always known that I want to have a positive influence in the world and make an impact on people. I remember telling an educational psychologist this and she told me it would never happen. Sitting here today writing this makes me so proud. Nothing makes me more determined to succeed than when someone tells me I can't.

**In what way do you think beauty pageants are still relevant today?**

Beauty pageants have come a long way. People are valuing a women's intelligence and confidence within herself more than just judging her based on her outward appearance. I was incredibly inspired by Zozi. She is graceful, strong and so confident. I love how she is completely herself and she is showing the world the power of a great woman.

**What is your message to young girls and young women in South Africa?**

It isn't easy being a woman in South Africa and I think it is up to us to make sure that future generations of women are set up for success. We need to support one another, speak out for those who can't and empower one another.

**What do you love about South Africa?**

South Africa is totally unique. We have the friendliest people, incredible landscapes and unbelievable food. What I love most about our country is the people. We are so diverse and we have so many incredibly driven and talented people in our country.

**What is one thing you would like to change about South Africa?**

Free and equal education for all.

**2020 and 2021 have been extraordinary years and difficult for people around the globe. Do you see any positives in what has happened in the past 18 months?**

Most definitely. I've been extremely privileged in the past year. I had a job, a roof over my head, and time with my family. During that time and I realised a lot about myself and what I want. I think people grew more compassionate as everybody found it hard and the whole world was facing the same problem.

**If you won the Miss South Africa crown and were able to meet one person, who would it be and why?**

Jacinda Ardern, the Prime Minister of New Zealand. She completely took over a male dominated field and did so with grace, compassion and enthusiasm. She is relatable, down to earth and genuinely wants to make her country better and is doing so. She makes me proud to be a woman.

**What is the one thing people would be surprised to know about you?**

I am not just a pretty face. None of us are just a pretty face.

**What is the No 1 piece of advice that you would give to your younger self?**

Don't let anybody stop you from chasing your dreams. Your dreams are valid, important and one hundred percent attainable. You miss one hundred percent of the shots you don't take so go out there, work hard and step in courage every single day.

**QUICKFIRE QUESTIONS****Describe yourself in three words:**

Driven, loyal and caring.

**What's the best advice you can give in exactly four words?**

Always step in courage.

**Who's your favourite designer and why?**

I absolutely love Maxhosa. I love that he shares traditional South African designs with the world. It is so distinctively South African – the website can even be translated into Xhosa.

**You have to give up one of these? Handbags or shoes?**

Handbags!

**What is one thing that we would not know about you just by looking at you?**

I have battled depression, but I've started seeing a psychologist and it's helped tremendously. Advocating for mental health awareness is a passion point of mine.

**What would be your dream holiday?**

A luxurious safari. Animals fascinate me and I love photography so I would be in heaven taking photos on a safari.

**If you could have any superhuman power, what would it be?**

To be able to relive moments in my life.

**What are you reading?**

*The 5am Club* – it is so inspiring!

**What music are you listening to?**

It varies from Afrotech and rap to pop and golden oldies!

**What are your favourite TV shows?**

Travel shows, design shows and cooking shows. I find them so therapeutic.

**What is your favourite meal?**

My mom's spaghetti bolognese!

**Who is your local and international celeb crush?**

International celeb crush would be Zac Efron and local male celeb crush would be Siya Kolisi. My local female celeb crush would definitely be Zozi – she is an icon.

**What's your guilty pleasure?**

Lying in bed watching YouTube and eating a huge tub of salted caramel ice cream from Kristen's Kickass Ice-cream in Constantia.

**Social media tags:**

- Facebook: <https://www.facebook.com/cath.groenewald/>
- Instagram: <https://www.instagram.com/catherine.groenewald/>