

marriage affairs

ISSUE 9

SUBSTANCE
ABUSE
EFFECTS

DEBT
COLLECTORS

SEX TYPES

SEXUAL ABUSE SURVIVOR

TEENS &
GADGETS

Lira

ON LOVE, LIFE & MARRIAGE

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 marriage
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marriage affairs

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YOU can help
raise boys to be
good men



Positively impacting families, communities and society at large via a long-term, activity-based, 5-Values MENTorship programme for young boys growing up with absent fathers and /or positive male role models.

To achieve our goals, we focus on long term mentoring and relationship building, instilling 5 specific values - kindness, self-discipline, respect, courage and honesty. We primarily work with young boys between the ages of 5 and 10 as an intake age, but our long term mentorship approach means that we will continue to be part of their lives throughout their school career and beyond.

Our MENTorship programme offers:

- Weekly activities for age similar groups of no more than 5 boys at a time
- Weekend activities where all the groups and sometimes families can join in
- Various camp experiences throughout the year
- We provide a support structure for single mothers
- We advocate for better treatment of women and children

What YOU can do...

You can get involved by donating money, time, skills and/or goods to enable us to run our current programme and expand into new areas. Some of the specific ways you can contribute are by:

- Donating a **once-off amount/monthly** via debit order.
- Donating **goods/food** we can use for our weekend and holiday camps.
- Becoming a **MENTor** (one afternoon a week or weekends only or school holiday camps).
- Becoming a **Moms mentor** (2 Hours per week/8 hours per month).
- Offering your **professional skills** to our organisational executive.
- Assisting us with a fundraiser event or show your support at our next fundraiser.



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The end to the new beginning

Written by: Xolani Hfitana



It was only a few months back when we sat in the same space looking ahead of what seemed like a promising 2017. We looked ahead with high hopes and dreams. Along the way we discovered a lot about who we are and hopefully, in the process, we became better people. We lost a lot and equally so, we gained and learned a lot. Now we find ourselves yet again at the end of the year and at the beginning of a new year that will still bring further learning opportunities.

Reflecting on the past year, I am in awe at how God has been good to me. It has been a very cold and challenging year. I made some drastic decisions and worked like I've never before. I managed to publish two books: Divorce is not the end and Blended Family. These were not just books for clients and potential clients

but were a reflection of my mind, heart and emotional space. These two books have created balance in an amazing way, even during my best or even my worst days.

Marriage Affairs in 2017 may only be a year old but it has grown beyond what we could imagine. Yes we still have a few hurdles to brush out but we are way ahead of our time. We managed to form some significant partnerships and in turn may steer us towards becoming the magazine of choice for any household in 2018 and beyond. We will be revealing more as we go along, watch this space.

As always we have an issue packed with some tools and knowledge to empower you and further develop your relationship. I believe this issue will keep you company

throughout the festive season and the beginning of the year. We hope that you thoroughly enjoy this issue. As always, we're looking forward to your input and feedback on this issue and anything else you would like us to do in order to make this a 'must have' magazine. Enjoy the festive season and to those who will be travelling, please be safe and enjoy responsibly.

Xolani

What thoughts do you think about yourself?

What is the first thing that you think of when you think about yourself? What perceptions, beliefs and convictions flood your mind every time you think about YOU?

Understand that the world will have plenty to say about you; the world will categorise and classify you into so many classes and categories in order to conform you to its standards, but none of these standards will apply to you unless you start believing what the world has to say about you.

It is important to understand that even in the midst of all the noise that the world has to make about you, the only thing that matters is what you believe about yourself. The world may tell you that you are too young

for this or too old for that, and that it is impossible to achieve whatever you want to achieve at that particular age, but you can choose to tell yourself that you will be the youngest or oldest person to achieve that particular dream. At times the world will tell you that your dreams are too big and that you should start dreaming less, but the only thing that will matter then is whether or not you think those dreams can be achieved or not.

It is of utmost importance to think the right thoughts about yourself, thoughts of success, thoughts of prosperity, thoughts of achieving every goal you have set for yourself; understand that the world will create so many barriers for you, you should not help it by creating any more barriers for yourself in your mind as well.

Written by: Trevor Kamoto

Tell yourself that you are able, that you are deserving, that you can and will achieve each and every dream that you want to achieve. Greatness lies within you.



Survive storms as family

No relationship is all sunshine, But two people can share one umbrella and survive the storm together.

In marriage, as in any aspect of life, the question is not “if” but “when the storms come”. In Isaiah God says ‘when’ the enemy comes... “When you go through the waters... When you go through the fire...”. We will face storms one time or another on our journey of marriage.

Therefore, couples have to build their relationship with the storm in mind!

Preparing for storms

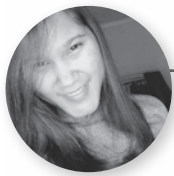
1. **KEEP CHRIST CENTRAL** (Matthew 6:33)
Develop spiritual intimacy. Have a family altar where devotions are held at set times together. Start right after honeymoon so when children come, you are comfortable with studying the Word and praying together. But it is never too late, wherever you are in your marriage journey, you can start. In other words, you have to keep Christ at the centre of your marriage then whatever happens, everything will be alright.
2. **CULTIVATE SELFLESSNESS**
Being married is not about selfishly looking out for self at all times. Galatians 2:20 says to focus on prioritising our spouse's needs above our own. 1 Corinthians 13:5, tells us that love is not self-seeking. Rather, it

is about dying daily to self, Jesus died (sacrificed) to himself for the sake of His father's will. If you want to have a strong, joy-filled marriage, you have to put your spouse's needs before yours.

3. **INTENTIONS ABOUT LOVING**
 - Go on dates regularly.
 - Remember important dates such as your spouse's birthday and anniversaries, celebrate them. Covenants thrive on renewal.
 - Communicate your love to your spouse daily; do not expect it to be assumed.
 - Show each other kindness and compassion.
 - Find out what makes your spouse feel loved, do it often.
4. **DEVELOP HEALTHY COMMUNICATION.**
Remember, effective communication is the blood-life of relationships. No one was born a communications guru, be willing to learn the skill of effective communication. You can read good books on communication and practice together. Marriage seminars are also good. You may fail a few times, don't give up, you will ultimately have a handle on it. Resolve conflict instead of ignoring it.
5. **DO NOT BE COMPLACENT, TAKE EACH OTHER FOR GRANTED.**
Be VIGILANT! Remember, the Enemy is roaming the earth seeking whom he may devour. He'd love to destroy your

marriage, don't give him a foothold.

6. **PRIORITISE INTIMACY**
Place a high importance on physical intimacy in your marriage. This wards off bitterness and will keep your marriage from becoming platonic. Do not allow any emotional distance between you and spouse. When you sense it, deal with it immediately.
 7. **BUILD TRUST**
Be trustworthy and give the benefit of doubt to your spouse. Do not keep secrets. Secrets have a tendency of coming out at unexpected times, and can be fatal. Be honest always. Remember, “Trust is earned and not given”. Don't just demand to be trusted. Be trustworthy.
 8. **FORGIVE**
Cultivate a culture of forgiveness. Learn to say 'I am sorry', and ask for forgiveness. Most importantly, bury the hatchet. Do not go back and dig graves each time you have a difference. The Bible has a lot to say in this regard. Being unforgiving breeds bitterness and hardness of heart.
- During storms, finances can be a source of strife and quarrels, and can even be fatal to a marriage with a faulty foundation. Be transparent about your finances and avoid blaming each other. You can survive any storm, whether sickness or financial lack. Anything, as long as your marriage is built with the storm in mind



Written by: Edén Joy Van der Nest



A Christ centred marriage

A familiar song goes: 'On Christ the solid rock I stand, all other grounds are sinking sands...'
Every area in our life is ridden with sinking sands that threaten to swallow us up in bitterness and misery, marriage is no exception.

This thing called marriage comes with its own challenges and raging storms that can throw a couple into a throng of despair if they do not have a steadfast hope and standard whereby they govern their actions in marriage. In the midst of such battles it would be comforting to have an absolute and a solution to turn to. Being omnipresent, Christ is that absolute - always there, the silent witness

and listener to every argument and conversation. Being the one who instituted marriage, He, in his divine knowledge knows what we face and the trials of making a marriage work.

After all, our marriage to Christ is a challenge too. Third parties that threaten our loyalty to our heavenly husband seduce us daily and every day responsibilities rob us of quality time that we vow to spend with him. Hence, the constant differences between man and wife can be straightened out when the common ground is their relationship with the Lord. Being married myself, I've come to the realization that my marriage would've landed on the rocks had we not been centred on THE ROCK.

Having the guidelines based on Christ's teachings, 'husbands love your wives and wives submit unto your husbands', it has become easier to identify problem areas and remedy situations because we know that obedience to Christ's word is its own reward.

For the blessings of the Lord makes rich and adds no sorrows, not necessarily rich in material blessings but the added blessing that rolls onto your generations to come is a blessing beyond human comprehension. Locked up in this blessing, is the answer to every predicament, help for every trial, a solution to every problem and strength to honour your vow to stay together through thick and thin.



Wedding
of
*Jaco
&
Chante Joubert*



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Written by: Martin Braude



Love & marriage

PART 1: INTRODUCTION

On our wedding day we vow to love our partner. At the time we're usually not sure exactly what 'loving' our other half will entail, but we trust that love, itself, will somehow pull us through. However, there comes a point in every marriage when we take our rose tinted glasses off and see our beloved as the imperfect person that they truly are. It's at this stage that most people ask themselves, what exactly did I sign up for, when I agreed to marry this flawed person? What is love REALLY all about?

This is the first in a series of six articles that will be published in MARRIAGES AFFAIRS MAGAZINE, looking at exactly that question: What is the meaning of "love" in the context of marriage? By the end of the series you will have a deeper understanding of love. This

will empower you to be a better lover to your partner and to also be better for your children and family.

Our investigation into love will begin with an overview of some of the main concepts that are necessary to properly understand the subject of love. We will start with two concepts that divide the playing field of love into two halves. These fundamental concepts are Natural Love and Divine Love.

Divine Love is the perfect love that God has in Himself. It does not exist naturally in humans. People are only able to have Divine Love in themselves if God gives it to them as a gift.

Natural Love, on the other hand, is imperfect human love. It occurs naturally in humans,

having been infused in us at our birth. The next stop in our brief tour of love's main concepts is the two main 'ingredients' of love. Just as flour and eggs are mixed together to form a cake, so these two ingredients are generally combined to form love. Love's two main ingredients are Needs and Appreciations.

A need is a longing or desire. A longing can build over time, so that its demand for satisfaction becomes stronger. If the need is for love, then meeting the need will result in the release of a pleasurable feeling. Once the need has been fully satisfied, the need will disappear and so will the corresponding longing and pleasurable feelings. Some needs may, however, be permanent or recurring.





How gadgets affect our kids

Technology, which was meant to positively impact our lives and make everything better, has unfortunately brought more negative than positive elements into our daily lives. Most people these days rely on electronic gadgets for communication, social needs and even educational purposes. The education system in most countries has introduced ICT in some schools, meaning that the learning methods have changed from hard copy books to e-learning.

In my experience as a facilitator, I came across a lot of educators in local South African schools who feel that this electronic system is a disruptive tool to young minds, because since the introduction of it, they are struggling with discipline in their classrooms. Furthermore, they claim that this system affects the learner's academic performance and their study habits negatively.

As David Buckingham (2006) noted that modern technologies include effects of mobile phones and the negative impact of technology on children's behaviour i.e. violence and aggressiveness. After the early 90s several scholars have studied the effects of mobile phones and video games on children and adolescence. Different researches explored the correlation between usability of technology and its effects on children behaviour. General perception massively supports the idea that mobile phones and its applications supporting to video games have vital negative effects due to the incidental learning habit in children. (Lievrou & Livingstone, 2002: 76)

In the process of adapting to modern ways of teaching and studying, we are failing to consider other dangerous factors in this regard

and their health effects on our children which may be influenced by these gadgets to a greater extent.

TECHNOLOGICAL DANGERS AND HEALTH EFFECTS :

• OBESITY

It has been discovered that most learners with gadgets mostly become couch potatoes, and because of the physical inactivity they easily become food slaves, unconsciously nibbling and eating regularly, thus putting on extra body weight.

• SLEEP DISORDERS

Because of the constant exposure to these electronic gadgets most young minds get stuck on them for hours on end, losing track of resting or sleeping time. This in turn affects their sleeping patterns. Sleeplessness itself is considered as a disease by health experts.

• LOSING TRACK OF TIME OR YOUR SURROUNDINGS

Technology has a way of making you disconnect with others, so that you are viewed as one who is intoxicated with technology. This has dire negative effects on the child's welfare and connectivity with others.

• BRAIN DEVELOPMENT

Most children tend to be very lazy in order to

think creatively, and would rather depend more on their gadgets than their thinking tanks, thus their development, mobility and connection with their surroundings will be impacted negatively. They hardly spend time playing outdoor games and partaking in physical exercise. They claim that they have no time to do any physical activity and rather find amusement in their **gadgets**.

We may discuss the negative effects of electronic gadgets on young minds only, but the sad truth is that, unsupervised technology trends have generally had a very negative effect on the family structure thus destroying the soundness in most families.

As great as technology may be, it fails to deliver the essential personal human touch factor. Sometimes all you need is a hug or the loved one's physical presence and attention, but technology has moved us into communicating with Emojis e.g. Smiley, Thumbs up and hearts, etc. which seeks to communicate the emotion but doesn't make the emotion come alive due to its lack of a personal connection.

• CHALLENGE

Therefore, let us dominate these **gadgets completely and** never allow them to have dominion over lives and our families.





Written by: Thabang Tlaka



Teens and Gadgets

We live in a new world – a world of technology, data and screens. Not so long ago ‘cool’ meant running on the playground without inhibition, gaming with friends and sharing smiles under the sun. Now, teens and their parents are floating in a sea of innovative tech, impersonal-yet-revealing social media, and interactive games. Millions of people are interacting with screens, electronic devices and materials rather than with each other. Waves of people are sharing their lives with strangers across the globe. We certainly live in a new world - those who are ill-prepared for the coming challenges they may find themselves drowning in the seas of development.

Upon closer inspection, technology is a disruption that is welcomed. With technology human beings manage to do things faster, better and smarter. What would cold meals be like without microwaves? Similarly, what would teenage-hood be like without educational games, television and the internet?

In 2017 a typical teenager may have in her palm a device that has more information than the kings of old. Gadgets such as cell phones and laptops have greatly improved the ability of teenagers to connect with the

world. Teenagers around the world may learn, in real-time, what their peers in remote parts of the world are learning. Tech has enhanced productivity by shrinking the distance between ideas and experiences. Through tech children in South Africa are able to share with peers in Europe, China and America. Tech has allowed teens to have information – information is power. If this is true then how come teens and their parents are feeling powerless?

Alas, there is a dark side to this development. There comes a time when that deeply cherished gadget seems to somehow capture the complete attention of a teenager. Teens can be so engorged in their games and cell phones that they neglect important relationships, school work and self-care. Computer games in particular have a way of causing teens to zone-out from planet earth and to become logged in fantasy worlds. Cell phones with the latest applications have teenagers connected to social media around the clock. Attention spans are decreasing; gadgets are becoming less and less appreciated in a materialistic world.

Teens and the parents have become strangers. In order to maintain the materialistic lifestyle, parents spend more time away from their children. Sometimes parents buy

gadgets to make themselves feel better about neglecting their children. The gadgets get consumed and improved and so eventually become boring – the parents spend more time away from their children in order to afford more gadgets – it’s a vicious cycle.

What can a parent do in this fast paced life where children seem to know more than their parents about gadgets and technology?

Parents can seek to create a balanced environment where wholesome learning can take place. Educating oneself about the gadget one plans to purchase for a child is a start. Learn what the device is, what it does and the pros and cons of the device. The learning process could be a bonding exercise between parents and teens. Together with a teen, parents can create schedules for when the gadgets can be used e.g. there could be a time when all cell phones need to be off in the evening. Find a balance between indoor, outdoor and educational activities. Talk about the costs and appropriate use of gadgets. Experiment with a no-gadget fast during family time or holidays.

The new world needs people who are tech savvy and who are also able to maintain good relationships in order to be relevant- this requires balance.



Eye strain

- Long distance driving

So the festive season is at hand and as per South African culture, most people travel out of town for a deserved rest and some family time, away from the hustle and the bustle of business and our daily work lives.

Hitting the open road for several hours in one stretch, even with a nap in between, can take a toll on the body and the eyes. As a driver, you have to fulfil many requirements, often simultaneously: you have to react quickly, follow the speed limits, and correctly assess the driven distances and distances to hindrances. You rely on your eyes more so than any other sense. Your eyes are constantly in motion, focusing and refocusing as objects approach, and contending with distractions, such as oncoming headlights or the glare of the setting sun.

All this activity can take a toll on your eyes by causing them to become strained, which in turn can reduce your safety and effectiveness while driving. A tired driver cannot meet all these requirements.

Moreover, fatigued drivers tend to overrate their abilities. They think they are fit enough for instance, to get home safely. If as a driver you ignore signs of early fatigue, you can suddenly fall into a so called micro-sleep. In this phase of one to five seconds although the driver has their eyes open, they are not able to react. Thus, at the pace of 100 km/h, a car covers a distance of up to 140 meters without any control. Fatigue driving is, unfortunately, a frequent cause of road crashes. That is why keeping your eyes well-rested and preventing them from becoming strained in the first place should always be a top priority.



Little else breeds discomfort and glare when driving quite like the bright sunlight hitting the black tar road sending pain directly to your tired eyes. This can be easily managed by wearing the correct polarized glasses or sunglasses. Polarized glasses and sunglasses are designed to reduce this glare while heightening clarity and depth perception. You want to feel comfortable while safely navigating your vehicle, and these lenses give you that extra level of comfort in the driver's seat.

Sunglasses should be an important part of every driver's routine. Whether wraparounds, rimless or studded with rhinestones, they are vital for shielding eyes from harmful UV rays and for diminishing glare that can cause distractions while driving. Sunglasses and other eyewear offering protection from both UVA and UVB rays will block UV radiation and shield the eyes. Whether you wear glasses or contacts, you also need to have sunglasses with lenses that are rated to filter UVA and UVB rays

Following the advice and tips below will also help ensure that you are taking the appropriate vision-related precautions while behind the wheel and on the road:

- Always wear correct prescription eyewear when driving and be sure that your glasses are clean.
- Even when you are behind the wheel or in a car as a passenger you should still wear sunglasses that provide protection from UV.
- Consider wearing anti-glare or polarized lenses that minimise glare.
- Take breaks when driving long distances to reduce eye strain and fatigue.
- Keep headlights, taillights and the windshield – inside and outside – clean.
- Receive regular eye exams by an eye care provider to ensure that your eyes are healthy and that your prescription remains current.

In conclusion, be kind to your eyes even in activities other than driving. Take the necessary precautions; be safe, especially on the road.



Written by: Nompfiso Montoedi



Supporting your child after sexual violence

South Africa is plagued with the alarming rate of incidences of sexual violence against children; both males and females, even though the most reported incidents are those of young girls.

Recently, the media has been flooded with reports of young girls who have been sexually abused. Whether these sexual violations are committed by known or unknown perpetrators, parents are usually unaware. Generally, when a child gets raped or sexually abused in any way; parents are often not prepared for such an eventuality and as a result they don't always know how to support their children. In a perfect world we would not even be talking about this. Unfortunately, this is our daily reality in South Africa and the world at large; children get sexually abused and we need to protect and support them as parents.

ON DISCOVERING THAT YOUR CHILD IS SEXUALLY VIOLATED

On discovering that their child is sexually abused; parents go through a range of emotional reactions. Emotions such as shock, anger, denial, fear, hate, helplessness, self-blame are common on such a discovery.

Sometimes parents blame each other, and this could result in instability in the family unit, and thus deprive the abused child the security and support of one or both parents. Other parents may be consumed with feelings of self-blame and guilt to a point of depression; again becoming unable to support the child.

To avoid these self-defeating emotions and reactions; parents need to get professional help and support to enable them to be of good support to their sexually abused child, but the ultimate focus should always be the child. There are services such as social development, police services, local clinics or hospitals and private counselling to help both the parents and the child.

RELATING TO HIM/HER

The kind of relationship a parent has with their child goes a long way at this time of crisis. Parents need to affirm the child and also explain to them that he/she is not to be blamed for the violence committed against him/her.

They must believe the child and show that they do. They also have to be dependable. When a child has been violated; they might lose trust in adults, particularly if the abuser is an adult.

Therefore, it is paramount that the relationship

between a parent and a child is characterised by trust - always. The child's space has to be respected. For example the parents might have to ask for permission before hugging his/her child until things get back to a normalised state. There might be a need for new boundaries to be set, like minimising or eradicating contact with certain people who might be perceived as a threat by the child. Parents need to be more observant of the child's behaviour and moods. They need to be sensitive and attend to the child's emotional needs without being over indulgent. The family may need to establish new rules for safety and privacy in the home in order to make the sexually abused child feel safer, respected and in control again.

MOVING FORWARD (HEALING PROCESS)

Parents need to seek help and get counselling for their children and always be there for them. The following are the recommended organisations offering Child Protection Services and counselling:

- Child Line: Tel. 080 0055 555
- SAPS (Family Violence, Child Protection and Sexual Offences Unit): Toll Free:10111



Talking love, life & marriage with Lira

It's a Tuesday morning, I just finished my Radio 2000 Lovealoud show. Additionally, I was on the line with Lira's assistant trying my luck to re-arrange our meeting location. I must say that at that specific moment, I could not imagine driving all the way to Randburg which is where we initially agreed to meet. And what a sweetheart she was, as she was more than willing to accommodate me. After bouncing a few options around, we finally agreed to meet at Sandton Maslow Hotel. It was hardly a few minutes to my arrival and we were already trying to find each other at the venue. I must admit, with most celebrities I've interviewed before, time management is a big problem. Not only was she on time but she was super warm and "human".

Let's be honest, we all form some kind of perception about people before we get to know them in person, so 'nam njee' I had mine about her. After a short introduction we realised the spot we were at was a bit noisy. She politely requested the waiter to move us to a more quiet area. Before starting the interview, she mentioned that she was hungry as she was coming straight from a shoot and we then proceeded to place our orders. As she was eating, I patiently waited for her to finish as I was interested to see if she would order something additionally as she indicated that she was too hungry to a point of "ukuquleka". Well, she looked happy and full even though she only had a small portion. I thank God that I was not starving because I would clearly shock her with my meaning of eating in order to avoid ukuquleka (*to faint*).

From the first four question of the interview, I knew then and there that she was going to make my life much easier. It was as if I had sent her the questions prior to the meeting. She answered my first four question just from question one. Perhaps it's the passion she has about her marriage and life in general which was evident in her tone and the glow on her face when she spoke about these two topics.

As we navigated the interview, I couldn't help but feel like I was sitting in a counselling session, that's how refreshing it was to chat to her about marriage. She just nailed the principles that we follow on Marriage Counselling 101. If I could afford her I would surely have her on the Marriage Affairs team as one of our counsellors, maybe I should have just tried my luck.

WHO IS THE PERSON BEHIND THE LIRA BRAND?

People ask me that all the time. Lira comes from Lerato. So I'm Lerato Molapo, and I carry a double barrel surname which is Lerato Molapo-Kohl. I am a singer, a songwriter, and a business person within the music industry, writer the music industry.

IS THERE A PARTICULAR REASON YOU ARE USING A DOUBLE BARREL SURNAME?

It's mainly because of my business interests. Everything is registered in my maiden name; hence it's purely for business purposes. For instance I was a song writer way before I met my husband and now it would be a mission

going around the world changing my name in every place I have registered it at. My company is registered in my maiden name, so it is just easier this way.

IS YOUR HUSBAND PART OF ANY OF YOUR BRANDS?

We work together but as separate entities, which was also by design. Most marriages 'mix things up' and this results in a lot of confusion. With us, we thought that it would be better and healthier working separately. It's always my view that marriage contracts (out of community) are not for marriage but are for the day you fail to get along. You have it as insurance for the day emotions are heightened. We build well together but we also recognise that we are two individual professionals who wish to respect each other as individuals while supporting and building each other at the same time. My husband is a huge supporter of my independence.

SO WHAT DOES YOUR HUSBAND DO?

My husband runs a production company called Jazzworx. He has worked with the cream of the country, such as the likes of Selaelo Selota, Khaya Mtetwa, Ntokozo Mbambo, amongst a few. He worked on fill-up the Dome, Orlando stadium and is currently working on fill-up FNB. He is a mix and master Studio engineer. Additionally, h, He also does live show productions, . He also directs and produces concert films. Over and above all that he is still my manager. I must say, it takes a lot of his time but it really affords us to have a relationship. If I didn't have him as my

manager, I don't think I would still be married today (she passes a soft giggle), in all honesty, because I'm never home.

DO YOU GUYS TRAVEL TOGETHER ALL THE TIME?

Oh yes, wherever I am, he is there with me; it has been wonderful for our relationship and we are very close as a result. He also does my visual products and works as my sound engineer. Every gig I'm at, he is the guy at the sound desk making everything sound absolutely amazing, which is how he started working with me. We gradually phased him into becoming my manager because he was always there with me, furthermore, and he has a brilliant mind and a genuine care for my brand and career.

YOU SPOKE ABOUT THE LIRA BRAND; HOW DOES THAT FEATURE IN EVERYTHING?

My company is called Otarel Music. The company owns everything under the Lira brand; my books, my production, music and performances. So as a director of the company I get a salary from the company and in turn, so does my husband, for any work that he may do for Otarel. Similarly, I also earn an amount for any work I may do for his company, Jazzworx. In the beginning he was very instrumental, especially as my business mentor, although I have an accounting background, I did not have the experience that he possessed, especially regarding family businesses. I was very good at managing my department but not at managing the entire business. That's what some people don't understand that when you run your own company, you are literally, everything: IT, marketing, accountant and the sales person. It's very overwhelming. So with him and his background, he was very instrumental and made me feel a lot more secure.

DID YOU MEET YOUR HUSBAND IN THE INDUSTRY YOU ARE IN?

Yes, we met in the industry and worked separately for a year or two. We etreaded carefully in blending everything together. There was a time when I worked from an office in Randburg and had an assistant but it was still hard as an artist to negotiate fees and still be on stage. I then hired someone to be the middle person but even then you still need to be hands on. I ended up with very bad debt, it was hard to get money from other clients. It was at this time that my husband came on board to

assist and now we have absolutely no bad debt at all... almost unheard of. We employed a booking agency which would chase payments and finalise contracts so we could focus on what we do best. This was my husband's brilliant thinking. At the core of it all, we complement each other and both love and excel at what we do. This took any strain off the relationship. We have challenges, like most couples but I think we were very wise in creating an environment which we can both enjoy. From the beginning we accepted that we are two individuals with a mission and a responsibility to fulfil it.

WHAT IS YOUR GENERAL VIEW ON MARRIAGE?

I think people become involved in order to walk a life journey together but also to enhance each

other's individual purpose and in the process, build together. Therefore, we need to complement each other without one feeling that they are sacrificing a lot all the time which is what builds resentment in marriages. So I made it my mission to know and understand what his drive and purpose was. We need to aim to build a marriage OUR way and not be scared to break the traditional norms. For example, I know a couple who had to build a



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separate bedroom and bathroom for the husband to save their marriage of 25 years and till today they are so happy. They visit each other which spices up their marriage because “bayajola” in the same house within their marriage. If it means spending that extra money to make the marriage work, so be it.

DO YOU HAVE ANY KIDS YET?

No, we don't have kids and for both of us it's not a priority. When we sit to talk about us, it doesn't even come up. At times I even wonder why it doesn't bother me that we are not bothered by it. We are both not opposed to parenting, maybe later in our lives we may adopt. We also currently have a lot of people we are parenting, so in that sense, life is a lot easier for us as we feel we impact a whole generation through our profession. It is a lot more fulfilling as we get to touch many lives rather than focusing on one child who may take up a lot of our resources and time.

GROWING UP, WHAT WAS YOUR PERCEPTION OF MARRIAGE OR HOW DID YOU PICTURE IT AND IS YOUR MARRIAGE ANYTHING THAT YOU ENVISIONED?

It's the total opposite. Firstly, I never thought I would be married to a white person. Even when I fell in love, I asked myself “what is going on here”. I didn't know how to fit it in the picture I had. To me, my career is my love affair with God. In terms of spirituality, the God I know now is not the God I met at church. I got saved at sixteen but church was not a home for me because of my career. The church offered a lot of rejection and had no room for people like me... the creative ones. And I wondered ‘How can the same God who gave me this gift, now not afford me a platform to live it?’ I was expected to forget my gift and “serve the Lord”.

One day, in my parents four roomed house, I prayed to God literally alone with no one to lay hands on me and demanded answers. That's when I experienced the God I know today, who is Love and gave me my own testimony of how to love Him. He spoke to me even through homeless people. With regards to this new experience with Him, I asked Him to translate for me this love and relationship I have with Him in an equivalent of a human that I could hold and love the way I've learnt to love Him, a human I could relate with, the way I relate with Him.

Then God answered me by sending me a white man. I never, not once questioned Him or was bothered about what people would think or say. At times God will use your very source of pain to heal you. At the time I met my husband, like many black people in SA, I was angry at every single white person and God, in order to heal me, gave me His equivalent human form in a white man.

FINAL TIPS ON HOW TO SAIL THROUGH MARRIAGE STORMS:

Marriage at times can be rough, *kuyashuba (it gets rough)* and you just feel like *ngizokudubula (I will shoot you)*.

1. Understand that we teach our partners how to treat us.
2. Take some time out, spend some time alone and reflect.
3. Break routines to allow growth as you evolve as a couple.
4. Take responsibility in how you feel.
5. Embrace and accept that some arguments will get you to a level where you understand each other better.
6. **Do you cook?** Yes and he also cooks
7. **Do you ever find yourself speaking to him in vernac'?** Oh yes a lot. He does too, when we fight he would go “oh nxaa suka” which makes it fun.
8. **Best destination in SA?** Cape Town.



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Written by: Nthabiseng Machedi



Strategising the person

We hear strategic planning and we almost automatically think business and finances. Yet to be strategic is a discipline for general life.

As strategic plans can be laid out for a set period to indicate durations of different kinds and milestones, this methodology can be used in the twelve-month cycle of the year to combat personal defeats that may stretch from a lying habit to debt control. Today, however, let us become deeply personal.

Don't create room for unwanted tenants
By now, we all have identified traits in our personalities that are destructive to us and others which are beyond our comprehension at times. All unwanted tenants must be evicted. Use force and be deliberate to mindfully tackle these. An honest assessment of self is the best place to start. We refuse this as an inheritance, evict them without mercy.

THE AUTHORITY YOU ARE UNDER IS THE AUTHORITY YOU HAVE

Whatever issue we struggle with and struggle to gain liberty from, has authority over us and we give authority for perpetuation. If you struggle with a negative

personality issue; temper for example, assess from the root and begin to dethrone the authority by responding in a positive manner and oppose the struggle. Be steadfast, even beyond breakthrough.

PUNISH THE BEHAVIOUR YOU DISLIKE IN OTHERS BY ELIMINATING IT IN YOURSELF

As a mom, I have noticed that the things that unnerve me about my kids are the very things that my parents would be on my case about. Although I wish I had received the support or guidance in this regard, I, too, noticed how it became easier to put obedience to these disobediences and simultaneously, my words began to carry authority and assisted with disciplining my children. This works just as well with all behaviour that corrupts the soul.

THE VENOM THAT YOU SURVIVE, BECOMES THE ANTIDOTE

Hardships are just that, hard. This is why we have to do all we can in order to gain wisdom. We need hardships so that we can gain freedom from it. When we go through hard times effectively, we come out much stronger and much wiser. We are concocted as antidotes to cure the bites

for others. Remember that you are more useful in society as a victor than a victim. This should be a motivating factor to each one of us.

IN YOUR PRAYERS, THERE IS A NEED TO BLESS OTHER PEOPLES

As we prayerfully battle along to become better in whatever area, let us be mindful of conceitedness. We are still called to bless others and it is of great value to bless and be blessed. When we are ready to help others, the Helper comes more swiftly to help us in all that burdens us because they hinder His fruit from developing in us. Being mindful of others with the right mind also helps us to keep the right perspective about our own shortfalls. Wherever you identify yourself as an answer for someone, comply.

No disobedience automatically becomes obedience. We must exert force for it to be so. Given the authority over all principalities and strongholds; these being found in the war territory of the mind, we are wired and empowered to victor over all of them. Kill what is enmity to God before it kills important relationships in your life. You are victorious!



Dynamics of parenting

Parenting is usually a reflection of how parents view life. The things they transfuse upon their children are things they deem to be of great value. These are things that they have learned as they partake in the journey of life. They pass onto their children life lessons that they were fortunate to learn and the lessons they never learnt but wish they had.

All in all, most parents do their best to raise their children decorously. It is true that people approach parenting differently, but in most cases, their goal is common - doing right by their children. It's been said by many parents that their lives changed when their children were born and everything in their lives started revolving around their children. Sentiments of this nature bring to light the beauty of parenting but it cannot be denied that as human beings, parents are likely to make mistakes in raising their children. It is an unfortunate truth that some of the mistakes made by parents have negatively affected their children.

It is believed that the upbringing of a person usually shapes their take on life as it also shapes their character. So the role of parents is undoubtedly very important, not only to their

children, but to society at large as children they raise form a great and crucial part of society. As the saying goes, "The future belongs to the children." It is, therefore, with great sadness and concern that one observes the painful consequences suffered by children because of their parents' mistakes.

However, it should be noted that parents are sometimes faced with circumstances beyond their control and the decisions they make are sometimes influenced by such circumstances, leading to an inadvertence on their part.

The relationship between parent and child, to a certain extent, determines the kind of relationships the child is going to have with others. This does not mean that parents are always responsible for the way their children turn out, but they play a pivotal role in shaping their character. There are instances whereby the dominant voice of influence in a child's life is no longer that of a parent, but of outside forces. As the children grow, parents can have as much influence in their lives as the children allow them to.

This is especially true when they reach adolescence stage. This is a crucial and a

challenging stage in their lives. It is at this stage where parents need to ensure that the lines of communication are open. The first step is to gain their trust by developing the kind of relationship where the children know that they can approach their parents about any subject matter and not be afraid of being judged. The challenges faced by children are often unknown to their parents and when they try to deal with these challenges on their own, it rarely ever ends well for them.

It can never be too soon for parents to broach subjects that affect their children and their future. If the parents delay, peer pressure may not and it may be too late by the time the parents decide to speak openly with their children. It is better for a child to learn about such important subjects from their own parents instead of outside influences.

Parenting is an on-going learning process. Whether or not this process becomes successful depends largely on whether the lines of communication remain open between parent and child. At the end of it all, lessons may be taught by parents, but choices are made by children.



Types of Sex

1. Sneaky sex

This is sex where you and your partner will engage in, somewhere around the house, besides the bedroom. At times you may leave people watching TV and disappear for 10 minutes, either in the house, garage etc. But be discreet and you will be amazed at how much fun it is.

2. Far away Sex

Far away sex is sex that you have no matter where you go. It could be a holiday, a friend's place or even visiting family, as long as you are not home. This greatly assists, even if you have not had intercourse in a long time as it helps to revive things and reignite the spark.

3. Lazy sex

Lazy sex is when both or either partner is tired, yet one of you would still like to engage in sex. You may both lay down, without any effort and just engage in penetration. So with lazy sex, no effort is made, at times you may just penetrate and cuddle till you both fall asleep or have both finished.

4. Oh God sex

Oh God sex is the surprise sex that you give to your partner while they least expect it. Most cases this happens, when the one partner is sleeping, you then may either penetrate her or engage in oral sex.

5. Move-on sex

I feel that this is the best sex. This is where you have sex in episodes. Have sex while she is cooking or watching a movie. When you are done, you will just carry on with whatever you were doing like nothing happened and keep doing it again later on and then move-on.

6. Make-up sex

This is not good due to the fighting involved with it, but try to have sex after a heated and intense argument. The sex afterwards is great because the blood pressure is high and there still may be some aggression. Be careful to not use this as a punishment though.

7. Phone sex

This is great to stimulate your imagination. I also call this the sex-starter. You have naughty chats with your partner. This can happen while you sitting in the lounge whilst everyone may be at work etc. When you get to the bedroom, you just pick up where you left off on your convo and make it all practical.

8. Wild-Yhee sex

I have one line for this one...blow me away. This is where you become like rabbits, just go wild and experiment different positions and moves. Be wild.

9. Hush-hush sex

This is the sex that means nothing, just like a routine sex. You wake up in the morning not even remembering you even had sex. This is good just to keep the affection going.

10. Yummy sex

Now this is the best sex for woman. On this type, you hold her tight. The focus is not on penetration but kissing and tell her what she means to you, how beautiful she is, that she is the only woman in your life. Each time she smiles, you engage slowly, softly and tenderly.





Risks - no insurance cover

Even with faith that moves mountains, life is still unpredictable and full of pain and various challenges. It is therefore important to have one type of insurance or another, at any given moment because the risks of not being covered can be huge. There are two main categories of insurance; short term insurance and long term insurance. A short term insurance caters for short term needs like repairing a car after it has crashed, while long term insurance deals with long-term eventualities like death or disability.

- **LIFE COVER**

Life cover does not benefit the one who is gone, but those who are still alive. Most families run straight into abject poverty as soon as the breadwinner passes away. We all would like to live for a very long time and our spouse to outlive us, but this is not always the case. We, therefore, have to make provision for those we love while we are still alive.

- **HEALTH INSURANCE**

Medical aid is no luxury anyone can dismiss as a waste of money. It is one of the benefits you have at your workplace or business that is essential for you and your family.

- **LACK OF MEDICAL AID** can result in poor or no medical care at all; therefore likely to die an unnecessary death. Choose work job options with medical aid rather than those without.

- **DISABILITY COVER**

It's shocking to learn that 55% of South Africans are not covered in this regard. Most life covers also include accidental death covers as well as a disability cover. Most people who are confined to



a wheel-chair today never thought that some accident would confine them to a situation where they would be unable to work and do things they used to enjoy doing. A disability cover will go a long way in easing life.

- **FUNERAL COVER**

Death doesn't wait until there is more than enough money in the bank. Most funeral policies these days have convenient packages that make bereavement less onerous, as they even include such things as catering.

- **RETIREMENT ANNUITY**

It is easy for most people to enjoy the 'now' moment and forget that one may not be able to work forever. It is wise sacrificing today's pleasure to enjoy tomorrow.

Unless one plans retirement early and begins to invest in a retirement annuity, things can be difficult so as to cause you unnecessary stress and even an early death. No retirement package has ever been adequate for anyone. Therefore, take a few retirement annuities as soon as you start working. It also provides

a tax benefit, and creditors can never touch your retirement annuity.

1. 16% of retired people are dependent on state pension.
2. 31% of retired people have to keep on working in order to survive
3. 47% of retired people are dependent on friends and family to stay alive
4. Only 6% can afford to retire comfortably.
5. An average person's pension can only provide for 28% of their living costs.

- **MOTOR VEHICLE INSURANCE**

Almost everybody has a car these days, and car crashes are a daily event. You may be a good driver but you are not the only driver on the road and their mistakes can end up being your expense. Should you damage someone's car while driving yours, you may be liable for that cost too. Insurance can take away the grief.

TEMPTATIONS REGARDING INSURANCE

1. Dismissing the idea because there are more urgent needs
2. Cancelling an insurance policy
3. Skipping payment of a premium



Substance abuse in breaking families

Nowadays our society has normalised drinking alcohol and to an extent, substance abuse.

Because of the introduction of ciders in alcohol, the young and old are drinking and it is no longer taboo but rather seen as a form of socialising or even being 'cool'. This is often where family problems of substance abuse starts and may end up in the destruction of a family. There has

also been a rise in different types of street drugs that are easily accessible even to the unemployed youth in South Africa.

In recent years, there have been shocking statistics that are related to substance abuse in our country. That has contributed tremendously to the breakdown of families. According to Drug use statistics in South Africa, as reported by the United Nations World Drug Report of 2014: Drug Abuse

remains a growing problem in South Africa with 7.06% of our population abusing narcotics of some kind. One in every 14 people is a regular user adding up to a total of 3.74 million people (taken as a percentage of the population as of 2013).

Addiction impacts a family's finances, physical health and psychological well-being and the following individual effects are observed in substance abusers / addicts:

JEALOUSY: Addicts grow jealous of friends, their partner, other family members and other people in their life. Partners may also be jealous and resentful of them.

CONFLICT WITH PARTNER: They may have arguments, get/give the "silent treatment" or grow distant by putting their addiction first.

CONFLICT WITH CHILDREN: They may argue with their children and they may disregard authority, or even show fear.

CONFLICT OVER MONEY: Abusers may struggle economically because of losing their employment, taking time off from their job, making poor financial choices or simply pouring their money into their addiction.

EMOTIONAL TRAUMA: They may create emotional hardships for their partner and/or their children by yelling, insulting or manipulating.

VIOLENCE: They may become violent and in turn other family members could replicate or mirror this behavior.

CHEATING: They may become distant from their partner and seek satisfaction through pornography, Internet sex, prostitution or someone else in their life who they feel "understands" them.

SEPARATION: Behavior due to addiction may cause separation, divorce, and/or isolation from other family members, particularly children, either because they've been taken from them or because they are unable to face them.

PATTERNS: Life example will influence partners, children and other family members. There is an increased rate for children to become addicts if their parents indulge in addictive behaviour.

HEALTH RISKS: Drinking while pregnant can cause fetal alcohol syndrome - damage to the baby's brain. Smoking in the household can cause health problems for family members from secondhand smoke, including lung cancer. Being under the influence of drugs and alcohol will overall, impair your judgment and can lead to neglect or harm.



It's rare that the impact of an addiction is limited solely to the addict. Nearly every person in contact with an addict is impacted in some way. This is why addiction recovery is most successful when the friends and family members closest to the addict are involved. Since addiction damages the whole family, addiction recovery needs to heal the whole family. Ensure that you seek help before it is too late. You can contact FAMSA (011- 975 7106) and that will be your 1st step to recovery!



Debt can be beaten

After working hard throughout the year, wanting to reward yourself with expensive items and going on holiday may be on your priority list. In some instances, it is inevitable to turn to obtaining credit to achieve this, which may put you in a detrimental position and you may lose sight of your budgeting plans and financial priorities for next year. This creates an opportunity for us to establish how we can handle finances to get closer to achieving debt relief this year.

BUDGETING

Drawing a realistic budget and sticking to it is a necessity if you want to see where your income goes. You will see if you are spending your money on your needs or luxuries. Additionally, if you spend money to impress people, this can open a door to overspending.

This is a budget that will include food, rent, and monthly travelling expenses. It needs to tie you up against extravagance. That outfit that you want to wear to the family lunch, need not to make it to the list. Consider not using your December income on the festivities but instead on next year's school requirements, fees, stationery, and uniform.

NO NEW CREDIT

If you did not save money this year then do not borrow to spend. If you are used to getting credit to entertain your family or by going on vacation or by getting an overdraft to buy that big screen TV, it means that you are spending money you do not have. If you did not set aside money to travel, it is wise to stay at home.

Some companies have bonus pay-outs at the end of each year. It will be advantageous to use those funds to settle existing debts



and the remainder put aside as a kitty for the beginning of the year to meet daily needs till you get paid at the end of the next month. This will be a most needed start of the New Year. Cash rewards programmes make shopping for groceries easy. Make a decision to live within your means.

GIFT THAT DOES NOT COST ANYTHING

It is unimaginable that our loved ones can ever survive without exchanging presents. The festive season can be made memorable without spending a dime on them. If there is pressure to put up a Christmas tree, do not buy a new one, use the one that was packed away or make a homemade one that you can decorate with the kids with lights that were used the previous years. Get them to help in wrapping empty shoe and tea boxes with last year's wrapping paper and put them under the tree. Competition for the best presents only results in a need to impulsively spend money. Christmas should not be

about presents but rather about love and togetherness that must be embraced.

PRICE COMPARISON

Should you need to buy a few items whether, shopping online helps with price checking and comparison. Comparing prices can create discount negotiations. Shopping online is even more beneficial because there are great bargains and you sometimes save money on transportation costs. Some retailers make use of social media to advertise their product offering with exclusive discounts. These offers include those by bookstores selling school books and stationery.

Spending your money wisely goes with reminding yourself that you are on a tight budget therefore, there are many items that you can survive without. Remember to keep your finances in check to see if you are still on track.

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Travelling in style, on a budget

The end of the year is drawing to a close and 2018 is in sight. However, the thought lingers... where to go for the holidays? The most important question most families ask is 'How do we afford to take a holiday and not start the New Year on a negative

balance?' The answer is traveling in style, yet still on a budget.

Travelling in style doesn't have to send your savings or credit card all the way to the negative side in order to gain a certain sense of accomplishment

and actually get to the holiday destination as a family. Research is vital, therefore, as a family, research together what possible holiday destinations are in line with your budget and agree what will fit your holiday list and your budget needs.

For example, research one, Misty Mountain Reserve, in Storms River, Tsitsikamma National Park delivers on a platter, astonishing views of the ocean, mountain and indigenous forest. The lodges provides families with the cosy, wooden, rustic open plan living areas, perfect for bonding while appreciating the superb sunsets. The Reserve also offers an array of activities both on site and in the surrounding areas. Quad bike and mountain bike touring is offered which ranges from 8.7km to 65km. Foot golf, 9 hole Mashie Chip and Wedge fun golf, bird watching, seasonal whale and dolphin viewing, picnics, hikes, fishing and numerous activities in the surrounding areas to satisfy each family members holiday fun list.

Costs range from R1400 to R2110. For more information visit:
<http://www.mistymountainreserve.co.za/>





Option Two - Qwantani

Option two, Harrismith, a place known for its beauty. The place is called Qwantani, obviously the view is spectacular and the activities are awesome. From horse riding, squash, mini golf, tennis, outdoor chess, sparkling swimming pool, fishing and all the dam-based water sports you can think of. The resort also offers daily boat trips and has fun-filled activities to keep children entertained for hours. Keep in mind that with the Basotho Cultural village, Qwa-Qwa National Park, Camorhi Game Reserve, Golden Gate and Clarens nearby the entire family will be creating memories for a lifetime. Prices are affordable, but do fluctuate. For more information:

reservations@qwantani-resort.co.za

Option Three – Pine Lodge George

Snuggly positioned at the heart of the Cape Wildflower floral Kingdom and at the tip toe of the Outeniqua Mountains, is the perfectly located resort, The Pine Lodge. The scenic views are at the top of my list, which will cater to every family's desires. The lodges are equipped with all the comforts any family will need from restaurants, to fun activities for the children of all age groups. Family outings are a priority, so why not go on the Outeniqua Powervan, while dad enjoys golf along the Garden route. Whether you're in the mood for hiking or visiting the Wilderness National Park, entertained is what you will be.

Prices range from R640.00 per person to 980.00, for more information.

<http://www.pinelodgegeorge.co.za/>



Option Four – Crawford Beach Lodge

A welcoming beach lodge, Crawford Beach Lodge is merely 30 minutes from East London in Cintsa and will provide you and your family with the perfect home away from home.

The lodge offers luxury and affordable accommodation with breath-taking views and numerous activities for you and your loved ones to enjoy. Relax next to the pool; while tanning or play lawn bowling, tennis, golf or surf with the kids, Crawford Beach Lodge caters to every family's holiday needs.

Prices range from R1420 to 1570, for more information visit

<http://www.crawfordsbeachlodge.co.za/> email info@crawfordsbeachlodge.co.za





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