

#BehindtheSelfie with... Phil de Lange

 By Leigh Andrews

20 Mar 2019

This week we go behind the selfie with Phil de Lange, comedian and radio producer at Smile 90.4FM, ahead of his one-man show, *The Phil Spectrum*, at the Baxter Theatre on Friday, 22 March.



De Lange says, ""I'm not great at selfies but look, I have a t-shirt from Rob van Vuuren's 'What What' show."

1. Where do you live, work and play?

I live in Vredehoek, Cape Town; I work across the country, and I play in my flat.

2. What's your claim to fame?

I don't know if I can claim it yet, but probably winning a Savanna Comics Choice Awards and being selected by Trevor Noah to be part of his *Nationwild* showcase.

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Catch our very own @takeyourphil on 103 at 20:30 tonight! 💎💎 Phil was hand picked by @trevornoah for his comedy showcase, Nationwild. You do not want to miss this!

A post shared by Smile 90.4 FM (@smile904fm) on Mar 5, 2019 at 4:34am PST



3. Describe your career so far.

A steady journey of gratitude and change.

4. Tell us a few of your favourite things.

Sharpening my kitchen knives, cooking soup and pasta, binging *The Office (US)*, dreaming about all my weird ideas that I'll (one day) try, Macy Gray's voice, pancakes.

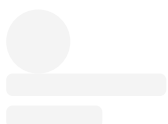
“ Preview of my debut trap song about thoughts and ideas of a semi politically correct mediocre white boy but not necessarily Post Malone and needing an asthma pump. Full version to be released at The Phil Spectrum on Friday at 19:30. Baxter Theatre. Tickets <https://t.co/vvxeRkveT6> pic.twitter.com/PMmaUr7Mdu — Phil de Lange (@TakeYourPhil) [March 19, 2019](#) ”

5. What do you love about your industry?

It's unpredictable and forces you to be on your toes and constantly adapt. If you're not fresh, you don't survive, and that makes for good motivation.

6. Describe your average workday, if such a thing exists.

I wake up at 4:45am and eat two bananas. By 5:30am, I'm at work getting ready for breakfast radio, which runs till 9am. Then I prepare for the next day's show and head home at 1:30pm, where I take a nap or I go to the gym, or take care of anything that needs to happen in my life.





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You should know that by booking a ticket to see my show, you'll help me pay for a gym contact which I was unaware I needed before setting this photo. Friday 22 March at the Baxter at 19:30. Webticket link in bio. #ThePhilSpectrum #MCCF @mothercitycomedyfest

A post shared by [Phil de Lange \(@takeyourphil\)](#) on Mar 14, 2019 at 4:09am PDT

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After I've rested I head out at night to gigs in Cape Town to get some stage time in and keep writing, because the only way to really write stand-up is to be on stage. I get to bed at about 11pm and the cycle starts again.

7. What are the tools of your trade?

Books, news, studios, cables, microphones, and an open mind.

8. Who is getting it right in your industry?

The South African comedy industry is doing great things and the world is starting to notice. At the moment I'd say Conrad Koch, Loyiso Gola, Loyiso Madinga, Tumi Morake, Carvin Goldstone, and Riaad Moosa come to mind.

I also can't leave the question blank without mentioning producer/director/comedy enthusiast Ryan Harduth.



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When it comes to radio, I'm a big fan of broadcasters who move towards podcasting. It's part of the future and it's great to see so many of them popping up.

9. List a few pain points the industry can improve on.

I definitely think that comedy can improve by working towards making it more sustainable for performers. It's a difficult industry to get into and even more difficult to stay in the industry to a point that you make it a reliable livelihood.

“ I think radio can improve with more reliable and trustworthy methods of measuring audience numbers. At the moment, there are different ways of collecting the numbers and different opinions on what the most effective ones are. ”

10. What are you working on right now?

I'm working on doing my one-man show, *The Phil Spectrum*, which is happening at the Baxter Theatre on Friday, 22 March.



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It's a show that mixes radio sketches, stand-up and music. I'm also starting a web series – I've always wanted to do a cooking show. In addition to this, I am also the Breakfast show producer on Smile 90.4FM.

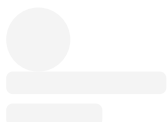
11. Tell us some of the buzzwords floating around in your industry at the moment, and some of the catchphrases you utter yourself.

"Killing it," and "dying" - two phrases that won't make sense to someone who won't know it means to do well or do badly.

12. Where and when do you have your best ideas?

Mostly, when I make myself believe that I won't forget it if I don't write it down.

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💎💎 @best_kind_o_tea

A post shared by [Phil de Lange \(@takeyourphil\)](#) on Jan 12, 2019 at 7:29am PST

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13. What's your secret talent/party trick?

Pancake flipping.

14. Are you a technophobe or a technophile?

I don't know why anyone would be scared of technology. It's fantastic.

15. What would we find if we scrolled through your phone?

A lot of memes and GIFs that I have on standby, all the time.

16. What advice would you give to newbies hoping to crack into the industry?

Know your value and prove that you're worth that much. But it takes time.

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Love yourself, friends.

A post shared by Phil de Lange (@takeyourphil) on Dec 3, 2018 at 12:13am PST

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Simple as that. Follow De Lange on [Twitter](#), [Instagram](#) and [Facebook](#), and visit the [Smile 90.4FM press office](#), as well as their updates on [Twitter](#), [Facebook](#) and [Instagram](#).

*Interviewed by [Leigh Andrews](#).

ABOUT LEIGH ANDREWS

Leigh Andrews AKA the #MilkshakeQueen, is former Editor-in-Chief: Marketing & Media at Bizcommunity.com, with a passion for issues of diversity, inclusion and equality, and of course, gourmet food and drinks! She can be reached on Twitter at @Leigh_Andrews.

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