



# GIRL POWER

NOTION is unashamedly nostalgic this issue. Here we are giving our younger selves a squeeze and feeding their dreams by feasting upon the 90s, like school kids shovelling pick 'n' mix into our gobs when the security guard at Woolworth's turns his back. 90s hero Craig David is giving us licence to re-rewind; bomber jackets abound in artists we have styled from JPD3 Entertainment to Netsky; Zara Martin is sharing her love of 90s R&B; KStewart is here with new skool Mariah Carey vibe; B Traits reveals her love of 90s jungle, etched as it is on her palm with a smiley tattoo... Page by page, the looks multiply and the beats go on! So whilst the spheres of music and fashion continue to revisit the 90s with a mix of giggling irony and earnest reverence (it didn't stop with the fetish for tie-dye way back in 2015), NOTION is donning its rosy-tinted, round-rimmed sunglasses once more to bow to the era which made us.

Naturally, we couldn't enshrine the 90s without a little zig-a-zig-ahhh! It was only right to invite Emma Bunton, formerly the super-cute Baby Spice, along to NOTION HQ. Bubbly, lovable and always pretty in pastels, Emma was the most approachable of The Spice Girls, the fabulous five who built a bridge for girl groups to rule the UK charts and set about stomping all over it in their Buffalo shoes. Exactly twenty years from when The Spice Girls charged into our lives, here we salute the Fairy Godmother of Girl Power. After catching up with Emma, we introduce 2016's leading ladies, powerful girls from the worlds of music, fashion and culture who are really bossing it right now.



## Girl Power's Fairy Godmother: Emma Bunton

**Hello, Emma! We know you're about Mum Power just as much as you still champion Girl Power these days, so what do your kids make of you still being in the spotlight?**

Now I'm 40, maybe it's time for Mum Power! And we're all working Mums now and our priorities have changed so much. My Mum is brilliant, she went back to college at 40, started karate at 40 and became a black belt at 45, so that's where Girl Power came to me. The other day, my eldest son said to me, "Do you remember when I used to call Mel B (Sporty Spice) 'Flexible Spice!'" Then my youngest saw me on an advert for (Comedy Central) show 'Drunk History,' and he said: "WOW! Mummy, you're really lucky, you're on the telly!"

**How do you and your partner (R&B singer and chef, Jade Jones) keep spicing it up in the bedroom...!**

We make sure we get some romantic time. We're doing something right, it's been 17 years and I still fancy the pants off him! We laugh together, we're really like mates but we still find each other really sexy! I remember doing a shoot once, I had this full hair and make-up and he came to see me. He said, "Where's my Emma?" So it is literally when I've just got out the bathroom, with nothing on, and I'm walking past him that he'll just go, "Phwwwoosarr!!" and that's it! So that's great!

**When do you feel sexiest?**

I feel sexiest when I feel confident, and that's definitely from within now. It's not always, like every other girl, you go through that! Oh, in your teens and twenties, you're still learning so much, aren't you? You're still figuring out your body. For me, my real confidence came in my thirties and after I'd had my kids. You kind of go, "OK, wow, this is what my body is for... I can create something!" You totally start respecting your body after you've had a child as you realise all the things you can do. After my second boy, I wasn't the thinnest or the strongest I've ever been, but I felt sexy in the fact that I understood my body much more than I did way back in the day! I breast fed both of mine and you just think, bloody hell, this is impressive!

**The Spice Girls era feels like a far more innocent time now, coming before social media - how different would it be today if you were just starting out?**

Yes, it was - I was so young, I actually went through it with ease. I'd never travelled or gone to America before; I was in a bit of a bubble I think! But now, I think the press has changed so much and I'm much more aware of things now...

**How much time do you still spend with the girls?**

I get to see Mel C and Gerri the most as they live here. But I got a present from all of them together for my birthday, it was a beautiful ring - in fact, I'm a bit scared to wear it! The connection between us will always be there, it's very special and something that can't be explained. We know one another inside and out - there may be stories but we know what we all think, it's a special bond.

**You must get big brownie points from your football-loving son, being mates with David Beckham!**

Yes, he's been lucky enough to meet him a few times, so lots of points there! I can't have too many shandies tonight as I'll be watching from the sidelines when my son plays football!

**What is the difference in connecting with an audience via radio, rather than performing on stage?**

The exchange with the listeners is always fun and uplifting! Mel C said to me the other day, "Who'd have thought it would have been me, Baby, to love mornings!" As I always used to be the one who liked my sleep. Now, it's so beautiful, I watch the sunrise, I'm up and I'm out - don't get me wrong, I have my mornings when I'm swearing all the way there, but generally it's great. Jamie Theakston is hilarious, I laugh for three hours, and it's connecting with a completely different audience in a very natural way, just chatting!

**What does Girl Power mean to you today?**

I'd like to think the message is the same but everybody interprets it in their own way. I've come across gorgeous girls, like Little Mix, who really work hard and are still so grounded. They still really appreciate it. I was speaking to them recently and they just were like, "Thank you for opening those doors for other girl groups!" I'm so proud of it. It makes me think, "Oh my God, we did it!" Young girls like that say, "We can do this, we're not going to have anyone tell us we can't do it!" That's what it was like for us when we were there. It wasn't about burning your bra, it was just about being a strong female standing up for what you believe in.

**"It wasn't about burning your bra, it was just about being a strong female standing up for what you believe in."**

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